

# JULY



## Pomperaug Woods

*The Art of Living*

### Calendar & Highlights

**Days Of the Week  
At A Glance**

**JULY 2026**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Independence Day		
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	

**Committee Meetings**

**Resident Council**  
Monday, July 6  
9:30 AM PHL

**Food Committee**  
Thursday, July 9  
1:00 PM CR - C

**Library Committee**  
Tuesday, July 21  
10:00 AM PDR

**Welcoming Committee**  
Monday, July 20 PDR

**Resident Meeting**  
Friday, July 31 - 10:30 AM - WH  
All Are Invited To Attend

**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 - C  
PAV - Outdoor Pavilion

**Wednesday 1**

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

**Notice: Fitness Center Servicing in the morning**

**10:00 - OT Shelton Shopping ( Hawley Lane Shoes, Trader Joe's, Home Goods etc. ) Lunch: TBD**

**11:00 - WH - Chair Exercise**

**1:15 - WH - Balance Class**

**2:00 & 7:30 - CH 901  
Movie: Terms of Endearment**

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

# July 1 - 3



## MORNING CIRCUITS

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

This class format is based on **Circuit Training**, designed in a comfortable and accessible way for maximum benefits and enjoyment for our residents.

**WEDNESDAY - July 8 & 22**  
**9:00AM**  
**WILSON HALL**



Wellness Forum  
with Megan

*July Topic:*  
*Transforming Sedentary Lifestyle Habits*

**Thursday, July 16**  
**3:00pm**  
**Wilson Hall**

### Thursday 2

**10:00 - AH - Current Events**

**10:30 - WH - Tai Chi w/ Vinny**

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

**1:15 - WH - Chair Cardio w/ Megan**

**3:00 - WH - One Strange Rock  
*Episode IV - Genesis***

### Friday 3

**There IS BUS SERVICE  
Friday's Schedule**

**Creative Arts Canceled  
Exercise Classes Canceled**

**2:30 - WH - Mark Albertson  
Topic: Triad Of Documents: Article  
Of Association 1774 - Causes Of  
Taking Up Arms 1775 & Declara-  
tion Of Independence**

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

# July 4 -11

## Saturday 4

### Morning Bus Service

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

**11:30 - 2:00 - DR - 4th of July Picnic**

**1:00 GR - Poker**

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

Movie: Rain Man

## Sunday 5

**8:30 - 12 Noon - BUS SERVICE TO MASS**

**9:30 - PHL - Sacred Heart Eucharist**

**2:00 - GR - Vocalist Malia  
Folk, Jazz, Rock, Classics**



**3:00 & 7:30 - 901**

Movie: The Right Stuff

## Monday 6

**9:30 - PHL - Resident Council Meeting**  
(Residents invited from 9:30 until 10:00 for comments and compliments)

**10:00 - CR - Technology Class**  
Andy Chapin

**11:00 - WH - Chair Exercise**

**1:15 - WH - Chair Exercise**

**2:00 - GR - Walking Warriors**

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

## Thursday 9

**9:30 - PHL - Guided Meditation**

**10:00 - AH - Current Events**

**10:30 - CR - Technology Support**

**10:30 - WH - Tai Chi w/ Vinny**

**11:00 - Out Trip Kent Kitchen / Lunch - Kent Art Association**  
The Connecticut Guild of Puppetry's exhibition, "State of the Art - Connecticut Puppetry"

