

NOVEMBER 2025



Pomperaug Woods

The Art of Living

Calendar & Highlights

November

Days Of the Week *At A Glance*

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						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						

November Meetings

Resident Council

Monday, November 3

10:00 AM

(Residents invited from 9:30 until 10:00)

Food Committee

Thursday, November 13

11:15 AM

Library Committee

Tuesday, November 18

10:00 AM

Resident Meeting

Friday, November 21

10:30 AM

Remembering Connecticut's Doughboys:

The World War One Memorials of Connecticut

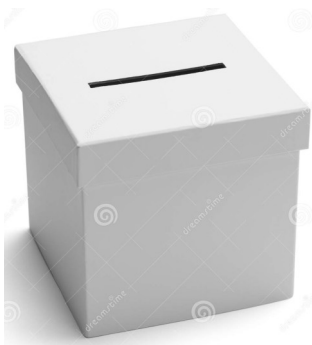
BY RICHARD FRANKLIN DONOHUE



Thursday, November 6 1:00 PM Wilson Hall

Resident Council Voting Happens This Month!

Please take note of important dates
throughout this calendar.



Holiday Meal Hours

The dining room will be open from 11:30-2:30 with reservations being requested. We will take 6 reservations every 15 minutes starting at 11:30 and ending at 2:15. Reservations of 5 or 6 are on a first come, first serve basis. Other than that, we only have tables of 4. Residents that order meals for take-out or delivery must order their meals by 2 pm. These meals will be ready for pick-up and delivery at 4 pm.

These are the Holidays
that will be affected:

Veteran's Day	November 11, 2025
Thanksgiving Day	November 27, 2025
Christmas Day	December 25, 2025
New Year's Day	January 1, 2026



Pomperaug Woods Turkey Trot 10-Day Challenge 2025

Dates of Event: November 12-14, 17-21, 24
Hours of the Event: 8:00am to 4:00pm

How many miles can you walk at
Pomperaug Woods?

This activity can be outdoors and/or indoors
All participants get fun gifts
First place winner gets a special prize

Requirement: Check-in and Check-out with Megan in
Fitness Center at start and end of each walk
Pedometers can be available for use during your trot

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 Room)
CR - Conference Room

November 1-8

Saturday 1	Monday 3
<u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups <u>2:00 & 7:30 - CH 901</u> Movie: No Time To Die 007	<u>9:00 - WH - Early Bird Exercise</u> <u>9:30 - CR - Resident Council Meeting</u> (Residents invited from 9:30 until 10:00 for comments and compliments)
Sunday 2	
<u>8:30 - 12 Noon - BUS SERVICE TO MASS</u> <u>9:30 - HC - Sacred Heart Eucharist</u> <u>3:00 & 7:30 - 901</u> Movie: Sunset Boulevard <u>3:00 - PHL - Afternoon Tea</u> <u>3:15 - FL - Waterbury Symphony - Newtown</u> Ticket Holders Only	<u>11:00 - WH - Chair Exercise A</u> <u>11:45 - WH - Chair Exercise B</u> <u>1:15 - GR - Walking Warriors</u> <u>2:30 - AR - Needlers</u> <u>3:00 - PHL - Afternoon Tea</u>
Thursday 6	Friday 7
<u>10:00 - AH - Current Events</u> <u>10:30 - CL - Technology Support</u> <u>10:30 - WH - Tai Chi w/ Vinny</u> <u>1:00 - WH - WWI Memorials Of CT</u> with Richard Franklin Donohue <i>Running for Resident Council BIOS IN MAILBOXES</i>	<u>10:00 - AR - Creative Arts</u> <u>11:00 - WH - Standing Exercise</u> <u>1:15 - WH - Balance Class</u> <u>2:30 - WH - Mark Albertson</u> <i>Trial of the Century: Nuremberg</i> <u>4:15 - GR - Cocktail Hour</u>

