

APRIL 2026



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

Committee Meetings

APRIL 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		

Resident Council
Monday, April 6
9:30 AM PHL

Welcoming Committee
Monday, April 6
1:00 PM PDR

Food Committee
Thursday, April 9
1:00 PM PHL

Library Committee
Tuesday, April 21
10:00 AM CR

Room Key

AH - Ace of Hearts
AR - Art Room
RS - Resident Services
PHL - Pine Hill Lounge
HC - Health Center
GR - Garden Room
FC - Fitness Center
FL - Front Lobby
WH - Wilson Hall
PDR - Private Dining Rm
DR - Dining Room
CR - Conference Room
PAV - Outdoor Pavilion

Wednesday 1

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: City of Angels

3:00 - PHL - Afternoon Tea

April 1 -4



STEPPIN' OUT FOR PARKINSON'S IN THE MONTH OF APRIL!

- ◆ GET INVOLVED
- ◆ SIGN UP FOR EVENTS
- ◆ DONATE

SEE MEGAN IN THE FITNESS CENTER FOR DETAILS

During April, we will plant a symbolic **Red Tulip** in the front Roundabout Bed for every participant.

The red tulip is a symbol for Parkinson's.
Let's fill the flower bed with tulips!

See Megan to get involved.



Thursday 2

10:00 - AH- Current Events

No Tai Chi

10:30 - CR - Technology Support w/ James

1:15 - WH - Chair Cardio w/ Megan

Friday 3

10:00 - AR – Creative Arts

11:00 - WH - Standing Exercise

1:15 – WH – Balance Class

4:15 - GR - Cocktail Hour

April 5-11

Saturday 4	Monday 6
<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: Superman (2025)</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>
Sunday 5	<p><u>11:00 - WH -</u> Chair Exercise A</p> <p><u>11:45 – WH–</u> Chair Exercise B</p> <p><u>1:15 – GR –</u> Walking Warriors</p> <p><u>3:00 - PHL -</u> Afternoon Tea</p>
<p><u>8:30 - 12 Noon -</u> BUS SERVICE TO MASS</p> <p><u>9:30 - PHL -</u> Sacred Heart Eucharist</p> <p><u>3:00 & 7:30 – 901</u> Movie: The Accountant</p> <p><u>3:00 - PHL -</u> Afternoon Tea</p>	
Thursday 9	
<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>1:15 – WH –</u> Barre Fitness</p> <p><u>2:30 - WH -</u> Movie Matinee <i>The Sting</i></p> <p><u>3:00 - WH -</u> Pierce Campbell & Tony Pasqualoni Duo : Rockin to the Sixties</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>2:30 - TBD -</u> 100th Day Celebration</p> <p><u>3:00 - CR-</u> Jeffrey Engel Music Appreciation - <i>Lucia Popp Pt.II</i></p> <p><u>4:15 - GR -</u> Cocktail Hour</p>

Tuesday 7	Wednesday 8
<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>Newtown Savings Bank</u> <u>10:00 –11:00 AM - F Wing Hallway</u></p>	<p><u>10:00 - OUT TRIP - Yale Center for British Art : GOING MODERN</u> Lunch / TBD</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>2:00 & 7:30 - CH 901</u> Movie: The Naked Gun</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>
Saturday 11	<p>Jeffrey Engel Music Appreciation April 10th & 24th 3PM CR</p>
<p><u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups</p> <p><u>10:30—WH Albertson : Current Events - The Dollar</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: The Quiet Man</p>	<p style="text-align: center;">EUGENE ONEGIN</p> <p>Today, Tchaikovsky is best known as a composer of instrumental music, ballets, symphonies, concerti, chamber music, etc. It is important not to forget that he found it very important to write operas too. Twelve were completed during a twenty-two-year period, although two of them were destroyed by him and a third was a revision of an earlier work.</p> <p>“Eugene Onegin”,” closely based on Pushkin’s verse novel, is the most popular internationally and the most beloved opera in Russia. Jeffrey Engel will discuss the creation of “Onegin” and play excerpts from it.</p>

April 12-18

Sunday 12	Monday 13
<p><u>8:30 - 12 Noon</u> - BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u> - Sacred Heart Eucharist</p> <p><u>3:00 - OUT TRIP</u> : Litchfield Waterbury Symphony (Ticket Holders Only)</p> <p><u>3:00 & 7:30 - 901</u> Movie: Dark Victory</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00 - WH</u> - Early Bird Exercise</p> <p><u>10:00 - CR</u> - Technology Class w/ Andy Chapin</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>2:15-CR</u> - Dr. Hunt Topic : TBD</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>
Thursday 16	Friday 17
<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 - CR</u> - Food Committee Mtg.</p> <p><u>1:15 - WH</u>- Standing Yoga w/ Megan</p> <p><u>2:30 - WH</u> - Botanical BINGO</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 14

