

NOVEMBER 2024



Pomperaug Woods

The Art of Living

Calendar & Highlights

November 1-2

Days Of the Week

NOVEMBER 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

November Meetings

Resident Council

Monday, November 4, 9:30 AM

Newsletter Meeting

Monday, November 4, 1:00 PM

Food Committee

**Thursday, November 14
11:30AM**

Library Committee

**Tuesday, November 19
10:00 AM**

Friday 1



Pomperaug Woods Turkey Trot 10-Day Challenge

From November 12-26,
how many times can you walk the
Pomperaug Woods property?
First place winner gets a special prize

Sign-ups/Log-ins take place in the Fitness Center
When you sign up to participate you get an inaugural
gift

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

4:15 - GR - Cocktail Hour



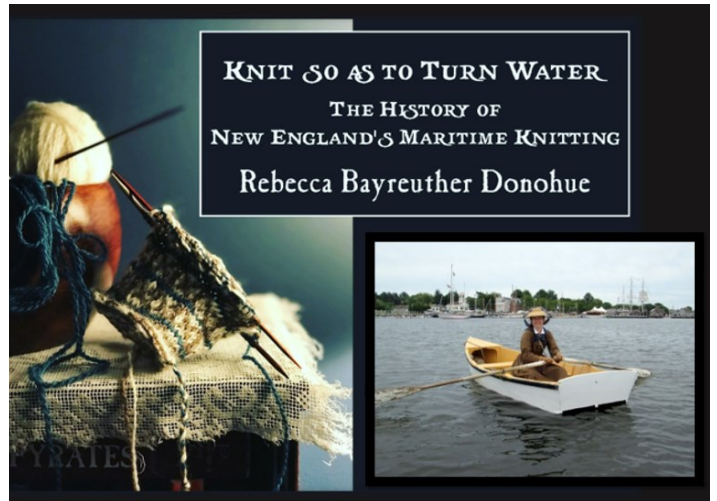
MET OPERA LIVE REMINDER

**SATURDAY, NOVEMBER 23 STARTS AT
1:00**

BUS LEAVES AT 12

Tosca, Giacomo Puccini

See Megan for Brochure and Payment



**Friday
November 15
2:00 PM
Wilson Hall**

Saturday 2

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Fighting Caravans

Gary Cooper

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 - Outdoor Pavilion (Doors
opposite Garden Room)**

PDR - Private Dining Rm

DR - Dining Room

CR - Conference Room

November 3-9

Sunday 3	Monday 4
<p><u>9:30 - 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: A Farewell To Arms Gary Cooper</p> <p><u>1:00 - CR - Private Event</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00– GR– 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>11:00 - GR - Chair Exercise A</u></p> <p><u>11:45 – GR– Chair Exercise B</u></p> <p><u>1:00 - PHL - Newsletter Meeting</u></p> <p><u>1:00 – GR– Walking Warriors</u></p> <p><u>3:00 - GR - Sing-A-Long</u> Jerry & Teddi Pia with Multiple Microphones!!</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 7	Friday 8
<p><u>10:00 - AH - Current Events</u></p> <p><u>10:30 - CL - Technology Support w/ James</u></p> <p><u>10:30– WH– Tai Chi w/ Vinny</u></p> <p><u>1:15– WH– Barre Fitness</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 - WH - Music Appreciation w/ Jeffrey Engel</u></p> <p><u>4:15 - GR - Cocktail Hour</u></p>

Tuesday 5

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

**Election Day
Regular Bus Service
Available**

1:15 - WH - Standing Exercise

Wednesday 6

10:00 - RS - Blood Pressure Screening

10:30 - OUT TRIP -

Walking Excursion: Middlebury
Greenway Restaurant: Maggie
McFly's Middlebury

No Chair Exercise A

No Chair Exercise B

No Balance Class

2:00 & 7:30 - CH 901

Movie: New York Documentary
City Of Tomorrow 1929-1941

3:00 - PHL - Afternoon Tea

Saturday 9

Morning Bus Service

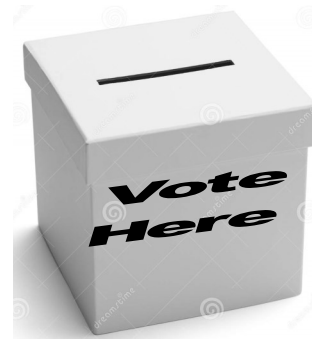
9:00, 10:00 & 11:00 AM Pickups

2:00 & 7:30 - CH 901

Movie: Beloved Oprah Winfrey
Danny Glover

**Resident Council
Voting
Happens This Month!**

**Please take note of important dates
throughout this calendar.**



November 10-16

Sunday 10

9:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart
Eucharist

3:00 & 7:30 – 901
Movie: *Flags of our Fathers*

3:00 - PHL - Afternoon Tea

Monday 11

No Creative Arts
No Standing Exercise
No Movement w/ Megan
NO BUS SERVICE

Veteran's Day
Observed @ PW



Thursday 14

10:00 - AH - Current Events

10:30 - CL - Technology Support w/ James

10:30 - WH - Tai Chi w/ Vinny

11:15 - PDR - Food Committee

1:00 - WH - Chair Zumba w/ Toni

3:00 - GR - Meet the Candidates
Running for Resident Council

Friday 15

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - GR - Balance Class

2:00 PM - Lecture/Presentation
Rebecca Bayreuther Donohue
Knit So As To Turn Water

