

JUNE 2024



Pomperaug Woods

The Art of Living

Calendar & Highlights

June

Days Of the Week *At A Glance*

JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	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	5	6

June Meetings

Resident Council
Monday, June 3 9:30 AM

No Newsletter Meeting

Resident Meeting
Friday June 7

Food Committee
Thursday, June 13 11:15 AM

Library Committee
Tuesday, June 18 10:00 AM

Welcoming Committee Meeting
June 4 4:00 PM

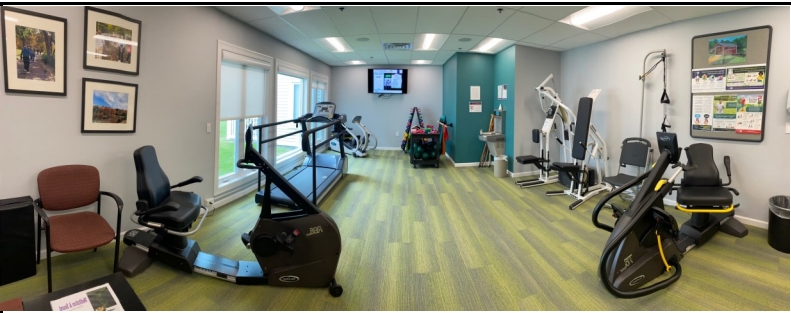


The Frank Porto Band has a Vibrant Big Sound playing hitmusic from The Great American Song Book featuring songs from Sinatra and Big Band Classics to The Beatles, The 4 Seasons and James Brown. TFPB members include: Frank DeVito on Sax and Clarinet, Fred Mariano on Trumpet and Flugelhorn, Jim Olbrys on Guitar, Don Hurta on Bass, Ken Ginsberg on Drums and John Noonan on Vocals. TFPB is known for getting Everyone Dancing and Singing.

June 25 4:00 PM

Father's Day

Sunday
19th June



Meet, Greet, Learn & Stay Fit!

Has it been a while since you've been in the fitness center?

Join Natalie on **Monday, June 3rd and 10th @ 2:00 PM.** Meet as a group and learn some fitness-related tips to help you feel more comfortable with exercise and stay fit.

If interested, a sign-up sheet will be available in the fitness center.

June Birthdays

- 3 Thelma Oppenheimer
- 4 Phyllis Marciano
- 12 Kay Marcoux
- 25 Fran Callan
- 28 Santosh Joshi
- 28 Janet Hansen



**Music Appreciation
With Jeffrey Engel**

**"Music For The Birds," Parts II and III
Friday, June 7 & 21**

Many musicians have had a close connection to birds. Richard Wagner owned two parrots. Other than music and trains, Antonin Dvorak's greatest passion was for his flock of pigeons. Gustav Mahler was an exception. He entrusted his wife Alma to find a summer cottage in the woods where there were no birds so he could compose in silence.

A large number of composers have been inspired by bird song since at least Clemens Non Papa (death around 1556) and his "Reveil des Oiseaux." During the following centuries, much music was written about cuckoos, cockerels, ducks, larks, magpies, nightingales, owls, parrots, swans, wood doves and unhatched chicks. Jeffrey Engel will present several musical works by bird loving composers of the past 400 years.

Room Key

- AH - Ace of Hearts
- AR - Art Room
- RS - Resident Services
- CL - Computer Lab
- PHL - Pine Hill Lounge
- HC - Health Center
- GR - Garden Room
- FC - Fitness Center
- FL - Front Lobby
- WH - Wilson Hall
- PDR - Private Dining Rm
- DR - Dining Room

June 1-8

Saturday 1	Monday 3
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Poor Things</p>	<p><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</p> <p><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></p>
Sunday 2	<p><u>11:00 - WH</u> - Chair Exercise</p>
<p><u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 - 901</u> Movie: Singin' In the Rain</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>1:30 - WH</u> - Standing Exercise</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 6	Friday 7
<p>10:30 - WH - Tai Chi w/ Vinny</p> <p>80th Anniversary of D-Day</p> <p><u>3:00 - WH</u> - Mark Albertson Lecture: <i>The Longest Day</i> <i>Celebrating the 80th Anniversary of D-Day</i> **Please Note Time Change To 3:00</p> <div data-bbox="290 1688 607 1869" data-label="Image"> </div> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p>Creative Arts Cancelled</p> <p><u>10:30 - WH</u> - Resident Meeting All are invited and encouraged to attend.</p> <p><u>1:00 - Pavilion</u> Mindful Movement</p> <p><u>3:00 - WH</u> - Jeffrey Engel Music Appreciation Topic: "Music For The Birds," Parts II</p>

