

MARCH 2026



Pomperaug Woods

The Art of Living

Calendar & Highlights

**Days Of the Week
At A Glance**

Committee Meetings

MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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, March
9:30 AM PHL Residents Invited**

**Welcoming Committee
Monday, March 9
1:00 PM - PDR**

**Food Committee
Thursday, March 12
1:00 PM CR
Please note time change.*

**Library Committee
Tuesday, March 17
10:00 AM CR**

**Jeffrey Engel
Music Appreciation
March 13 & 24th 3PM CR**

TRISTAN UND ISOLDE During the 1870's at a rehearsal of "The Ring," a great Wagner devotee was staring intently at the stage with opera glasses. From behind her, two hands covered her eyes. Whispering into her ear was the voice of Wagner: "Don't look so much, listen!"

The same could be said for "Tristan." It is a very very long opera, almost four endless hours. There is glorious music, but virtually no action. As Herbert F. Peyser once wrote, "Its action is in the souls of its characters." In other words, as the political strategist James Carville might say, "It's the music, stupid!"

LUCIA POPP Lucia Popp (1939-1993) was one of the great sopranos of the latter twentieth century. Sadly, her career kept her based in Europe so she tends to be less well known across the pond. One review stated she "sang with silken clarity." Another admired "her accurate silvery coloratura." Popp specialized in Mozart and Richard Strauss, but her repertory also included oratorios, operas and lieder by Handel, Dvorak, Mahler and others. Her more than seventy-five recordings attest to her beautiful and intelligent singing.

Jeffrey Engel will detail Popp's life and play excerpts from her recordings.

New Books for the Library

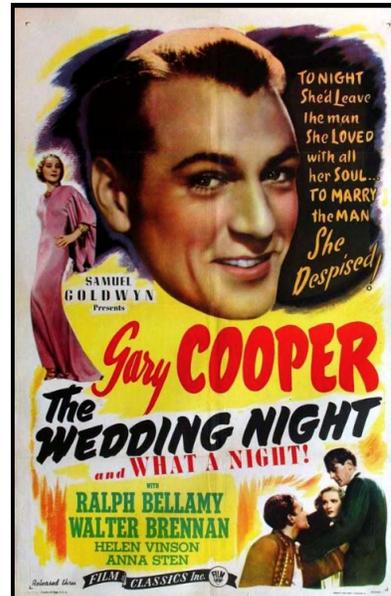
Scavengers--Kathleen Boland
Departure(s)--Julian Barnes
Some Bright Nowhere--Ann
Packer
Strangers--Belle Burden



James Chapin is here every
Thursday morning in
Conference Room C from 10:30 un-
til 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.

* **Conference Room C** is located across from
the **Garden Room**

REEL ROYALTY with Mervyn Clay



The Wedding Night (1935)

Goldwyn's an-
swer to Garbo,
Anna Sten, takes
a star-turn
alongside Gary
Cooper in this
fateful romantic
tale. **cc**

Tuesday, March 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

March 1-7

Sunday 1	Monday 2
<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: The Jane Austen Book Club</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00 - WH - Early Bird Exercise</u></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>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 - CR - Technology Support w/ James</u></p> <p><u>10:30 - WH - Tai Chi w/ Vinny</u></p> <p><u>1:00– WH– Chair Zumba w/ Toni</u></p>	<p><u>11:00 - WH - Standing Exercise</u></p> <p><u>1:15 - WH - Balance Class</u></p> <p><u>2:30 - WH - Mark Albertson Lecture - Women’s History Month</u> Helen Keller</p> <p><u>4:15 – GR – Cocktail Hour</u></p>

Tuesday 3

9:30 - GR - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

1:15 - GR - Standing Exercise

Newtown Savings Bank

10:00 - 11:00 AM - F 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

11:00 - OUT TRIP: Southbury Library *MINI ART SHOW*
Oriental Gourmet/Lunch

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: The Grand Budapest Hotel

3:00 - PHL - Afternoon Tea

Saturday 7

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: My Favorite Wife

March 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 & 7:30</u> – 901 Movie: Wallace and Gromit: Three Amazing Adventures</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p>Daylight Saving Time Begins Move Clocks Forward 1 Hour</p>	<p><u>9:00 – WH</u> – Early Bird Exercise</p> <p><u>10:00 - CR</u> - Technology Class Andy Chapin <i>Focus: AI</i></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>
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 - CR</u> - Technology Support w / James</p> <p><u>10:30 - WH</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 <i>TRISTAN UND ISOLDE</i></p> <p><u>4:15 – GR</u> – Cocktail Hour</p>

