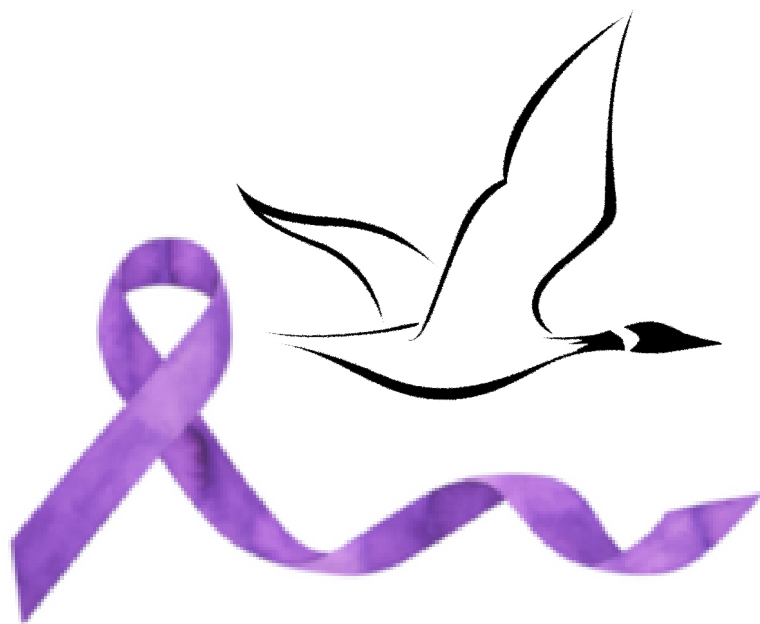


September 2025



Pomperaug Woods Calendar & Highlights

The Art of Living

September 1-6

Days Of the Week *At A Glance*

SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Labor Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

September Meetings

Resident Council

Monday, September 8, 9:30 AM
Pine Hile Lounge

Food Committee

Thursday, September 11, 11:15 AM
Private Dining Room

Library Committee

Tuesday, September 16, 10:00 AM
Private Dining Room

Wednesday 3

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: 9 to 5

3:00 - PHL - Afternoon Tea

Thursday 4

10:00 - AH - Current Events

10:30 - WH - Tai Chi w/ Vinny

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

**1:15 - WH - Chair Cardio
w/ Megan**

Monday 1

Bus Service Suspended
Resident Council Meeting is Sept. 8

11:00 to 2:00 - Picnic - DR Patio
(Please make reservations early)



3:00 & 7:30 - 901
Movie: Around The World
52 Adventures

Afternoon Tea Cancelled

Tuesday 2

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 - A Toast To the Woods
Auditions/Discussion



Friday 5

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

3:00 - PHL - Afternoon Tea

4:15 - GR - Cocktail Hour
Featuring The Frank Porto Band!

Saturday 6

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


2:00 & 7:30 - CH 901
Movie: Just Mercy

September 7-13

Sunday 7	Monday 8
<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 Hunt for Red October</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 A <u>11:45 - GR</u> - Chair Exercise B</p> <p><u>1:15 - GR</u>– Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 11	Friday 12
<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>1:15 - WH</u> - Barre Fitness</p> <p><u>2:30 - GR</u> - Volunteer Fair</p>	<p>Creative Arts Cancelled</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 <i>ONE AND DONE</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 9	Wednesday 10
<p><u>9:30 - WH - 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>2:30 PM - WH - REEL ROYALTY</u> <i>With Mervyn Clay</i> <i>American Madness (1932)</i> <i>(cc)</i></p> <p><u>3:00 - Conference Room</u> LCS presents: CLICK WITH CONFIDENCE <i>Staying Safe In the Digital World</i></p>	<p><u>10:00 - OUT TRIP - New Britain Museum Of American Art</u> Joe Fig/Contemplating Vermeer Lunch TBD</p> <p><u>11:00 – WH - Chair Exercise A</u> <u>11:45 - WH - Chair Exercise B</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Airplane</p> <p><u>2:30 - WH - Discovery Series With Liz from PT</u> Topic: TBD</p>
Saturday 13	<div data-bbox="1023 1138 1347 1402" data-label="Image"> </div> <div data-bbox="836 1444 1534 1543" data-label="Section-Header"> <h2>Volunteer Committee Fair</h2> </div> <div data-bbox="889 1564 1463 1770" data-label="Text"> <p>Please come on down and check out all the committees that you can get involved in!</p> </div> <div data-bbox="1039 1780 1304 1848" data-label="Text"> <p>Thursday</p> </div> <div data-bbox="857 1869 1490 1938" data-label="Text"> <p>September 11, 2:00 PM</p> </div> <div data-bbox="984 1961 1360 2022" data-label="Text"> <p>Garden Room</p> </div>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>11:00 - WH - Chair Zumba w/ Toni</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Let Him Go</p>	