Tuesday 4

9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

Newtown Savings Bank

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

**4:00 - PDR - Welcoming
Committee Meeting**

Wednesday 5

10:00 - RS - Blood Pressure Screening

**11:30 - OUT TRIP - Panda House
For Lunch**

**Hammond Museum & Japanese
Scroll Garden Afterwards**

11:00 - WH - Chair Exercise

1:30 - WH - Standing Exercise

2:00 & 7:30 - CH 901

**Movie: Butch Cassidy & the
Sundance Kid**

Saturday 8

Morning Bus Service

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

**11:00 - WH - Chair Zumba Gold w/
Toni**

2:00 & 7:30 - CH 901

Movie: Meet Me In St. Louis



Blood Pressure Screening

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

Where: Resident Services

Time: 10:00 AM

June 9-15

Sunday 9	Monday 10
<p><u>8:30 - 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: UP</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>WH</u> - Private Event</p> <p><u>11:00 - Pavilion</u> - Outdoor Yoga</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 13	Friday 14
<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>1:00 - WH</u> - Chair Zumba Gold w/ Toni</p> <p><u>2:30 - WH</u> - Netflix Anne With An E The Story Of Ann Of Green Gables Season III Episodes 6 & 7</p> <p><u>4:15 - GR</u> - Cocktail Hour</p> <p><u>7:30 - GR</u> - Cabaret Larry Batter</p>	<p><u>10:00 - AR</u> - Creative Arts</p> <p><u>11:00 - Pavilion</u> - Mindful Movement</p> <p><u>2:30 - WH</u> - Movie Matinee The Guernsey Literary and Potato Peel Pie Society (2018) Refreshments Served</p>

Tuesday 11

9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

Newtown Savings Bank

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

Wednesday 12

12 Noon - OUT TRIP - Lunch
Housatonic House
Seymour, CT

11:00 -WH - Chair Exercise

1:30 - WH - Standing Exercise

2:00 & 7:30 - CH 901
Movie: Rear Window

Saturday 15

Morning Bus Service

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

11:00 - WH - Chair Zumba Gold w/ Toni

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



James Chapin is here every **Thursday** morning in the Computer Lab from 10:30 until 11:30. Residents with hand held devices who need assistance may bring them down at this time. Please make sure you have with you all important passwords to allow access.

June 16-22

Sunday 16

8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

**3:00 & 7:30 - 901
Movie: On Golden Pond**

3:00 - PHL - Afternoon Tea



Monday 17

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

11:00-WH - Chair Exercise

1:00 -WH - Standing Exercise

**2:15 - AH - Dr. Hunt
Topic: "How the World Sees Us."**

3:00 - PHL - Afternoon Tea

Thursday 20

10:00 - AH- Current Events

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

**1:00 - WH - Chair Zumba Gold
w/ Toni**

2:00 - WH - BINGO!

4:15 - GR - Cocktail Hour

Friday 21

10:00 - AR - Creative Arts

11:00 - Pavilion - Mindful Movement

**3:00 -WH - Jeffrey Engel
Music Appreciation
Topic: "Music For The Birds," Parts III**

Tuesday 18

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

Newtown Savings Bank

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

2:30 PM - WH - REEL ROYALTY

With Mervyn Clay

Imitation Of Life (1934)

(cc)

Wednesday 19

10:00 - RS - Blood Pressure Screening

10:00 - OUT TRIP - Brunch &

Walk - Wallace Barnes Nature Trail, Bristol, CT

Parkside Café Beforehand

2:00 & 7:30 - CH 901

Movie: E.T. the Extra - Terrestrial

3:00 - AH - Time with Christine
PW Board Member

Saturday 22

Morning Bus Service

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

11:00 - WH - Chair Zumba Gold w/ Toni

2:00 & 7:30 - CH 901

Movie: Catch Me If You Can

New Books for the Library

Unfinished Romance--Doris Kearns Goodwin

Demon of Unrest--Eric Larson

Lucky--Jane Smiley

The Mystery Guest--Nita Prose

Long Island--Colm Toibin

The Alternatives--Caoilinn Hughes

How to Read a Book--Monica Wood



June 23-30

Sunday 23	Monday 24
<p><u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 - 901</u> Movie: Florence Foster Jenkins</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> - Standing Exercise</p> <p><u>2:30 - WH</u> - Mark Albertson Lecture: Edward Bernays</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 27	Friday 28
<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 III Finale Episodes 8, 9 & 10</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	<p><u>10:00 - AR</u> - Creative Arts</p> <p><u>2:00 - Pavilion</u> - Meditation & Sound</p>

<p style="text-align: center;">Tuesday 25</p>	<p style="text-align: center;">Wednesday 26</p>
<p><u>9:30 - WH- Chair Yoga w/ Alisa</u></p> <p><u>10:00 - AR - Creative Arts</u></p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p>	<p><u>9:30 - OUT TRIP</u> - FloGris Museum Old Lyme, CT \$18 per person for guided tour: Impressionism at 150: From Paris to CT & Beyond Lunch onsite: Café Flo <i>(This is Florence Griswold & additional \$\$/lunch)</i></p> <p><u>11:00 -WH - Chair Exercise</u></p> <p><u>1:30 -WH - Standing Exercise</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Young At Heart</p>
<p style="text-align: center;">Saturday 29</p>	<p style="text-align: center;">Sunday 30</p>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>11:00 - AH - Gathering of Readers</u> <i>Age Of Iron</i> By J. M. Coetzee</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Fences</p>	<p><u>8:30 - 12 Noon - BUS SERVICE TO MASS</u></p> <p><u>9:30 - PHL - Sacred Heart Eucharist</u></p> <p><u>3:00 & 7:30 - 901</u> Movie: Marvin Hamlisch: What he did for love.</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>



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

