

APRIL 2025



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

Meetings

APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	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	1	2	3	4

Resident Meeting - WH
Friday, April 4
10:30 AM
Rescheduled From March 28

Resident Council
Monday, April 7
9:30 AM - PDR

Food Committee
Thursday, April 10
11:15 AM - PDR

Library Committee
Tuesday, April 15
10:00 AM - PDR

Thursday 3

Friday 4

10:00 - AH - Current Events

11:30 - OUT TRIP - Rescheduled
From March 27
GW Tavern/Hickory Stick
Bookstore Beforehand

10:30 - CL - Technology Support w/
James

10:30 - WH - Tai Chi w/ Vinny

1:00 - WH - Chair Zumba w/ Toni

No Creative Arts
No Standing Exercise

10:30 - WH - Resident Meeting

1:15 - WH - Balance Class

2:30 - WH - Mark Albertson
160th Anniversary: End of the
American Civil War.

4:15 - GR - Cocktail Hour

April 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

OUT TRIP - See Thursday

11:00 - WH - Chair Exercise
Section A

11:45 - WH - Chair Exercise
Section B

1:15 WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Diamonds Are Forever

3:00 - PHL - Afternoon Tea

Saturday 5

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 Producers

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

April 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>3:00 & 7:30 – 901</u> Movie: Bullitt</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</u> (Residents invited from 9:30 until 10:00 for comments and compliments)</p> <p><u>10:00 - CR - Tech Topics with Andy Chapin</u> - Bring your questions!</p> <p><u>11:00 - WH - Chair Exercise</u> Section A</p> <p><u>11:45 - WH– Chair Exercise</u> Section B</p> <p><u>1:00 - GR– Walking Warriors</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>7:15 - WH - Cabaret</u> Larry Batter</p>
Thursday 10	Friday 11
<p><u>8:00 - 4:00 - FC -</u> <i>Pump It For Parkinson's</i> Make an appointment in advance, Come in to the Fitness Center TODAY and contribute your steps</p> <p><u>9:30 - PHL - Guided Meditation</u></p> <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>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 - Music Appreciation w/</u> Jeffrey Engel <i>"Mozart's 'Marriage of Figaro'"</i></p> <p><u>4:15 - GR - Cocktail Hour</u></p>

Tuesday 8

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

Newtown Savings Bank

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

3:00 - WH - The Whiffenpoofs



Wednesday 9

10:00 - RS - Blood Pressure Screening

NO OUT TRIP

11:00 - WH - Chair Exercise
Section A

11:45 - WH - Chair Exercise
Section B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: La La Land

3:00 - PHL - Afternoon Tea

Saturday 12

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Marlowe



A Communal Table will be offered in the Dining Room on the **evening of April 12th** to celebrate Passover. To reserve a seat at this table please see the host/hostess in the Dining Room.

Jeffery Engel
Music Appreciation
April 11

"Mozart's 'Marriage of Figaro'"

The Count Paul Arco, who literally kicked Mozart out of Salzburg, stated prophetically that "A man's reputation here lasts only a short time." This was certainly true for Mozart. After leaving Salzburg in 1782, he settled in Vienna; two years later he enjoyed tremendous popularity as a composer and a performer. Sadly, such great success was short-lived. By 1788, he was no longer the venerated and much sought after Mozart. Underlining his fall from the ladder's top rung was the composition of the last three great symphonies, written for himself and not for performance.

"Le Nozze di Figaro" was premiered in Vienna very successfully in 1786 during the height of Mozart's popularity. Jeffrey Engel will discuss the history of its creation and also play some musical excerpts.

April 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</u> – 901 Movie: Fame</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p>No Chair Exercise No Walking Warriors</p> <p><u>10:15 - GR</u> - Prospect Senior Center Songbirds - Join this group for a morning of song!</p> <p><u>2:15 - CR</u> - Dr. Hunt Topic: “The Country After 100 Days”</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>1:15 - WH</u> - Barre Fitness w/ Megan</p> <p><u>2:30 - GR</u> - EASTER EGG HUNT</p> <div data-bbox="159 1696 349 1953"></div> <p data-bbox="402 1749 766 1900"><i>Who will find the Golden Egg?!</i></p>	<p><u>10:00 - AR</u> – Creative Arts</p> <p><u>11:00 - WH</u> - Standing Exercise No Balance Class</p> <p><u>2:00 - WH</u> - BIRD MIGRATION <i>With Allison Middlemass</i> Senior Coordinator, Community Conservation Programs Bent of the River Audubon Center</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 15

