

# FEBRUARY 2026



## Pomperaug Woods

*The Art of Living*

### Calendar & Highlights

## Days Of the Week *At A Glance*

# FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	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	1

## Committee Meetings

### Resident Council

**Monday, February 2**

**9:30 AM PHL Residents Invited**

### Welcoming Committee

**Monday, February 9**

**1:00 PM - PDR**

### Food Committee

**Thursday, February 12**

**1:00 PM CR**

**\*Please note time change.**

### Library Committee

**Tuesday, February 17**

**10:00 AM CR**

**Friday,  
February 6**



**NATIONAL  
WEAR RED  
DAY**

**11:00am Chair Cardio with Megan, Wilson Hall**

**11:45am Strawberry Smoothies, Garden Room**

## Standing Yoga w/ Megan

This 45-minute class starts seated in a chair with breathing and yoga poses. It transitions to standing yoga poses using the chair for stability and support.



**Thursday, February 5**

**1:15pm**

**Wilson Hall**

# Superbowl Sunday



**Come watch the  
Super Bowl on  
the big screen!**

**Sunday, February 8 - WH  
Doors open at 6:00 pm  
Kickoff 6:30 pm  
Snacks Provided**



**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.

## REEL ROYALTY *with Mervyn Clay*



### **The Stranger (1946)**

A trio of great stars combine their talents in this taut thriller with one of the most exciting and suspenseful endings in film history. **cc**

**Tuesday, February 24  
2:30 PM - 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  
PAV - Pavilion  
PDR - Private Dining Rm  
DR - Dining Room



Sunday 1	Monday 2
<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</u></b>  <b>Movie: Piaf: Her Story - Her Songs</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</u></b> (Residents invited from 9:30 until 10:00 for comments and compliments)</p> <p><b><u>10:00 - CR - Technology Class</u></b>  <b>Andy Chapin <i>Focus: AI</i></b></p> <p><b><u>11:00 – WH– Chair Exercise A</u></b></p> <p><b><u>11:45 – WH– Chair Exercise 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 5	Friday 6
<p><b><u>10:00 - AH- Current Events</u></b></p> <p><b><u>10:30 - CL - Technology Support w/ James</u></b></p> <p><b><u>10:30 - WH - Tai Chi w/ Vinny</u></b></p> <p><b><u>1:15– WH– Standing Yoga w/ Megan</u></b></p> <p><b><u>3:00 - AR - Needlers</u></b></p>	<p><b>Creative Arts Cancelled</b></p> <p><b><u>NATIONAL WEAR RED DAY:</u></b></p> <p><b><u>11:00 - WH - Chair Cardio w/ Megan</u></b></p> <p><b><u>11:45 - GR - Smoothies</u></b></p> <p><b><u>2:30 - WH - Mark Albertson</u></b>  <b>Lecture - Article II of the United States Constitution</b></p> <p><b><u>4:15 – GR – Cocktail Hour</u></b></p>

# February 1-7

## Tuesday 3

**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**

**1:15 - WH - Standing Exercise**

## Wednesday 4

**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: Dolly Parton: 50 Years at the Opry**

**2:30 - GR - Hot Cocoa Mingle**

***Come on down for a cozy hot chocolate get-together!***

**Afternoon Tea Cancelled**

## Saturday 7

**Morning Bus Service**

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

**2:00 & 7:30 - CH 901**

**Movie: Big**



# February 8-14

Sunday 8	Monday 9
<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 &amp; 7:30 – 901</u> Movie: Lincoln</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</p> <p><u>11:45 – GR</u> – Chair Exercise B</p> <p><u>1:00 - PDR</u> - Welcoming Committee</p> <p><u>1:15 – GR</u> – Walking Warriors</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>7:15 - GR</u> - Cabaret Larry Batter</p>
Thursday 12	Friday 13
<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 - GR</u> - Tai Chi w/ Vinny</p> <p><u>1:00 – WH</u>– Chair Zumba w/ Toni</p> <p><u>1:00 - CR</u> - Food Committee</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>

<b>Tuesday 10</b>	<b>Wednesday 11</b>
<p><b><u>9:30 - WH-</u> Chair Yoga w/ Alisa</b></p> <p><b><u>10:00 - AR-</u> Creative Arts</b></p> <p><b><u>1:15 – WH–</u> Standing Exercise</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>11:00 – WH -</u> Chair Exercise A</b></p> <p><b><u>11:45 – WH -</u> Chair Exercise B</b></p> <p><b><u>1:15 – WH -</u> Balance Class</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: Empire of the Sun</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Saturday 14</b>	
<p><b><u>Morning Bus Service</u></b>  9:00, 10:00 &amp; 11:00 AM Pickups</p> <p><b><u>11:00 - WH -</u> Chair Zumba w/ Toni</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: Young Sherlock Holmes</b></p> <p><b><u>6:15 - FL</u> Waterbury Symphony  Newtown - Candlelight String  Quartet  <i>Ticket Holders Only</i></b></p>	<p><b>Jeffrey Engel</b>  <b>Music Appreciation</b>  <b>February 13 &amp; 27 3:00 PM CR</b></p> <p><b>I PURITANI</b>  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.  Jeffrey Engel will detail the final years of Bellini’s life, explain the background of “I Puritani” and play excerpts from his last opera.</p>

