

JULY 2025



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					Independence Day	
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		

Meetings

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

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

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

Resident Meeting
Friday, July 25 - 10:30 AM - WH
All Are Invited To Attend

Thursday 3

10:00 - AH - Current Events

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

10:30 - WH - Tai Chi w/ Vinny

**2:00 - WH - Richard Franklin
Donohue *presents*
What A Glorious Crash They
Made**

Friday 4

BUS SERVICE Cancelled



Holiday Meal Hours

11:30 2:00 - DR/Tent - Picnic
Make Your Reservations Early

2:00 & 7:15 - Movie:
Yankee Doodle Dandy

July 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

NO OUT TRIP

Exercise Classes Cancelled

2:00 & 7:30 - CH 901

Movie: The Boy and the Heron

2:00 - GR - Ice Cream Social



Saturday 5

Morning Bus Service

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

11:00 - WH -

2:00 & 7:30 - CH 901

Movie: Doctor Zhivago Part 1

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

July 6-12

Sunday 6	Monday 7
<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: Doctor Zhivago Part 2</p> <p><u>3:00 - PHL</u> - Afternoon Tea</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 - CR</u> - Tech Topics with Andy Chapin - Bring your questions!</p> <p>No Exercise Classes</p> <p><u>2:15 - CR</u> - Dr. Hunt <i>America's Role In the Middle East</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 10	Friday 11
<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</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>10:00 - AR</u> - Creative Arts</p> <p><u>10:00 - 12 Noon</u> - HC Beauty Salon Hearing Screenings by Hearing-Life - Sign-Up @ Front Desk</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 <i>Film Music; Better than You Think</i></p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 8

**Fitness Center Closed for Servicing
9:00am to 12:00pm**

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

2:00 - GR - Marketing Event

**2:00 - WH - Movie Matinee
*Titanic***

Wednesday 9

10:00 - RS - Blood Pressure Screening

**11:45 - Out Trip - White Horse Pub
Outdoor Dining/Weather Permitting**

**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: Butch Cassidy and the
Sundance Kid**

3:00 - PHL - Afternoon Tea

Saturday 12

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: Past Lives**



**FITNESS CENTER
CLOSED FOR MACHINE
SERVICE**

**Tuesday, July 8
From 9:00am - 12:00pm**

July 13-19

Sunday 13	Monday 14
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p>**Private Event In Pine Hill Lounge - All Card Players In GR And PHL</p> <p><u>3:00 & 7:30 – 901</u> Movie: Oppenheimer</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 Exercise Note: One Class Only</p> <p>Walking Warriors cancelled</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>Tai Chi Cancelled</p> <p><u>1:00 - WH</u> - Chair Zumba w/ Toni</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>2:30 - WH</u> - Mark Albertson <i>250TH Anniversary of the American Revolution</i></p> <p><u>3:30 - GR Hallway</u> Artist Exhibit Opening <i>Nancy Atkinson (Lyn's Daughter)</i></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

3:00 - WH - Adventures Of A Tour Guide/Tour Conductor
with resident *Rita L. Frost*

Wednesday 16

3:00 - Out Trip - Lake Quassapaug Evening Boat Ride On the Quassy Queen

\$25.00 Fee

Must Be Able To Board Boat Independently
Dinner Beforehand @ Chang Square (Chinese)

11:00 - WH - Chair Exercise
Section A

11:45 - WH– Chair Exercise
Section B

1:15– WH - 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: The Graduate

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: Guillermo del Torro's Pinocchio



***“ADVENTURES Of A NYC
TOUR GUIDE/TOUR
CONDUCTOR***

Rita L. Frost


Rita worked for a British company as a New York City tour guide for 10 years showing sites to people from England, Scotland, India, Italy and Israel.

She was also a tour conductor for government employees escorting them to South America ,and other professional groups to Asia and the Greek Islands.

Come hear her vignettes of these adventurous times!!!

**Tuesday, July 15
3:00 pm,
Wilson Hall**

July 20-26

Sunday 20	Monday 21
<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: Steven Spielberg's West Side Story</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>11:00 - WH</u> - Chair Exercise Section A</p> <p><u>11:45 - WH</u> – Chair Exercise Section B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 24	Friday 25
<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>Creative Arts Cancelled</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> - <i>A Toast To the Woods</i> Presentation and Discussion <i>Come On Down & Find Out All About It!</i> </p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 22

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 23

11:15 - OUT TRIP - Dockside
Waterfront Dining In Branford

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: Avatar: The Way of Water

3:00 - PHL - Afternoon Tea

Saturday 26

Morning Bus Service

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

11:00 - AH - Gathering of Readers
The Great Gatsby
by *F. Scott Fitzgerald*

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



July 25
10:30 - WH
Resident Meeting
All are invited to attend.

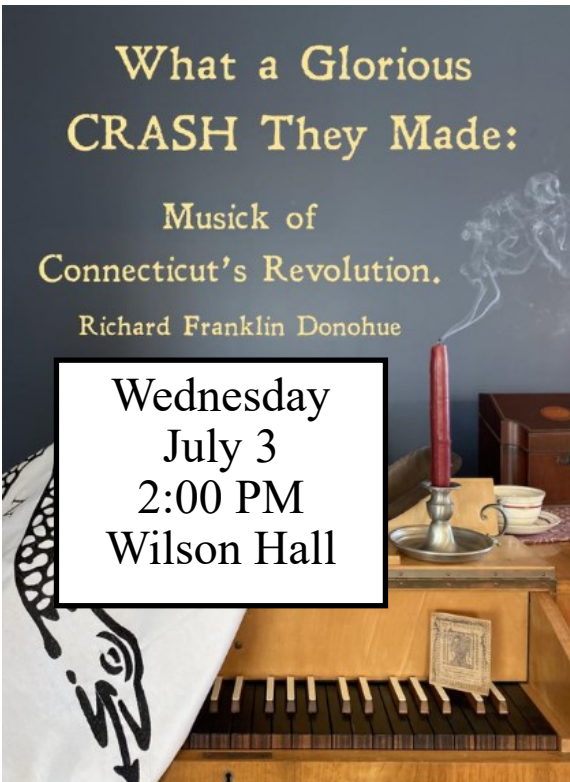


VARIETY SHOW

A Toast to the Woods

Song and Dance by
Pomperaug Woods Residents

July 27-31

Sunday 27	Monday 28
<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: The Merry Widow <i>Metropolitan Opera starring Renee Fleming</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>10:00 CR</u> - Tech Topics with Andy Chapin - Bring your questions!</p> <p><u>11:00 - WH</u> - Chair Exercise Section A</p> <p><u>11:45 - WH</u> - Chair Exercise Section B</p> <p><u>1:00 - GR</u> - Walking Warriors</p> <p><u>2:30 - WH</u> - BINGO</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 31	
<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> - Chair Cardio w/ Megan</p>	

Tuesday 29

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

10:30 - WH - Mark Albertson
The Declaration Of Independence

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

Wednesday 30

MC 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: Top Gun Maverick

3:00 - PHL - Afternoon Tea

Jeffrey Engel
Music Appreciation
July 11 3:00 PM CR

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.

New Books for the Library

Atmosphere--Taylor Jenkins Reid
Briar Club--Kate Quinn
How to Dodge a Cannonball--Dennard Doyle
The Human Scale--Lawrence Wright
The Jackal's Mistress--Chris Bojalian
Never Flinch--Stephen King





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

