

SEPTEMBER 2024



Artwork By Resident Beverly Robertson

Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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

September Meetings

Resident Council

Tuesday, September 3, 9:30 AM

Newsletter Meeting

Monday, September 9, 1:00 PM

Food Committee

Thursday, September 12, 11:15 AM

Library Committee

Tuesday, September 17, 10:00 AM

Walking Warriors

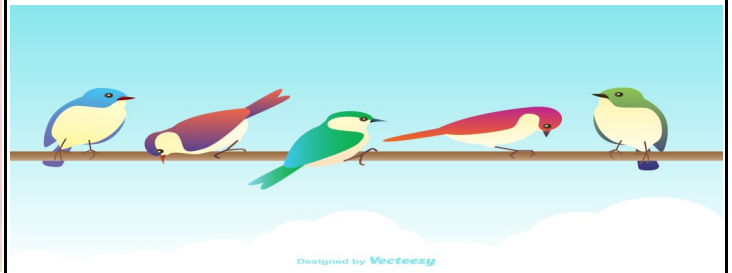
This weekly walking excursion covers the grounds of Pomperaug Woods with one full loop of the property.

**Starts Monday September 9th
1:00pm
Garden Room**

Happenings

Are you an Early Bird?

**Check out our
Early Exercise Class
Monday, September 16th
9:00am
Wilson Hall**



Lecture



*Town Historian
John Dwyer*



Tuesday
September 10

Come and find out about the one & only **Southbury**. The following week we'll take a tour with our bus to visit the locations in this lecture.



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.

Lecture



*Stephen Collins
Unlaunch'd Voices*

*A LOVELY LIGHT
Edna St. Vincent Millay*

Thursday
September 19
2:00 PM
Wilson Hall



Special Event



RIGHT HERE
AT POMPERAUG WOODS!
September 28
9:00AM - 12 NOON
Registration Due September 12
Promotional Board Posted
September 5
With More Details

September 1 - 7

Sunday 1	Monday 2
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> - 901 Movie: Andre Rieu <i>The Flying Dutchman</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p>Bus Service Suspended Resident Council Meeting is Sept. 3 Newsletter Meeting is Sept. 9</p> <p><u>11:00 to 2:00</u> - Picnic - DR Patio (Please make reservations early)</p>  <p><u>3:00 & 7:30</u> - 901 Movie: Lives Well Lived Labor Day Movie</p> <p>Afternoon Tea Cancelled</p>
Thursday 5	Friday 6
<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</p> <p><u>1:00 WH</u> - Chair Zumba w/ Toni</p>	<p><u>10:00 - AR</u> - Creative Arts</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>3:00 - WH</u> - Jeffrey Engel Music Appreciation</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 3

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

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:30 - CR - Lecturer

Mark Albertson

**Topic: 60th Anniversary of the
Gulf Of Tonkin Resolution**

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

Wednesday 4

10:00 - RS - Blood Pressure Screening

10:30 - OUT TRIP - Shopping

Danbury Fair Mall

Independent Lunch

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Chihuly Short Cuts

3:00 - PHL - Afternoon Tea

Saturday 7

Morning Bus Service

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

1:15 - Out Trip - Lake Quassapaug

Boat Ride

\$25.00 Fee

Rescheduled From August 21

Boat Ride Only

Please Check Sign-up Book!!

2:00 & 7:30 - CH 901

Movie: Patch Adams

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

**PAV - Outdoor Pavilion (Doors
opposite Garden Room)**

CR - Conference Room

September 8 - 14

Sunday 8	Monday 9
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 - 901</u> Movie: Seabisquit</p> <p><u>2:00 - WH</u> - Pomperaug Players Rehearsal</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p>WH - Private Event</p> <p><u>11:00 - GR</u>- Chair Exercise</p> <p><u>1:00 - PHL</u> - Newsletter Meeting</p> <p><u>1:00 - GR</u>- Walking Warriors</p> <p><u>2:15 - CR</u>- Dr. Hunt Topic: <i>TBD</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 12	Friday 13
<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>11:15 - PDR</u> - Food Committee</p> <p><u>1:15 - WH</u> - Barre Fitness</p> <p><u>7:15 - GR</u> - Cabaret Featuring Larry Batter</p>	<p><u>10:00 - AR</u>- Creative Arts</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour/Party Featuring <i>Frank Porto Band</i> !</p>

Tuesday 10

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:15 - GR - Standing Exercise

2:00 - WH - Lecture

John Dwyer

Southbury Historical Society

Newtown Savings Bank

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

Wednesday 11

OUT TRIP - Memory Care

11:00-WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Andy Warhol

2:00 - GR - VOLUNTEER FAIR

3:00 - PHL - Afternoon Tea

Saturday 14

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: *The Pursuit Of Happiness*