# February 15-21

Sunday 15	Monday 16
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - HC</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – 901 Movie: The Bucket List</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:00– WH</u>– Early Bird Exercise</b></p> <p><b><u>10:00 - CR</u> - Technology Class Andy Chapin <i>Focus: AI</i></b></p> <p><b><u>11:00– WH</u>– Chair Exercise A</b></p> <p><b><u>11:45– WH</u>– Chair Exercise B</b></p> <p><b><u>1:15– GR</u>– Walking Warriors</b></p> <p><b><u>2:15 - CR</u> - Dr. Hunt <i>Topic: TBD</i></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 19	Friday 20
<p><b><u>10:00 - AH</u>- Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>OUT TRIP - 12:15</u> - Greenwood Theaters (Formerly Bethel Cinema) Time &amp; Movie Posted February 13 In Sign-up Desk. \$5.00 Matinee!!</b></p> <p><b><u>1:00– WH</u>– Chair Zumba w/ Toni</b></p>	<p><b><u>10:00 - AR</u> - Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:15– WH</u>– Balance Class</b></p> <p><b><u>3:00 - WH</u> - Craft In America Episode: WEST</b>  <i>WEST celebrates the continuum of heritage and the handmade, taking inspiration from the landscape, history and culture of the American West. Working across cowboy arts, Hawaiian indigenous practices, and Native American handwork, the artists show how traditional craft can be revived, reworked and reinvented in the art of today.</i></p> <p><b><u>4:15 – GR</u> – Cocktail Hour</b></p>



## Tuesday 17

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

10:00 - PHL - Library Committee

1:15- GR - Standing Exercise

Newtown Savings Bank

10:00 - 11:00 AM - C Wing Hall-  
way

## Wednesday 18

9:30 AM - PHL - Ash Wednesday  
Sacred Heart will distribute ashes only.

10:00 - RS - Blood Pressure Screening

11:00 - GR- Chair Exercise A

11:45 - GR- Chair Exercise B

1:15 - WH- Balance Class

2:00 & 7:30 - CH 901

Movie: LBJ

2:00 - PHL - Resident Council Meeting  
with Newcomers

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

3:00 - PHL - Afternoon Tea

## Saturday 21

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Taking the Reins

## Fat Tuesday, February 17 3:00 PM - Wilson Hall

The Blue River Jazz Band play America's traditional, classic, "hot" jazz and swing music from the early 20th century.

The band features fabulous music from New Orleans, along with songs written and made famous by great jazz artists like Louis Armstrong, Sidney Bechet, Duke Ellington, Count Basie, Lester Young, Fats Waller and of course, Benny Carter.



# February 22-28

Sunday 22	Monday 23
<p><b><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - HC</u>- Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – 901</b> <b>Movie: Night of the Wolf</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:00– WH</u>– Early Bird Exercise</b></p> <p><b><u>11:00– WH</u>– Chair Exercise A</b></p> <p><b><u>11:45– WH</u>– Chair Exercise B</b></p> <p><b><u>1:15– GR</u>– Walking Warriors</b></p> <p><b><u>2:30 - WH</u> - Movie Matinee</b> <b>Refreshments Served</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
Thursday 26	Friday 27
<p><b><u>9:30 - PHL</u> - Guided Meditation</b></p> <p><b><u>10:00 - AH</u>- Current Events</b></p> <p><b><u>10:30 - CL</u> - Technology Support w/ James</b></p> <p><b><u>10:30 - WH</u> - Tai Chi w/ Vinny</b></p> <p><b><u>1:15 - WH</u> - Chair Cardio w/ Megan</b></p> <p><b><u>3:00 - AR</u> - Needlers</b></p>	<p><b><u>10:00 - AR</u>– Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:15 - WH</u> - Balance Class</b></p> <p><b><u>4:15 – GR</u> – Cocktail Hour</b></p>

## Tuesday 24

9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

1:15- WH- Standing Exercise

Newtown Savings Bank

10:30 - 11:00 AM - C Wing Hall-  
way

2:30 PM - WH - REEL ROYALTY  
*With Mervyn Clay*  
*The Stranger (1946)*

## Wednesday 25

11:00 - OUT TRIP - Shepaug  
Eagle Viewing ~ *Right Here In*  
*Town! Lunch Afterwards TBD*

11:00- WH- Chair Exercise A

11:45- WH- Chair Exercise B

1:15- WH- Balance Class

3:00 - 901

Movie: Inception

2:30 - WH - BINGO

## Saturday 28

Morning Bus Service

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

11:00 - AH - Gathering of Readers  
*In the Midst Of Winter* by Isabel  
Allende

2:00 & 7:30 - CH 901

Movie: Alice in Wonderland

## New Books for the Library

Family of Spies--Christine Kuehn  
Buckeye--Patrick Ryan  
Flesh--David Szalay  
Predicament--William Boyd  
Once There Were Wolves--Charlotte  
McConaghy  
Hamnet--Maggie O'Farrell



# 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>	No Service - Reserved for Out Trips	
<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 AM ONLY</b>  <b>First Drive Leaves @ 9:30 For            Mass At Church Of the Epiphany            St. Teresa's and UCC            Please see Lisa For Additional Info</b>

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

