

SEPTEMBER 2026



Pomperaug Woods

The Art of Living

Calendar & Highlights

Days Of the Week

Meetings

August 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

October 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

SEPTEMBER 2026

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			

Resident Council
Monday, September 14
9:30 AM - AH

Food Committee
Thursday, September 10
1:00 PM - CR

Library Committee
Tuesday, September 15
10:00 AM - PDR

Resident Meeting
Friday, September 25
10:30 AM - WH

Thursday 3

Friday 4

10:00 - AH - Current Events

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

10:30 - WH - Tai Chi w/ Vinny

1:15 - WH - Chair Cardio w/ Megan

**3:00 - WH - One Strange Rock
*Episode VII - Terraform***

10:00 - AR - Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

**2:30 - WH - Mark Albertson
Topic: *The Turtle*
America's Revolutionary War
*Submarine***

September 1-5

Tuesday 1

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 2

9:00 - WH - Morning Circuits

10:00 - RS - Blood Pressure Screening

11:00 - GR - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: Words and Pictures

3:00 - PHL - Afternoon Tea

Saturday 5

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: Doctor Zhivago

Room Key

AH - Ace of Hearts

BR – Billard Room

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

PAV - Outdoor Pavilion (Doors opposite Garden Room)

PDR - Private Dining Rm

DR - Dining Room

CR - Conference Room

September 6-12

Sunday 6	Monday 7
<u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u>- Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: The Terminal	Bus Service Suspended <u>11:00 to 2:00</u> - Labor Day Dining <i>(Please make reservations early No parties larger than 6)</i> <u>3:00 & 7:30 - 901</u> Movie: Around The World 52 Adventures Afternoon Tea Cancelled
Thursday 10	Friday 11
<u>9:30 - 11:30 - WH</u> - ALP Adult Learning Program Preview Meeting Via Zoom <u>10:00 - AH</u> - Current Events <u>10:30 - CL</u> - Technology Support w/ James <u>10:30 - GR</u>- Tai Chi w/ Vinny <u>1:00 - CR</u> - Food Committee <u>1:15 - WH</u> - Chair Cardio w/ Toni <u>3:00 - WH</u> - BINGO	<u>10:00 - 12 Noon - AH</u> Private Event <u>10:00 - AR</u>– Creative Arts <u>11:00 - WH</u> - Standing Exercise <u>1:15 - WH</u> - Balance Class <u>4:15 - GR</u> - Cocktail Hour <u>5:00 - DR</u> - Rosh Hashana <i>Please make reservations with the hostess.</i>

Tuesday 8

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 9

9:00 - WH - Morning Circuits

10:30 - OUT TRIP - Burnham
Library - Bridgewater
Fiber Artist Exhibit: Kate Themel.
Lunch - Bridgewater Cafe

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: Butch Cassidy and the
Sundance Kid

3:00 - PHL - Afternoon Tea

Saturday 12

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: Past Lives

***Please make reservations
with the hostess.***



September 13-19

Sunday 13	Monday 14
<u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u> - Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: Oppenheimer	<u>9:30 - AH</u> - Resident Council <u>10:00 - CR</u> - Tech Topics with Andy Chapin - Bring your questions! No Chair Exercise Classes <u>1:00 - PDR</u> Welcoming Committee <u>2:00 - GR</u> - Walking Group <u>2:15 - CR</u> - Dr. Hunt Topic: TBD <u>3:00 - PHL</u> - Afternoon Tea
Thursday 17	Friday 18
<u>9:30 - PHL</u> - Guided Meditation <u>10:00 - AH</u> - Current Events <u>10:30 - CL</u> - Technology Support w/ James <u>10:30 - WH</u> - Tai Chi w/ Vinny <u>1:15 - WH</u> - Chair Cardio w/ Toni	<u>10:00 - AR</u> – Creative Arts <u>11:00 - WH</u> - Standing Exercise <u>2:00 - WH</u> - Life Drawing ALL WELCOME! <u>4:15 - GR</u> - Cocktail Hour

Tuesday 15

9:30 WH- Chair Yoga w/ Alisa

10:00 - AR – Creative Arts

10:00 - PDR - Library Committee

1:15 WH– Standing Exercise

Newtown Savings Bank

10:00 - 11:00 AM F Wing Hallway

5:30 - PAV - Outdoor Concert
Series - *Bruce Martin & The
Hilltop Dawgs*

Wednesday 16

9:00 - WH - Morning Circuits

10:00 - RS - Blood Pressure Screen-
ing

10:15 - OUT TRIP - New Britain
Museum of American Art(docent
fee \$20) Lunch - J. Timothy's

