

**UNDERSTANDING THE LATEST  
OPTIONS IN SENIOR LIVING**

Complimentary Continental Breakfast  
will be served.

*Your choice of dates:*

March 24, April 21, May 12 or June 23, 2009  
10:00 AM-12:00 PM

**GARDEN ROOM – POMPERAUG WOODS  
Southbury, CT**

Please *RSVP* by calling  
**203-262-6555** or Toll Free **1-866-817-8935**  
or send in this reply card.

*Space is limited so reply today!*

- Yes, I will attend the workshop on:  
\_\_ March 24 \_\_ April 21 \_\_ May 12 \_\_ June 23
- With a guest (Number Attending) \_\_\_\_\_
- I am interested in learning more about Pomperaug Woods.  
Please send me an information packet.
- My circumstances have changed. Please remove me from your list.

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**UPCOMING EVENTS AT POMPERAUG WOODS**

Sun March 22	CLASSICAL CONCERT WITH FLUTE & PIANO – 3 PM – Wilson Hall
Thurs April 30	MATINEE LUNCHEON – Live Theater of the 30's, 40's & 50's with Stephen Collins – 12 Noon – Wilson Hall
Fri May 15	TRIO CASA – Violin Piano and Clarinet – 3 PM – Wilson Hall
Tues August 11	HANDLER & LEVESQUE AND FRIENDS – Latin and Brazilian music 6:30 PM – Outdoors
Tues August 18	KERRY BOYS – Irish Music – 6:30 PM – Outdoors
Tues August 25	WILLIE NININGER AND BAND – Music Mix – 6:30 PM – Outdoors



The Kerry Boys



Willie Nininger & Band

*Please call (203) 262-6555 for your complimentary ticket to reserve your seat. Seating is limited.*



*Call (203) 262-6555  
to register  
for upcoming  
public events.*

Pomperaug Woods  
80 Heritage Road  
Southbury, CT 06488



ISSUE NUMBER FIVE

SPRING 2009

# Woodsong

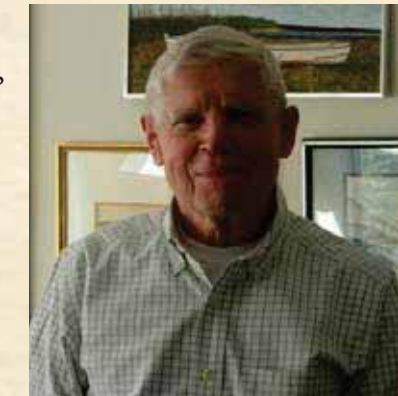
A PUBLICATION OF POMPERAUG WOODS—  
A NONPROFIT INDEPENDENT LIVING RETIREMENT COMMUNITY IN SOUTHURY

Pomperaug Woods  
*Just Like Family*

## A NEW CHAPTER— A WONDERFUL SURPRISE

### MEET THE RESIDENT: Walter Southworth

Walter Southworth, a long-time resident of Southbury, Connecticut, never expected to move to Pomperaug Woods. “I was comfortable where I was!” Walter says with a laugh.



“Jane and I lived at Heritage Crest in Southbury for 20 years,” says Walter. “We had a wonderful home” – complete with views of the sunrise and sunset, a flower garden, fruit trees, and walking trails through a lovely section of woods. “After Jane passed away, I wanted to stay. I had memories there. To be frank, I wasn’t at all sure that I should uproot myself.”

As the owner of Southworth Motors, a car dealership in nearby New Milford, Connecticut that he founded in 1960, Walter Southworth was deeply connected to the Southbury area. In addition to running Southworth Motors for thirty years, Walter volunteered in his community, perhaps most significantly as a fifteen-year volunteer at the local hospital, where he served as Chairman of the Board. Because of Walter’s connections to Southbury, his three daughters knew he would not want to move far away – which made Pomperaug Woods ideal. It was just around the corner! Slowly, Walter began to warm to the idea – for a number of reasons. “As much as I loved Heritage Crest, over time I found I wanted to be around people. I was starting to feel lonely. I wanted to socialize. And I’m not much of a cook!”

Once he became open to the idea of a move, it wasn’t long until things began to fall neatly into place. “There was the perfect apartment available for me at Pomperaug Woods – southern exposure, a nice walk from the dining room, an extra room to be used as a den. I took the plunge – and I’m delighted.”

*continued on page two*

### IN THIS ISSUE:

MEET THE RESIDENT:  
Walter Southworth

THE NAME OF THE  
GAME IS CREATIVE ARTS

EDUCATIONAL  
OPPORTUNITIES

SENIOR JURIED  
ART SHOW

UPCOMING EVENTS  
AND SEMINARS

# A NEW CHAPTER

MEET THE RESIDENT: **Walter Southworth** *continued from front*



*ROMEOS Left to Right: David Brex, James Cooper, Walter Southworth, Harry Johnson, Charles Colt, Richard Gabriel, John McGuinness, and Joseph Regan*

Walter soon found that Pomperaug Woods was all he'd hoped for.

