

AUGUST 2026



Pomperaug Woods

The Art of Living

Calendar & Highlights

August

Days Of the Week *At A Glance*

July 2026
S M T W T F S
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

AUGUST 2026

September 2026
S M T W T F S
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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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					

August Meetings

Resident Council

Monday, August 3

9:30 AM AH (Note: New Location For Residents)

Food Committee

Thursday, August 13

1:00 PM CR

Library Committee

Tuesday, August 18

10:00 AM PDR

Resident Meeting

Friday, August 28

10:30 AM WH

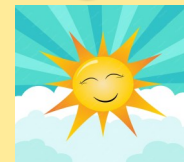
Standing Yoga w/ Megan

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, August 6
1:15pm
Wilson Hall

Morning Circuits



Wake up your morning circuitry in the body with this 45-minute exercise class!

WEDNESDAYS
9:00AM
WILSON HALL

This is a moderate intensity class, walkers and rollators are welcome.

POMPERAUG
WOODS

Summer

CONCERT SERIES



The Frank Porto Band has a Vibrant Big Sound playing hit music from The Great American Song Book featuring songs from Sinatra and Big Band Classics to The Beatles, The 4 Seasons and James Brown.

Tuesday, August 18

New Books for the Library

This Dark Night--Deborah Lutz
 A Good Animal--Sara Maurer
 56 Days--Catherine Ryan Howard
 Country People--Daniel Mason
 Five Weeks in the Country--Francine Prose



Saturday 1

Morning Bus Service

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

2:00 & 7:30 - CH 901

Movie: A View to a Kill 007

1:00 - **PHL** - Poker

2:00 PM - **GR** - Private Event

**All Card Players - Please Go To
 Ace Of Hearts Or Pine Hill Lounge**

Room Key

AH - Ace of Hearts
 AR - Art Room
 BR - Billard 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
 PAV - Outdoor Pavilion (Doors
 opposite Garden Room)
 CR - Conference Room

August 1-8

Sunday 2	Monday 3
<u>9:00 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u> - Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Sunset Boulevard	<u>9:30 - AH</u> - Resident Council Meeting (*Note: New Location For Residents) <u>11:00 - WH</u> - Chair Exercise <u>1:15 - WH</u> – Chair Exercise <u>2:00 - GR</u> – Walking Group <u>3:00 - PHL</u> - Afternoon Tea
Thursday 6	Friday 7
<u>10:00 - AH</u> - Current Events <u>10:30 - BR</u>- Technology Support w/ James <u>10:30 - WH</u> – Tai Chi w/ Vinny <u>1:15 - WH</u> – Standing Yoga w/ Megan <u>2:30 - WH</u> - Mark Albertson <i>The Lewis Powell Memo, Aug. 1971</i>	<u>10:00 - AR</u> - Creative Arts <u>11:00 - WH</u> - Standing Exercise <u>1:15 - WH</u> - Balance Class <u>3:00 - WH</u> - Waterbury Symphony 2026-2027 Season <i>Preview</i> w/ Douglas Bibbey <u>4:15 - GR</u> - Cocktail Hour Washington Friends Of Music (Ticket Holders Only) Choose Own Time For Departure Concert Begins @ 5:30 PM

Tuesday 4

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

Wednesday 5

9:00 - WH - Morning Circuits Exercise

10:00 - RS - Blood Pressure Screening

1:00 Out Trip - Ferris Acres Creamery - Ice Cream Outing

11:00 - WH - Chair Exercise A

1:15 - WH - Balance Class

**2:00 & 7:30 - CH 901
Movie: Rebel Without a Cause**

3:00 - PHL - Afternoon Tea

Saturday 8

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: Young Frankenstein

REEL R  YALTY...



***Is On
Summer
Vacation***

***Mervyn Clay
has just fin-
ished present-
ing his 48th
film since
moving to PW.
Thank you!***

See You In September

“Films Too Good to be Forgotten”

August 9-15

Sunday 9	Monday 10
<u>9:00 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u>- Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Hamnet	<u>10:00 - CR</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i> <u>11:00 - GR</u> - Chair Exercise <u>1:15 - GR</u> – Chair Exercise <u>10:00 - PDR</u> - Welcoming Committee <u>2:00 - GR</u> – Walking Group <u>2:15 - CR</u> - Dr. Hun Topic: <i>"Socialism in America"</i> <u>3:00 - PHL</u> - Afternoon Tea
Thursday 13	Friday 14
<u>10:00 - AH</u> - Current Events <u>10:30 - BR</u> - Technology Support w/ James <u>10:30 - WH</u> - Tai Chi w/ Vinny <u>1:00 - CR</u> - Food Committee <u>1:00 - WH</u> - Chair Zumba w/ Toni <u>3:00 - WH</u> - One Strange Rock <i>Episode V - Survival</i>	Creative Arts Cancelled <u>11:00 - WH</u> - Standing Exercise <u>1:15 - WH</u> - Balance Class <u>4:15 - GR</u> - Cocktail Hour Washington Friends Of Music <i>Ticket Holders Only</i> <i>Choose Own Time For Departure</i> <i>Concert Begins @ 5:30 PM</i>

