

# MARCH 2024



## Pomperaug Woods

*The Art of Living*

## Calendar & Highlights

# March 1-2

## Days Of the Week *At A Glance*

# MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1	2
31						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## March Meetings

### Resident Council

**Monday, March 4, 9:30 AM**

### Newsletter Meeting

**Monday, March 4, 1:00 PM**

### Food Committee

**Thursday, March 14, 11:15 AM**

### Library Committee

**Tuesday, March 19, 10:00 AM**

**Please note this is now in the  
Private Dining Room**

### Resident Meeting

**Friday, March 29 10:30 AM**

STEPHEN COLLINS  
&  
POORNIMA KIRBY

PERFORMING  
KING LEAR



**Tuesday, March 12  
3:00 PM  
Wilson Hall**

## Friday 1

**10:00 - AR - Creative Arts**

**11:00 - WH - Standing Exercise**

**Movement w/ Megan - Cancelled**

**3:00 - PHL - Afternoon Tea**

## Saturday 2

**Morning Bus Service**

**9:00, 10:00 & 11:00 AM Pickups**

**2:00 & 7:30 - CH 901**

**Movie: Shall We Dance**



Judy Handler & Mark Levesque

March 11 2:00 PM  
Pine Hill Lounge

# March 3-9

Sunday 3	Monday 4
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – 901 Movie: The Duke</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</b></p> <p><b><u>11:00 - WH</u> - Chair Exercise</b></p> <p><b><u>1:00 - PHL</u> - Newsletter Meeting</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:15 - WH</u> - Professor Hunt Topic: "Reconsidering the Supreme Court"</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 7	Friday 8
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>1:00 - WH</u> - Chair Zumba Gold With Toni</b></p> <p><b><u>2:30 - WH</u> - Mark Albertson Lecture - Levee en Masse</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>	<p><b><u>10:00 - AR</u>– Creative Arts</b></p> <p><b>Standing Exercise - Cancelled</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel <i>La Forza Del Destino</i></b></p> <p><b><u>3:00 - PHL</u>- Afternoon Tea</b></p>

## **Tuesday 5**

**9:30 - WH - Chair Yoga w/ Alisa**

**10:00 - AR - Creative Arts**

**1:00 - WH - Standing Exercise**

**2:00 - GR - Weekly Outdoor Walk**  
We will be using our new walking path!

**Newtown Savings Bank**

**1:30 - 3:00 PM - C Wing Hallway**

**2:30 - WH - Movie Matinee**  
*The Holdovers* - Starring Paul Giamatti  
Popcorn & Soda Served

## **Wednesday 6**

**10:00 - RS - Blood Pressure Screening**

**11:00 - OUT TRIP - Uncommon Grill - Watertown Shopping @ Marshall's beforehand**

**11:00 - WH - Chair Exercise**

**1:00 - WH - Chair Exercise**

**2:00 & 7:30 - CH 901 Movie:**  
30 years Of National Geographic Specials

**3:00 - PHL - Afternoon Tea**

## **Saturday 9**

**Morning Bus Service**

**9:00, 10:00 & 11:00 AM Pickups**

**11:00 - FL - MET Opera Live**  
*La Forza del Destino*  
This is for ticketholders only.  
Please note this show starts earlier than the others!

**2:00 & 7:30 - CH 901**  
Movie: *Mona Lisa Smile*



## **Blood Pressure Screening**

**When: Every 1st & 3rd  
Wednesday of the Month**

**Where: Resident Services**

**Time: 10:00 AM**

# March 10-16

Sunday 10	Monday 11
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> Movie: Barbie</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>WH - All Day</u> - Private Event</b></p> <p><b><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></b></p> <p><b>Chair Exercise Cancelled</b></p> <p><b>2:00 - PHL - Poetry Anyone? All Interested Please Attend</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 14	Friday 15
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>11:15 - PDR</u> - Food Committee Meeting</b></p> <p><b><u>1:00 - WH</u> - Chair Zumba Gold</b></p> <p><b><u>2:30 - WH</u> - Netflix Anne With An E The Story Of Ann Of Green Gables Season II Episodes 4 &amp; 5</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>	<p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan</b></p> <p><b><u>3:00 - GR</u> - Judy Handler &amp; Mark Levesque - Celebrating St. Patrick's Day With Celtic Music</b></p> <p><b>Afternoon Tea - Cancelled</b></p>



## Tuesday 12

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:00 - WH - Standing Exercise

Newtown Savings Bank

1:30 - 3:00 PM - C Wing Hallway

3:00 - WH - KING LEAR

Stephen Collins & Poornima  
Kirby Return To Perform An  
Artistic Adaptation

## Wednesday 13

10:30 - OUT TRIP - Mission  
Barbecue

Lunch/Shopping Beforehand On  
Queen Street: JoAnn's Fabrics, TJ  
Maxx

11:00 - WH - Chair Exercise

1:00 - WH - Chair Exercise

2:00 & 7:30 - CH 901

Movie: Michael Flatley Gold

3:00 - WH - Bingo

3:00 - PHL - Afternoon Tea

## Saturday 16

Morning Bus Service

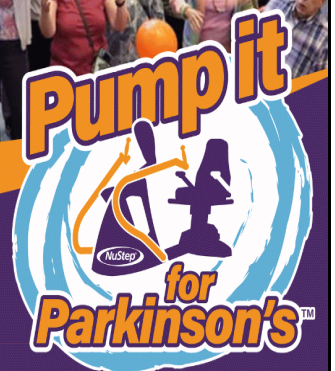
9:00, 10:00 & 11:00 AM Pickups

2:00 & 7:30 - CH 901

Movie: My Boy Jack



**WE ARE  
PUMPED  
FOR PUMP IT!**



Thursday, April 11, 2024

# March 17-23

Sunday 17	Monday 18
<p><b><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b>All Card Players to Garden Room</b></p> <p><b><u>2:00 - FL</u> - Waterbury Symphony For Ticketholders Only</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> - Movie: Trinity Classical Irish Music</b></p>	<p><b><u>11:00 - WH</u> - Chair Exercise</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>3:00 - WH</u> - Musical Notes/Sing-a-Long w/ Lyn Kearney &amp; Nancy on drums</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 21	Friday 22
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b>Tai Chi w/ Vinny - Cancelled</b></p> <p><b>Cocktail Hour Cancelled</b></p> <p><b><u>7:15 - GR</u> - Cabaret with Larry Batter Refreshments Served!</b></p>	<p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel <i>Romeo et Juliette</i></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>