*"I took the plunge and I'm delighted!"*

"Right after I moved in, my neighbor introduced himself and joined me for dinner. 'No one should eat alone!' he told me. I knew then, I'd made the right move, at the right time! Here, you can be alone if you want to be, but there is always something to do and someone to talk to. Great concerts, outings, seminars, and the friendliness of the staff and the residents continue to amaze me. Pomperaug Woods really is marvelous. And between trips afield with the ROMEO Club – that's Retired Old Men Eating Out – and his duties serving on the Marketing and the Finance Committee, Walter stays just as busy as he wants to.

# The Name of the Game is Creative Arts!

Whether staging costumed performances of popular nursery rhymes – playfully updated to reflect life at Pomperaug Woods - or putting on a popular traveling fashion show, the Creative Arts Program has gotten residents engaged, excited, and, thanks to the latest project, physically moving!



"Quest and Query" is a unique, large-scale board game that was a brainchild of Becky Butler, Activities Director. Game pieces feature silly cartoon character bodies – paired with actual photos of residents' faces, making it easy to keep track of who's piece is where. One of the things that makes "Quest and Query" really fun is the combination of mental and physical challenge. "Each player who participates in the game is given a pedometer. To advance one square, you have to take 1000 steps. Residents count their steps and apply them to the game, breaking them up any way they want. Players have to compute how many of their steps they want to apply – so they end up on the square they want."



Depending on the color of the square, players are asked to answer trivia questions, take a detour, or win a prize – anything from tableside dessert of Bananas Foster for Four to a gift certificate to the Pomperaug Woods Country Store.

"It's really catching on," laughs Becky. "Our residents really like to compete!"

Visit [PomperaugWoods.com](http://PomperaugWoods.com) • (203) 262-6555

# Educational Opportunities Really Get People Talking!



*Dr. Alfred Hunt*

One of the wonderful things about retirement is having more time to pursue lifelong interests, and explore new ideas. Pomperaug Woods provides an exciting variety of educational opportunities – from weekly current events discussions to lecture series and educational seminars from distinguished professors, writers, historians, artists, and more.

One regular lecturer at Pomperaug Woods is Dr. Alfred Hunt, a Professor Emeritus from the State University of New York, College at Purchase where he taught for 31 years and served as Dean of the College of Letters and Science. Despite his affection for teaching at the college level, Dr. Hunt has found he prefers teaching adults. "They get revitalized, and so do I!" he says. By selecting relevant and controversial topics that people will have opinions on, Dr. Hunt ensures that his lectures generate discussion. As a result, they are always a big draw.

"Dr. Hunt comes to Pomperaug Woods twice a month to lecture, and he always stirs up conversation!" laughs Activities Director Becky Butler. "He gets people thinking from different perspectives, which is always exciting." Recent lecture topics have included "Devouring History," "Coming to America," "World Religions," "Presidential Politics," and more.

Another popular visitor is Stephen Collins, a performer with a background in theater and literature. He has performed readings from Walt Whitman, in which he dresses as the famous 19th century poet, and will be performing monologues from famous plays of the 1930's, 40's and 50's in a dinner-theater setting this April which everyone is looking forward to. Collins recently performed a theatrical and interactive six week series on Robert Frost which was a big hit. "He has a voice that really draws you in!" says Becky.

Pomperaug Woods is committed to providing as many opportunities for lifelong learning as possible. After all, when the mind is engaged, life is more rewarding!

# Senior Juried Art Show Planned for September 2009



Pomperaug Woods' Senior Juried Art Show will be held this September 2009 – giving participating artists the spring and summer to work on their art. As when staged last June, the show is open to the entire Tri-Bury community; the only requirement is that artists must be at least 70 years old to submit work.

*Mrs. Jean Spining took 1st place for her Teenage Girl drawing in 2008's show*

Last year, 100 pieces were on display, including watercolors, oils, sculptures and photography. A reception, dinner and awards ceremony for the participating



artists, their guests, the judges and all Pomperaug Woods residents is also planned.

For more information, questions and to learn how to submit, please contact Becky Butler at (203) 262-6555 or Toll Free at 1-866-817-8935.

Visit [PomperaugWoods.com](http://PomperaugWoods.com) • (203) 262-6555



Please join us for one of our workshops on the latest options in senior living.

## Attend and you will discover:

- What to look for in a senior living community.
- What makes the Pomperaug Woods community unique.
- Terminology you should know and understand.
- How to make a smart decision.
- What questions you should ask.



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