

OCTOBER



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13 Columbus Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

Committee Meetings

Resident Council

Monday, October 6
9:30 AM PHL

Food Committee

Thursday, October 9 11:15 AM

Library Committee

Tuesday, October 21 10:00 AM
Moved To Conference Room C

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
CR - Conference Room
PAV - Outdoor Pavilion

Wednesday 1

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: Juror #2

3:00 - PHL - Afternoon Tea

October 1 -4

Resident Council OCT/NOV DATES

October 1 - Call For Candidates

October 15 - Submissions Due by Noon

**November 6 - Election Notice With
Candidates Sent Out**

November 13 - Candidates Meet & Greet

**November 17 - Ballots Distributed Over
Night Under Doors**

**November 18 - 20 Voting
Ends At Noon November 20**

**November 21
Announcement Of Winners**

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
8:00 AM - 10:00 AM

Thursday 2

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

Friday 3

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

4:15 - GR - Cocktail Hour

October 5-11

Saturday 4	Monday 6
<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: Beetlejuice Beetlejuice.</p>	<p><u>9:30 - PHL - Resident Council Meeting</u> (Residents invited from 9:30 until 10:00 for comments and compliments)</p> <p><u>9:00 – WH– Early Bird Exercise</u></p>
Sunday 5	<p><u>11:00 - GR- Chair Exercise A</u></p> <p><u>11:45 – GR– Chair Exercise B</u></p> <p><u>1:15 – GR – Walking Warriors</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>7:15 - GR - Cabaret</u> <i>Larry Batter</i></p>
<p><u>8:30 - 12 Noon - BUS SERVICE TO MASS</u> <u>9:30 - PHL - Sacred Heart Eucharist</u></p> <p><u>2:15 - FL - Bus Leaves For Waterbury Symphony</u> <i>Ticket Holders Only</i></p> <p><u>3:00 & 7:30 – 901</u> Movie: The Best Years of our Lives <u>3:00 - PHL - Afternoon Tea</u></p>	
Thursday 9	Friday 10
<p><u>9:30 - PHL - Guided Meditation</u></p> <p><u>10:00 - AH - Current Events</u></p> <p><u>10:30 - CL - Technology Support</u></p> <p><u>10:30 - WH - Tai Chi w/ Vinny</u></p> <p><u>11:15 - PDR - Food Committee</u></p> <p><u>1:00 – WH – Chair Zumba w/ Toni</u></p> <p><u>2:30 - WH - Movie Matinee</u> <i>The Sting</i></p>	<p>Creative Arts Cancelled</p> <p><u>11:00 - WH - Standing Exercise</u></p> <p><u>1:15 – WH – Balance Class</u></p> <p><u>3:00 - CR- Jeffrey Engel</u> Music Appreciation</p> <p><u>4:15 - GR - Cocktail Hour</u></p>

Tuesday 7	Wednesday 8
<p>Private Event - WH</p> <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>OUT TRIP - MC</u></p> <p><u>11:00 - WH- Chair Exercise A</u></p> <p><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: The Bridge on the River Kwai</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Saturday 11	<p>Music Appreciation With Jeffrey Engel October 10 & 24</p> <p>LA SONNAMBULA Between 1825 and 1835 when Vincenzo Bellini(1801-1835) composed all his operas, Gaetano Donizetti(1797-1848) wrote 35, Giovanni Pacini(1796-1867) 19 and Saverio Mercadante(1795-1870) also 19. Bellini did not come close to their prolific production only having 10 come from his pen. His contemporaries thought that the more they composed the more money they would earn. Bellini preferred to write more slowly, with more care and to charge more per opera. “La Sonnambula,” his 7th opera, premiered in Milano in 1831 and was an instant hit. It quickly made its way to London and Paris that same year. Jeffrey Engel will detail the life of Bellini up to that point, the background history of the opera and play some recorded excerpts.</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: Alfred Hitchcock’s Stage Fright</p>	

October 12-18

Sunday 12	Monday 13
<p><u>8:30 - 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: Casablanca</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> Technology Class Andy Chapin</p> <p><u>11:00 - WH</u> - Chair Exercise A</p> <p><u>11:45 – WH</u> - Chair Exercise B</p> <p>Walking Warriors Cancelled</p> <p><u>2:30 - CR - Dr. Hunt</u> Topic: TBD</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 16	Friday 17
<p><u>10:00 - AH-</u> Current Events</p> <p><u>10:00 - OUT TRIP</u> - Thrift Shopping For Halloween Lunch TBD</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> - Double Play Flute & Tuba</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> - Discovery Series With Liz from PT Topic: Healthy Heart</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 14

