

# AUGUST 2025



## Pomperaug Woods

*The Art of Living*

### Calendar & Highlights

# August 1-2

## Days Of the Week *At A Glance*

### AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 <small>National Airborne Day</small>
17	18	19	20	21	22	23
24	25	26 <small>Womens Equality Day</small>	27	28	29	30
31						

## August Meetings

**Resident Council**  
**Monday, August 4**  
**9:30 AM**

**Food Committee**  
**Thursday, August 14**  
**11:30AM**

**Library Committee**  
**Tuesday, August 19**  
**9:30 AM**

**Please note time change due to author visit.**

## Friday 1



**Health and Wellness  
Navigator Program  
At Pomperaug Woods**  
*The Art of Living*

Please Join Us For A General Discussion

*Tuesday, August 12*  
*11:00 AM Wilson Hall*

**10:00 - AR– Creative Arts**

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

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

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



*The EcLeKtics*  
Live Musical Entertainment

## The EcLeKtics

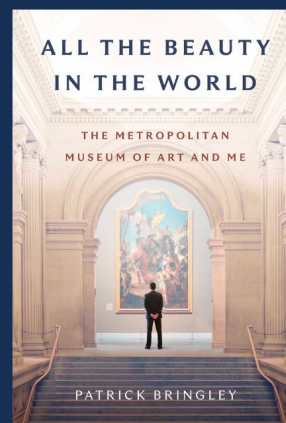
*Starring Larry Batter On Piano*

**Monday August 11**  
**7:15 PM Wilson Hall**



**Patrick  
Bringley**

**Meet THE  
Author**



**Tuesday August 19**  
**11:00 AM Wilson Hall**

## Saturday 2

### Morning Bus Service

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

**1:00 - GR- Poker**

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

**Movie: The Apartment**

## 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**

# August 3-9

Sunday 3	Monday 4
<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> – CH 901 Movie: Midnight Cowboy</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:00</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>11:00</u> - Chair Exercise A</b></p> <p><b><u>11:45</u> – Chair Exercise B</b></p> <p><b><u>1:15</u> – GR– Walking Warriors</b></p> <p><b><u>2:15 - CR</u> - Dr. Hunt <i>Topic: "The Weaknesses of our Constitution"</i></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 7	Friday 8
<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</u> – WH– Tai Chi w/ Vinny</b></p> <p><b><u>1:00</u> – WH - Chair Zumba w/ Toni</b></p> <p><b><u>1:00 - GR</u> - Poker</b></p> <p><b><u>3:00 - GR</u> - KT Connection</b></p> 	<p><b><u>10:00 - AR</u>– Creative Arts</b></p> <p><b><u>1:00 - WH</u> - Chair Exercise w/ Toni</b></p> <p><b><u>3:00 - CR</u>- Jeffrey Engel Music Appreciation <i>THE TENOR FRANCO CORELLI: The G.O.A.T? Part I</i></b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

<b>Tuesday 5</b>	<b>Wednesday 6</b>
<p><b><u>9:30 - WH - 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>3:00 - WH - Douglas Bibbey From Waterbury Symphony</u></b>  <i>Join Douglas as she gives an overview of the 2025-26 season and any questions you may have about programming.</i></p> 	<p><b><u>10:00 - RS - Blood Pressure Screening</u></b></p> <p><b><u>11:00 - WH - Chair Exercise A</u></b></p> <p><b><u>11:45- WH - Chair Exercise B</u></b></p> <p><b><u>1:15 - WH - Balance Class</u></b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: The Menu</b></p> <p><b><u>2:30 - WH - Mark Albertson</u></b>  <b><i>80 Years: Atomic Bombing Of Hiroshima</i></b></p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
<b>Saturday 9</b>	
<p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>1:00 - GR- Poker</u></b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: Elvis</b></p>	<p><b>Music Appreciation</b>  <b>August 8 &amp; 11 3:00 PM CR</b></p> <p><b>THE TENOR FRANCO CORELLI: The G.O.A.T?</b></p> <p>Before him, operatic tenors tended to be short, stout and not especially good looking. Corelli was anything but. He was tall, handsome, athletically built and had movie star- looks. That combined with a bright, powerful, ringing and sumptuous sounding voice placed him on a plateau high above his closest rivals.</p> <p>Jeffrey Engel will detail Corelli's life, play excerpts from his finest performances and compare him to his contemporaries. You can judge if he was the G.O.A.T of operatic tenors.</p>