4:15 - GR - Cocktail Hour

Tuesday 12	Wednesday 13
<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>The Mysterious Lady(1928) cc</i></p> <p>Turkey Trot Starts</p>	<p><u>10:00 - RS - Blood Pressure Screening</u></p> <p><u>10:00 - OUT TRIP - Let's Go to the Movies TBA 11/7 @ Front Desk</u></p> <p><u>11:00 - WH - Note: Chair Exercise A & B</u></p> <p><u>2:00 - WH - Private Event</u> <u>3:00 - GR - Private Event</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: New York Documentary The City & the World 1945 To Present</p> <p><u>2:30 - WH - Mark Albertson</u> Lecture - The Letter Thomas Jefferson's letter to Samuel Kercheval in 1816</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Saturday 16	<p>HOLIDAY MEAL HOURS</p> <p>The dining room will be open from 11:30-2:30 with reservations being requested. We will take 6 reservations every 15 minutes starting at 11:30 and ending at 2:15. Reservations of 5 or 6 are on a first come, first serve basis. Other than that, we only have tables of 4. Residents that order meals for take-out or delivery must order their meals by 2 pm. These meals will be ready for pick-up and delivery at 4 pm.</p> <p>Veteran's Day November 11 Thanksgiving Day November 28</p>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>11:00- WH- Chair Zumba w/ Toni</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: My Big Fat Greek Wedding</p>	

November 17-23

Sunday 17	Monday 18
<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 – 901</u> - Movie: Some Like It Hot</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00- WH</u>– Early Bird Exercise</p> <p><u>10:00 - AH</u> - Technology Class Andy Chapin</p> <p><u>11:00 - WH</u> - Chair Exercise A</p> <p><u>11:45– WH</u>– Chair Exercise B</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 Resident Council Election Begins Ballots Placed Under Doors Ballot Box @ Reception Desk</p>
Thursday 21	Friday 22
<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><u>2:30 - WH</u> - Private Event</p>	<p>No Creative Arts No Standing Exercise</p> <p><u>10:30 - WH</u> - Resident Meeting All are invited to attend</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>3:00 - WH</u> - Music Appreciation w/ Jeffrey Engel</p> <p><u>4:15 - GR</u> - Cocktail Hour</p> <p>Resident Council Voting Ends At 12 Noon Newly Elected Council Members Announced After 12 PM</p>

Tuesday 19

9:30 - AH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:00 - AH - Library Committee

1:15 - WH - Standing Exercise

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 20

10:00 - RS - Blood Pressure Screening

11:45 - OUT TRIP - White Horse Pub New Preston, CT

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Biography: Mary Kay Ash

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

Saturday 23

Morning Bus Service

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

11:00 - WH - Chair Zumba w/ Toni

12:00 - FL - MET Opera Live

Tosca

This is for ticketholders only.

2:00 & 7:30 - CH 901

Movie: Inheritance



The
Eclectics

Tuesday
November 19
7:15 PM

November 24-31

Sunday 24	Monday 25
<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 - 901</u> Movie: The Great Escape Steve McQueen</p> <p><u>3:00 - AH</u> - Afternoon Tea</p>	<p><u>9:00- WH</u> - Early Bird Exercise</p> <p><u>11:00 - WH</u> - Chair Exercise A</p> <p><u>11:45- WH</u> - Chair Exercise B</p> <p><u>1:00- GR</u> - Walking Warriors</p> <p>2:30 - WH - <i>Gobble Gobble</i> BINGO</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 28	Friday 29
<p>NO Bus Service Holiday Meal Hours</p>  <p>Happy Thanksgiving</p>	<p>No Creative Arts</p> <p><u>11:00 WH</u> - Standing Exercise</p> <p><u>2:30 - WH</u> - Mark Albertson Lecture - John Wayne</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 26

No Chair Yoga

10:00 - AR - Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

2:30 - WH - May Bernhard

Presents:

How To Watch A Dog Show!

Turkey Trot Ends

Wednesday 27

NO OUT TRIP

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: McLintock!

Starring John Wayne & Maureen O'Hara

3:00 - PHL - Afternoon Tea

Saturday 30

Morning Bus Service

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

11:00 - AH - Gathering of Readers

The Color of Water by James

McBride

2:00 & 7:30 - CH 901

Movie: The Century of Warfare

Sunday 31

9:30 - 12 Noon - BUS SERVICE
TO MASS

9:30 - PHL - Sacred Heart Eucharist

3:00 & 7:30 - 901

Movie: The Cardboard Bernini

3:00 - PHL - Afternoon Tea



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

Continental Breakfast Available
In the Dining Room

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

