

Residents Mix and Mingle at the Weekly Cocktail Hour!

Who says Happy Hour is just for Gen Z? Every Thursday at 4:15pm, Pomperaug Woods residents flock to the weekly cocktail hour. It's a tradition that residents never miss!

"I go every week," said resident May Bernhard. "Cocktail hour always gets a big crowd. Floyd Higgins plays the piano. We enjoy wine and appetizers. It's wonderful!"

"Floyd is excellent," said resident Thelma Oppenheimer. "We all enjoy the singalongs. I've been going to cocktail hour ever since I moved here over five years ago. It's always a lot of fun!"



"My husband and I really enjoy it," said resident Rita Kogstad. "It's a chance to relax and spend time with good friends."

"I moved to Pomperaug Woods in October," said resident Elsie McTiernan.

"For cocktail hour, I sit by the fireplace with a glass of wine, and someone will always come over and introduce themselves. Everyone has been splendid at making me feel comfortable and welcome."

"I've met so many people at our cocktail hour," said resident Rosemarie Caraluzzi. "We chat and enjoy the music, and then go into the dining room for dinner together. Very relaxing."

"Everyone is so friendly at Pomperaug Woods," said resident Gloria Kalinowski. "It's a chance to get to know people that you see in the community but haven't met yet."



The Pomperaug Woods Cocktail Hour is always held in Wilson Hall on Thursdays at 4:15pm. Hope to see you there!

Introducing the Pomperaug Woods Resident Referral Program

We are Pomperaug PROUD for so many reasons — the beautiful campus, the great food, the terrific activities, and the full continuum of care. But the #1 thing we like to brag about are the wonderful people here, both residents and staff. We're always happy to meet more people just like our residents and encourage them to join our community. That's why we created the Resident Referral Program. When a resident refers a friend to live in our community, both the resident and their friend will be eligible for a one-time referral check of \$1,500 which will be paid when the friend closes and moves into Pomperaug Woods.

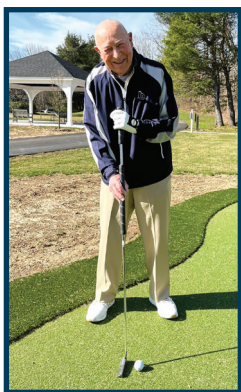


"I knew Rolf and Rita Kogstad from Heritage Village," said resident Nancy Wallace. "When Rolf and Rita were considering downsizing, they called me and asked about my experience at Pomperaug Woods. I showed them around the community, and we had lunch together in the dining room. They liked what they saw, so when they reached out to the marketing department for an appointment, they gave my name as the referral. When they moved in, we both got the bonus. I tell all my friends about Pomperaug Woods. It's a wonderful place."

"The referral bonus was a nice surprise," said resident Rita Kogstad. "I think this program really fosters a family atmosphere here, encouraging you to bring in your friends."

**Don't keep Pomperaug Woods a secret! Your best friend will make the best neighbor.
For more information about the Resident Referral Program, contact Leigh Schultz,
Director of Marketing • LSchultz@PomperaugWoods.com • (203) 262-6555**

The New 4-Hole Putting Green is a Hit!



Dedicated golfers are always looking to improve their short game, but putting across your living room isn't the most effective way to lower your handicap. Pomperaug Woods came up with a great option, installing a brand new 4-hole putting green on campus. Now residents can hone their skills to give their short game a jolt.



"At Pomperaug Woods, one of the resident perks is that we pay for all greens fees and a golf cart at Silo Point Country Club," said Lisa Huebenthal, Director of Community Life. "We wanted to continue to support those residents passionate about golf, so last year when we undertook the project to install new walking trails to our campus, we also went the extra mile to install a new putting green as well. The four holes

have a high-quality synthetic turf to provide a consistent putting surface from beginning to end. It's meant to provide a realistic surface that challenges a golfer's abilities to help them fine-tune their technique. While lifelong golfers will certainly bring their own putters, Pomperaug Woods also has new putters available for residents who just want to enjoy a little fun in the sun out on the putting green for an afternoon."