September 14-20

Sunday 14	Monday 15
<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: Another Round</p> <p><u>3:00 - Front Lobby</u> Bus Leaves for Litchfield Waterbury Symphony <i>Ticket Holders Only</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 A <u>11:45 - WH</u> - Chair Exercise B</p> <p><u>1:15 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 18	Friday 19
<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>	<p><u>9:00am– 4:00pm- FC-</u> Register for the Alzheimer's Walk</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 - PHL</u> - Afternoon Tea</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 16

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

2:00 - WH - Happy Tappers
From Heritage Village

Wednesday 17

10:00 - RS - Blood Pressure Screening

10:00 - OUT TRIP - Memory Care

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Ticket to Paradise

2:00 - PHL - Resident Council Meeting with Newcomers

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

3:00 - PHL - Afternoon Tea

Saturday 20

Morning Bus Service

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

2nd Annual Alzheimer's Walk -
PAV -

9:00am Registration

10:00am Walk

11:00am Raffle Winners



2:00 & 7:30 - CH 901

Movie: The Call of the Wild

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION®

Saturday, September 20

(rain date Sept. 21)

9:00am Registration

10:00am Walk

Outdoor Pavillion

September 21-27

Sunday 21	Monday 22
<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 Phantom of the Opera</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>10:00 - 2:00</u> - <i>Conference Room C</i> FLU CLINIC <i>Thru Stop & Shop</i></p> <p><u>11:00 - WH</u> - Chair Exercise A <u>11:45 - WH</u> - Chair Exercise B</p> <p><u>1:15 - GR</u>– Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 25	Friday 26
<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> - Rita Frost Presents: <i>Award Winning Photographs & Videos</i> <i>Italy , France, Israel , Istanbul & Buenos Aires</i></p>	<p>Creative Arts Cancelled</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 <i>ONE AND DONE</i></p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 23

Wednesday 24

No Chair Yoga

Creative Arts Cancelled

10:30 - WH - Mark Albertson
Topic: DOGE vs. The Constitution

1:15 - WH - Standing Exercise

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

11:15 - OUT TRIP - Hopkins Inn
New Preston

11:00 – WH - Chair Exercise A
11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

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

3:00 - PHL - Afternoon Tea

3:00 - GR - Musical Notes/Sing-a-Long
w/ Lyn Kearney & Nancy On Drums

Saturday 27

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

11:00 - AH - Gathering of Readers
The Whistling Season
by Ivan Doig

2:00 & 7:30 - CH 901
Movie: Are You There God? It's
Me, Margaret.

Music Appreciation With Jeffrey Engel ONE AND DONE

Many composers were prolific, writing instrumental and vocal music. They enjoyed success and popularity during their lifetimes. Sadly, after their deaths, their reputations went into decline, and today they are remembered for a single work. The general music loving public has forgotten their names, but that sole composition remains a part of the popular repertory.

Jeffrey Engel will introduce several of these works and bring back to life their composers.

September 12 & 26

September 28-30

Sunday 28

9:30 - 12 Noon - BUS SERVICE TO MASS

**9:30 - AH - Sacred Heart
Eucharist**

**3:00 & 7:30 – 901
Movie: Frida**

3:00 - PHL - Afternoon Tea

Monday 29

9:00 - WH - Early Bird Exercise

**10:00 - CR - Technology Class
with Andy Chapin
*Bring Your Questions!***

**11:00 - WH - Chair Exercise A
11:45 - WH - Chair Exercise B**

1:15 - GR - Walking Warriors

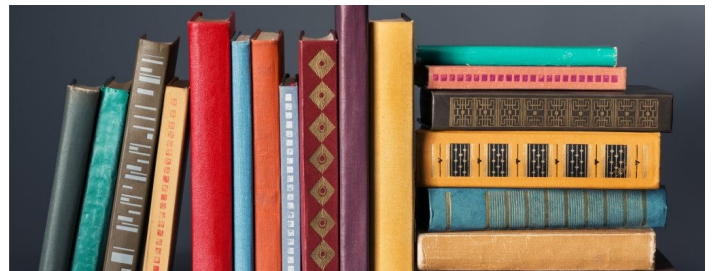
3:00 - PHL - Afternoon Tea

New Books For the Library

An Inside Job - *Daniel Silva*
My Name Is Emilia del Valle
- *Isabel Allende*
A Marriage At Sea -
Sophie Elmhurst
Shelterwood - *Lisa Wingate*
Don't Forget Me Little Bessie
- *James Lee Burke*
Murder Takes A Vacation
- *Laura Lippman*

**The Frank Porto Band
Joins the Cocktail Hour**

**Friday, September 5th
See You There!**



Tuesday 30

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

**11:00 - WH - *Navigating Medicare
Presentation with George Repasky***

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

3:00 - WH - Bingo



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.

Resident Rita Frost Presents:



Award Winning Photographs & Videos

Rita takes you on a journey by showing you exciting visions of these countries. You will feel like you've been there after seeing the videos. Rita received many first prizes for her photography in these videos. she painstakingly chose the music to go with each video.

**Thursday, September 25 3:00pm
Wilson Hall**

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
PDR - Private Dining Rm
DR - Dining Room
PAV - Outdoor Pavilion
(Doors opposite Garden



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

