

JANUARY 2025



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

Committee Meetings

January 2025

Resident Council

Monday, January 6 9:30 AM

Newsletter Meeting

Monday, January 6 1:00 PM

Food Committee

Thursday, January 9 11:15 AM

Library Committee

Tuesday, January 21 10:00 AM

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	31	

Wednesday 1



NO BUS SERVICE

Holiday Meal Hours

Afternoon Tea Cancelled

2:00 & 7:30 - CH 901

Movie: Paul Bisaccia and the Great American Piano

4:30 - AH - Menorah Lighting Hanukah



**Monday
January 27
9:00 - 10:00
Dining Room**

January 1 -4



New Year's Resolutions 2025

Starting January 2025, visit the Fitness Center and make an appointment with Megan Boyd.

Set some health and fitness goals for the New Year!



The Metropolitan Opera

Reminder: Live HD Series 2025
AMC Theater Danbury
Brochures to sign up located by Mailboxes

January: Aida
March: Fidelio
April: Le Nozze di Figaro
May: Salome
May: Il Barbiere di Siviglia

We need a minimum of 4 people per show

Thursday 2

10:00 - AH- Current Events

10:30 - CL - Technology Support
w/ James

1:00 - WH- Chair Zumba w/ Toni

2:30 - WH- Mark Albertson
Topic: The Dred Scott Decision
1857

Friday 3

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

4:15 - GR - Cocktail Hour

January 5-11

Saturday 4

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Mona Lisa Smile

Sunday 5

8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

3:00 & 7:30 - 901

Movie: National Velvet

3:00 - PHL - Afternoon Tea

Thursday 9

10:00 - AH - Current Events

10:30 - CL - Technology Support

10:30 - WH - Tai Chi w/ Vinny

11:15 - PDR - Food Committee

1:00 - WH - Chair Zumba w/ Toni

Monday 6

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

9:00 - WH - Early Bird Exercise

10:00 - CR - Technology Class
Andy Chapin

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:00 - PHL - Newsletter Meeting

1:00 - GR - Walking Warriors

3:00 - PHL - Afternoon Tea

Friday 10

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

2:30 - WH - New Series
Craft In America

4:15 - GR - Cocktail Hour

Tuesday 7

9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR – Creative Arts

Newtown Savings Bank

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

1:15– WH – Standing Exercise

Wednesday 8

10:00 - OUT TRIP - Danbury Fair Mall - Independent Lunch
Check Out Target & Barnes & Noble

11:00 - GR- Chair Exercise A

11:45– GR– Chair Exercise B

1:15– WH– Balance Class

2:00 & 7:30 - CH 901

Movie: Mystic Voices: The Story of the Pequot War

3:00 - PHL - Afternoon Tea

Saturday 11

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: The Terminal



Guided Meditation Group

Thursdays

January 16 and January 30

9:30am

Pine Hill Lounge

January 12-18

Sunday 12

8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

3:00 & 7:30 - 901
Movie: Maiden: The Finish Line
Knows No Gender

3:00 - PHL - Afternoon Tea

Monday 13

9:00- WH - Early Bird Exercise

11:00 - GR - Chair Exercise A

11:45 - GR - Chair Exercise B

1:00 - GR - Walking Warriors

3:00 - PHL - Afternoon Tea

Thursday 16

9:30- PHL - Guided
Meditation Group

NEW

10:00 - AH - Current Events

10:30 - CL - Technology Support w/
James

10:30 - WH - Tai Chi w/ Vinny

1:00 - WH - Chair Zumba w/ Toni

Friday 17

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

3:00 - CR - Jeffrey Engel
Music Appreciation

4:15 - GR - Cocktail Hour

Tuesday 14

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 - GR - Sing-A-Long
Jerry & Teddi Pia with Multiple
Microphones!!

