

October 2026



Pomperaug Woods

Calendar & Highlights

The Art of Living

October 1 - 3

Days Of the Week

2026 OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	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

Resident Council
Monday, October 5
9:30 AM - AH Residents Invited

Food Committee
Thursday, October 8
1:00 PM CR - C

Library Committee
Tuesday, October 13
10:00 AM PDR

Resident Meeting
Friday, October 30
10:30 AM Wilson Hall

Thursday 1

10:30 - WH - Tai Chi w/ Vinny

10:00 - AH - Current Events

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

1:15 - WH - Chair Cardio w/ Toni

**3:00 - WH - One Strange Rock
*Episode IX - Awakening***

Friday 2

10:00 - AR Creative Arts

11:00 - WH - Standing Exercise

1:15 - WH - Balance Class

**2:30 - WH - Mark Albertson
Topic: 250 Years Ago, the
American Revolution. Colonial
Connecticut and the 1787 North-
west Ordinance.**



New Books for the Library

Ransom--Daniel Silva
 Switzky--Emma Cline
 Agrippa--Robert Harris
 Villa Coco--Andrew Sean Greer
 Sunrise--Tea Obrecht
 American Scoundrel--Kai Bird
 Theo of Golden--Alan Levy

Room Key

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

Saturday 3

Morning Bus Service

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

1:00 - GR - Poker

2:00 & 7:30 - CH 901

Movie: LBJ

HALLOWEEN Runway



**Friday
 October 30
 Beginning @ 3:00 PM**

October 4 - 10

Sunday 4	Monday 5
<u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u>- Sacred Heart Eucharist <u>2:15 - FL</u> - Waterbury Symphony @ Waterbury (<i>Ticket Holders Only</i>) <u>3:00 & 7:30 – 901</u> Movie: One Battle After Another	<u>9:30 - 10:00</u> - AH - Resident Council Meeting Open Session (Residents invited from 9:30 until 10:00 for comments and compliments) <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>2:00 - GR</u> - Walking Group
Thursday 8	Friday 9
<u>10:00 - AH</u> - Current Events <u>10:30 - WH</u> - Tai Chi w/ Vinny <u>10:30 - CR</u> - Technology Support w/ James <u>11:15 - CR</u> - Food Committee <u>1:15 - WH</u> - Chair Cardio w/ Toni	Creative Arts Cancelled <u>11:00 - WH</u> - Standing Exercise <u>1:15 - WH</u> - Balance Class <u>3:00 - WH</u> - Bingo <u>4:15 - GR</u> - Cocktail Hour

Tuesday 6	Wednesday 7
9:30 - WH- Chair Yoga w/ Alisa <u>10:00 - AR</u>– Creative Arts Standing Exercise Cancelled <u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - F Wing Hallway</u> <u>3:00 - WH</u> - Let's Go Trivia <i>with</i> Garry Leavy - Live Game Show in Wilson Hall <i>*Sign-up required for team leaders.</i>	Morning Circuits Cancelled <u>10:00 - RS</u> - Blood Pressure Screening <u>10:30 - OUT TRIP</u> - Flander's Nature Center, Woodbury Nature Drawing & Walking Picnic Lunch Onsite Weather Permitting <u>2:00 & 7:30 - CH 901</u> Movie: Black Bag <u>3:00 - PHL</u> - Afternoon Tea
Saturday 10	 THE LEADER IN MODERN, SLICK & ENTERTAINING TRIVIA Tuesday October 6th 3:00 PM Wilson Hall <i>Start Forming A Team!</i>
<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: A Little Prayer	

October 11 - 17

Sunday 11	Monday 12
<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: Kung Fu Panda	<u>11:00 - WH</u> - Chair Exercise <u>1:00 - PDR</u> - Welcoming Committee <u>1:15 - WH</u> - Chair Exercise <u>2:00 - GR</u> - Walking Group <u>2:15 - CR</u> - Professor Alfred Hunt Topic: <i>The Rise & Fall Of Maga</i> <u>3:00 - PHL</u> - Afternoon Tea
Thursday 15	Friday 16
<u>9:30 - PHL</u> - Guided Meditation <u>10:00 - AH</u> - Current Events <u>10:30 - CR</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>1:15 - WH</u> - Balance Class <u>3:00 - WH</u> - Double Play <i>Flute & Tuba</i> <u>4:15 - GR</u> - Cocktail Hour

