

MARCH 2025



Pomperaug Woods

The Art of Living

Calendar & Highlights

March

Days Of the Week *At A Glance*

March 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 | 29 |
| 30 | 31 | | | | | |

March Meetings

Resident Council
Monday, March 3
10:00 AM

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

Food Committee
Thursday, March 13
11:15 AM

Library Committee
Tuesday, March 18
10:00 AM

Resident Meeting - March 28
10:30 AM

Ashurst Irish Dance Academy
Dance Performance
Sunday, March 9
3:00pm
Wilson Hall



Sunday, March 16
3:00 PM Wilson Hall

REMINDER!

Please check Channel 901 for any cancellations due to road conditions. This includes Transportation & Classes with Outside Vendors.



CHAT TIME

An informal gathering in Pine Hill Lounge with residents sharing various topics. This group will meet at 4:15 before dinner. Check the calendar for dates and topics. *Suggestions are welcomed!*

Fat Tuesday, March 4 3:00 PM - Wilson Hall

The Blue River Jazz Band play America's traditional, classic, "hot" jazz and swing music from the early 20th century.

The band features fabulous music from New Orleans, along with songs written and made famous by great jazz artists like Louis Armstrong, Sidney Bechet, Duke Ellington, Count Basie, Lester Young, Fats Waller and of course, Benny Carter.



**Avoiding Scams with
Doug Alley from Newtown
Savings Bank**

**Thursday
March 13
1:00 PM
Conference Room**

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

March 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: Lion</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>8:30 - 12 Noon - BUS SERVICE TO MASS</u></p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 - 901</u> Movie: Andrea Bocelli - Sacred Arias</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> | <p><u>11:45 - WH</u> - Chair Exercise B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>2:30 - AR</u> - Needlers</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> |
| Thursday 6 | Friday 7 |
| <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 - GR</u> - Art Exhibit Opening</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 - CR</u> - Jeffrey Engel Music Appreciation</p> <p><u>4:15 - GR</u> - Cocktail Hour</p> |

Tuesday 4

9:30 WH - Chair Yoga w/ Alisa

10:00 AR - Creative Arts

10:30 - WH - Mark Albertson
XIX Amendment 1920

1:15 - WH - Standing Exercise

Newtown Savings Bank
1:30 - 3:00 PM - C Wing Hallway

3:00 - WH - Chris Coulter
Blue River Jazz Band

Wednesday 5

10:00 - RS - Blood Pressure Screening

9:30 AM - PHL - Ash Wednesday
Sacred Heart will distribute ashes only.

11:15 - Out Trip - Mass and Ashes at The
Basilica of the Immaculate Conception.
Lunch following at San Marino
(Please sign up at front desk)

11:00 WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

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

3:00 - PHL - Afternoon Tea

Saturday 8

Morning Bus Service
9:00, 10:00 & 11:00 AM Pickups

2:00 & 7:30 - CH 901
Movie: French Exit



**Basilica of the Immaculate
Conception, Waterbury
Wed., March 5
Bus leaves at 11:15 for 12:10
Mass.
Lunch at San Marino**

Please sign up at front desk

March 9-15

| Sunday 9 | Monday 10 |
|--|--|
| <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 WH</u> - Ashurst Irish Dance Performance</p> <p><u>3:00 & 7:30 - 901</u> Movie: Whatever Works</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 with Andy Chapin <i>Bring Your Questions!</i></p> <p><u>11:00 GR</u> - Chair Exercise A <u>11:45 - GR</u> - Chair Exercise B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> |
| Thursday 13 | Friday 14 |
| <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>11:15 - PDR</u> - Food Committee</p> <p><u>1:00 - WH</u> - Chair Zumba w/ Toni</p> <p><u>1:00 - CR</u> - Avoiding Scams with <i>Doug Alley</i> from Newtown Savings Bank</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>4:15 - GR</u> - Cocktail Hour</p> |

Tuesday 11

No Chair Yoga

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**

Wednesday 12

**10:00 - OUT TRIP - WestFarms
Mall, Farmington, CT
Independent Lunch**

11:00 WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: He Named Me Malala

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

12:00 AMC Met Opera Live Bus

Departs *Fidelio, Beethoven*

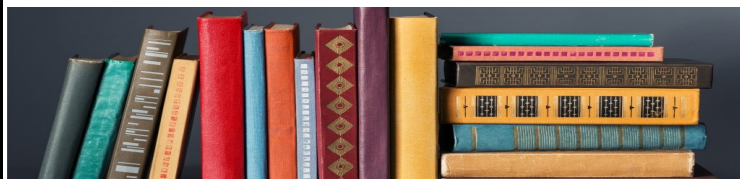
See Megan in advance for sign up
and payment

