

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

**Friday,
February 6**



**NATIONAL
WEAR RED
DAY**

11:00am Chair Cardio with Megan, Wilson Hall

11:45am Strawberry Smoothies, Garden Room

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

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><u>9:30 - 12 Noon - BUS SERVICE TO MASS</u></p>	<p><u>9:00 - WH - Early Bird Exercise</u></p>
<p><u>9:30 - HC - Sacred Heart Eucharist</u></p> <p><u>3:00 & 7:30 – 901</u> Movie: Piaf: Her Story - Her Songs</p>	<p><u>9:30 - PHL - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</u></p> <p><u>10:00 - CR - Technology Class</u> Andy Chapin <i>Focus: AI</i></p>
<p><u>3:00 - PHL - Afternoon Tea</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 – GR – Walking Warriors</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 5	Friday 6
<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– Standing Yoga w/ Megan</u></p> <p><u>3:00 - AR - Needlers</u></p>	<p>Creative Arts Cancelled</p> <p><u>NATIONAL WEAR RED DAY:</u></p> <p><u>11:00 - WH - Chair Cardio w/ Megan</u></p> <p><u>11:45 - GR - Smoothies</u></p> <p><u>2:30 - WH - Mark Albertson Lecture - Article II of the United States Constitution</u></p> <p><u>4:15 – GR – Cocktail Hour</u></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 - BUS SERVICE TO MASS</u></p> <p><u>9:30 - HC - Sacred Heart Eucharist</u></p> <p><u>3:00 & 7:30 - 901</u> Movie: Lincoln</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00 - WH - Early Bird Exercise</u></p> <p><u>11:00 - GR - Chair Exercise A</u></p> <p><u>11:45 - GR - Chair Exercise B</u></p> <p><u>1:00 - PDR - Welcoming Committee</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> Larry Batter</p>
Thursday 12	Friday 13
<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 - GR - Tai Chi w/ Vinny</u></p> <p><u>1:00 - WH - Chair Zumba w/ Toni</u></p> <p><u>1:00 - CR - Food Committee</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 - Jeffrey Engel</u> Music Appreciation</p> <p><u>4:15 - GR - Cocktail Hour</u></p>

Tuesday 10	Wednesday 11
<p><u>9:30 - WH- 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>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>Newtown Savings Bank</u></p> <p><u>10:00 - 11:00 AM - C Wing Hallway</u></p>	<p><u>2:00 & 7:30 - CH 901</u></p> <p><u>Movie: Empire of the Sun</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
<p><u>Saturday 14</u></p>	<p>Jeffrey Engel Music Appreciation February 13 & 27 3:00 PM CR</p>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>11:00 - WH - Chair Zumba w/ Toni</u></p> <p><u>2:00 & 7:30 - CH 901</u> <u>Movie: Young Sherlock Holmes</u></p> <p><u>6:15 - FL Waterbury Symphony</u> <u>Newtown - Candlelight String Quartet</u> <u>Ticket Holders Only</u></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 opera.</p>

February 15-21

Sunday 15	Monday 16
<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 & 7:30 – 901 Movie: The Bucket List</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00– WH– Early Bird Exercise</u></p> <p><u>10:00 - CR - Technology Class Andy Chapin <i>Focus: AI</i></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– GR– Walking Warriors</u></p> <p><u>2:15 - CR - Dr. Hunt <i>Topic: TBD</i></u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 19	Friday 20
<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>OUT TRIP - 12:15 - Greenwood Theaters (Formerly Bethel Cinema) Time & Movie Posted February 13 In Sign-up Desk.</u> \$5.00 Matine!!</p> <p><u>1:00– WH– Chair Zumba w/ Toni</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 - WH - Craft In America</u> Episode: WEST <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><u>4:15 – GR – Cocktail Hour</u></p>

<p>Tuesday 17</p> <p><u>9:30 - WH - Chair Yoga w/ Alisa</u></p> <p><u>10:00 - AR - Creative Arts</u></p> <p><u>10:00 - PHL - Library Committee</u></p> <p><u>1:15 - GR - Standing Exercise</u></p> <p><u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - C Wing Hall-way</u></p>	<p>Wednesday 18</p> <p><u>9:30 AM - PHL - Ash Wednesday</u> Sacred Heart will distribute ashes only.</p> <p><u>10:00 - RS - Blood Pressure Screening</u></p> <p><u>11:00 - GR - Chair Exercise A</u> <u>11:45 - GR - Chair Exercise B</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: LBJ</p> <p><u>2:00 - PHL - Resident Council Meeting with Newcomers</u></p> <p><u>3:00 - WH - Time with Christine PW Board Member</u></p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
<p>Saturday 21</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: Taking the Reins</p>	<p>Fat Tuesday, February 17 3:00 PM - Wilson Hall</p> <p>The Blue River Jazz Band play America's traditional, classic, "hot" jazz and swing music from the early 20th century.</p> <p>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.</p> 

February 22-28

Sunday 22	Monday 23
<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 & 7:30 – 901</u> Movie: Night of the Wolf</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00- WH- Early Bird Exercise</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- GR- Walking Warriors</u></p> <p><u>2:30 - WH - Movie Matine</u> Refreshments Served</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Thursday 26	Friday 27
<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>1:15 - WH - Chair Cardio w/ Megan</u></p> <p><u>3:00 - AR - Needlers</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>

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

New Books for the Library

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

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

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