**11:15 - PDR - Food Committee**

**1:00 - WH - Chair Zumba w/ Toni**

## Friday 10

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

**11:00 - WH - Standing Exercise**

**1:15 - WH - Balance Class**

**3:00 - WH - BINGO**

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

## Tuesday 7

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 - F Wing Hallway

## Wednesday 8

9:00 - WH - Morning  
Circuits Exercise

**New**

Out Trip - See Thursday

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

**Movie: The Color Purple (2024)**

3:00 - PHL - Afternoon Tea

## Saturday 11

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

**Movie: The Shawshank Redemp-  
tion**




**4TH OF JULY**

**BUS SERVICE Cancelled**

**Holiday Meal Hours  
NO Evening Dining**

**11:30 2:00 - DR/Tent - Picnic  
*Reservations Required***

# July 12 - 18

Sunday 12	Monday 13
<p><b><u>8:30 - 12 Noon - BUS SERVICE TO MASS</u></b></p> <p><b><u>9:30 - PHL - Sacred Heart Eucharist</u></b> <i>Special Mass With Fr. Jaime</i></p> <p><b><u>3:00 &amp; 7:30 – 901</u></b> Movie: The Truman Show</p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>	<p><b><u>11:00 - GR - Chair Exercise</u></b></p> <p><b><u>2:30 - CR - Dr. Hunt</u></b> Topic: “<i>Cuba: Our Next War?</i>”</p> <p><b><u>3:00 - PHL - Afternoon Tea</u></b></p>
Thursday 16	Friday 17
<p><b><u>10:00 - AH - Current Events</u></b></p> <p><b><u>10:30 - CR - Technology Support</u></b> w/ James</p> <p><b><u>10:30 - WH - Tai Chi w/ Vinny</u></b></p> <p><b><u>1:00 – WH– Chair Zumba w/ Toni</u></b></p> <p><b><u>3:00 - WH - Wellness Forum w/ Megan “Transforming Sedentary Lifestyle Habits”</u></b></p> 	<p><b><u>10:00 - AR – Creative Arts</u></b></p> <p><b><u>11:00 - WH - Standing Exercise</u></b></p> <p><b><u>2:00 - WH - Women in the Age of Revolution</u></b> A playful and vibrant exploration of the voices of women in the age of revolutions. Starring: Poornima Kirby &amp; Lakshmi Bose</p> <p><b><u>4:15 - GR - Cocktail Hour</u></b></p>

## Tuesday 14

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 F Wing Hallway

2:30 PM - WH - REEL ROYALTY

*With Mervyn Clay*

*Hot Spell*  
(1937) cc

## Wednesday 15

10:00 - RS - Blood Pressure Screening

11:00 - OUT TRIP - Outdoor Experience: Walk Heritage Ponds  
Lunch at *The Blue Fig Garden*

**Exercise Classes Canceled**

2:00 & 7:30 - CH 901

Movie: *The Hunt for Red October*

3:00 - PHL - Afternoon Tea

## Saturday 18

Morning Bus Service

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

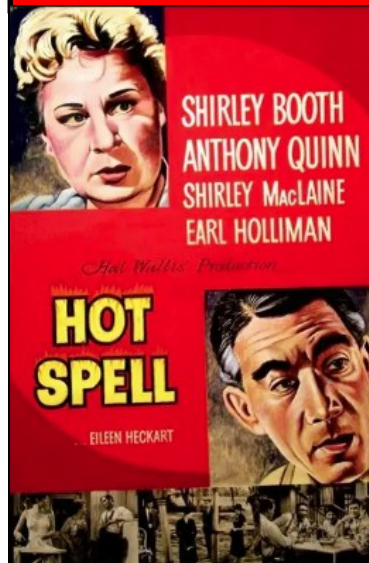
1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: *The Fifth Element*

REEL ROYALTY

*with Mervyn Clay*



### *Hot Spell*

Troubled turmoil in a 1950's household makes for an intense domestic drama. Starring superb actress Shirley Booth in an outstanding and rare film performance.

