

# May 2025



## Pomperaug Woods Calendar & Highlights

*The Art of Living*

# May 1 - 3

## Days Of the Week At A Glance

### MAY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
	4	5	6	7	8	9
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Memorial Day					

## May Meetings

**Resident Council**  
**Monday, May 5**  
**9:30 AM PHL**

**Food Committee**  
**Thursday, May 15**  
**11:15 AM PDR**

**Library Committee**  
**Tuesday, May 20**  
**10:00 AM PDR**

## Thursday 1

**10:00 - AH - Current Events**

**10:30 - WH - Tai Chi w/ Vinny**

**10:30 - CL - Technology Support w/ James**

**1:00 - PHL - Chair Zumba w/ Toni**

**3:00 - AR - The Needlers**

## Friday 2

**10:00 - AR - Creative Arts**

**10:00 - 12 Noon - HC Beauty Salon  
Hearing Screenings by Hearing-Life - **Sign-Up @ Front Desk****

**11:00 - WH - Standing Exercise**

**1:15 - WH - Balance Class**

**2:30 - WH - Mark Albertson  
Topic: 250 years Ago: The Beginning of the American Revolution, 1775.**

**4:15 - GR - Cocktail Hour**

**Memorial Day  
Monday, May 26  
Picnic Under the Tent  
11:30 - 2:30**



## 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 - Pavilion  
PDR - Private Dining Rm  
DR - Dining Room

## Saturday 3

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

**2:00 & 7:30 - CH 901  
Movie: One Life**



**Alyce Cognetta Bertz ~ Violin  
Meg Cognetta Heaton ~ Piano**

**Thursday, May 8  
3:00 PM  
Wilson Hall**

# May 4 - 10

<b>Sunday 4</b>	<b>Monday 5</b>
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – 901 Movie: Les Miserables (2010)</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>3:00 - 5:00</u> - WH - Pomperaug Players Dress Rehearsal</b></p>	<p><b><u>9:00 - WH</u> - Early Bird Exercise</b></p> <p><b><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</b></p> <p><b><u>10:00 - AH</u> - Tech Topics with Andy Chapin - Bring your questions!</b></p> <p><b><u>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</b></p> <p><b><u>1:00 - GR</u> - Walking Warriors</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 8</b>	<b>Friday 9</b>
<p><b><u>9:30 - PHL</u> - Guided Meditation</b></p> <p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - GR</u> - Tai Chi w/ Vinny</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>3:00 - WH</u> - Concert Cognetta Sisters</b></p>	<p><b><u>10:00 - AR</u> – Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:15 - WH</u> - Balance Class</b></p> <p><b><u>3:00 - CR</u> - Music Appreciation w/ Jeffrey Engel Topic: Salome</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

<p style="text-align: center;"><b>Tuesday 6</b></p> <p><b><u>9:30 - AH - Chair Yoga w/ Alisa</u></b></p> <p><b><u>10:00 - AR- Creative Arts</u></b></p> <p><b><u>1:15 - WH - Standing Exercise</u></b></p> <p><b><u>Newtown Savings Bank</u></b>  <b><u>1:30 - 3:00 PM - C Wing Hallway</u></b></p>	<p style="text-align: center;"><b>Wednesday 7</b></p> <p><b><u>10:00 - RS - Blood Pressure Screening</u></b></p> <p><b>No Exercise Classes</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901 Movie: Champions</u></b></p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
<p style="text-align: center;"><b>Saturday 10</b></p> <p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: You Hurt My Feelings</b></p> <p><b><u>3:00 - 5:00 - WH - Pomperaug Players Dress Rehearsal</u></b></p>	<p style="text-align: center;"><b>Jeffery Engel</b>  <b>Music Appreciation</b>  <b>May 9</b></p> <p style="text-align: center;"><b>SALOME</b></p> <p>The subject of Salome has been imbued in scandal since Oscar Wilde’s 1892 play was banned in London and not performed there until 1905. Richard Strauss’s opera was premiered in Dresden in 1905 and received 38 curtain calls, but the German Kaiser Wilhelm II banned it in Berlin. Vienna would not see it on stage until 1918 because of objections by the Church and the Metropolitan Opera cancelled “Salome” after a single performance in 1907, due to the out-cry of J.P. Morgan’s daughter. The Met would not mount a production of it until 1934!!</p> <p>Jeffrey Engel will detail the background history of Richard Strauss’s third opera and play ex-</p>

# May 11 - 17

<b>Sunday 11</b>	<b>Monday 12</b>
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> - 901 Movie: Till</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:00 - WH</u> - Early Bird Exercise</b></p> <p><b><u>11:00 - GR</u> - Chair Section A</b> <b><u>11:45 - GR</u> - Chair Section B</b></p> <p><b><u>1:00 - GR</u> - Walking Warriors</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>3:00 - AR</u> - The Needlers</b></p>
<b>Thursday 15</b>	<b>Friday 16</b>
<p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>11:15 - PDR</u> - Food Committee</b></p> <p><b><u>1:00 - WH</u> - Chair Zumba w/ Toni</b></p> <p><b><u>3:00 - 5:00 - WH</u> - Pomperaug Players Final Dress Rehearsal</b></p>	<p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:15 - WH</u> - Balance Class</b></p> <p><b><u>3:00 - WH</u> - Pomperaug Players Performance</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>