Resident Herb Slutsky has been a golfer for almost 75 years. "As a former physical education teacher, golf has been a longtime hobby for me and my family," said Herb. "My back has been bothering me a bit, so I now use a long putter. It's been great to practice with my new putter on our community putting green."

Try out the new putting green this spring! See Justin in the Fitness Center to sign out a putter.

Dr. Sharon Gutterman Gives Pomperaug Woods a Dose of **Vitamin G — GRATITUDE!**

Willie Nelson once said, "When I started counting my blessings, my whole life turned around." Could an attitude of gratitude be that powerful? "It is, indeed," said Dr. Sharon Gutterman. "I call that the power of Vitamin G — Gratitude! When we shift our perspective and focus on being grateful for what we have instead of fixating on what we don't have, we open ourselves up to true joy. There are even health benefits to practicing gratitude. Research from the Yale Center for Emotional Intelligence suggests that adults who frequently feel thankful have more energy, more optimism, more social connections, earn more money, sleep more soundly, exercise more regularly, and have fewer health complaints. WOW!"



Dr. Gutterman's lecture provided Pomperaug Woods residents with specific tools and practices to cultivate an attitude of gratitude. "There are so many ways to incorporate gratitude practices into your life," said Dr. Gutterman. "Keeping a gratitude journal can be meaningful. Others find meditation a productive way to focus your thoughts on gratitude. And some find that just saying a simple thank you reminds them of all of the good that comes into their life each day."

"The Vitamin G lecture was very uplifting," said resident Mervyn Clay. "Dr. Gutterman is such a dynamic, entertaining speaker. I really enjoyed it!"

Dr. Gutterman will be back in May to give a lecture on Mindful Eating. "I'm grateful that Pomperaug Woods residents are so open to new ideas," said Dr. Gutterman. "I guarantee my Mindful Eating lecture will provide plenty to think about." Check the Activities Calendar for the exact day and time.

Residents take a trip to the **New Britain Museum of American Art**

Pomperaug Woods residents were thrilled to spend an afternoon at The New Britain Museum of American Art. A museum docent gave the group a private tour of the *Women Reframe American Landscape* exhibit, recentering women in the canon of American art and expanding how we think about land and landscape.

"We were treated to a special solo exhibit on the life and work of artist Susie Barstow," said resident Lea Embree. "Barstow was a prolific and important nineteenth-century artist who exhibited and sold her work alongside the famous Hudson River School 'guys.' But as a woman, she received very little attention, until now. This exhibit spotlights Barstow's major works and puts them in juxtaposition to landscapes created by contemporary female artists. It was such an interesting exhibit, and the docent did a wonderful job explaining why the works by these particular female artists were chosen to be viewed as a collection. I really enjoyed the day."



"After spending time in the Landscape exhibit, I was very drawn to the Dale Chihuly blown glass art, which is bursting with texture and color," said resident Rita Frost. "And there was a collection of Italian paintings that I also particularly enjoyed. I lived in Italy for many years, and those paintings brought back so many happy memories for me."

Check the Activities Calendar for upcoming trips to museums in the region. There are so many wonderful galleries in our area just waiting to be explored with friends.

Judy Handler and Mark Levesque perform their **Celtic Celebration Concert**

Pomperaug Woods welcomed back one of their favorite concert duos — Judy Handler and Mark Levesque — as they performed a Celtic Celebration concert. “We turned the Garden Room into a cabaret, where residents could enjoy the music as they sipped pints of Guinness and snacked on crusty soft pretzels with a special Guinness cheese dip from the kitchen,” said Lisa Huebenthal, Director of Community Life. “Whenever St. Patrick’s Day comes around, we’re ALL Irish!”



The husband-and-wife duo packed their Celtic Celebration concert with a full program of favorites, from beautiful traditional Irish and Welsh music to inspiring Scottish marches with a handful of sing-along favorites. “I play classical guitar, and Mark plays the mandolin as well as guitar,” said Judy. “We introduce every song by first talking about the composer or something interesting about the composition or history of the piece.”