# August 10-16

Sunday 10	Monday 11
<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 &amp; 7:30</u> – CH 901 Movie: The Truffle Hunters</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>10:00 - CR</u> - Technology Class Andy Chapin</p> <p><u>11:15 - WH</u> - Chair Exercise w/ Toni</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>7:15PM - WH</u> - The EcLeKtics <i>Starring Larry Batter on Piano</i></p>
Thursday 14	Friday 15
<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>11:15 - PDR</u> - Food Committee</p> <p><u>1:00 - WH</u> - Chair Zumba w/ Toni</p> <p><u>1:00 - GR</u> - Poker</p> <p><u>3:00 - GR</u> - Musical Notes Lynn Kearney Returns with Nancy On the Drums!</p> <p><u>4:00 - Out Trip</u> - Lake Quassapaug Evening Boat Ride On the Quassy Queen \$25.00 Fee <b>Must Be Able To Board Boat Independently</b> Dinner Beforehand @ Chang Square (Chinese)</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 12

**No Chair Yoga**

**Creative Arts Cancelled**

**11:00 - WH - Health & Wellness**  
**Navigation Program**  
*Presented by Kate, Lisa & Megan*  
*See Insert.*

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

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

## Wednesday 13

**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: Chariots of Fire**

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

**3:00 - WH - Auditions/Discussion**  
***For A Toast To The Woods***

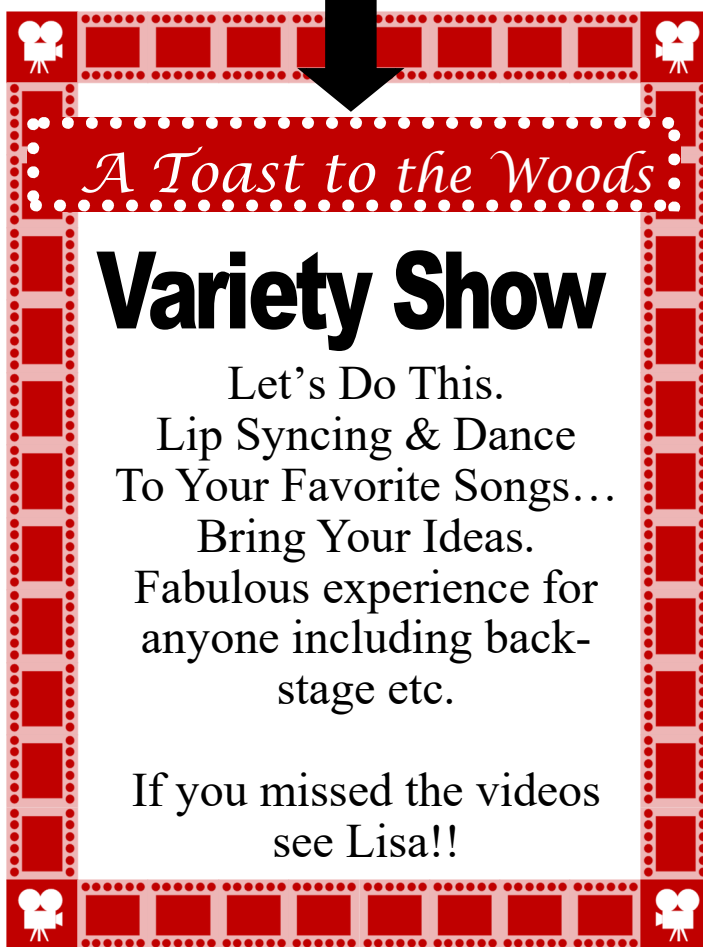
## Saturday 16

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

**11:00 - WH - Chair Zumba w/ Toni**

**1:00 - GR - Poker**

**2:00 & 7:30 - CH 901**  
**Movie: King Richard**



*A Toast to the Woods*

# Variety Show

Let's Do This.  
Lip Syncing & Dance  
To Your Favorite Songs...  
Bring Your Ideas.  
Fabulous experience for  
anyone including back-  
stage etc.

If you missed the videos  
see Lisa!!