Volunteer Fair

**Wednesday, September
11th
2:00pm
Garden Room**

September 15 - 21

Sunday 15	Monday 16
<p><u>9:30 - 12 Noon</u> -BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 - 901</u> - Movie: The Wedding Date</p> <p><u>2:00 - WH</u> - Pomperaug Players Rehearsal</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 -WH</u> -Early Bird Exercise Class!</p> <p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - GR</u> - Sing-A-Long Jerry & Teddi Pia with Multiple Microphones!!</p>
Thursday 19	Friday 20
<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 - GR</u> - Chair Zumba w/ Toni</p> <p>2:00 - WH - A LOVELY LIGHT Edna St. Vincent Millay Stephen Collins Returns</p>	<p><u>10:00 - AR</u>- Creative Arts</p> <p><u>10:30 - CR</u>- Lecturer Mark Albertson Topic: 60th Anniversary of the Gulf Of Tonkin Resolution</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>3:00 - WH</u>- Jeffrey Engel Music Appreciation</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 17

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:00 - AH - Library Committee

1:15 - WH - Standing Exercise

3:00 - WH - Educators Symposium
NEW!

Newtown Savings Bank

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

Wednesday 18

10:00 - RS - Blood Pressure Screening

10:30 - OUT TRIP - Historical Tour
Of Southbury

Lunch Afterwards @ Miranda's

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Mama Mia

2:00 - PHL - Resident Council Meet-
ing with Newcomers

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

Saturday 21

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: An Officer & A Gentleman



Were you an educator?

Please join our **Educators Symposium** to share your professional experiences and listen to others. Lively and inspiring conversation guaranteed to ensue as we connect with one another on the beloved topic.

Tuesday, September 17th
3:00pm
Conference Room

September 29 - 30

Sunday 22	Monday 23
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>10:00 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 - 901</u> Movie: O Pioneers</p> <p><u>2:00 - WH</u> - Pomperaug Players Rehearsal</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>11:00 - WH</u> - Chair Exercise</p> <p><u>1:00 - GR</u>- Walking Warriors</p> <p><u>3:00 - GR</u> - KT Connection <i>Come Check Out Their Music!</i></p>
Thursday 26	Friday 27
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - CR</u> - Lecturer Mark Albertson Topic: The Marx Brothers</p> <p><u>10:30 - WH</u>- Tai Chi w/ Vinny</p> <p><u>1:15- GR</u>- Balance Class</p> <p><u>2:00 - WH</u> - Pomperaug Players FINAL Rehearsal</p>	<p>Creative Arts Cancelled</p> <p><u>10:30 - WH</u> - Resident Meeting <i>Note: Alzheimer's Walk Prep</i></p> <p><u>2:00 - WH</u> - Pomperaug Players PLAY</p> <p><u>4:15 - GR</u> - Cocktail Hour Reception for Pomperaug Players!</p>

<p style="text-align: center;">Tuesday 24</p>	<p style="text-align: center;">Wednesday 25</p>
<p><u>9:30 - WH - Chair Yoga w/ Alisa</u></p> <p><u>10:00 - AR- Creative Arts</u></p> <p><u>1:15 - WH - Standing Exercise</u></p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p> <p><u>2:30 PM - WH - REEL ROYALTY</u> <i>With Mervyn Clay</i> <i>Next Time We Love (1936)</i></p>	<p><u>10:00 - OUT TRIP - New Britain Museum Of Art /Chinese Lunch</u></p> <p><u>11:00 - WH - Chair Exercise</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Must Love Dogs</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
<p style="text-align: center;">Saturday 28</p>	<p style="text-align: center;">Sunday 29</p>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p>9:00 - 12 Noon AT the Pavillion Alzheimer's Walk Rain Date: Sunday</p> <p><i>Gathering of Readers - Postponed</i> <i>Until October 5th</i></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Mr. Holland's Opus</p>	<p><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u></p> <p><u>10:00 - PHL - Sacred Heart Eucharist</u> <u>3:00 & 7:30 - 901</u> Movie: Little Lord Fauntleroy</p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p style="text-align: center;">Monday 30</p> <p><u>11:00 - WH - Chair Exercise</u></p> <p><u>3:00 - WH - Bingo</u></p>



Pomperaug Woods Bus Schedule

Monday, Tuesday, Thursday & Friday

AM	PM	<u>Tuesday, October 10 5:00 - FL - Evening</u>
9:00	1:00	Bus
10:00	2:00	Southbury/Woodbury Only
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

11:30 AM—2:30 PM
4:00 PM - 6:00 PM
Monday - Friday

Continental Breakfast Available
In the Dining Room

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