Wednesday 15

10:00 - RS - Blood Pressure Screening

10:30 - OUT TRIP - Newtown
Library - Lunch @ Toro

11:00 - WH - Chair Exercise A

11:45 - WH- Chair Exercise B

1:15 - WH- Balance Class

2:00 & 7:30 - CH 901

**Movie: Victor Borge's Funniest
Moments**

2:30 - WH - Mark Albertson
Topic: Harriet Tubman

3:00 - PHL - Afternoon Tea

Saturday 18

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Waking Ned Devine

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

CR - Conference Room

January 19-25

Sunday 19	Monday 20
<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: Boyhood</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00– WH</u>– Early Bird Exercise</p> <p><u>10:00 - CR</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></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> - Professor Alfred Hunt Topic: TBD</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 23	Friday 24
<p><u>10:00 - AH</u>- Current Events</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>10:30 - GR</u>- Tai Chi w/ Vinny Please note room change.</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>2:30 - AR</u> - Needlers Let's Start This Creative Group Again! All Are Welcome! No Experience Necessary...</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 21

9:30 - WH- Chair Yoga w/ Alisa

10:00 - PDR - Library Committee

10:00 - AR – Creative Arts

1:15 – WH – Standing Exercise

Newtown Savings Bank

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

Wednesday 22

11:30 - OUT TRIP - Bridgewater
Café - Bridgewater 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: Placido Domingo's "The
Tales of Hoffman"

2:00 - PHL - Resident Council
Meeting with Newcomers

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

3:00 - PHL - Afternoon Tea

Saturday 25

Morning Bus Service

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

11:00 - AH - Gathering of Readers

The Midnight Library

By Matt Haig

11:30 - AMC Theater Danbury

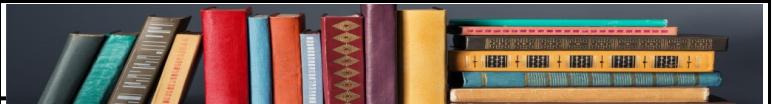
Metropolitan Opera - Aida

Ticket Holders Only

*Please see Megan or Lisa if inter-
ested.*

2:00 & 7:30 - CH 901

Movie: Something's Gotta Give



New Books for the Library

What Happened To Nina?
Dervla McTiernan


Paradise Bronx: The Life & Times
Of New York's Greatest Borough
Ian Frazier

Precipice: A Novel
Robert Harris

The Sequel
Jean Hanff Korelitz

The God Of the Woods
Liz Moore

January 26-28

<p style="text-align: center;">Sunday 26</p>	<p style="text-align: center;">Monday 27</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: Calendar Girls</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00– WH</u>– Early Bird Exercise</p> <p><u>9:00 – 10:00 - DR</u>– <i>PANCAKE</i> Breakfast</p> <p><u>11:00 - WH</u> - Chair Exercise A</p> <p><u>11:45 – WH</u>– Chair Exercise B</p> <p>1:00 – GR– Walking Warriors</p> <p>2:30 - WH - BINGO</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
<p style="text-align: center;">Thursday 30</p>	<p style="text-align: center;">Friday 31</p>
<p><u>9:30– PHL</u>– Guided Meditation Group</p> <div data-bbox="570 1262 837 1493" style="text-align: center;">  <p>NEW</p> </div> <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>NO Creative Arts</p> <p><u>10:30 - WH</u> - Resident Meeting</p> <p><u>1:15 – WH</u>– Balance Class</p> <p><u>3:00 - CR</u>- Jeffrey Engel Music Appreciation</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 28

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 29

10:00 - OUT TRIP - Katonah Art Museum - Shen Wei: Still/ Moving Lunch: TBD

No Exercise Classes

2:00 & 7:30 - CH 901

Movie: Toni Morrison's "The Pieces I Am"

3:00 - PHL - Afternoon Tea



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.



10:30 - WH
Friday, January 31
Resident Meeting
All are invited to attend.



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 Day

Wednesday **No Service - Reserved for Out Trips**

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 10:00 am to 11:30 AM
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