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 15

**10:00 - RS - Blood Pressure Screen-
ing**

OUT TRIP Moved To Thursday

**Resident Council Submissions Due
by Noon**

11:00 - WH - Chair Exercise A

11:45 - WH- Chair Exercise B

1:15 - WH- Balance Class

2:00 & 7:30 - CH 901

Movie: The Philadelphia Story

3:00 - PHL - Afternoon Tea

Saturday 18

Morning Bus Service

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

2:30 - WH- Mark Albertson

Topic: MAGA As A Third Party

2:00 & 7:30 - CH 901

Movie: The Maltese Falcon

**DOUBLE PLAY flute and tuba
Amy Ridings and Patrick Sciannella**

“The Art of Music”



**Thursday,
October 16 3 PM**

October 19-25

Sunday 19	Monday 20
<p><u>8:30 - 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 Little Mermaid</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00– WH</u>– Early Bird Exercise</p> <p><u>9:00 - 11:00 - CR</u> - FLU CLINIC</p> <p><u>11:00 - WH</u> - Chair Exercise A</p> <p><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 23	Friday 24
<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>Private Event - WH</p> <p><u>10:30 - GR</u>- Tai Chi w/ Vinny Please note room change.</p> <p><u>1:00 - WH</u>- Chair Zumba w/ Toni</p> <p><u>2:30 - AR</u> - Needlers/Fiber Art Group</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>- Jeffrey Engel Music Appreciation</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 21

9:30 - WH- Chair Yoga w/ Alisa

10:00 - CR- Library Committee
Moved To Conference Room C

10:00 - AR – Creative Arts

1:15 – WH – Standing Exercise

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

2:30 PM - WH - REEL ROYALTY
With Mervyn Clay
Night Must Fall
(1937) cc

Wednesday 22

10:00 - OUT TRIP - Canton, CT
Shopping @ Ocean State Job Lot
Lunch/ Saybrook Fish House

11:00 - WH - Chair Exercise A
11:45 – WH– Chair Exercise B
1:15 – WH– Balance Class

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

2:00 - PHL - Resident Council
Meeting with Newcomers

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

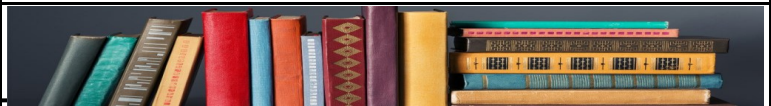
3:00 - PHL - Afternoon Tea

Saturday 25

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

11:00 - AH - Gathering of Readers
How It All Began
By Penelope Lively

2:00 & 7:30 - CH 901
Movie: Gladiator II



New Books for the Library

Pariah by Dan Fesperman
A View from Lake Como
by Adriana Trigiani



9:30am
PHL

Guided Meditation Group
Thursdays

October 9 & 23

October 26-31

Sunday 26	Monday 27
<p><u>8:30 - 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 Wild Robot</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> Technology Class Andy Chapin</p> <p><u>11:00 - WH</u> - Chair Exercise A</p> <p><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 30	Friday 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>1:00 - WH–</u> Chair Zumba w/ Toni</p> <p><u>3:00 - GR</u> - Musical Notes/Sing-a-Long w/ Lyn Kearney & Nancy On Drums</p>	<p>No Standing Exercise No Balance Class</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: The Ghost & Mr. Chicken <i>starring Don Knotts</i></p> <p><u>3:00 - WH</u> - Halloween Runway! Prizes Awarded!</p> <p><u>4:15 - GR</u> - Party/Cocktail Hour Moves To the Garden Room! This Year's Theme: <i>The 1960's</i></p> <p>Entertainment by <i>KT Connection</i></p>

Tuesday 28

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 - BINGO

Wednesday 29

10:00 - OUT TRIP - Mill Plain
Diner/Brunch

Hammond Museum

You Think That's Funny?:

Humor in Contemporary Art

11:00 - WH - Chair Exercise A

11:45 - WH- Chair Exercise B

1:15 - WH- Balance Class

2:00 & 7:30 - CH 901

Movie: Carousel

3:00 - PHL - Afternoon Tea



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.

Halloween Party
With A 1960's
Theme.....
Lots of options.
Lots of options.

Friday
October 31
Beginning @
3:00 PM



Pomperaug Woods Bus Schedule

Monday	AM 9:00 10:00 11:00	PM 1:00 2:00 3:00 Last Pick-up
Tuesday	AM 9:00 10:00 11:00	PM 1:00 2:00 3:00 Last Pick-up
Wednesday	No Service - Reserved for Out Trips	
Thursday	AM 9:00 10:00 11:00	PM 1:00 2:00 3:00 Last Pick-up
Friday	AM 9:00 10:00 11:00	**The LAST Pick-Up On Fridays will be 11:00 A.M. Bus Service Ends @ 1:00 PM For The Day.
Saturday	AM ONLY 9:00 10:00 11:00	Sunday AM ONLY First Drive Leaves @ 9:30 For Mass At Church Of the Epiphany St. Teresa's and UCC Please see Lisa For Additional Info

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

