

# August 2024



## Pomperaug Woods

### Calendar & Highlights

*The Art of Living*

# August 1 - 3

## Days Of the Week

# AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	31

## August Meetings

### Resident Council

**Monday, August 5 9:30 AM**

### Food Committee

**Thursday, August 8, 10:30 AM**

### Library Committee

**Tuesday, August 20, 10:00 AM**

## Thursday 1

**10:00 - AH - Current Events**

**10:00 - WH - Standing Exercise  
with Megan!**

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

**5:00 - FL - Evening Bus Service  
Southbury/Woodbury Only  
Sign-Up Required At Front Desk  
**\*\*Requires A Minimum of 4 To Run****

## Friday 2

**10:00 - AR – Creative Arts**

**11:15 - OUT TRIP - Hopkin's Inn  
Dining Outside - New Preston, CT  
Rescheduled from 7/24**

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

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

**4:15 - GR - Cocktail Hour**

## August Birthdays



6 Claire Lamb  
7 Lynda Burd  
14 Elinor Goettel  
14 Cynthia Greenberg  
16 Peggy Gloria  
16 Beverly Robertson  
17 Joel Levy  
19 Marcia Strittmatter  
20 Norma Benedict  
31 Joan Regan

## 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  
PAV - Pavilion  
PDR - Private Dining Rm  
DR - Dining Room

## Saturday 3

### Morning Bus Service

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

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

Movie: *The Birds*

## Reminder

### 5:00 - FL - Evening Bus Service

Thursday Evenings Only

Southbury/Woodbury

**Minimum Of 4 Residents To Sign UP**

Please be in the lobby NO later  
than 5.

Residents are required to make  
their own arrangements. This is  
run the same as daily bus service.  
Please call the bus phone to be  
picked up.

**Sign-Up At the Front Desk Please!**

# August 4 - 10

Sunday 4	Monday 5
<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>2:00 - WH</u> - Pomperaug Players Rehearsal</b></p> <p><b><u>3:00 &amp; 7:30</u> – 901 Movie: <i>Guys &amp; Dolls</i></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>10:00 - AH</u> - Tech Topics with Andy Chapin - Bring your questions!</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise with Megan!</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 8	Friday 9
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b>Tai Chi w/ Vinny Cancelled</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise with Megan!</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>11:15 - PDR</u> - Food Committee Meeting</b></p> <p><b><u>2:30 - WH</u> - Mark Albertson Lecture Topic: Newburgh Incident March 15, 1783</b></p> <p><b><u>5:00 - FL</u> - Evening Bus Service Southbury/Woodbury Only Sign-Up Required At Front Desk <b>**Requires A Minimum of 4 To Run</b></b></p>	<p><b>WH - Private Event</b></p> <p><b><u>10:00 - AR</u> – Creative Arts</b></p> <p><b><u>11:00 - AH</u> - Chair Exercise</b></p> <p><b><u>3:00 - AH</u> - Music Appreciation w/ Jeffrey Engel "RECYCLED MUSIC," <b>All Card Players To the Garden Room</b></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

<b>Tuesday 6</b>	<b>Wednesday 7</b>
<p><b><u>9:30 - AH - Chair Yoga w/ Alisa</u></b></p> <p><b><u>10:00 - AR– Creative Arts</u></b></p> <p><b><u>2:00 - WH - Balance with Megan!</u></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>10:00 - RS - Blood Pressure Screening</u></b></p> <p><b><u>11:00 - WH - Chair Exercise with Megan!</u></b></p> <p><b><u>10:00 - Out Trip - Mattatuck Museum Outsider Perspectives: Self-Taught Art \$12.00 Lunch @UnCommon Grill</u></b></p> <p><b><u>2:00 &amp; 7:30 - CH 901 Movie: Wallace &amp; Edward</u></b></p>
<b>Saturday 10</b>	<b>Music Appreciation With Jeffrey Engel</b>
<p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: <i>High Society</i></b></p>	<p><b>"RECYCLED MUSIC,"</b>  <b>Parts II and III</b>  <b>Friday, August 9 &amp; 23</b></p> <p>The Oxford Dictionary defines recycle as “to reclaim from waste.” Many composers have done just that. When they were young some of their early compositions were not satisfactory to them or were poorly received by the public. Later in their careers such musical waste was recycled into better and more successful works. There were also composers who recycled the music of others and not always with permission. I guess one man’s trash is another man’s gold!! Jeffrey Engel will present several recycled works and in some cases compare the original to the version we know today.</p>

# August 11 - 17

Sunday 11	Monday 12
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>2:00 - WH</u> - Pomperaug Players Rehearsal</p> <p><u>3:00 &amp; 7:30 – 901</u> Movie: <i>The Long Game</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p>WH - Private Event</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 15	Friday 16
<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> - Standing Exercise with Megan!</p> <p><u>5:00 - FL</u> - Evening Bus Service Southbury/Woodbury Only Sign-Up Required At Front Desk <b>**Requires A Minimum of 4 To Run</b></p>	<p><u>10:00 - AR</u> – Creative Arts</p> <p><u>11:00 - WH</u> - Chair Exercise with Megan!</p> <p><u>2:00 - WH</u> - Movie Matinee <i>Goodbye Mr. Chips</i> - Starring Robert Donat &amp; Greer Garson Refreshments Served</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

## Tuesday 13

Chair Yoga w/ Alisa **Cancelled**

Creative Arts **Cancelled**

10:00 - **PDR** - Library Committee

11:00 - WH - Author Event  
Allison Gilbert  
Emmy Award-Winning  
Journalist



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

## Wednesday 14

Memory Care - OUT TRIP

2:00 & 7:30 - CH 901

Movie: *Chicago*

11:00 - WH - Chair Exercise  
with Megan!