**Tuesday, July 14**

**2:30 PM - Wilson Hall**  
*"Films Too Good to be Forgotten"*

# July 19 - 25

<b>Sunday 19</b>	<b>Monday 20</b>
<p><b><u>8:30 - 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> – 901 Movie: Sleepless in Seattle</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>10:00</u> – CR- Technology Class Andy Chapin</b></p> <p><b><u>11:00</u> - WH- Chair Exercise</b></p> <p><b><u>1:00 - PDR</u> - Welcoming Committee</b></p> <p><b><u>1:15</u> – WH– Chair Exercise</b></p> <p><b><u>2:00</u> – GR – Walking Warriors</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 23</b>	<b>Friday 24</b>
<p><b><u>9:30 - PHL</u> - Guided Meditation</b></p> <p><b><u>10:00 - AH</u>- Current Events</b></p> <p><b><u>10:30 - CR</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>– BINGO <i>To Benefit Whiskers!</i></b></p>	<p><b><u>10:00 - AR</u> – Creative Arts</b></p> <p><b><u>11:00 - WH</u> - Standing Exercise</b></p> <p><b><u>1:15 – WH</u> – Balance Class</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

## Tuesday 21

9:30 - WH- Chair Yoga w/ Alisa

10:00 - PDR- Library Committee

10:00 - AR – Creative Arts

1:15 – WH – Standing Exercise

Newtown Savings Bank

10:00 - 11:00 AM F Wing Hallway

**5:30 PM - Summer Concert Series:**  
**Pierce Campbell & The Extras**  
**Additional Info Being Sent Out**  
**Including Dining Details Etc.**

## Wednesday 22

9:00 - WH– Morning  
Circuits Exercise

**New**

1:00 - OUT TRIP - MC

11:00 – WH– Chair Exercise

1:15 – WH– Balance Class

2:00 & 7:30 - CH 901  
Movie: A Few Good Men

2:00 - PHL - Resident Council  
Meeting with Newcomers

3:00 - PHL - Afternoon Tea

## Saturday 25

Morning Bus Service

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

11:00 - AH - Gathering of Readers:  
*City of Thieves*

1:00 - GR - Poker

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

**BENEFIT**  
*Bingo*



**Let's Support**



**Thursday, July 23**  
**3:00 PM Wilson Hall**  
**\$10.00 Entry Donation**

**Everybody Walks Away A  
Winner!**

# July 26 - 31

<b>Sunday 26</b>	<b>Monday 27</b>
<p><b><u>8:30 - 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 - 901</u></b> <b>Movie: Thelma and Louise</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>	<p><b><u>11:00 - WH</u>- Chair Exercise</b></p> <p><b><u>1:15 - WH</u>- Chair Exercise</b></p> <p><b><u>2:00 - GR</u> - Walking Warriors</b></p> <p><b><u>3:00 - PHL</u> - Afternoon Tea</b></p>
<b>Thursday 30</b>	<b>Friday 31</b>
<p><b><u>10:00 - AH</u>- Current Events</b></p> <p><b><u>10:30 - CR</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 <i>Episode IV- Genesis</i></b></p>	<p><b>Creative Arts Cancelled</b></p> <p><b><u>10:30 - WH</u> - Resident Meeting</b> <b>All are invited to attend.</b></p> <p><b>Standing Exercise Cancelled</b></p> <p><b><u>1:15 - WH</u> - Balance Class</b></p> <p><b><u>4:15 - GR</u> - Cocktail Hour</b></p>

## Tuesday 28

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 - F Wing Hallway

3:00 - WH - Movie Matinee  
*Remarkably Bright Creatures*

Refreshments Will Be Served

## Wednesday 29

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

Movie: Apollo 13

3:00 - PHL - Afternoon Tea

4:00PM - Out Trip - Goodspeed  
Opera House : *Crazy For You*  
( Ticket Holders Only )



**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.

## New Books for the Library

Whistler--Ann Patchett  
Dissection of a Murder--Jo Murray  
Land--Maggie O'Farrell  
Based on a True Story--Sarah Vaughan  
John of John--Douglas Stuart



# 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	<b>**The LAST Pick-Up On Fridays will be 11:00 A.M. Bus Service Ends @ 1:00 PM For The Day.</b>
<b>Saturday</b>	<b>AM ONLY</b>  9:00 10:00 11:00	<b>Sunday AM ONLY</b>  First Drive Leaves @ 9:15 For UCC Mass - Church Of the Epiphany @ 9:45 Please see Lisa For Additional Info

80 Heritage Rd. Southbury, CT 06488 (203) 262-6555

