

OCTOBER 2024



Pomperaug Woods

The Art of Living

Calendar & Highlights

**Days Of the Week
At A Glance**

OCTOBER 2024

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

October Meetings

- Resident Council**
Monday, October 7, 9:30 AM
- Food Committee**
Thursday, October 10, 11:15 AM
- Library Committee**
Tuesday, October 15, 10:00 AM

Thursday 3

- 10:00 - AH - Current Events**
- 10:30 - CL - Technology Support w/
James**
- 10:30 - WH - Tai Chi w/ Vinny**
- 1:15 - WH - Barre Exercise**
- 3:00 - WH - Double Play
Flute & Tuba**

Friday 4

- 10:00 - AR - Creative Arts**
- 11:00 - WH - Standing Exercise**
- 1:15 - WH - Balance Class**
- 3:00 - WH - Music Appreciation
w/ Jeffrey Engel**
- 3:00 - PHL - Afternoon Tea**
- 4:15 - GR - Cocktail Hour**

October 1-5

Tuesday 1

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

Wednesday 2

1:20 - OUT TRIP - Riverview
Cinemas Movie: Reagan @
1:40PM \$11.00

11:00 - WH - Chair Exercise
Section A

11:45 - WH - Chair Exercise
Section B

****note: please attend 1 section of
Chair Exercise to reduce class sizes**

1:15 WH - Balance Class

2:00 & 7:30 - CH 901

**Movie: New York Documentary
1609-1825**

Saturday 5

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Lincoln

Starring Daniel Day-Lewis

Jeffrey Engel

Music Appreciation

October 4 & 18 3:00pm - CR

OFFENBACH IN OCTOBER

Offenbach passed away on October 5, 1880 before he completed his sole opera "Les Contes d'Hoffmann." This, his last work for the stage, will open the Metropolitan Opera's 2024-2025 simulcast season. It is based on a play about the writer and composer E.T.A. Hoffmann and as part of the score has one of the most famous barcarolles ever written. Jeffrey Engel will provide details about the background of Offenbach's only opera (including who completed it!) and play some excerpts.

Mr. Engel will also present in October "La Vie Parisienne," an operetta by 'O de Cologne.' It is full of memorable melodies, can cans, galops and waltzes making it one of the best of his hundred or so operettas.

October 6-12

Sunday 6	Monday 7
<p><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u></p> <p><u>9:30 - Health Center - Sacred Heart Eucharist</u></p> <p><u>2:15 - FL - Waterbury Symphony Ticketholders Only</u></p> <p><u>3:00 & 7:30 – 901</u> Movie: Placido Domingo/Carmen</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00 WH– Early Bird Exercise</u></p> <p><u>9:30 - PHL - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</u></p> <p><u>10:00 - CR - Tech Topics with Andy Chapin - Bring your questions!</u></p> <p><u>11:00 - WH - Chair Exercise Section A</u></p> <p><u>11:45 - WH– Chair Exercise Section B</u></p> <p>**note: please attend 1 section of Chair Exercise to reduce class sizes</p> <p><u>1:00 - GR– Walking Warriors</u></p>
Thursday 10	Friday 11
<p><u>10:00 - AH - Current Events</u></p> <p><u>10:30 - CL - Technology Support</u></p> <p><u>10:30 - WH- Tai Chi w/ Vinny</u></p> <p><u>11:15 - PDR - Food Committee</u></p> <p><u>1:00 - AR - Private Event</u></p> <p><u>1:15 - WH - Barre Exercise</u></p>	<p><u>10:00 - AR– Creative Arts</u></p> <p><u>11:00 - WH - Standing Exercise</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>4:15 - GR - Cocktail Hour</u></p>

Tuesday 8	Wednesday 9
<p>No Chair Yoga</p> <p><u>10:00 - AR</u>– Creative Arts</p> <p><u>1:15– WH</u>– Standing Exercise</p> <p><u>Newtown Savings Bank</u> <u>1:30 - 3:00 PM - C Wing Hallway</u></p>	<p><u>10:00 - RS</u> - Blood Pressure Screening</p> <p><u>9:30 - OUT TRIP</u> - CIA Culinary Institute Of America</p> <p><u>11:00 - WH</u> - Chair Exercise Section A</p> <p><u>11:45 - WH</u>– Chair Exercise Section B</p> <p>**note: please attend 1 section of Chair Exercise to reduce class sizes</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: New York Documentary 1825-1865</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Saturday 12	<p>Room Key</p> <p>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 - Outdoor Pavilion (Doors opposite Garden Room) PDR - Private Dining Rm DR - Dining Room CR - Conference Room</p>
<p><u>Morning Bus Service</u> <u>9:00, 10:00 & 11:00 AM Pickups</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Green Book</p>	

October 13-19

Sunday 13	Monday 14
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - Health Center</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> Movie: Rodgers & Hammerstein’s State Fair</p>	<p><u>9:00 - GR</u> - Early Bird Exercise</p> <p><u>11:00 - GR</u>- Chair Exercise Section A</p> <p><u>11:45 - GR</u>– Chair Exercise Section B</p> <p>**note: please attend 1 section of Chair Exercise to reduce class sizes</p> <p><u>1:00 GR</u>– Walking Warriors</p> <p><u>2:15 - CR</u> - Dr. Hunt Topic: TBD</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 17	Friday 18
<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 with Toni</p>	<p><u>10:30 AM - WH</u> - Emergency Preparedness w/ Mike Miller Director Of Facilities</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 15

9:30 WH- Chair Yoga w/ Alisa

NO Creative Arts

10:00 - AH - Library Committee

1:15 WH- Standing Exercise

Newtown Savings Bank

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

Wednesday 16

NO OUT TRIP

11:00 - WH - Chair Exercise
Section A

11:45 - WH- Chair Exercise
Section B

****note: please attend 1 section of
Chair Exercise to reduce class sizes**

1:15 WH- Balance Class

2:00 & 7:30 - CH 901

**Movie: New York Documentary
1865-1898**

Saturday 19

Morning Bus Service

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

2:00 & 7:30 - CH 901

**Movie: The Big Sleep
Starring Bogart & Bacall**

6:45 PM- Front Lobby

Waterbury Palace Present

Violinist Itzhak Perlman

Please see Lisa for tickets.