1:00 - WH - Balance  
with Megan!

3:00 - PHL - Afternoon Tea

## Saturday 17

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


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



**Wellness Coordinator**  
**Megan Boyd**  
Megan will be joining Pomperaug  
Woods in August on a part-time  
basis. **Exercise Classes** are hap-  
pening and a regular schedule is in  
progress.  
*Welcome Back!*



# August 18 - 24

Sunday 18	Monday 19
<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>2:00 - WH</u> - Pomperaug Players Rehearsal</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> - Movie: <i>The Waitress</i></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></b></p> <p><b><u>11:00 - WH</u> - Chair Exercise with Megan!</b></p> <p><b><u>2:15 - WH</u> - Professor Alfred Hunt <b>Topic: TBA</b></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 22	Friday 23
<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 w/ Toni</b></p> <p><b><u>5:00 - FL</u> - Evening Bus Service Southbury/Woodbury Only Sign-Up Required At Front Desk <b>**Requires A Minimum of 4 To Run</b></b></p>	<p><b>Creative Arts Cancelled</b></p> <p><b><u>11:00 - WH</u> - Balance Exercise with Megan!</b></p> <p><b><u>1:00 - WH</u> - Barre Exercise with Megan!</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel "RECYCLED MUSIC,"</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p> 



## Tuesday 20

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:00 - WH - Standing Exercise  
with Megan!

Newtown Savings Bank

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

7:15 - WH - Concert

The Eclectics featuring the one  
and only Larry Batter on piano!

## Wednesday 21

9:00 - 10:00 - DR - Wacky Waffle Wednesday

11:00 - WH - Chair Exercise  
with Megan!

3:00 - Out Trip - Lake Quassapaug Evening  
Boat Ride

\$25.00 Fee

**Must Be Able To Board Boat Independently**

Dinner Beforehand @ Chang Square  
(Chinese)

2:00 & 7:30 - CH 901

Movie: *Broadway & the Golden Age*

2:00 - PHL - Resident Council Meeting with  
Newcomers

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

## Saturday 24

Morning Bus Service

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

11:00 - WH - Chair Zumba w/ Toni

2:00 & 7:30 - CH 901

Movie: *Ezra*



*The Eclectics*

The  
*Eclectics*

Tuesday  
August 20  
7:15 PM

# August 25 - 31

Sunday 25	Monday 26
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - AH</u> - Sacred Heart Eucharist</b></p> <p><b><u>2:00 - WH</u> - Pomperaug Players Rehearsal</b></p> <p><b><u>3:00 &amp; 7:30 - 901</u> Movie: <i>Nunsense</i></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:30 - GR</u> - <i>Songbirds</i> Prospect Senior Center Come On Down To the Garden Room &amp; Listen To Your Peers!</b></p> <p><b><u>1:00 - WH</u> - Standing Exercise with Megan!</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 29	Friday 30
<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 w/ Toni</b></p> <p><b><u>2:30 - WH</u> - Mark Albertson Lecture Topic: Electoral College</b></p> <p><b><u>5:00 - FL</u> - Evening Bus Service Southbury/Woodbury Only Sign-Up Required At Front Desk <b>**Requires A Minimum of 4 To Run</b></b></p>	<p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Chair Exercise with Megan!</b></p> <p><b><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

## Tuesday 27

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

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

**Newtown Savings Bank**

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

**1:00 - WH** - Chair Exercise  
with Megan!

**3:00 - WH** - Bingo

## Wednesday 28

**10:15 - OUT TRIP** - Goodspeed  
Opera House Lunch @ Gelston  
House Sign-Up Only in Activities  
Musical: *Maggie*

**11:00 - WH** - Balance  
with Megan!

**2:00 & 7:30 - CH 901**  
*Movie: The Seven Wonders Of the  
Ancient World*

**1:00 - WH** - Barre  
with Megan!

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

## Saturday 31

**Morning Bus Service**

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

**11:00 - AH** - Gathering of Readers  
*A Spool of Blue Thread*  
By Anne Tyler

**2:00 & 7:30 - CH 901**  
*Movie: Roman Holiday*

## New Books for the Library

Eruption--Michael Crichton & James  
Patterson

Camino Ghosts--John Grisham

You Are Here--David Nicholls

The Comfort of Ghosts--Jacqueline  
Winspear

In True Face--Jonna Mendez

The Excitements--C.J. Wray

James--Percival Everett

This Other Eden--Paul Harding





# Pomperaug Woods Bus Schedule

## Monday, Tuesday, Thursday & Friday

AM	PM	<u>5:00 PM - FL</u> - Evening Bus July 11, 18, & 25
9:00	1:00	Southbury/Woodbury Only
10:00	2:00	<b>**Requires A Minimum of 4 To Run</b>
11:00	3:00	Last Pick-up Of the Day
Reminder: Bus Service Ends @ <b>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

Continental Breakfast Available  
**In the Dining Room**

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