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR – Creative Arts

1:15 – WH – Standing Exercise

2:30 WH - Reel Royalty with
Mervyn Clay - *Stars in My Crown*
(1950)

Newtown Savings Bank
10:00- F Wing Hallway

Wednesday 15

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: Inside Out

3:00 - PHL - Afternoon Tea

Saturday 18

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: The Great Escape

REEL ROYALTY

with Mervyn Clay



Stars in My Crown
(1950)

Follow the escapades of a charismatic preacher from a Western town in 1865. Great character actors add artistry to create realism, drama and captivating social history. cc

Tuesday
April 14
2:30 PM - Wilson Hall

“Films Too Good to be
Forgotten”

April 19-25

Sunday 19	Monday 20
<p><u>8:30 - 12 Noon</u> – BUS SERVICE TO MASS</p> <p><u>9:30 - PHL</u>- Sacred Heart Eucharist</p> <p><u>3:00 & 7:30</u> – 901 Movie: Indiana Jones and The Dial of Destiny</p> <p><u>3:00 - PHL</u> - Afternoon Tea</p>	<p><u>9:00</u>– WH– Early Bird Exercise</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>
Thursday 23	Friday 24
<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>1:15 - WH</u>- Chair Cardio w/ Megan</p> <p><u>3:00 - AR</u> - Needlers</p>	<p><u>10:00 - AR</u>– Creative Arts</p> <p><u>11:00 - WH</u> - Standing Exercise</p> <p><u>1:15</u> – WH – Balance Class</p> <p><u>3:00 - CR</u>- Jeffrey Engel Music Appreciation - <i>Eugene Onegin</i></p> <p><u>4:15 - GR</u> - Cocktail Hour</p>

Tuesday 21

9:30 - WH- Chair Yoga w/ Alisa

10:00 - PHL- Library Committee

10:00 - AR – Creative Arts

1:15 – WH – Standing Exercise

Newtown Savings Bank

1:30 - 3:00 PM - F Wing Hallway

Wednesday 22

11:00 - WH - Chair Exercise A

11:45 – WH– Chair Exercise B

1:15 – WH– Balance Class

2:00 & 7:30 - CH 901

**Movie: Guillermo del Toro's
Pinocchio**

**2:00 - PHL - Resident Council
Meeting with Newcomers**

3:00 - WH - KT Connection Duo

3:00 - PHL - Afternoon Tea

Saturday 25

Morning Bus Service

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

11:00 - AH - Gathering of Readers

***The Girl With The Louding Voice*
by Abi Dare**

**1:30-7:00 GR Private Event (All
Card players, please go to AH of
PHL)**

2:00 & 7:30 - CH 901

Movie: The Banshees of Inisherin

***Earth Day Event – TBD**



New Books for the Library

The Lion Women of Tehran-
-Marjan Kamali

The Borrowed Life of Frederick
Fife--Anna Johnston

Witch's Orchard--Archer Sullivan

Wolf Hour--Jo Nesbo

Making the Best of What's Left-
-Judith Viorst

April 26-30

Sunday 26	Monday 27
<p><u>8:30 - 12 Noon - BUS SERVICE TO MASS</u></p> <p><u>AH - Private Event until 12 Noon</u></p> <p><u>9:30 - PHL- Sacred Heart Eucharist</u></p> <p><u>2:15 - OUT TRIP : Waterbury Symphony (Ticket Holders Only)</u></p> <p><u>3:00 & 7:30 - 901</u> Movie: Encanto</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</u> Andy Chapin</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>
Wednesday 29	Thursday 30
<p><u>12:00 - PAV - Stroll For A Slice</u></p> <p><u>2:00 & 7:30 - CH 901</u> Movie: No Time To Die</p> <p><u>3:00 - PHL - Afternoon Tea</u></p>	<p><u>9:00 am to 4:00pm- FC - Steppin' Marathon</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>3:00 - AR - Needlers</u></p>

Tuesday 28

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR- Creative Arts

1:15- WH - Standing Exercise

Newtown Savings Bank

1:30 - 3:00 PM - F Wing Hallway

2:30 - WH - BINGO



A Buck A Mile

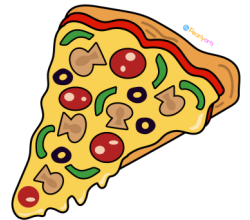
Sponsor a resident to exercise for the month of April and donate proceeds for Parkinson's Awareness Month

Sign Ups start March 31st in the Fitness Center

Stroll for A Slice

Take a walk around Pomperaug Woods and eat some pizza with friends. Support Parkinson's Awareness Month

Wednesday, April 29
12:00pm
Outdoor Pavillion



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.

ALL DAY STEPPIN' MARATHON

**Thursday, April 30th
8:00am to 4:00pm
Fitness Center**

This event culminates Parkinson's Awareness Month of exercise and fundraising, Let's finish big, come participate!
Sign up with Megan

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