9:30 WH- Chair Yoga w/ Alisa

10:00 - AR – Creative Arts

10:00 - PDR - Library Committee

1:15 WH– Standing Exercise

Newtown Savings Bank

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

Wednesday 16

10:00 - OUT TRIP - The Country Eatery for Breakfast/Lunch Shop @ New Morning & The Garden

11:00 - WH - Chair Exercise Section A

11:45 - WH– Chair Exercise Section B

No Balance Class

2:00 - PHL - Resident Council Meeting with Newcomers

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

2:00 & 7:30 - CH 901

Movie: Book Club - The Next Chapter

3:00 - PHL - Afternoon Tea

Saturday 19

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Lang Lang - Liszt Now



Thursday, April 17
Start In the Garden Room
@ 2:30

Search All Common Areas

Gather back In the Garden
To Collect Prizes!!!

April 20-26

Sunday 20

9:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - Sacred Heart Eucharist

**3:00 & 7:30 - 901
Movie: Ticket To Paradise**

3:00 - PHL - Afternoon Tea



Monday 21

9:00 - WH - Early Bird Exercise

10:00 CR - Tech Topics with Andy Chapin - Bring your questions!

11:00 - WH - Chair Exercise Section A

11:45 - WH - Chair Exercise Section B

1:00 - GR - Walking Warriors

3:00 - PHL - Afternoon Tea

Thursday 24

9:30 - PHL - Guided Meditation

10:00 - AH - Current Events

10:30 - CL - Technology Support w/ James

10:30 - WH - Tai Chi w/ Vinny

1:15 - WH - Chair Cardio with Megan

Friday 25

10:00 - Out Trip - Wadsworth Atheneum - European Master Drawings & Fine Art & Flowers Lunch @ BMuse Salad & Sandwich Cafe

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

**3:00 - CR - Music Appreciation w/ Jeffrey Engel
*Film Music; Better than You Think***

4:15 - GR - Cocktail Hour

Tuesday 22

Wednesday 23

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 - WH - Mark Albertson
Topic: George Burns

OUT TRIP -See Friday

11:30 - WH - Volunteer Luncheon
Save the date!!! Invitation Only

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

3:00 - PHL - Afternoon Tea

Saturday 26

Jeffery Engel
Music Appreciation
April 25

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

11:00 - AH - Gathering of Readers
Heaven & Earth Grocery Store
by James McBride

12:00 Met Opera Series
**Bus departs (See Megan for advanced
signup and payment)**

2:00 & 7:30 - CH 901
Movie: Born In China

Film Music; Better than You Think
Original Music is used to heighten the comedic and dramatic plots and images of films. One could say that music plays second fiddle to a film. And yet, many scores can stand on their own or have been converted into celebrated classical works which have become popular in today's concert repertory. Jeffrey Engel will detail the early sporadic use of music in films and explain how it developed into the full symphonic score. Mr. Engel will also play recorded excerpts by several notable film score composers.

April 27-31

Sunday 27

9:30 - 12 Noon - **BUS SERVICE TO MASS**

9:30 - - Sacred Heart Eucharist

3:00 & 7:30 - 901

Movie: Johnny Cash - Live From Austin TX

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

1:00 - GR - Walking Warriors

2:30 - WH - BINGO

3:00 - PHL - Afternoon Tea



The Whiffenpoofs

Tuesday

April 8

3:00 PM

Wilson Hall



Donate your Steps

on Thursday, April 10,
between 8:00am - 4:00pm in the
Fitness Center. Sign up in advance
with Megan to reserve your time slot.

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

2:30 - WH - Reel Royalty
With Mervyn Clay
The Miracle Woman (1931)
(cc)

Wednesday 30

10:00 - OUT TRIP -
Walking Warriors, Fairfield Hills,
Newtown Lunch: TBD

No Exercise Classes

2:00 & 7:30 - CH 901
Movie: *The Night They Came Home*

3:00 - PHL - Afternoon Tea

**All Card Players To Pine Hill
Lounge, Garden Room Or Dining
Room (AH has Private Event)**

VOLUNTEER APPRECIATION LUNCH

**Wednesday, April 23
11:45 AM Wilson Hall**

**Thank You
To All Our Volunteers
Here At Pomperaug Woods!**

**Invitation Only - Go Out April 11
Please R.S.V.P. by April 18**

New Books for the Library

A Place Called Yellowstone--
Randall K. Wilson
The Ghosts of Rome--Joseph
O'Connor
Boy--Nicole Galland
Atonement--Ian McEwan
The Plot Against America--Philip
Roth
Life After Life--Kate Atkinson





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>
---	---

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