# August 17-23

<div data-bbox="272 111 557 180"> <b>Sunday 17</b> </div> <div data-bbox="77 247 727 352"> <b><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</b> </div> <div data-bbox="77 401 613 495"> <b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b> </div> <div data-bbox="77 548 711 695"> <b><u>3:00 &amp; 7:30 – CH 901</u> Movie: Alfred Hitchcock’s The Birds</b> </div> <div data-bbox="77 747 630 800"> <b><u>3:00 - PHL</u> - Afternoon Tea</b> </div>	<div data-bbox="1019 111 1328 180"> <b>Monday 18</b> </div> <div data-bbox="833 216 1450 268"> <b><u>9:00- WH</u>– Early Bird Exercise</b> </div> <div data-bbox="833 317 1450 415"> <b><u>10:00 - CR</u> - Technology Class Andy Chapin</b> </div> <div data-bbox="833 464 1450 516"> <b><u>11:00 - WH</u> - Chair Exercise A</b> </div> <div data-bbox="833 564 1450 617"> <b><u>11:45– WH</u>– Chair Exercise B</b> </div> <div data-bbox="833 665 1442 718"> <b><u>1:15– GR</u>– Walking Warriors</b> </div> <div data-bbox="833 814 1385 867"> <b><u>3:00 - PHL</u> - Afternoon Tea</b> </div>
<div data-bbox="240 1087 589 1157"> <b>Thursday 21</b> </div> <div data-bbox="77 1245 654 1297"> <b><u>10:00 - AH</u> - Current Events</b> </div> <div data-bbox="77 1346 743 1444"> <b><u>10:30 - CL</u> - Technology Support w/ James</b> </div> <div data-bbox="77 1493 686 1545"> <b><u>10:30 - WH</u>- Tai Chi w/ Vinny</b> </div> <div data-bbox="77 1593 711 1692"> <b><u>11:15 - PDR</u> - Food Committee Meeting</b> </div> <div data-bbox="77 1740 443 1793"> <b><u>1:00 - GR</u> - Poker</b> </div> <div data-bbox="77 1841 670 1940"> <b><u>1:15 - WH</u> - Chair Cardio w/ Megan</b> </div>	<div data-bbox="1044 1087 1304 1157"> <b>Friday 22</b> </div> <div data-bbox="833 1182 1482 1234"> <b><u>11:00 - WH</u> – Standing Exercise</b> </div> <div data-bbox="833 1283 1369 1335"> <b><u>1:15 - WH</u> - Balance Class</b> </div> <div data-bbox="833 1383 1482 1570"> <b><u>3:00 - CR</u>- Jeffrey Engel Music Appreciation <i>THE TENOR FRANCO CORELLI: The G.O.A.T? Part II</i></b> </div> <div data-bbox="833 1724 1360 1776"> <b><u>4:15 - GR</u> - Cocktail Hour</b> </div>



## Tuesday 19

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

**Creative Arts Cancelled**

**10:00 - PDR - Library Committee**

**11:00 - WH - Author Visit**

**Patrick Bringley**

***All The Beauty In The World***

**Standing Exercise Cancelled**

**Private Event In GR @ 2:00 PM**

**Newtown Savings Bank**

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

## Wednesday 20

**10:00 - RS - Blood Pressure Screening**

**10:00 - OUT TRIP - Florence Griswold Museum - *Cow Tales* Café Flo/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: Are You There God? It's Me, Margaret**

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

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

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

## Saturday 23

**Morning Bus Service**

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

**1:00 - GR - Poker**

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

**Movie: Poor Things**

## New Books for the Library

**Change the Recipe--Jose Andres**

**The Compound--Aisling Rawle**

**The Doorman--Chris Pavone**

**Submersed--Matthew Gavin Frank**

**So Far Gone--Jess Walter**

**The CIA Book Club--Charlie English**

**Brave New Words--Salman Kahn**



# August 24-31

Sunday 24	Monday 25
<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> – CH 901 Movie: Saturday Night Fever</b></p> <p><b><u>3:00 - AH</u> - Afternoon Tea</b></p>	<p><b><u>9:00- WH</u>– Early Bird Exercise</b></p> <p><b><u>10:30 - GR</u> - Prospect Senior Center <i>Songbirds</i> Sing-A-Long</b></p> <p><b><u>11:00 - WH</u> - Chair Exercise A</b></p> <p><b><u>11:45– WH</u>– Chair Exercise B</b></p> <p><b><u>1:15 – GR</u>– Walking Warriors</b></p> <p><b><u>2:30 - WH</u> - BINGO</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 28	Friday 29
<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 - GR</u>- Poker</b></p> <p><b><u>1:15 - WH</u> - Barre Fitness</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>4:15 - GR</u> - Cocktail Hour</b></p>

Tuesday 26	Wednesday 27
<p><b><u>9:30 - AH</u> - Chair Yoga w/ Alisa</b></p> <p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>1:15 - WH</u> - Standing Exercise</b></p> <p><b><u>Newtown Savings Bank</u></b>  <b><u>1:30 - 3:00 PM - C Wing Hallway</u></b></p>	<p><b><u>OUT TRIP</u> -Memory Care</b></p> <p><b><u>11:00 - WH</u> - Chair Exercise A</b></p> <p><b><u>11:45 - WH</u> - Chair Exercise B</b></p> <p><b><u>1:15 - WH</u> - Balance Class</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: American Beauty</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Saturday 30	Sunday 31
<p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>11:00 - AH</u> - Gathering of Readers</b>  <b><i>The Confidant by Christopher Gorham</i></b></p> <p><b><u>1:00 - GR</u> - Poker</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: Malcolm X</b></p>	<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 - CH 901</u></b>  <b>Movie: The English Patient</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>



## 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 @ <b>4:00 PM</b>	

**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*