## Tuesday 13

**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 - WH - Resident Rita Frost

Presents: Varian Fry

*Get to know the CT man  
who saved thousands from  
the Holocaust*



## Wednesday 14

OUT TRIP - 10:00 AM

West Egg Café, Woodbury  
Plant Shopping @ The Garden

11:00 - WH - Chair Section A

11:45 - WH - Chair Section B

2:00 & 7:30 - CH 901

Movie: TAR

1:15 - WH - Balance Class

3:00 - PHL - Afternoon Tea

## Saturday 17

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Respect



# May 18 - 24

<b>Sunday 18</b>	<b>Monday 19</b>
<p><b><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 – 901</u> - Movie: News of the World</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:00 - WH</u> - Early Bird Exercise</b></p> <p><b><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></b></p> <p><b><u>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</b></p> <p><b>Walking Warriors—see special event today in Wilson Hall 3pm</b></p> <p><b><u>3:00 - WH</u> - Resident Charlotte Evans interviews author Dutch Barhydt (resident Muffy Barhydt’s son) “<i>Walking Through Life</i>”</b></p>
<b>Thursday 22</b>	<b>Friday 23</b>
<p><b><u>9:30 - PHL</u> - Guided Meditation</b></p> <p><b><u>10:00 - AH</u> - Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>1:00 - WH</u> - Chair Zumba w/ Toni</b></p>	<p><b><u>10:30 - WH</u> - Resident meeting All are invited to attend.</b></p> <p><b><u>1:15 - WH</u> - Balance Class</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>



## Tuesday 20

**9:30 - AH- 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  
*Primrose Path* (1940)**

## Wednesday 21

**10:00 - Out Trip  
Katonah Museum Of Art  
Ali Banisadr: The Alchemist  
Brunch/ Beforehand/ Mill Plain Diner**

**11:00 - WH - Chair Section A**

**11:45 - WH - Chair Section B**

**1:15 - WH - Balance Class**

**2:00 & 7:30 - CH 901  
Movie: About My Father**

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

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

## Saturday 24

**Morning Bus Service**

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

**2:00 & 7:30 - CH 901**

**Movie: Jerry & Marge Go Large**




**Resident Meeting**

**Friday, May 23**

**10:30 WH**

# May 25 - 31

<b>Sunday 25</b>	<b>Monday 26</b>
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> - 901 Movie: The Spirit of St. Louis</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b>NO BUS SERVICE</b> Afternoon Tea Cancelled</p> <p><b><u>11:30 AM - 2:30 PM</u> - Picnic for Memorial Day ! Make your reservations early!</b></p> <p><b>Holiday Meal Hours</b></p> <p><b><u>3:00 &amp; 7:30</u> - 901 Movie: Best Years Of Our Lives</b></p> 
<b>Thursday 29</b>	<b>Friday 30</b>
<p><b><u>10:00</u> - AH - Current Events</b></p> <p><b><u>10:30</u> - CL - Technology Support w/ James</b></p> <p><b><u>10:30</u> - WH - Tai Chi w/ Vinny</b></p> <p><b><u>1:00</u> - WH - Chair Zumba w/ Toni</b></p> <p><b><u>3:00</u> - WH - Craft In America Episode: <i>Harmony</i></b></p>	<p><b>No Creative Arts</b></p> <p><b><u>11:00</u> - WH - Standing Exercise</b></p> <p><b><u>1:15</u> - WH - Balance Class</b></p> <p><b><u>3:00</u> - WH - Music Appreciation w/ Jeffrey Engel</b></p> <p><b><u>4:15</u> - GR - Cocktail Hour</b></p>

## Tuesday 27

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

**No Creative Arts**

**Newtown Savings Bank**

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

**1:15 - WH - Standing Exercise**

**2:30 - WH - Bingo**

## Wednesday 28

**10:15 - OUT TRIP - Walking Trip  
*Silver Sands, Milford***

**Lunch TBD**

**No Exercise Classes**

**2:00 & 7:30 - CH 901**

**Movie: Cruella**

**3:00 - PHL - Afternoon Tea**

## Saturday 31

**Morning Bus Service**

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

**11:00 - AH - Gathering of Readers**

***All the Broken Places by John Boyne* Please see Peggy Jett for books**

**2:00 & 7:30 - CH 901**

**Movie: The Fabelmans**



**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**

<b>AM</b>	<b>PM</b>
<b>9:00</b>	<b>1:00</b>
<b>10:00</b>	<b>2:00</b>
<b>11:00</b>	<b>3:00 Last Pick-up Of the Day</b>

**Reminder: Bus Service Ends @ 4:00 PM**

**Wednesday**      **No Service - Reserved for Out Trips - Private Drives Only**

<p><b>Saturday</b>      <b>AM ONLY</b></p> <p>9:00 10:00 11:00</p>	<p><b>Sunday 9:30 to 12 Noon</b></p> <p><b>First Drive Leaves @ 9:30 For Mass At Church Of the Epiphany St. Teresa's and UCC</b></p> <p><b>Please see Lisa for further information.</b></p>
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**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*