Tuesday 11	Wednesday 12
No Chair Yoga <u>10:00 - AR</u> - Creative Arts <u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - F Wing Hallway</u> No Standing Exercise <u>3:00 - GR</u> - Live In the Garden Room <i>KT Connection</i>	<u>9:00 - WH</u> - Morning Circuits Exercise <u>11:00 - WH</u> - Chair Exercise <u>1:15 - WH</u> - Balance Class <u>2:00 & 7:30 - CH 901</u> Movie: Roman Holiday <u>3:00 - PHL</u> - Afternoon Tea <u>3:00 - WH</u> - BINGO <i>Summertime Prizes!!</i>
Saturday 15	James Chapin is here every Thursday morning in the Conference Room 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.
<u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups <u>1:00 - GR</u> - Poker <u>2:00 & 7:30 - CH 901</u> Movie: The Fall Guy	

August 16-22

Sunday 16	Monday 17
<u>9:00 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u> - Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: The Old Man and the Gun	<u>11:00 - WH</u> - Chair Exercise <u>1:15 - WH</u> – Chair Exercise <u>2:00 - GR</u> – Walking Group <u>3:00 - WH</u> - Film: WYETH <i>Wyeth tells the story of Andrew Wyeth, one of Americas most popular but least understood artists.</i> <u>3:00 - PHL</u> - Afternoon Tea
Thursday 20	Friday 21
<u>10:00 - AH</u> - Current Events <u>10:30 - BR</u> - Technology Support w/ James <u>10:30 - WH</u> – Tai Chi w/ Vinny <u>1:00 - WH</u> - Chair Zumba w/ Toni	<u>10:00 - AR</u> - Creative Arts <u>11:00- WH</u> - Standing Exercise <u>1:15 - WH</u> - Balance Class <u>3:00 - WH</u> - Waterbury Symphony <i>2026-2027 Season Sign-Up w/ Douglas Bibbey</i> <u>4:15 - GR</u> - Cocktail Hour Washington Friends Of Music <i>Ticket Holders Only</i> <i>Choose Own Time For Departure</i> <i>Concert Begins @ 5:30 PM</i>

Tuesday 18

9:30 –WH - Chair Yoga w/ Alisa

10:00 - PDR - Library Committee

10:00 - AR - Creative Arts

Newtown Savings Bank

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

1:15 - WH - Standing Exercise

5:30 - PAV - Outdoor Concert Series - *The Frank Porto Band*

Wednesday 19

9:00 - WH - Morning Circuits Exercise

10:00 - RS - Blood Pressure Screening

11:30 - OUT TRIP - Lunch Bunch White Horse Pub

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

**2:00 & 7:30 - CH 901
Movie: The Magic of Belle Isle**

2:00 - PHL - Resident Council Meeting with Newcomers

3:00 - PHL - Afternoon Tea

Saturday 22

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: The Wizard of Oz



August 17
3:00 PM Wilson Hall

WYETH



August 23-31

Sunday 23	Monday 24
<u>9:00 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u>- Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Twisters	<u>10:30 - CR</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i> <u>11:00 - WH</u> - Chair Exercise <u>1:15 - GR</u>– Chair Exercise <u>2:00 - GR</u> – Walking Group <u>2:00 - WH</u> - Women in the Age Of Revolution. Live On Stage: <i>Poornima Kirby & Laksmi Bose</i> <u>3:00 - PHL</u> - Afternoon Tea
Thursday 27	Friday 28
<u>10:00 - AH</u> - Current Events <u>10:30 - RR</u> - Technology Support w/ James <u>10:30 - WH</u> – Tai Chi w/ Vinny <u>1:00 - WH</u> - Chair Zumba w/ Toni <u>3:00 - WH</u> - BINGO	Creative Arts Cancelled <u>10:30 - WH</u> - Resident Meeting All are invited to attend. <u>1:15 - WH</u> - Balance Class <u>4:15 - GR</u> - Cocktail Hour Washington Friends Of Music <i>Ticket Holders Only</i> <i>Choose Own Time For Departure</i> <i>Concert Begins @ 5:30 PM</i>

Tuesday 25	Wednesday 26
<u>9:30 –WH -</u> Chair Yoga w/ Alisa <u>10:00 - AR -</u> Creative Arts <u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - F Wing Hallway</u> <u>1:15 - WH -</u> Standing Exercise <u>3:00 - WH -</u> One Strange Rock <i>Episode VI - Escape</i>	<u>9:00 - WH -</u> Morning Circuits Exercise <u>10:00 Out Trip -</u> MC <u>11:00 –WH -</u> Chair Exercise <u>1:15 - WH -</u> Balance Class <u>2:00 & 7:30 - CH 901</u> Movie: Wicked <u>3:00 - WH -</u> Wellness Forum w/ Marianne Heffernan “<i>Getting Happier</i>” <u>3:00 - PHL -</u> Afternoon Tea
Saturday 29	Monday 31
<u>Morning Bus Service</u> 9:00, 10:00 & 11:00 AM Pickups <u>11:00 - AH -</u> Gathering of Readers <i>BOOK READING TBD</i> <u>1:00 - GR -</u> Poker <u>2:00 & 7:30 - CH 901</u> Movie: Roman Holiday	<u>11:00 - WH -</u> Chair Exercise <u>1:15 - WH –</u> Chair Exercise <u>2:00 - GR –</u> Walking Warriors
Sunday 30	
<u>9:00 - 12 Noon -</u> BUS SERVICE TO MASS <u>9:30 - HC-</u> Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Singin’ in the Rain	

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