“And I take every opportunity to share my bad Irish jokes,” said Mark. “The residents are wonderful here. Everyone was happy to chime in on songs like *When Irish Eyes are Smiling*. Plenty of residents chat with us after the show, and we get to know so many of them.”

“I thought the concert was a delight,” said resident Elsie McTiernan. “Judy and Mark are wonderful musicians and were absolutely charming together. I thoroughly enjoyed it!”

“We’ve been performing at Pomperaug Woods since the ‘90’s,” said Judy. “After more than twenty concerts here, we look forward to coming back time after time.”

Residents Rave About the **Waterbury Symphony Performance**

Many Pomperaug Woods residents enjoy classical music, and they are lucky enough to frequently enjoy Waterbury Symphony Orchestra performances. Residents recently attended the Waterbury Symphony Orchestra’s MasterWorks Concert — “Concert of the Century: 1924.”



“Music has an incredible power to transport us back in time,” said Leif Bjaland, WSO Music Director/Conductor. “Listening to the rhythms and melodies being created a century ago can help us to sense what it was like to be alive 100 years ago when automobiles and airplanes were still exotic, and the hemline of women’s dresses were heading into the stratosphere. In 1924, audiences experienced world premieres of what would become beloved classics like Gershwin’s *Rhapsody in Blue*, Respighi’s *The Pines of Rome*, Honegger’s sonic steam engine, *Pacific 231*, and the majesty of American composer Carl Ruggles’ *Men & Mountains*. Dutch-Spanish award-winning pianist, Albert Cano Smit, joined the Waterbury Symphony with a magnificent Tailleferre *Concerto for Piano and Orchestra*, which he added to his repertoire specifically for this unique program. We just couldn’t offer a ‘Concert of the Century’ for 1925 or 1926. There was something unique and magical about the year 1924 in music.”

“I thought the concert was beautifully done,” said resident Mervyn Clay. “The trumpets and brass in *Rhapsody in Blue* were particularly saucy. For one portion of the performance there was a brass choir in the back of the auditorium, so you felt like you were completely enveloped in sound. So powerful.”

Check the Activities Calendar to see what day trips are available next and be sure to sign up with the front desk.

Pomperaug Woods Welcomes Author/Poet **Nancy Crevier**

Robert Frost once said, "Poetry is when an emotion has found its thought and the thought has found words." That is an apt description for Nancy Crevier's two deeply beautiful books of poetry — *The Peach Quartet and Other Poems* and *Pieces of the World and Other Poems*. Pomperaug Woods residents were thrilled to hear Nancy read from her poetry collections and have the opportunity to take home a book signed by the author.



Nancy has been writing poetry most of her life but did not publish a book until 2022. Once she retired from her position as editor of *The Newtown Bee* newspaper, she had the time to really gather her thoughts on a host of topics — processing the loss of family and friends, love, hate, God, nature, and more. "I enjoyed sharing my poetry with Pomperaug Woods residents," said Nancy. "They were such a warm, enthusiastic group."

"Nancy is a great speaker and a very talented writer," said resident Rita Frost. "Her poems are always powerful and thought-provoking. And the discussion with the audience was wonderful."



"There's something so special about listening to Nancy read her poetry," said resident Lea Embree. "She takes you into the poem's rhythm and music. And it's a richer experience learning how a poem evolved. Her words grab you, make you think, and make you cry. One of my favorite poems is 'The Dream,' but every poem is one to be savored."

Thank you for sharing your beautiful poetry with us, Nancy. It was an inspirational afternoon.

Residents flock to **King Lear** Performance

Think you know Shakespeare? Stephen Collins and Poornima Kirby breathe fresh life into this favorite stage play, turning it into a 2-man show that puts a playful twist on this timeless classic.

