

# MAY 2026



## Pomperaug Woods

*The Art of Living*

### Calendar & Highlights

# May 1-2

## Days Of the Week *At A Glance*

# MAY 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	Memorial Day					

## May Meetings

### Resident Council

**Monday, May 4**

**9:30 AM PHL**

### Welcoming Committee

**Monday, May 11**

**1:00 PM PDR**

### Food Committee

**Thursday, May 14**

**1:00 PM CR**

### Library Committee

**Tuesday, May 19**

**10:00AM PDR**

## Friday 1

## *Swap & Shop*

Drop-Off

Monday, May 18

2:00 – 4:00 PM

Shop

Tuesday, May 19

10:00 - 12:00 PM

Wilson Hall

**Creative Arts Canceled**

**Exercise Classes Canceled**

**11:00 - GR - Steppin' Out For Parkinson's Results Announced!**

**2:30 - WH - Mark Albertson Current Event Update: Greenland, Canada, Venezuela and the Panama Canal.**

**4:15 - GR - Cocktail Hour**

**Memorial Day  
Monday, May 26  
Picnic Under the Tent  
11:30 - 2:30**



**For the month of May**  
Toni Nuzzulo will be teaching Chair and Standing Exercise, along with her Zumba classes

Our Activity Assistant Bonnie will be facilitating Walking Warriors

## Saturday 2

### Morning Bus Service

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

**11:00 - AH - Reflections**



**1:00 - GR- Poker**

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

**Movie: Footloose**

## Room Key

AH - Ace of Hearts

AR - Art Room

RS - Resident Services

Billiard's- Computer Lab

PHL - Pine Hill Lounge

HC - Health Center

GR - Garden Room

FC - Fitness Center

FL - Front Lobby

WH - Wilson Hall

PAV - Outdoor Pavilion ( Doors opposite Garden Room)

PDR - Private Dining Rm

DR - Dining Room

CR - Conference Room C

# May 3-9

<b>Sunday 3</b>	<b>Monday 4</b>
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – CH 901 Movie: Steel Magnolias</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>9:30 - PHL</u> - Resident Council Meeting (Residents invited from 9:30 until 10:00 for comments and compliments)</b></p> <p><b><u>11:30 - WH</u> - Chair Exercise w/ Toni</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p> <p><b><u>7:15 - GR</u> - Larry Batter Cabaret</b></p>
<b>Thursday 7</b>	<b>Friday 8</b>
<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>1:00 - WH</u> - Chair Zumba w/ Toni</b></p> <p><b><u>3:00 - GR &amp; AH</u> - Afternoon Tea Featuring Harpist <i>Grace Cloutier</i></b></p> <p><b><i>*Note: All Afternoon Card Players To PHL</i></b></p>	<p><b><u>10:00 - AR</u> – Creative Arts</b></p> <p><b><u>11:30 - WH</u> - Chair Exercise w/ Toni</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

## Tuesday 5

9:30 - WH - Chair Yoga w/ Alisa

10:00 - AR - Creative Arts

Newtown Savings Bank

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

1:15 - WH - Standing Exercise w/ Toni

## Wednesday 6

10:00 - RS - Blood Pressure Screening

1:15 - GR - Walking Warriors w/ Bonnie

2:00 & 7:30 - CH 901  
Movie: Willow

3:00 - PHL - Afternoon Tea

## Saturday 9

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: Top Gun

*Afternoon Tea*

*In The Garden Room*



*Thursday*  
*May 7 ~ 3:00 pm*

# May 10-16

## Sunday 10

9:30 - 12 Noon - BUS SERVICE  
TO MASS

9:30 - PHL - Sacred Heart  
Eucharist

3:00 & 7:30 – CH 901  
Movie: Field of Dreams

3:00 - PHL - Afternoon Tea



## Monday 11

10:00 - CR - Technology Class  
Andy Chapin

11:30 - WH - Chair Exercise w/  
Toni

2:15 - CR - Dr. Hunt  
*Topic: TBD*

3:00 - PHL - Afternoon Tea

## Thursday 14

10:00 - AH - Current Events

10:30 - CL - Technology Support w/  
James

10:30 - WH- Tai Chi w/ Vinny

1:00 - CR - Food Committee

1:00 - GR– Chair Zumba w/ Toni

3:00 - WH - The Odyssey  
Live On Stage with  
Poornima Kirby & Stephen Collins  
*Please See Insert*

## Friday 15

10:00 - AR– Creative Arts

11:30 - WH– Chair Exercise w/  
Toni

4:15 - GR - Cocktail Hour

## Tuesday 12

**9:30 - WH - Chair Yoga w/ Alisa**

**10:00 - AR- Creative Arts**

**Newtown Savings Bank**

**10:00 - 11:00AM - F Wing Hall-  
way**

**1:15 - WH- Standing Exercise w/  
Toni**

**2:30 - WH - Reel Royalty  
With Mervyn Clay  
*The Search (1949)***

## Wednesday 13

**10:00 - RS - Blood Pressure  
Screening**

**1:15 - GR - Walking Warriors w/  
Bonnie**

**2:00 & 7:30 - CH 901  
Movie: *Sleepless in Seattle***

**3:00 - PHL - Afternoon Tea**

## Saturday 16

**Morning Bus Service**

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

**1:00 - GR- Poker**

**2:00 & 7:30 - CH 901  
Movie: *Mrs. Doubtfire***

## REEL ROYALTY

*with Mervyn Clay*



***The Search***  
(1949)

Vividly capturing the travails of war, this film-milestone deals sensitively, humanely and passionately with its dramatic theme. Montgomery Clift makes his screen debut. cc