Tuesday 4	Wednesday 5
<u>9:30 - WH</u> - Chair Yoga w/ Alisa <u>10:00 - AR</u> - Creative Arts <u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - C Wing Hallway</u> <u>1:15 - WH</u> - Standing Exercise Election Day Regular Bus Service Available	<u>10:00 - RS</u> - Blood Pressure Screening <u>11:15 - Out Trip</u> - Lunch Bunch Marketplace Tavern, Litchfield <u>11:00 - WH</u> - Chair Exercise A <u>11:45 - WH</u> - Chair Exercise B <u>1:15 - WH</u> - Balance Class <u>2:00 & 7:30 - CH 901</u> Movie: Rebel Without a Cause <u>3:00 - PHL</u> - Afternoon Tea
Saturday 8	
<u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups <u>2:00 & 7:30 - CH 901</u> Movie: Ford v. Ferrari	Daylight Savings Time Ends Sunday, November 2 Blood Pressure Screening When: Every 1st & 3rd Wednesday of the Month Where: Resident Services Look For the Dalmatian! Time: 10:00 AM

November 9-15

Sunday 9	Monday 10
<u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u>- Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Little Women (2019) <u>3:00 - PHL</u> - Afternoon Tea	<u>9:00 - WH</u> - Early Bird Exercise <u>10:00 - CR</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i> <u>11:00 - GR</u> - Chair Exercise A <u>11:45 - GR</u> – Chair Exercise B <u>1:15 - GR</u>– Walking Warriors <u>3:00 - PHL</u> - Afternoon Tea
Thursday 13	Friday 14
<u>8:00am to 3:30pm</u> Turkey Trot 2025 (See Megan in Fitness Center) <u>9:30 – PHL</u> – Guided Meditation <u>10:00 - AH</u> - Current Events <u>10:30 - CL</u> - Technology Support <u>10:30 - WH</u> – Tai Chi w/ Vinny <u>11:15 - PDR</u> - Food Committee <u>1:00 - WH</u> – Chair Zumba w/ Toni <u>3:00 - GR</u> - Meet the Candidates <i>Running for Resident Council</i>	<u>8:00am to 4:00pm</u> Turkey Trot 2025 (See Megan in Fitness Center) <u>10:00 - AR</u> - Creative Arts <u>11:00 - WH</u> - Standing Exercise <u>1:15 - WH</u> - Balance Class <u>3:00 - CR</u> - Music Appreciation w/ Jeffrey Engel <u>4:15 - GR</u> - Cocktail Hour

Tuesday 11

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

No Standing Exercise

Newtown Savings Bank
Closed Due To Holiday

Holiday Meal Hours



Wednesday 12

8:00am to 4:30pm Turkey Trot 2025 (See Megan in Fitness Center)



10:00 - OUT TRIP - Culinary Institute Of America Sign-Up, American Bounty
Menu & Pricing @ Front Desk

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

2:00 & 7:30 - CH 901
Movie: Roman Holiday

3:00 - PHL - Afternoon Tea

Saturday 15

Morning Bus Service

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

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

**Music Appreciation
With Jeffrey Engel
November 14 & 21**

LA BOHEME Nov. 14th

The 1896 world premiere of Puccini's "La Boheme" in Turin, Italy Jeffrey Engel will detail the history of Puccini's fourth opera and play recorded excerpts from it.

ARABELLA Nov. 21

Jeffrey Engel will detail the history behind "Arabella," explain its plot and play some musical excerpts.

