

FEBRUARY 2025



Pomperaug Woods

The Art of Living

Calendar & Highlights

February

Days Of the Week *At A Glance*

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	

February Meetings

Resident Council

Monday, February 3

10:00 AM

(Residents invited from 9:30 until 10:00 for comments and compliments)

Food Committee

Thursday, February 13

11:15 AM

Library Committee

Tuesday, February 18

10:00 AM



REMINDER!

During winter months please check Channel 901 for any cancellations due to road conditions.

This includes Transportation & Classes with Outside Vendors.



Come watch the Super Bowl on the big screen!

**Sunday, February 9 - WH
Doors open at 6:00 pm
Kickoff 6:30 pm
Superbowl Sundaes Served!**



**LOVE
YOUR
HEART**

**GET
ACTIVE!**



**VISIT YOUR
PRIMARY
CARE
PROVIDER**



FEBRUARY IS
**AMERICAN
HEART
MONTH**

**EAT
WELL!**

A DIET LOW IN SALT &
SATURATED FATS



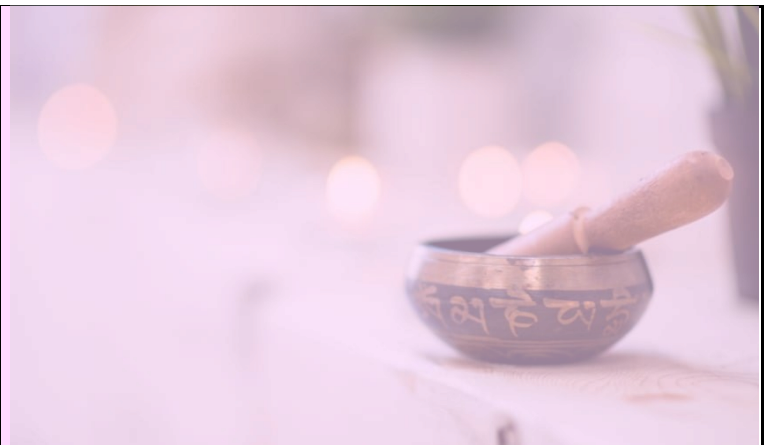
KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



**QUIT
SMOKING!**

**Get Involved with a Variety of
Specialty Fitness Classes and
Activities in the month of
February!**



Guided Meditation Group

Thursdays

February 13 and 27

9:30am

Pine Hill Lounge



**CRAFT IN
AMERICA**

Visionaries

VISIONARIES documents the ways in which artists and influencers inspire new generations to envision the limitless possibilities of craft. Featuring textile designer and founder of LongHouse Reserve Jack Lenor Larsen, curator Helen Molesworth and Black Mountain College, weaver Kay Sekimachi, collector Forrest L. Merrill, and book artist Felicia Rice.

**Friday
February 28
2:30 PM
Wilson Hall**

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

February 1-8

Saturday 1	Monday 3	
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Dog</p>	<p><u>9:00 - WH</u> Early Bird Exercise</p> <p>Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</p>	
Sunday 2	<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>3:00 - PHL</u> - Afternoon Tea</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: Groundhog Day</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<th data-bbox="852 1102 1572 1192">Friday 7</th>	Friday 7
Thursday 6	<p><u>NO</u> Creative Arts</p>  <p>NATIONAL WEAR RED DAY</p> <p><u>11:00 -WH-</u> Special Chair Cardio to Love Songs w/ Megan followed by:</p> <p><u>11:30 - GR-</u> Strawberry Smoothies</p> <p><u>3:00 - CR</u> - Jeffrey Engel Music Appreciation</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>	
<p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support</p> <p><u>10:30 - WH-</u> Tai Chi w/ Vinny</p> <p><u>1:15 - WH-</u> Barre Fitness</p> <p><u>3:00 - WH</u> - Travelogue of Taos, New Mexico & the Southwest With Jennifer O'Brien</p>		

Tuesday 4	Wednesday 5
<p>9:30 WH - Chair Yoga w/ Alisa</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 - AR - Needlers</u></p>	<p><u>10:00 - RS - Blood Pressure Screening</u></p> <p><u>10:00 - OUT TRIP - Oxford Quarry</u> Goodwill/Boutiques/Multiple Lunch Options!</p> <p><u>11:00 WH - Chair Exercise A</u></p> <p><u>11:45 - WH - Chair Exercise B</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: She Said</p>
Saturday 8	<p><i>Music Appreciation</i> <i>with</i> Jeffrey Engel</p> <p><i>Brahms vs. Wagner Parts I and II.</i></p> <p>The second half of the nineteenth century was dominated by two composers. One was a traditionalist who continued to use the musical forms of Beethoven, Mendelssohn and Schumann. His music would end a very long era. The other was a path blazer whose music would greatly influence so many composers well into the twentieth century. Both were highly successful in their day with cults and societies forming around them. But, as men they could not have been more opposite.</p> <p><i>February 7 & 21 3:00 PM - CR</i></p>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: 80 For Brady</p>	

February 9-15

Sunday 9

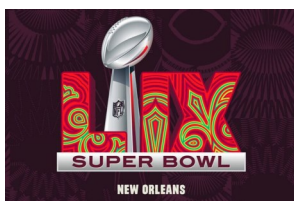
8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

