

# January 2026



## Pomperaug Woods Calendar & Highlights

*The Art of Living*

# January 1 - 3

## Days Of the Week

## January Meetings

### 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

### 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

## Friday 2

**Exercise Classes Canceled**

**10:00 - AH - Current Events**

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

**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 Hallet  
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**

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.

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

# January 4 - 10

Sunday 4	Monday 5
<p><b><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u></b></p> <p><b><u>9:30 - HC- Sacred Heart Eucharist</u></b></p> <p><b><u>3:00 &amp; 7:30 – 901 Movie: On The Town</u></b></p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>	<p><b><u>9:00 - WH - Early Bird Exercise</u></b></p> <p><b><u>9:30 - PHL - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</u></b></p> <p><b><u>11:00 - WH - Chair Section A</u></b> <b><u>11:45 - WH - Chair Section B</u></b></p> <p><b><u>1:15 - GR - Walking Warriors</u></b></p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
Thursday 8	Friday 9
<p><b><u>10:00 - AH - Current Events</u></b></p> <p><b><u>10:30 - WH - Tai Chi w/ Vinny</u></b></p> <p><b><u>10:30 - CL - Technology Support w/ James</u></b></p> <p><b><u>12:15 - Out Trip - Second Chance! Let's Go To the Movies Hamnet @ Greenwood Features (Formerly Bethel Cinema) Tickets: \$10.00</u></b></p> <p><b><u>1:15 - WH - Chair Cardio w/ Megan</u></b></p>	<p><b><u>10:00 - AR – Creative Arts</u></b></p> <p><b><u>11:00 - WH - Standing Exercise</u></b></p> <p><b><u>1:15 - WH - Balance Class</u></b></p> <p><b><u>3:00 - CR - Music Appreciation w/ Jeffrey Engel Topic: <i>I PURITANI</i></u></b></p> <p><b><u>4:15 - GR - Cocktail Hour</u></b></p>

<b>Tuesday 6</b>	<b>Wednesday 7</b>
<p><b>Chair Yoga Canceled</b></p>	<p><b><u>Out Trip - See Thursday</u></b></p>
<p><b><u>10:00 - AR - Creative Arts</u></b></p>	<p><b><u>10:00 - RS - Blood Pressure Screening</u></b></p>
<p><b><u>1:15 - WH - Standing Exercise</u></b></p>	<p><b><u>11:00 - WH - Chair Section A</u></b>  <b><u>11:45 - WH - Chair Section B</u></b></p>
<p><b><u>Newtown Savings Bank</u></b></p>	<p><b><u>1:15 - WH - Balance Class</u></b></p>
<p><b><u>10:00 - 11:00 AM - C Wing Hallway</u></b></p>	<p><b><u>2:00 &amp; 7:30 - CH 901 Movie: Secret Life of Pets</u></b></p>
<p><b><u>2:00 - GR - Holiday Grab Bag (Rescheduled From December)</u></b></p>	<p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
<b>Saturday 10</b>	
<p><b><u>Morning Bus Service</u></b></p>	<p><b>Jeffery Engel</b>  <b>Music Appreciation</b>  <b>January 9 &amp; 23</b></p>
<p><b><u>9:00, 10:00 &amp; 11:00 AM Pickups</u></b></p>	
<p><b><u>2:00 &amp; 7:30 - CH 901</u></b></p>	<p><b>I PURITANI</b></p>
<p><b><u>Movie: Hidden Figures</u></b></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 throughout 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 - BUS SERVICE TO MASS</u></p> <p><u>9:30 - HC - Sacred Heart Eucharist</u></p> <p><u>2:00 - WH - Movie Matinee</u> A Little Romance - <i>Starring Lawrence Olivier &amp; 13 year old Diane Lane - Refreshments Served!</i></p> <p><u>3:00 &amp; 7:30 - 901</u> Movie: You Were Never Lovelier</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><b>Early Bird Exercise Canceled</b></p> <p><u>10:00 - AH - Tech Topics with Andy Chapin - Bring your questions!</u></p> <p><u>11:00 - GR - Chair Section A</u> <u>11:45 - GR - Chair Section B</u></p> <p><u>1:15 - GR - Walking Warriors</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>3:00 - AR - The Needlers</u></p>
Thursday 15	Friday 16
<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 w/ James</u></p> <p><u>10:30 - WH - Tai Chi w/ Vinny</u></p> <p><u>11:15 - PDR - Food Committee</u></p> <p><u>2:00 - WH - Tara Ridings from Constellations Home Health Hospice &amp; Palliative Care Q &amp; A</u></p>	<p><u>10:00 - AR - Creative Arts</u></p> <p><u>11:00 - WH - Standing Exercise</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>4:15 - GR - Cocktail Hour</u></p>