"I have been putting on solo performances for twenty years," said Stephen. "I have performed a 1-man Walt Whitman, Robert Frost, Herman Melville, Socrates, and so many more. I met Poornima three years ago and found her to be not only an extremely talented actress, but also a very gifted writer. She is able to adapt tremendously complex plays into 2-man shows that still retain the integrity of the source material while putting a new spin on the staging. The first show Poornima and I performed together at Pomperaug Woods was a smattering of Shakespeare Monologues. Then we came back during the holidays to perform *A Christmas Carol* together. And now we are performing *King Lear* for this wonderful audience. *King Lear* was always on my bucket list as an actor, and Poornima was able to trim a 3-1/2 hour play to just 70 minutes. Poornima plays the fool who narrates the action, as well as portrays Lear's daughters, friends, and enemies. It's really quite something. And it was such a joy to perform it at Pomperaug Woods. The residents here are very supportive of the arts, and truly invested in live theater. It's so rewarding to have everyone come up and chat after the performance. It's a great community."



"I thought it was a thrilling performance," said resident May Bernhard. "Stephen and Poornima never disappoint. They're both marvelous actors."

Stephen is looking ahead to new 2-person stage shows he and Poornima can bring to life. "I'd love to have us do *Othello*, *Macbeth*, *Hamlet*, or *The Odyssey*," said Stephen. "Stay tuned!"

New Fitness Center Equipment Keeps Residents In Shape

One of the best things you can do for your long-term good health is to incorporate exercise into your daily routine, and Pomperaug Woods makes that easy to do. "We teach six different fitness classes here," said Justin Gerace, Pomperaug Woods' Wellness Coordinator. "Residents have access to a pool and golf course, we have brand new walking paths across campus, and we have a full fitness center. Our fitness center features everything from NuStep Crosstrainers to Keiser strength training machines, but residents asked for two additions — a treadmill and a recumbent bike. We're proud to now have both pieces of equipment in our gym, and residents are thrilled."

The Fitness Center is open every day 6am – 8pm, and Justin is available to show residents how to use the new equipment. "You can incline the angle of the treadmill for a more strenuous workout and change the speed," said Justin. "The recumbent bike has a monitor so you can watch four different trail videos while pedaling, and the computer will tell you if you are favoring one leg so you can correct muscle imbalances. Both the bike and treadmill measure heartrate."

"I work out every day, and I use the treadmill and recumbent bike regularly," said resident Joe Longo. "When I exercise I feel good, and at age 85, feeling good is important!"

"I like to read while I'm using the new recumbent bike," said resident May Bernhard. "It's very easy to get on and off, and the seat is extremely comfortable. With the new equipment additions, our Fitness Center is shaping up nicely."

Stop into the gym and try out our new treadmill and recumbent bike. Your heart will thank you!



NEW Chair Zumba Gold Class is a Dance-Fest!

Do you hear that toe-tapping music? It's not a concert — it's the brand-new fitness class Chair Zumba Gold! Taught by certified Zumba fitness instructor Toni Nuzzolo, Chair Zumba Gold is a hit with Pomperaug Woods residents!

"Chair Zumba Gold is all about the music," said Toni. "I ask residents what artists they like, and then I create my own playlists and exercise routines. We dance and workout to everything from Frank Sinatra to Barry Manilow. It's a dance party that's all fun...NO judgement!"

Chair Zumba Gold is a workout for arms and legs, all from a seated position. "Participants can stay seated the whole time or do the workout from a standing position, whichever is most comfortable for them," said Toni. "The workout gets the heart rate up and we break a sweat. I take them through a workout that touches on all areas of the body. We also do some core work and look to build overall strength. I particularly love teaching here at Pomperaug Woods. Everyone is so happy to be here and game to try something new!"

"It's a very lively class," said resident Peggy Jett. "It's uniquely different from the other fitness classes taught here. I love it!"

"It's a fitness class where I'm smiling all the time," said resident Rita Kogstad.

Put on your dancing shoes (preferably sneakers) and join Toni for the next Chair Zumba Gold class. Check the Activities Calendar for the exact day and time.

