

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	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
Memorial Day						

August Meetings

Resident Council
Monday, May 5
9:30 AM PHL

Food Committee
Thursday, May 15
10:30 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

Sunday 4	Monday 5
<p><u>9:30 - 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: Les Miserables (2010)</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - 5:00 - WH</u> - Pomperaug Players Dress Rehearsal</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</p> <p><u>10:00 - AH</u> - Tech Topics with Andy Chapin - Bring your questions!</p> <p><u>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 8	Friday 9
<p><u>9:30 - PHL</u> - Guided Meditation</p> <p><u>10:00 - AH</u> - Current Events</p> <p><u>10:30 - WH</u> - Tai Chi w/ Vinny</p> <p><u>10:30 - CL</u> - Technology Support w/ James</p> <p><u>11:15 - PDR</u> - Food Committee Meeting</p> <p><u>3:00 - WH</u> - Concert Cognetta Sisters</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> - Music Appreciation w/ Jeffrey Engel Topic: Salome</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 6	Wednesday 7
<p><u>9:30 - AH - Chair Yoga w/ Alisa</u></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>10:00 - RS</u> - Blood Pressure Screening</p> <p>No Exercise Classes</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Champions</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Saturday 10	<p>Jeffery Engel Music Appreciation May 9</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: You Hurt My Feelings</p> <p><u>3:00 - 5:00 - WH - Pomperaug</u> Players Dress Rehearsal</p>	<p>SALOME</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 excerpts from it.</p>

May 11 - 17

Sunday 11	Monday 12
<p><u>9:30 - 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: Till</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>11:00 - GR</u> - Chair Section A <u>11:45 - GR</u> - Chair Section B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - AR</u> - The Needlers</p>
Thursday 15	Friday 16
<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>11:15 - PDR</u> - Food Committee</p> <p><u>1:00 - WH</u> - Chair Zumba w/ Toni</p> <p><u>3:00 - 5:00 - WH</u> - Pomperaug Players Final Dress Rehearsal</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 - WH</u> - Pomperaug Players Performance</p> <p><u>4:15 - GR</u> - Cocktail Hour</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

Sunday 18	Monday 19
<p><u>9:30 - 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: News of the World</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 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</p> <p>Walking Warriors—see special event today in Wilson Hall 3pm</p> <p><u>3:00 - WH</u> - Resident Charlotte Evans interviews author Dutch Barhydt (resident Muffy Barhydt’s son) “<i>Walking Through Life</i>”</p>
Thursday 22	Friday 23
<p><u>9:30 - PHL</u> - Guided Meditation</p> <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>1:00 - WH</u> - Chair Zumba w/ Toni</p>	<p><u>10:30 - WH</u> - Resident meeting All are invited to attend.</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 20

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

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

Sunday 25	Monday 26
<p><u>9:30 - 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 Spirit of St. Louis</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p>NO BUS SERVICE Afternoon Tea Cancelled</p> <p><u>11:30 AM - 2:30 PM</u> - Picnic for Memorial Day ! Make your reservations early!</p> <p>Holiday Meal Hours</p> <p><u>3:00 & 7:30</u> - 901 Movie: Best Years Of Our Lives</p> 
Thursday 29	Friday 30
<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>1:00 - WH</u> - Chair Zumba w/ Toni</p> <p><u>3:00 - WH</u> - Craft In America Episode: <i>Harmony</i></p>	<p>No 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 - WH</u> - Music Appreciation w/ Jeffrey Engel</p> <p><u>4:15 - GR</u> - Cocktail Hour</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

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

Continental Breakfast Available
In the Dining Room

80 Heritage Rd. Southbury, CT 06488 (203) 262-6555

