

APRIL 2024



Pomperaug Woods

The Art of Living

Calendar & Highlights

April 1-6

Days Of the Week At A Glance

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	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	1	2	3	4

Monday 1

**9:30 - PHL - Resident Council Meeting
(Residents invited from 9:30 until
10:00 for comments and compliments**

11:00 - WH - Chair Exercise

1:00 - WH - Chair Exercise

2:00 - PHL - Poetry

3:00 - PHL - Afternoon Tea

Thursday 4

10:00 - AH - Current Events

10:30 - WH - Tai Chi w/ Vinny

**10:30 - CL - Technology Support w/
James**

**2:30 - WH - Netflix
Anne With An E
The Story Of Ann Of Green
Gables
Season II Episodes 8 & 9**

4:15 - GR - Cocktail Hour

Friday 5

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

**1:00 - WH - Movement w/
Megan**

**2:30 - WH - Mark Albertson
Lecture - This Land Is Your
Land**

3:00 - PHL - Afternoon Tea

Tuesday 2

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:00 - WH - Standing Exercise

1:00 - AH - Private Event
Card Players to Garden Room

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

Wednesday 3

10:00 - RS - Blood Pressure Screening

10:00 - OUT TRIP - Shopping @ Target - Bethel Lunch @ Pepe's Danbury

11:00 - WH - Chair Exercise

1:00 - WH - Chair Exercise

2:00 & 7:30 - CH 901 Movie: The Beauty Academy of Kabul

Saturday 6

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

2:00 & 7:30 - CH 901
Movie: The Inspection



A Communal Table will be offered in the Dining Room on the evening of April 22th to celebrate Passover. To reserve a seat at this table or if you have any questions, please contact May Bernhard or Thelma Oppenheimer for additional information.

April 7-13

Sunday 7	Monday 8
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: A Night In Tuscany Andrea Bocelli</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></p> <p><u>All Day - WH</u> - Private Event</p> <p>Chair Exercise - Cancelled</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 11	Friday 12
<p><u>10:00 - AH</u> - Current Events</p> <p><u>9:30 - 5:00 - FC</u> - Pump It For Parkinsons Reserve your time!</p> <p><u>10:30 - WH</u> - Tai Chi w/ Vinny</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>11:15 - PDR</u> - Food Committee</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p><u>10:00 - AR</u>– Creative Arts Stenciling With Jennifer O’Brien</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:00 - WH</u> - Movement w/ Megan</p> <p><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel La Rondine</p> <p><u>3:00 - PHL</u>- Afternoon Tea</p>

Tuesday 9

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise
Please note **TIME CHANGE**

Newtown Savings Bank

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

1:30 - WH - Movie Matinee
Oppenheimer

Popcorn & Soda Served

Starting Early Due To 3 Hour Length

Wednesday 10

10:00 OUT TRIP - Walking Warriors - Still River Greenway Trail-Brookfield

Lunch @ Maggie McFly's

2:00 & 7:30 - CH 901 Movie: Judy

3:00 - PHL - Afternoon Tea

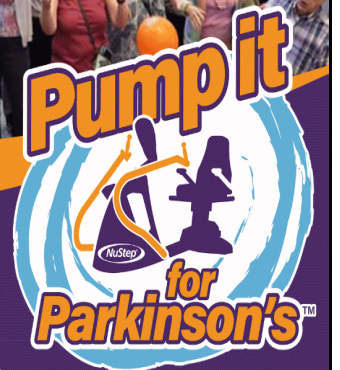
Saturday 13

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: The Book Club



**WE ARE
PUMPED
FOR PUMP IT!**

Thursday, April 11, 2024

April 14-20

Sunday 14	Monday 15
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: Auntie Mame Rosalind Russell</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - WH</u> - Chair Exercise</p> <p><u>2:00 - PHL</u> - Poetry</p> <p><u>2:15 - WH</u> - Professor Hunt “A World Coming Undone”</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 18	Friday 19
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - PAV</u> - Tai Chi w/ Vinny Weather Permitting/Otherwise GR</p> <p><u>11:00 - WH</u> - Dr. Sharon Gutterman Mindful Eating: Eat, Drink and Mind Your Middle</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p><u>10:00 - AR</u>– Creative Arts Stenciling With Jennifer O’Brien</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:00 - WH</u> - Movement w/ Megan</p> <p><u>2:30 - WH</u> - Mark Albertson Errol Flynn</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>

