

January 2026



Pomperaug Woods Calendar & Highlights

The Art of Living

January 1 - 3

Days Of the Week

2026 JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	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	31

January Meetings

Resident Council
Monday, January 5
9:30 AM PHL Residents Invited
10:00 AM Council Only - CR C

Food Committee
Thursday, January 8
11:15 AM PDR

Library Committee
Tuesday, January 20
10:00 AM CR

Thursday 1

Exercise Classes Canceled

10:00 - AH - Current Events

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

Friday 2

Creative Arts Cancelled

Exercise Classes Canceled

2:30 - WH - Mark Albertson
Topic: Constitutionality Of Troops
On American Streets

Cocktail Hour Cancelled



New Books for the Library

The Correspondent--Virginia Evans
 The Black Wolf--Louise Perry
 Some Bright Nowhere--Ann Packer
 Sipsworth--Simon van Booy
 Evensong--Stewart O'Nan
 Sipsworth--Simon van Booy
 The Killer Question--Janice Hallett
 The Book of Guilt--Catherine
 Chidgey

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 - Pavilion
 PDR - Private Dining Rm
 DR - Dining Room
 CR - Conference Room

Saturday 3

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: Sully

TARA, BSW, MA



Constellation

**Thursday
 January 15
 2:00 PM
 Wilson Hall**

Bringing over 20 years of healthcare experience to our team, we are fortunate to have Tara represent us in the Western Connecticut Region.

Tara provides families and patients with support and guidance as they navigate the chapter of life that society tends to be hesitant to discuss.

January 4 - 10

Sunday 4	Monday 5
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - HC</u>- Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: On The Town</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</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>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</p> <p><u>1:15 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 8	Friday 9
<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>12:15 - Out Trip</u> - Second Chance! Let's Go To the Movies Hamnet @ Greenwood Features (Formally Bethel Cinema) Tickets: \$10.00</p> <p><u>1:15 - WH</u> - Chair Cardio w/ Megan</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> - Music Appreciation w/ Jeffrey Engel Topic: <i>I PURITANI</i></p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 6	Wednesday 7
<p>Chair Yoga Canceled</p> <p><u>10:00 - AR</u>– Creative Arts</p> <p><u>1:15 - WH</u> - Standing Exercise</p> <p><u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - C Wing Hallway</u></p> <p><u>2:00 - GR</u> – Holiday Grab Bag (Rescheduled From December)</p>	<p><u>Out Trip - See Thursday</u></p> <p><u>10:00 - RS</u> - Blood Pressure Screening</p> <p><u>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>2:00 & 7:30 - CH 901</u> Movie: Secret Life of Pets</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Saturday 10	
<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: Hidden Figures</p>	<p>Jeffery Engel Music Appreciation January 9 & 23</p> <p>I PURITANI</p> <p>By the beginning of 1833, Vincenzo Bellini (1801-1835) was as popular and successful as a composer could be. His operas were being performed through out Italy and other countries. In April he would leave his homeland for the first time and go to London where four of his operas were produced and met with great success. In August, Bellini settled in Paris and by the following April was at work on “I Puritani.” Its premiere in January of 1835 was a triumph. Bellini had more operatic projects in mind, but sadly, died in September of the same year.</p> <p>Jeffrey Engel will detail the final years of Bellini’s life, explain the background of “I Puritani” and play excerpts from his last</p>

January 11 - 17

Sunday 11	Monday 12
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - HC</u>- Sacred Heart Eucharist</p> <p><u>2:00 - WH</u> - Movie Matinee <i>A Little Romance - Starring Laurence Olivier & 13 year old Diane Lane - Refreshments Served!</i></p> <p><u>3:00 & 7:30 – 901</u> Movie: You Were Never Lovelier</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p>Early Bird Exercise Canceled</p> <p><u>10:00 - AH</u> - Tech Topics with Andy Chapin - Bring your questions!</p> <p><u>11:00 - GR</u> - Chair Section A <u>11:45 - GR</u> - Chair Section B</p> <p><u>1:15 - GR</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - AR</u> - The Needlers</p>
Thursday 15	Friday 16
<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>2:00 - WH</u> - Tara Ridings from Constellations Home Health Hospice & Palliative Care Q & A</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 13

9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

2:30 - WH - Bingo

Yes! Twice This Month!

Wednesday 14

10:00 - OUT TRIP - New Britain
Museum Of American Art
Norman Rockwell: From Camera
To Canvas Lunch: Great Taste
Chinese Restaurant

11:00 - WH - Chair Section A

11:45 - WH - Chair Section B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: We're No Angels

3:00 - PHL - Afternoon Tea

Saturday 17

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Dunkirk



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.

January 18 - 24

Sunday 18	Monday 19
<p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p><u>9:30 - HC</u>- Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> - Movie: Rocketman</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>3:00 - FL</u> - Waterbury Symphony @ Litchfield Yale Chamber Ensemble <i>Ticket Holders Only</i></p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</p> <p><u>1:15 - WH</u> - Walking Warriors</p> <p><u>2:15 - CR</u> - Professor Alfred Hunt Topic: TBD</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 22	Friday 23
<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>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> - Music Appreciation w/ Jeffrey Engel Topic: <i>I PURITANI</i></p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 20

9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

2:30 - WH - Reel Royalty
With Mervyn Clay
Seventh Heaven

Wednesday 21

10:00 - Out Trip - Yale Art Gallery
American Impressionism
Zuppardi's For Lunch

11:00 - WH - Chair Section A

11:45 - WH - Chair Section B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: Laura Ingalls Wilder

2:00 - PHL - Resident Council Meeting
with Newcomers

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

Saturday 24

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: McLintock!

REEL ROYALTY
with Mervyn Clay



Seventh Heaven

The first movie ever to win an Academy Award (and it won 3!). This tender tale stars the most popular romantic duo in the history of film, Directed by one of Hollywood's greatest, its passion and fervor will wring your heart. cc

Tuesday, January 20
2:30 PM - Wilson Hall

January 25 - 31

Sunday 25	Monday 26
<p><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - HC</u> - Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: The Boss Baby</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i></p> <p><u>11:00 - WH</u> - Chair Section A <u>11:45 - WH</u> - Chair Section B</p> <p><u>1:15 - WH</u> - Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 29	Friday 30
<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>1:15 - WH</u> - Barre Fitness</p> <p><u>3:00 - WH</u> - Craft In America Episode: EAST explores the intersection of history, culture, contemporary craft in the eastern US.</p>	<p>Creative Arts Cancelled</p> <p>Standing Exercise Cancelled</p> <p><u>10:30 - WH</u> - Resident meeting All are invited to attend.</p> <p><u>1:15 - WH</u> - Balance Class</p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 27

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

Newtown Savings Bank

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

1:15 - WH - Standing Exercise

2:30 - WH - Bingo

Wednesday 28

WH - Marketing Event

1:00 - OUT TRIP - Shepaug Eagle Viewing ~ *Right Here In Town!*
Lunch Afterwards TBD

11:00 - GR - Chair Section A

2:00 & 7:30 - CH 901

Movie: Kite Runner

3:00 - PHL - Afternoon Tea

Saturday 31

Morning Bus Service

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

11:00 - AH - Gathering of Readers
HONOR
by Thrifty Umrigar

2:00 & 7:30 - CH 901

Movie: Boyhood



Resident Meeting
Friday, January 30
10:30 WH

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