**3:00 & 7:30 – 901
Movie: Jersey Boys**

3:00 - PHL - Afternoon Tea

6:00 - WH - Superbowl Sunday



Monday 10

9:00 - WH Early Bird Exercise

**10:00 - CR - Technology Class with Andy Chapin
*Bring Your Questions!***

**11:00 WH - Chair Exercise A
11:45 - WH - Chair Exercise B**

1:00 - GR - Walking Warriors

**2:15 - CR - Professor Alfred Hunt
*Topic: How Media Has Changed Our Lives***

3:00 - PHL - Afternoon Tea

Thursday 13

9:30 - PHL - Guided Meditation Group

10:00 - AH - Current Events

10:30 - CL - Technology Support

10:30 - WH - Tai Chi w/ Vinny

11:15 - PDR - Food Committee

1:15 - WH - Barre Fitness

2:30 - AR - Needlers

Friday 14

Valentine's Day

10:00 AR - Creative Arts

1:15 - WH - *Special* Standing Yoga w/ Megan

**2:30 - WH - BINGO
Let's Celebrate LOVE BINGO!**

4:15 - GR - Cocktail Hour



Tuesday 11

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

10:00 AR - Creative Arts

Newtown Savings Bank

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

3:00 - GR - Sing-A-Long
Jerry & Teddi Pia

Wednesday 12

OUT TRIP - Riverview Cinemas
Times & Movies will be posted on 2/6
Be In the Know for the Upcoming
Oscars!

11:00 WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Dior & I

2:30 - CR - Obits Class

Sign-Up Required At Front Desk

3:00 - PHL - Afternoon Tea

Saturday 15

Morning Bus Service

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

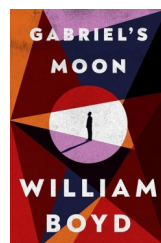
10:30 - WH - Mark Albertson

Topic: The Yalta Conference, 80
Years Ago.

2:00 & 7:30 - CH 901

Movie: Barbie

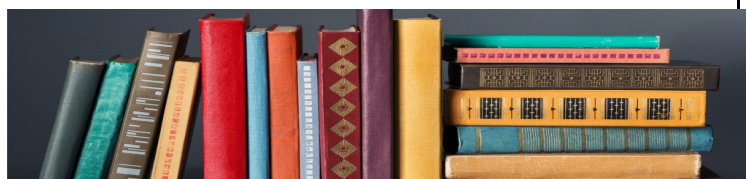
New Books for the Library



Gabriel's Moon
by William Boyd



Rosarita
by Anita Desai



February 16-22

Sunday 16

8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

**3:00 & 7:30 - 901
Movie: Andre Bocelli
Sacred Arias**

3:00 - PHL - Afternoon Tea

Monday 17

No Exercise Classes

NO Afternoon Tea

**3:00 - WH - Frank Porto Band
*Live In Wilson Hall!***



Thursday 20

10:00 - AH - Current Events

10:30 - CL - Technology Support

**10:30 - WH - *Special* Qi Gong w/
Vinny**

1:15 - WH - Barre Fitness

Friday 21

NO 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 18

Wednesday 19

9:30 AH - Chair Yoga w/ Alisa

10:00 AR - Creative Arts

10:00 - PDR - Library Committee

Newtown Savings Bank

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

No Standing Exercise

10:00 - RS - Blood Pressure Screening

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: Over Florida

2:30 - CR - Obits Class

Sign-Up Required At Front Desk

2:00 - PHL - Resident Council Meeting with Newcomers

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

3:00 - PHL - Afternoon Tea

Saturday 22

Morning Bus Service

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

11:00 - AH - Gathering of Readers

Ladder Of Years

By Anne Taylor

2:00 & 7:30 - CH 901

Movie: Lion



Blood Pressure Screening

**When: Every 1st & 3rd
Wednesday of the Month**

**Where: Resident Services
*Look For the Dalmatian!***

February 23-28

Sunday 23	Monday 24
<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: South Pacific</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 <u>11:45 - WH</u> - Chair Exercise B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 27	Friday 28
<p><u>9:30 - PHL</u> - Guided Meditation Group</p> <p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - CL</u> - Technology Support</p> <p><u>10:30 - WH</u> - Tai Chi w/ Vinny</p> <p><u>1:00 - WH</u> - <i>Special</i> Zumba Gold Toning w/ Toni</p> <p><u>2:30 - WH</u> - Mark Albertson Topic: Jack Benny</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 - WH</u> - New Series Craft In America <i>Visionaries</i></p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 25

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
Counsellor At Law (1933)

Wednesday 26

11:30 - OUT TRIP - Bridgewater
Cafe

11:00 - GR- Chair Exercise A

11:45 - GR- Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: Discoveries

3:00 - PHL - Afternoon Tea

Upcoming In March

Fat Tuesday
March 4
Blue River Jazz Band

Ashurst ~ Irish Dancing
March 9

Celtic Music
Handler & Levesque
March 16



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.



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

Cafe Hours
11:30AM—2:30 PM
4:00 PM - 6:00PM
Monday - Friday
Continental Breakfast Available
In the Dining Room