## Tuesday 19

**9:30 - WH - Chair Yoga w/ Alisa**

**10:00 - AR - Creative Arts**

**10:00 - PDR - Library Committee**  
This is now in the Private Dining Room.

**1:00 - WH - Standing Exercise**

**Newtown Savings Bank**  
**1:30 - 3:00 PM - C Wing Hallway**

**2:30 PM - WH - REEL ROYALTY**  
*With Mervyn Clay*  
*Confession 1937*

## Wednesday 20

**10:00 - RS - Blood Pressure Screening**

**OUT TRIP - Let's Go To the Movies**  
Movie/s & Time To Be Posted In the Signup Book 3/14

**11:00 - WH - Chair Exercise**

**1:00 - WH - Chair Exercise**

**2:00 & 7:30 - CH 901**  
**Movie: The American Buffalo**  
**Ken Burns - Part I**

**3:00 - PHL - Time With Christine**  
**PW Board Member**

## Saturday 23

**Morning Bus Service**  
9:00, 10:00 & 11:00 AM Pickups

**12:00 - FL - MET Opera Live**  
**Romeo et Juliette**  
This is for ticketholders only.

**11:00 - WH - Chair Zumba Gold**  
**With Toni**

**2:00 & 7:30 - CH 901**  
**Movie: My Sailor My Love**



## New Books for the Library

**The Women--Kristin Hannah**

**Fourteen Days--edited by Margaret Atwood & Douglas Preston**

**The Bishop and the Butterfly--Michael Wolraich**


**Cold Victory--Karl Marlantes**

**Come and Get It--Kiley Reid**



# March 24-31

Sunday 24	Monday 25
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> Movie: Anything Goes</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>11:00 - WH</u> - Chair Exercise</b></p> <p><b><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:30 - WH</u> - Mark Albertson Lecture - Eleanor Roosevelt</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 28	Friday 29
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>1:00 - WH</u> - Chair Zumba Gold With Toni</b></p> <p><b><u>2:30 - WH</u> - Netflix Anne With An E The Story Of Ann Of Green Gables Season II Episodes 6 &amp; 7</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>	<p><b>Creative Arts Cancelled</b></p> <p><b><u>10:30 - WH</u> - Resident Meeting All are invited and encouraged to attend.</b></p> <p><b>Standing Exercise Cancelled</b></p> <p><b><u>1:00 - WH</u> - Movement w/ Megan</b></p> <p><b><u>2:00 - GR</u> - EGG-CEPTIONAL Easter Egg Hunt</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>

Tuesday 26	Wednesday 27
<p><b><u>9:30 - WH</u> - Chair Yoga w/ Alisa</b></p> <p><b><u>10:00 - AR</u>– Creative Arts</b></p> <p><b><u>1:00 - WH</u> - Standing Exercise</b></p> <p><b><u>Newtown Savings Bank</u></b>  <b><u>1:30 - 3:00 PM - C Wing Hallway</u></b></p>	<p><b><u>9:30- OUT TRIP - Ballard Institute and Museum of Puppetry UCONN Storrs - \$5.00 Fenton River Grill/ Lunch</u></b></p> <p><b><u>11:00 - WH</u> - Chair Exercise</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: The American Buffalo Ken Burns - Part II</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Saturday 30	Sunday 31
<p><b><u>Morning Bus Service</u></b>  9:00, 10:00 &amp; 11:00 AM Pickups</p> <p><b><u>11:00 - AH</u> - Gathering of Readers</b>  <i>The Mayor of Casterbridge</i>  See Peggy Jett For Books</p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: On A Clear Day</b></p>	<p><b><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u></b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b>Holiday Meal Hours</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u></b>  <b>Movie: Easter Parade</b>  <b>Afternoon Tea Cancelled</b></p> 



# Pomperaug Woods Bus Schedule

**Monday, Tuesday, Thursday & Friday**

<b>AM</b>	<b>PM</b>
<b>9:00</b>	<b>1:00</b>
<b>10:00</b>	<b>2:00</b>
<b>11:00</b>	<b>3:00 Last Pick-up Of the Day</b>
<b>Reminder: Bus Service Ends @ 4:00 PM</b>	

**Wednesday**      **No Service - Reserved for Out Trips - Private Drives Only**

**Saturday**      **AM ONLY**  
9:00  
10:00  
11:00

**Sunday 9:30 to 12 Noon**

**First Drive Leaves @ 9:30 For  
Mass At Church Of the Epiphany  
St. Teresa's and UCC**

**Please see Lisa for further information.**

## **Beauty Shop**

*Saturdays - Please call the  
front desk for appointments.*

## **Newtown Savings Bank**

**Tuesday 1:30 PM - 3:00 PM**  
**Located across from Art Room**

## **Cafe Hours**

**11:30AM—2:30 PM**

**4:00 PM - 6:00PM**

**Monday - Friday**

**Continental Breakfast Available**

**In the Dining Room**

*80 Heritage Rd. Southbury, CT 06488    (203) 262-6555*