Tuesday 10

No Chair Yoga

10:00 - AR - Creative Arts

1:15 - WH - Standing Exercise

Newtown Savings Bank

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

Wednesday 11

10:00 - OUT TRIP - Yale Center
For British ART

GOING MODERN: *British Art*
1900-1960 Lunch TBD

11:00 - WH - Chair Exercise A

11:45 - WH - Chair Exercise B

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

**Movie: William Shakespeare: A
Life of Drama**

3:00 - PHL - Afternoon Tea

Saturday 14

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: Respect

Daylight Saving Time
Begins



Sunday, March 8, 2026

At 2 AM, clocks move forward 1 hour



March 15-21

Sunday 15	Monday 16
<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 Good Shepherd</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00– WH</u>– Early Bird Exercise</p> <p><u>11:00– WH</u>– Chair Exercise A <u>11:45– WH</u>– Chair Exercise B</p> <p><u>1:15– GR</u>– Walking Warriors</p> <p><u>2:15 - CR</u> - Dr. Hunt <i>Topic: TBD</i></p> <p><u>3:00 - PHL</u> - Afternoon Tea</p> <p><u>7:15 - WH</u> - Concert Don Porto Band</p>
Thursday 19	Friday 20
<p><u>10:00 - AH</u>- Current Events</p> <p><u>10:30 - CR</u>- Technology Support w/ James</p> <p><u>10:30 - WH</u> - Tai Chi w/ Vinny</p> <p><u>1:00– WH</u>– Chair Zumba w/ Toni</p> <p><u>3:00 - WH</u> - PBS Film <i>Alexander Calder's Kinetic Mobiles Have Fun With Art</i></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 17

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

10:00 - CR - Library Committee

1:15- WH - Standing Exercise

Newtown Savings Bank

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



Wednesday 18

10:00 - RS - Blood Pressure Screening

11:45 - OUT TRIP - Lunch
White Horse Pub - New Preston

11:00 - WH- Chair Exercise A

11:45 - WH- Chair Exercise B
Balance Class Cancelled

2:00 & 7:30 - CH 901
Movie: House of Gucci

2:00 - PHL - Resident Council Meeting with Newcomers

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: The Miracle Club

Sunday 22

9:30 - 12 Noon -BUS SERVICE TO MASS

9:30 - HC- Sacred Heart Eucharist

3:00 & 7:30 - 901

Movie: Dumbo

3:00 - PHL - Afternoon Tea

Sunday March 22

Private Event In Ace Of Hearts
All Card Players To the Garden Room



March 22-31

Monday 23	Tuesday 24		
<p><u>9:00</u> – WH– Early Bird Exercise</p> <p><u>10:00</u> - CR - Technology Class Andy Chapin <i>Focus: AI</i></p> <p><u>11:00</u> – WH– Chair Exercise A</p> <p><u>11:45</u> – WH– Chair Exercise B</p> <p><u>1:15</u> – GR– Walking Warriors</p> <p><u>3:00</u> - PHL - Afternoon Tea</p>	<p><u>9:30</u> - WH- Chair Yoga w/ Alisa</p> <p><u>10:00</u> - AR– Creative Arts</p> <p><u>1:15</u> – WH– Standing Exercise</p> <p><u>Newtown Savings Bank</u> <u>10:30 - 11:00 AM - F Wing Hallway</u></p> <p><u>2:30 PM</u> - WH - REEL ROYALTY <i>The Wedding Night</i> (1935)</p>		
Friday 27	Saturday 28		
<p>Creative Arts Cancelled Standing Exercise Cancelled</p> <p><u>10:30</u> - WH – Resident Meeting All are invited to attend.</p> <p><u>1:15</u> - WH - Balance Class</p> <p><u>3:00</u> - CR- Jeffrey Engel <i>Music Appreciation</i> LUCIA POPP</p> <p><u>4:15</u> – GR – Cocktail Hour</p>	<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>11:00</u> - AH - Gathering of Readers <i>The Frozen River</i> by Ariel Lawhon</p> <th data-bbox="813 1545 1581 1656">Sunday 29</th> <tr><td data-bbox="813 1656 1581 2020"><p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p><p><u>9:30</u> - HC- Sacred Heart Eucharist</p><p><u>3:00 & 7:30</u> – 901 Movie: Wrangler</p><p><u>3:00</u> - PHL - Afternoon Tea</p></td></tr>	Sunday 29	<p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p><u>9:30</u> - HC- Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: Wrangler</p> <p><u>3:00</u> - PHL - Afternoon Tea</p>
<p><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</p> <p><u>9:30</u> - HC- Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: Wrangler</p> <p><u>3:00</u> - PHL - Afternoon Tea</p>			

Wednesday 25

**10:00 - Out Trip - Quarry Walk
Oxford/ Shopping & Lunch**

11:00 – WH– Chair Exercise A

11:45 – WH– Chair Exercise B

1:15 – WH– Balance Class

**3:00 - 901
Movie: Country at Heart**

2:30 - WH - BINGO

Thursday 26

9:30 - PHL - Guided Meditation

10:00 - AH- Current Events

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

10:30 - WH - Tai Chi w/ Vinny

1:00 – WH– Chair Zumba w/ Toni

3:00 - AR - Needlers

Monday 30

9:00 – WH– Early Bird Exercise

11:00 – WH– Chair Exercise A

11:45 – WH– Chair Exercise B

1:15 – GR– Walking Warriors

3:00 - PHL - Afternoon Tea

Tuesday 31

**All Day - FC - Sign-up: Walks
with Friends in April and Sponsor
A Resident “ Buck A Mile”**



9:30 - WH- Chair Yoga w/ Alisa

10:00 - AR– Creative Arts

**Newtown Savings Bank
10:30 - 11:00 AM - F Wing Hall-
way**

1:15– WH - Standing Exercise

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