Pomperaug Woods Board Member Spotlight: **Matthew Mihalcik, Board President**



The Pomperaug Woods Board of Directors has just appointed Matthew Mihalcik as the new Board President. "Volunteering is in my nature," said Matt. "Most recently I served as a Business Mentor for SCORE, the nation's largest network of mentors dedicated to helping small businesses plan, launch, manage, and grow. In my professional life, I work in the corporate offices of Newtown Savings Bank. I joined the Pomperaug Woods Board in 2018, and six years later it is my honor to move into the role of Board President. I have very big shoes to fill and will work diligently to help this community continue to thrive for many years to come."

As Board President, Matt oversees capital projects and stewards the financial health of the community. "Fiscal responsibility is always my focus," said Matt.

"We need to balance investment in capital improvement projects with investment in fun projects that help set our community apart. The new campus walking paths with a walkway through the wetlands are a great example of a fun project that residents are excited about. The gorgeous new gazebo and Café patio were a big hit with the community, and the new 4-hole putting green should serve golfers well this spring. Every decision the Board makes must always contribute to the best quality of life for our residents without overburdening them financially."

Matt has been married to his wife, Melissa, for 10 years, and enjoys kayaking and skiing. "I'm also an amateur beekeeper," said Matt. "A bear barreled through the electric fence and took out my hive, so I need to start over this spring."

We appreciate all you do for Pomperaug Woods, Matt. Thank you for protecting the PW "hive"!

Mike Arrowitz Cooks Up Fun at the Café!

Where do residents go when they want a quick sandwich or juicy burger? To the Pomperaug Woods Café! Meet Café chef, Mike Arrowitz, who whips up delicious meals for lunch and dinner, five days a week, and welcomes residents for table service, counter service, and grab and go options.

"The Café was closed during the pandemic," said Mike, "but with the start of 2024, the Café reopened and has quickly become a favorite haunt for residents. The Café was remodeled and expanded, with a huge new patio for outdoor dining. We also have new furniture inside so it's a cozy, comfortable space to hang out with friends. I absolutely love working here. I get to chat with so many friendly people every day, and I get to serve up terrific food with the personal touch. I learn what each resident likes, what dietary restrictions they might have, and I go the extra mile to make food they enjoy. Food is love. It's nostalgic. It's a comfort. I want residents to look forward to stopping in everyday to see what's on the menu."



"Mike has done wonders with the Café," said resident Debby Cornwell. "Everything is so fresh, and his daily menu is always thoughtful and surprising. The Café offers food that's different from what's being served in the dining room, so we have more choices. Let me tell you, he makes this special coffee that I recommend. It's half coffee, half hot chocolate, with fresh whipped cream. It is delicious!"

**The Café is open Monday – Friday, 11:30am – 2:30pm, 4:00pm – 6:00pm.
Stop in and say hi to Mike. He'd love to meet you!**



80 Heritage Road
Southbury, CT 06488

Spring into Savings!

SAVE up to
\$40,000*

We want to welcome Spring by welcoming new residents to Pomperaug Woods! We're rolling out the welcome mat to new residents with a terrific Spring Savings Incentive —

Make a deposit on a select second floor Putnam floorplan apartment by June 30th and you'll be awarded a one-time incentive of up to \$40,000 off Entrance Fees. WOW!

Choose from two different Putnam floor plans — both are 1 bed/1 bath, offering panoramic views of the Connecticut countryside.

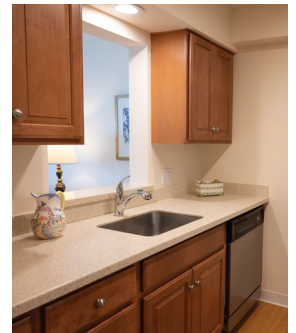


HURRY! *Schedule a visit today and get your pick of available Putnam apartments!*

* Incentive applicable on select second floor Putnam style floor plans only. Must make a deposit by June 30, 2024, and close in 90 days. 80% Return of Capital Agreements only.

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