November 16-22

Sunday 16	Monday 17
<u>8:30 - 12 Noon - BUS SERVICE TO MASS</u> <u>9:30 - HC - Sacred Heart Eucharist</u> <u>3:00 & 7:30 – 901</u> Movie: Bohemian Rhapsody <u>3:00 - PHL - Afternoon Tea</u>	Private Event - Garden Room 7:00 AM - 10:00AM <u>8:00am to 4:00pm Turkey Trot 2025</u> (See Megan in Fitness Center) <u>9:00 - WH - Early Bird Exercise</u> <u>11:00 - WH - Chair Exercise A</u> <u>11:45 - WH - Chair Exercise B</u> <u>1:15 - GR - Walking Warriors</u> <u>2:15 - CR - Dr. Hunt</u> Topic: TBD <u>3:00 - PHL - Afternoon Tea</u> Resident Council Election Begins Ballots Placed Under Doors Ballot Box @ Reception Desk
Thursday 20	Friday 21
<u>8:00am to 4:00pm Turkey Trot 2025</u> (See Megan in Fitness Center) <u>10:00 - OUT TRIP - Shakespeare's Garden & Gift Barn, Brookfield</u> Lunch: TBD <u>10:00 - AH - Current Events</u> <u>10:30 - CL - Technology Support</u> <u>10:30 - WH - Tai Chi w/ Vinny</u> <u>1:00 - WH - Chair Zumba w/ Toni</u> Resident Council Voting Ends At 12 Noon	<u>8:00am to 3:30pm Turkey Trot 2025</u> (See Megan in Fitness Center) Creative Arts Cancelled Resident Council Winners Announced <u>10:30 - WH - Resident Meeting</u> <u>1:15 - WH - Balance Class</u> <u>3:00 - CR - Music Appreciation w/ Jeffrey Engel</u> <u>4:15 - GR - Cocktail Hour</u>

Tuesday 18

8:00am to 4:00pm Turkey Trot 2025
(See Megan in Fitness Center)

9:30 –WH - Chair Yoga w/ Alisa

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

10:00 - AR - Creative Arts

Newtown Savings Bank
10:00 - 11:00 AM - C Wing Hallway

1:15 - WH - Standing Exercise

2:30 PM - WH - REEL ROYALTY
With Mervyn Clay
Make Way For Tomorrow
(1937) cc

Wednesday 19

8:00am to 4:00pm Turkey Trot 2025 (See
Megan in Fitness Center)

10:00 - RS - Blood Pressure Screening
OUT TRIP - See Thursday

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 Mule

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

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

3:00 - PHL - Afternoon Tea

Saturday 22

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: Wonder



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 im-
portant passwords to allow access.

November 23-30

Sunday 23	Monday 24
<u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u>- Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: The Greatest Showman <u>3:00 - PHL</u> - Afternoon Tea	<u>8:00am to 4:00pm</u> Turkey Trot 2025 (See Megan in Fitness Center) <u>9:00 - WH</u> - Early Bird Exercise <u>10:30 - CR</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i> <u>11:00 - WH</u> - Chair Exercise A <u>11:45 - WH</u> - Chair Exercise B <u>1:15 - GR</u> - Walking Warriors <u>3:00 - PHL</u> - Afternoon Tea
Thursday 27	Friday 28
NO Bus Service Holiday Meal Hours 	NO Creative Arts No Standing Exercise No Balance Class <u>4:15 - GR</u> - Cocktail Hour

Tuesday 25

No Chair Yoga

Turkey Trot Winner Announced!

10:00 - AR - Creative Arts

Newtown Savings Bank

10:00 - 11:00 AM- C Wing Hallway

1:15 - WH - Standing Exercise

2:30 - WH - Gobble Gobble Bingo!!



Wednesday 26

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: On the Waterfront

3:00 - PHL - Afternoon Tea

Saturday 29

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: The French Dispatch (Wes Anderson)

11:00 - AH - Gathering of Readers

***My Brilliant Friend* by Elena Ferrante**

Sunday 30

8:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - HC - Sacred Heart Eucharist

3:00 & 7:30 - 901

Movie: Pixar's Luca

3:00 - PHL - Afternoon Tea

DECEMBER DATES



Saturday, December 6

Boutique Shopping - Garden Room

Sunday, December 7

Waterbury Symphony

Ticket Holders Only

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