Tuesday 16

9:30 - WH - Chair Yoga w/ Alisa

**10:00 - AR - Creative Arts
Stenciling With Jennifer O'Brien**

**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**

**3:00 - WH - Brian Gillie
Great Music, Come On Down!**

Wednesday 17

10:00 - RS - Blood Pressure Screening

**9:45 - OUT TRIP - Wadsworth
Atheneum Styling Identities:
Hair's Tangled Histories Lunch
TBD**

11:00 - WH - Chair Exercise

1:00 - WH - Chair Exercise

**2:00 & 7:30 - CH 901
Movie: *The Bee Gees: how can you
mend a broken heart***

3:00 - PHL - Afternoon Tea

Saturday 20

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

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

**2:00 & 7:30 - CH 901
Movie: *A Walk In the Woods***



Sharon Gutterman, Ph.D.
Mindful Eating
Eat, Drink & Mind Your Middle
Thursday, April 18
11:00 AM - Wilson Hall

April 21-27

Sunday 21	Monday 22
<p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 & 7:30 – 901</u> - Movie: Houseboat</p>	<p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - WH</u> - Chair Exercise</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - GR</u> - Tom Ardise & Kevin Reilly Duo: Guitarist & Male Tenor Singer</p> <p>Passover Begins At Sundown</p>
Thursday 25	Friday 26
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - WH</u> - Tai Chi w/ Vinny</p> <p><u>2:30 - WH</u> - Netflix Anne With An E The Story Of Ann Of Green Gables Season II Episode 10 Season III Episode I</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p><u>10:00 - AR</u> - Creative Arts</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:00 - WH</u> - Movement w/ Megan</p> <p><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel La Forza Del Destino: Part II More Music</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>

Tuesday 23

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts
Stenciling With Jennifer O'Brien

1:00 - WH - Standing Exercise

Newtown Savings Bank

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

3:00 - WH - Musical Notes/Sing-a-Long w/ Lyn Kearney & Nancy on drums

Wednesday 24

NO OUT TRIP

12 Noon - WH
Volunteer Luncheon
Invitation Only

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

2:00 & 7:30 - CH 901
Movie: Tea With the Dames

3:00 - PHL - Afternoon Tea

Saturday 27

Morning Bus Service

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

11:00 - AH - Gathering of Readers
The Elegance Of the Hedgehog
See Peggy Jett For Books

2:00 & 7:30 - CH 901

Movie: Spartacus

New Books for the Library

After Annie--Anna Quindlen

Chasing Bright Medusas: A Life of Willa Cather--Benjamin Taylor

North Woods--Daniel Mason

What Happened to Nina?--Dervla McTiernan



April 28-30

Sunday 28

9:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

**3:00 & 7:30 – 901
Movie: One Fine Day**

3:00 - PHL - Afternoon Tea

Monday 29

11:00 - WH - Chair Exercise

**10:00 - AH - Technology Class with Andy Chapin
*Bring Your Questions!***

1:00 - WH - Chair Exercise

**2:30 - GR- Ice Cream Social
Come, Mingle & Meet**

Committee Meetings

**Resident Council
Monday, April 1 9:30 AM
Private Dining Room**

**Food Committee
Thursday, April 11 11:15 AM
Private Dining Room**

**Library Committee
Tuesday, April 16 10:00 AM
Private Dining Room**

NEW MUSIC



**Tom Ardise & Kevin Reilly
Duo: Guitarist & Male Tenor
Singer
Monday, April 22
GR - 3:00PM**

Tuesday 30

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

2:30 PM - WH - REEL ROYALTY

With Mervyn Clay

The Painted Veil 2006

April Birthdays

Jean Berechid April 2

George Visnyei April 2

Bobbie Munger April 6

Ken Meyer April 6

Cathy Garcia April 12

Susan Windesheim April 22



Volunteer Luncheon
Wednesday, April 24
12 Noon - Wilson Hall
Invitation Only
Invites Go Out April 8

ICE CREAM
Meet & Mingle
SOCIAL!



Tuesday, April 29
2:30 PM
Garden Room



Pomperaug Woods Bus Schedule

Monday, Tuesday, Thursday & Friday

AM	PM
9:00	1:00
10:00	2:00
11:00	3:00 Last Pick-up Of the Day

Reminder: Bus Service Ends @ 4:00 PM

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