2:00 & 7:30 - CH 901


Movie: The Fall Guy

New Books for the Library

Good Dirt--Charmaine Wilkerson
The Playground--Richard Powers
The Beautiful Ugly--Alice Feeney
Bright Circle--Randall Fuller
Mothers and Sons--Adam Haslett
The Frozen River--Ariel Lawhon
Nickel Boys--Colson Whitehead
Three Days in June--Anne Tyler
Frozen in Time--Owen Beattie &
John Geiger



March 16-22

| Sunday 16 | Monday 17 |
|---|---|
| <p><u>8:30 - 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: IMAX: Hubble</p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>3:00 - GR - Judy Handler & Mark Levesque - Celebrating St. Patrick's Day With Celtic Music</u></p> | <p><u>9:00 - WH Early Bird Exercise</u></p> <p><u>11:00 WH - Chair Exercise A</u></p> <p><u>11:45 - WH - Chair Exercise B</u></p> <p><u>1:00 - GR - Walking Warriors</u></p> <p><u>2:30 - WH - Movie Matinee</u> <i>Dancing at Lughnasa</i> <i>Starring Meryl Streep</i> </p> <p><u>3:00 - PHL - Afternoon Tea</u></p> |
| Thursday 20 | Friday 21 |
| <p><u>10:00 - AH - Current Events</u></p> <p><u>10:00 - OUT TRIP - City Gallery New Haven Rita Hannafin Art Quilts Exhibit w/ artist! A Taste Of China/Lunch</u></p> <p><u>10:30 - CL - Technology Support</u></p> <p><u>10:30 - GR - Tai Chi w/ Vinny</u></p> <p><u>1:00 - WH - Chair Zumba w/ Toni</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 - CR - Jeffrey Engel</u> Music Appreciation</p> <p><u>4:15 - GR - Cocktail Hour</u></p> |

Tuesday 18

9:30 - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:00 - PDR - Library Committee

**10:30 - WH - Mark Albertson
Alice Paul**

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
*Arise My Love 1940 (cc)***

Wednesday 19

10:00 - RS - Blood Pressure Screening

11:00 WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: One Ranger

2:30 - CR - Obits Class

Sign-Up Required At Front Desk

**2:00 - PHL - Resident Council Meeting with
Newcomers**

**3:00 - WH - Time with Christine
PW Board Member**

3:00 - PHL - Afternoon Tea

Saturday 22

Morning Bus Service

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

2:00 & 7:30 - CH 901

**Movie: Luciano Pavarotti - A Life
In Seven Arias**

**3:00 - WH - Pomperaug Players
Auditions For Upcoming**

**Play:
*All the Comforts Of Home***



Blood Pressure Screening

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

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

March 23-31

| 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</u> – 901 Movie: The Sting</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - PHL</u> - Chat Time <i>How To Tie A Scarf With Lynn Atkinson</i></p> | <p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>10:30 - 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> <p><u>7:15 - WH</u> - Cabaret, <i>Larry Batter</i></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>11:30 - OUT TRIP</u> - G.W. Tavern Quick Stop @ Hickory Stick Bookstore Afterwards</p> <p><u>1:00 - WH</u> - Chair Zumba w/ Toni</p> <p><u>3:00 - GR</u> - Singer Tom Ardise</p> | <p>NO Creative Arts</p> <p>NO Standing Exercise</p> <p><u>10:30 - WH</u> - Resident Meeting</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>2:30 - WH</u> - New Series Craft In America <i>Collectors</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

NO Standing Exercise

Newtown Savings Bank

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

4:15 - PHL - Chat Time

Pet Therapy With Dee Holmes

Wednesday 26

NO OUT TRIP - *See Thursday*

11:00 - - Chair Exercise A

11:45 - - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: *Diamonds Are Forever*

2:30 - AR - Needlers

3:00 - PHL - Afternoon Tea

Saturday 29

11:00 - WH - Chair Zumba w/ Toni

2:00 & 7:30 - CH 901

Movie: *The Producers*

11:00 - AH - Gathering of Readers

Valentine by Elizabeth Westmore

Monday 31

9:00 - WH Early Bird Exercise

11:00 WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:00 - GR - Walking Warriors

2:30 - WH - Bingo

Sunday 30

8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - PHL - Sacred Heart Eucharist

3:00 & 7:30 - 901

Movie: *Bullitt*

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

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