<b>Tuesday 13</b>	<b>Wednesday 14</b>
<b><u>9:30 - WH- Chair Yoga w/ Alisa</u></b>	
<b><u>10:00 - AR- Creative Arts</u></b>	
<b><u>1:15 - WH - Standing Exercise</u></b>	
<b><u>Newtown Savings Bank</u></b>	
<b><u>10:00 - 11:00 AM - C Wing Hallway</u></b>	
<b><u>2:30 - WH - Bingo</u></b>	
<b>Yes! Twice This Month!</b>	
<b><u>Saturday 17</u></b>	
<b><u>Morning Bus Service</u></b>	
<b>9:00, 10:00 &amp; 11:00 AM Pickups</b>	
<b><u>2:00 &amp; 7:30 - CH 901</u></b>	
<b>Movie: Dunkirk</b>	



**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 -BUS SERVICE TO MASS</u></p> <p><u>9:30 - HC- Sacred Heart Eucharist</u></p> <p><u>3:00 &amp; 7:30 – 901 - Movie: Rocketman</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p> <p><u>3:00 - FL - Waterbury Symphony @ Litchfield</u> Yale Chamber Ensemble <i>Ticket Holders Only</i></p>	<p><u>9:00 - WH - Early Bird Exercise</u></p> <p><u>11:00 - WH - Chair Section A</u> <u>11:45 - WH - Chair Section B</u></p> <p><u>1:15 - WH - Walking Warriors</u></p> <p><u>2:15 - CR - Professor Alfred Hunt</u> <b>Topic: TBD</b></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 22	Friday 23
<p><u>10:00 - AH - Current Events</u></p> <p><u>10:30 - CL - Technology Support w/ James</u></p> <p><u>10:30 - WH - Tai Chi w/ Vinny</u></p> <p><u>1:15 - WH - Chair Cardio w/ Megan</u></p>	<p><u>10:00 - AR- Creative Arts</u></p> <p><u>11:00 - WH - Standing Exercise</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>3:00 - CR - Music Appreciation w/ Jeffrey Engel</u> <b>Topic: <i>I PURITANI</i></b></p> <p><u>4:15 - GR - Cocktail Hour</u></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 Hall-way**

**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 - BUS SERVICE TO MASS</u></p> <p><u>9:30 - HC - Sacred Heart Eucharist</u></p> <p><u>3:00 &amp; 7:30 – 901</u> Movie: The Boss Baby</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00 - WH - Early Bird Exercise</u></p> <p><u>10:00 - AH - Technology Class with Andy Chapin</u> <i>Bring Your Questions!</i></p> <p><u>11:00 - WH - Chair Section A</u> <u>11:45 - WH - Chair Section B</u></p> <p><u>1:15 - WH - Walking Warriors</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 29	Friday 30
<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> w/ James</p> <p><u>10:30 - WH - Tai Chi w/ Vinny</u></p> <p><u>1:15 - WH - Barre Fitness</u></p> <p><u>3:00 - WH - Craft In America</u> 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 - Resident meeting</u> All are invited to attend.</p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>4:15 - GR - Cocktail Hour</u></p>

<h2>Tuesday 27</h2>	<h2>Wednesday 28</h2>
<p><b><u>9:30 - WH - Chair Yoga w/ Alisa</u></b></p> <p><b><u>10:00 - AR - Creative Arts</u></b></p> <p><b><u>Newtown Savings Bank</u></b> <b><u>10:00 - 11:00 AM - C Wing Hallway</u></b></p>	<p><b><u>WH - Marketing Event</u></b></p> <p><b><u>1:00 - OUT TRIP - Shepaug Eagle Viewing ~ <i>Right Here In Town!</i> Lunch Afterwards TBD</u></b></p>
<p><b><u>1:15 - WH - Standing Exercise</u></b></p> <p><b><u>2:30 - WH - Bingo</u></b></p>	<p><b><u>11:00 - GR - Chair Section A</u></b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b> Movie: Kite Runner</p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
<h2>Saturday 31</h2>	
<p><b><u>Morning Bus Service</u></b> 9:00, 10:00 &amp; 11:00 AM Pickups</p> <p><b><u>11:00 - AH - Gathering of Readers</u></b> HONOR <i>by Thrifty Umrigar</i></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b> Movie: Boyhood</p>	 <p><b>Resident Meeting</b> <b>Friday, January 30</b> <b>10:30 WH</b></p>

# Pomperaug Woods Bus Schedule

<b>Monday</b>	<b>AM</b> 9:00 10:00 11:00	<b>PM</b> 1:00 2:00 3:00 Last Pick-up
<b>Tuesday</b>	<b>AM</b> 9:00 10:00 11:00	<b>PM</b> 1:00 2:00 3:00 Last Pick-up
<b>Wednesday</b>	<b>No Service - Reserved for Out Trips</b>	
<b>Thursday</b>	<b>AM</b> 9:00 10:00 11:00	<b>PM</b> 1:00 2:00 3:00 Last Pick-up
<b>Friday</b>	<b>AM</b> 9:00 10:00 11:00	<b>**The LAST Pick-Up On Fridays will be 11:00 A.M. Bus Service Ends @ 1:00 PM For The Day.</b>
<b>Saturday</b>	<b>AM ONLY</b>  9:00 10:00 11:00	<b>Sunday</b> <b>AM ONLY</b>  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