Tuesday  
May 12  
2:30 PM - Wilson Hall

*"Films Too Good to be  
Forgotten"*

# May 17-23

<b>Sunday 17</b>	<b>Monday 18</b>
<p><b><u>9:30 - 12 Noon</u> –BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – CH 901 Movie: Edward Scissorhands</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00 - CR</u> - Technology Class Andy Chapin</b></p> <p><b><u>11:30 - WH</u> - Chair Exercise w/ Toni</b></p> <p><b><u>2:00 - 4:00 - WH</u> Swap &amp; Shop Drop Only <i>(Note: If you cannot come during this time, please make arrangements with Bonnie or Lisa)</i></b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 21</b>	<b>Friday 22</b>
<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>1:00 - WH</u> - Chair Zumba w/ Toni</b></p> <p><b><u>3:00 - WH</u> - One Strange Rock Episode II - STORM</b></p>	<p><b>Creative Arts Cancelled</b></p> <p><b><u>11:30 - WH</u> – Chair Exercise w/ Toni</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

## Tuesday 19

**No Chair Yoga**

**Creative Arts Cancelled**

**10:00 - PDR - Library Committee**

**10:00 - 12 Noon - WH - Swap & Shop**

**Newtown Savings Bank**

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

**1:15 - GR - Standing Exercise w/ Toni**

## Wednesday 20

**10:00 - RS - Blood Pressure Screening**

**OUT TRIP - 10:00 AM**

**West Egg Café, Woodbury**

**Plant Shopping @ The Garden**

**1:15 - GR - Walking Warriors w/ Bonnie**

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

**Movie: Titanic**

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

**3:00 - PHL - Afternoon Tea**

## New Books for the Library

**More Than Enough--Anna Quindlan**

**How Flowers Made Our World--  
David George Haskell**

**The Keeper--Tana French**

**White River Crossing--Ian McGuire**

**Warning Signs--Tracy Sierra**

**A Bad, Bad Place--Frances Crawford**

**Lazar--Nelio Biedermann**

## Saturday 23

**Morning Bus Service**


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

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

**Movie: PBS The American Vice President**



# May 24-31

<b>Sunday 24</b>	<b>Monday 25</b>
<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30</u> – CH 901 Movie: National Treasure</b></p> <p><b><u>3:00 - AH</u> - Afternoon Tea</b></p>	<p><b>Memorial Day - Holiday</b> <b>NO BUS SERVICE</b> <b>Afternoon Tea Cancelled</b></p> <p><b><u>11:30 AM - 2:30 PM</u> - Picnic for Memorial Day!</b> <b>Make your reservations early!</b></p>  <p><b>HOLIDAY MEAL HOURS</b></p> <p><b><u>3:00 - WH</u> - David Lane Trio</b> <b>Yes, Ursula Lane's Son!</b> <i>More Info Forthcoming</i></p>
<b>Thursday 28</b>	<b>Friday 29</b>
<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>1:00 - WH</u> - Chair Zumba w/ Toni</b></p>	<p><b>Creative Arts Cancelled</b> <b>Standing Exercise Cancelled</b></p> <p><b><u>10:30 - WH</u> – Resident Meeting</b> <b>All are invited to attend.</b></p> <p><b><u>2:00 - GR</u> - Ice Cream Social</b> <b>Courtesy Of Unity Pharmacy</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

<p style="text-align: center;"><b>Tuesday 26</b></p>	<p style="text-align: center;"><b>Wednesday 27</b></p>
<p><b><u>9:30 - AH</u> - Chair Yoga w/ Alisa</b></p> <p><b>Creative Arts Cancelled</b></p> <p><b><u>Newtown Savings Bank</u></b>  <b><u>10:00 - 11:00AM - F Wing Hall-</u></b>  <b><u>way</u></b></p> <p><b><u>1:15 - WH</u> - Standing Exercise w/ Toni</b></p>	<p><b><u>OUT TRIP</u> - Memory Care</b></p> <p><b><u>1:15 - GR</u> - Walking Warriors w/ Bonnie</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: The Notebook</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<p style="text-align: center;"><b>Saturday 30</b></p>	<p style="text-align: center;"><b>Sunday 31</b></p>
<p><b><u>Morning Bus Service</u></b>  <b>9:00, 10:00 &amp; 11:00 AM Pickups</b></p> <p><b><u>11:00 - AH</u> - Gathering of Readers The Frozen River <i>by Ariel Lawhon</i></b></p> <p><b><u>1:00 - GR</u> - Poker</b></p> <p><b><u>2:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: My Big Fat Greek Wedding</b></p>	<p><b><u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS</b></p> <p><b><u>9:30 - PHL</u> - Sacred Heart Eucharist</b></p> <p><b><u>3:00 &amp; 7:30 - CH 901</u></b>  <b>Movie: The Devil Wears Prada</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</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	<p><b>**The LAST Pick-Up at the Front Lobby on Fridays will be 11:00 AM</b></p> <p><b>** Bus Service Ends @ 1:00 PM for the day.</b></p>
<b>Saturday</b>	<b>AM ONLY</b>  9:00 10:00 11:00	<b>Sunday 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