Unchaperoned trip. Show begins

@ 7:30PM



**ITZHAK
PERLMAN**



Saturday, October 19, 2024

Bus Leaves @ 6:45 PM 7:30pm - 9:30pm

Tickets: \$68.00 includes transportation.

This is an unchaperoned trip.

Please sign up AT THE FRONT DESK.

October 20-26

Sunday 20	Monday 21
<p><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u></p> <p><u>9:30 - Health Center - Sacred Heart Eucharist</u></p> <p><u>3:00 & 7:30 - 901</u> Movie: Tony Bennet An American Classic</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00 - WH - Early Bird Exercise</u></p> <p><u>10:00 CR - Tech Topics with Andy Chapin - Bring your questions!</u></p> <p><u>11:00 - WH - Chair Exercise Section A</u></p> <p><u>11:45 - WH - Chair Exercise Section B</u> **note: please attend 1 section of Chair Exercise to reduce class sizes</p> <p><u>1:00 - GR - Walking Warriors</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 24	Friday 25
<p><u>10:00 - AH - Current Events</u></p> <p><u>10:30 - CL - Technology Support w/ James</u></p> <p><u>10:30 - GR - Tai Chi w/ Vinny</u></p> <p><u>1:00 - GR - Chair Zumba with Toni</u></p> <p><u>4:00 - WH - Let's Go Trivia Event</u> <i>Separate Flyer with Instructions Coming Soon - Team Formation etc.</i></p>	<p><u>NO Creative Arts</u></p> <p><u>11:00 - WH - Standing Exercise</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>4:15 - GR - Cocktail Hour</u></p>

Tuesday 22

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

2:30 PM - WH - REEL ROYALTY
With Mervyn Clay
Death Takes A Holiday (1934)cc

Wednesday 23

11:30 - OUT TRIP - White Horse Pub
New Preston

11:00 - WH - Chair Exercise
Section A

11:45 - WH - Chair Exercise
Section B

****note: please attend 1 section of
Chair Exercise to reduce class sizes**

1:15 - WH - Balance Class

4:00 - WH - Classical Concert
Cognetta Sisters

2:00 & 7:30 - CH 901

Movie: New York Documentary
1898-1918

Saturday 26

Morning Bus Service

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

11:00 - CR - Mark Albertson
Lecture Topic: America
A Democracy? A Republic?

11:00 - AH - Gathering of Readers
Outlawed
By Anna North

2:00 & 7:30 - CH 901

Movie: The Tourist
Starring Angelina Jolie & Johnny
Depp



Classical Concert

Alyce Cognetta Bertz
Meg Cognetta Heaton

Wednesday October 23
4:00 PM Wilson Hall

October 27-31

Sunday 27

9:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - Health Center - Sacred Heart Eucharist

**3:00 & 7:30 - 901
Movie: Irving Berlin's
Alexander's Ragtime Band**

3:00 - PHL - Afternoon Tea

Monday 28

9:00 - WH - Early Bird Exercise

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

**11:45 - WH - Chair Exercise
Section B**

****note: please attend 1 section of
Chair Exercise to reduce class sizes**

1:00 - GR - Walking Warriors

Thursday 31

10:00 - AH - Current Events

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

**10:30 - CR - Mark Albertson/
Lecture: Gary Cooper**

**3:00 - WH - Halloween Runway!
Prizes Awarded!**

**4:15 - GR - Party/Cocktail Hour
Moves To the Garden Room!
NO Cocktail Hour November 1
This Year's Theme: *Outer Space***



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.

Tuesday 29

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

3:00 - WH - BINGO

Wednesday 30

10:00 - OUT TRIP - Yale Art Gallery - Zuppardi's /Pizza

11:00 - WH - Chair Exercise Section A

11:45 - WH - Chair Exercise Section B

****note: please attend 1 section of Chair Exercise to reduce class sizes**

1:15 WH - Balance Class

2:00 & 7:30 - CH 901

Movie: New York Documentary 1919-1931



LET'S GO TRIVIA®

GARRY LEAVY TO HOST
TRIVIA EVENT

**THURSDAY, OCTOBER 24
3:00 PM WILSON HALL**

**TEAMS WILL BE SET-UP
SIGNUP REQUIRED
ADDITIONAL INFO COMING SOON!**

New Books for the Library

Tell Me Everything--Elizabeth Strout
Here One Moment--Liane Moriarity
Mina's Matchbox--Yoko Ogawa
Lovely One--Ketanji Brown Jackson
Shanghai--Joseph Kanon
Things Don't Break on Their Own--
Sarah Easter Collins
We Solve Murders--Richard Osman





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**

<p>Saturday AM ONLY</p> <p>9:00</p> <p>10:00</p> <p>11:00</p>	<p>Sunday 9:30 to 12 Noon</p> <p>First Drive Leaves @ 9:30 For</p> <p>Mass At Church Of the Epiphany</p> <p>St. Teresa's and UCC</p> <p>Please see Lisa for further information.</p>
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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