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: Into the Wild

3:00 - PHL - Afternoon Tea

Saturday 19

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: Top Gun: Maverick

OUTDOOR CONCERT

The Hilltop Dawgs

Tuesday, September 15th

Picnic Dinner & Concert

5:30 PM - 7:00 PM



September 20-26

Sunday 20	Monday 21
<u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u> - Sacred Heart Eucharist <u>3:00 & 7:30 – 901</u> Movie: My Cousin Vinny <u>3:00 - PHL</u> - Afternoon Tea	<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> - PBS Documentary <i>East Of the River</i> <u>3:00 - PHL</u> - Afternoon Tea <u>5:00 - DR</u> - Yom Kippur <i>Please make reservations with the hostess.</i>
Thursday 24	Friday 25
<u>9:30 - PHL</u> - Guided Meditation <u>10:00 - AH</u> - Current Events <u>10:30 - CL</u> - Technology Support w/ James <u>10:30 - WH</u> - Tai Chi w/ Vinny <u>1:15 – WH</u> - Standing Yoga w/ Megan <u>3:00 - WH</u> - BINGO	<u>10:30 - WH</u> - Resident Meeting <u>1:15 - WH</u> - Balance Class <u>4:15 - GR</u> - Cocktail Hour

Tuesday 22

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 - Wellness Forum

***Fall Prevention & Preparation w/
Megan***

Wednesday 23

9:00 - WH - Morning Circuits

11:00 - WH - Chair Exercise

**1:00 - Out Trip - Silverman's Farm
Easton, CT - Apple Orchard -
Farm Market - Animal Farm(\$7
extra)**

1:15 - WH - Balance Class

**2:00 & 7:30 - CH 901
Movie: Dead Poets Society**

3:00 - PHL - Afternoon Tea

Saturday 26

Morning Bus Service

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

**11:00 - AH - Gathering of Readers
*The Lion Women Of Tehran***

1:00 - GR - Poker

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



**10:30 - WH
Resident Meeting
All are invited to attend.**

September 27-30

Sunday 27

9:30 - 12 Noon - BUS SERVICE TO MASS

9:30 - HC - Sacred Heart Eucharist

**3:00 & 7:30 - 901
Movie: Running Man (2025)**

Monday 28

10:00 CR - Tech Topics with Andy Chapin - Bring your questions!

11:00 - WH - Chair Exercise

1:15 - WH - Chair Exercise

2:00 - GR - Walking Group

3:00 - PHL - Afternoon Tea

**3:00 - WH - One Strange Rock
*Episode VIII - Alien***

Life Drawing

MODELS
WANTED

Friday, September 18
2:00 PM
Wilson Hall



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.

Tuesday 29

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

3:00 - WH - Reel Royalty

**With Mervyn Clay -
New Season Premiere!
Street Scene (cc)**

Wednesday 30

9:00 - WH - Morning Circuits

**10:30 - Out Trip - Local Shopping
Lunch - Oriental Gourmet**

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901

**Movie: The Boy and the Heron
(Miyazaki)**

3:00 - PHL - Afternoon Tea

New Season Premiere!

REEL ROYALTY

with Mervyn Clay



Street Scene

*This absorbing
Pulitzer Prize winning
drama explores the
dramatic struggles of
tenement residents on
a hot, sultry, summer
night in the city. (cc)*

New Books for the Library

Etna--Paul Yoon

Sisters of the Midnight Sun--

Rebecca Wright Stevens

The Amateur--Chris Bojalian

Blunt Instrument--Amy Bloom

Under the Falls--Richard Russo

**A Vast Horizon--Anna Thomas-
son**



Tuesday

September 29

2:30 PM - Wilson Hall

"Films Too Good to be Forgotten"

Pomperaug Woods Bus Schedule

Monday ** NO BUS SERVICE MONDAY, SEPTEMBER 7 LABOR DAY	AM 9:00 10:00 	PM 1:00 2:00 11:00 3:00 Last Pick-up
AM 	PM 9:00 10:00 11:00	Tuesday 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