Tuesday 13	Wednesday 14
NO Chair Yoga w/ Alisa <u>10:00 - AR</u>– Creative Arts <u>10:00 - PDR</u> - Library Committee <u>1:15 - WH</u> - Standing Exercise <u>Newtown Savings Bank</u> <u>10:00 - 11:00 AM - F Wing Hallway</u> <u>3:00 - WH</u> - One Strange Rock <i>Episode X Home- Awakening</i>	<u>9:00 - WH</u> - Morning Circuits <u>11:15 - OUT TRIP</u> - Hopkin’s Inn New Preston <u>11:00 - WH</u> - Chair Exercise <u>1:15 - WH</u> - Balance Class <u>2:00 & 7:30 - CH 901</u> Movie: Men In Black <u>3:00 - PHL</u> - Afternoon Tea
Saturday 17	James Chapin is here every Thursday morning 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: Caddyshack	

October 18 - 24

Sunday 18 <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: Mel Brooks’ To Be or Not To Be	Monday 19 <u>10:00 - AH</u> - Technology Class with Andy Chapin <i>Bring Your Questions!</i> <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 22 <u>10:00 - AH</u> - Current Events <u>10:30 - CR</u>- Technology Support w/ James <u>10:30 - WH</u> - Tai Chi w/ Vinny <u>OUT TRIP - 12:15</u> - Greenwood Theaters (Formerly Bethel Cinema) Time & Movie Posted October 15 In Sign-up @ Front Desk. \$5.00 Matinee!! <u>1:15 - WH</u> - Chair Cardio w/ Toni <u>3:00 - GR</u> - Musical Entertainment with <i>Doug & Ginny</i>	Friday 23 <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

Tuesday 20

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 - WH - Reel Royalty
With Mervyn Clay
No Man Of Her Own

Wednesday 21

9:00 - WH - Morning Circuits

10:00 - RS - Blood Pressure Screening

OUT TRIP - See Thursday

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

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

3:00 - PHL - Afternoon Tea

Saturday 24

Morning Bus Service

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

1:00 - GR Poker

2:00 & 7:30 - CH 901
Movie: The Goonies

REEL ROYALTY

with Mervyn Clay



No Man Of Her Own

A taught, suspenseful, drama -- a woman faces an ethical dilemma, choosing between her infant son's welfare and her moral conscience.

Tuesday, October 20
2:30 PM - Wilson Hall
"Films Too Good to be Forgotten"

October 25 - 31

Sunday 25	Monday 26
<u>9:30 - 12 Noon</u> - BUS SERVICE TO MASS <u>9:30 - HC</u> - Sacred Heart Eucharist <u>1:15 - FL</u> - Waterbury Symphony @ Newtown <i>Ticket Holders Only</i> <u>3:00 & 7:30 - 901</u> Movie: How to Steal a Million	<u>9:00 - 11:00 - CR</u>- FLU CLINIC <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 29	Friday 30
<u>9:30 - PHL</u> - Guided Meditation <u>10:00 - AH</u> - Current Events <u>10:30 - CR</u> - Technology Support w/ James <u>10:30 - WH</u> - Tai Chi w/ Vinny	Creative Arts Cancelled Standing Exercise Cancelled <u>10:30 - WH</u> - Resident meeting All are invited to attend. <u>3:00 - WH</u> - Halloween Runway Prizes Awarded! This Year's Theme: <i>NO "PUN" INTENDED- Moves To the Garden Room!</i> <u>4:15 - GR</u> - Party/Cocktail Hour <i>Let the Fun Continue!</i>

Tuesday 27

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 - Spooky BINGO



Wednesday 28

9:00 - WH - Morning Circuits

10:00 - OUT TRIP- Yale Center
For British Art - Pizza Afterwards
*John Constable: The Landscape
Reimagined*

11:00 - WH - Chair Exercise

1:15 - WH - Balance Class

2:00 & 7:30 - CH 901
Movie: A Room with a View

3:00 - PHL - Afternoon Tea

Saturday 31

Morning Bus Service

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

11:00 - AH - Gathering of Readers
A Room Of One's Own
by Virginia Woolf

1:00 - GR - Poker

2:00 & 7:30 - CH 901
Movie: Better Man



Resident Meeting
Friday, October 30
10:30 WH

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

