



# THE VILLAGER



**11** New Monitor Coordinator



**12** District Holiday Celebrations



**16** Beyond the Village



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Thank you to Duane Anderson for contributing the cover photo taken during the recent "super moon." *The Villager* welcomes submissions for cover consideration. Submissions must be emailed as high-resolution jpeg images to [cking@oronoquevillage.com](mailto:cking@oronoquevillage.com)



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# A MESSAGE FROM THE OVCA PRESIDENT



*This column is reprinted from an Eblast that was distributed to residents on Monday, Dec. 19, 2016.*

The following are highlights since our Nov. 15, 2016 Board Meeting.

**Executive Manager:** Our newly appointed Executive Director, John Izzo, continues to transition with John Staley, our current Executive Director. John Staley will be officially retiring on Jan. 19.

**Communications Committee:** 3Prime, our website contractor, has completed its work. Our new website will be unveiled to residents by mid-January. Look for the details in the Jan. 16 issue of *The Villager*.



## THE VILLAGER

A PUBLICATION OF ORONOQUE VILLAGE  
STRATFORD, CT

[WWW.ORNOKUEVILLAGE.COM](http://WWW.ORNOKUEVILLAGE.COM)

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Please direct all questions regarding The Villager publication, and submit any proposed notices and event listings, to Carol King. Unsolicited manuscripts, which we invite from all residents, should be discussed first with Carol King. We also welcome unsolicited photographs of Oronoque scenes and events, which should be submitted to Marcia Klein.

The VILLAGER is published by the Communications Committee of The Oronoque Village Condominium Association. Disclaimer: All advertisers are paid submissions and The VILLAGER makes no representation of their credibility. Neither OVCA nor OVTD discriminate in the use of facilities by resident groups.

The updated website video features our new clubhouse interiors and much more. Stay tuned!

**Human Resources Committee:** We are in the process of developing performance evaluation tools that will be utilized as part of the annual evaluation process for staff.

Development of job descriptions for all employees has been initiated, as well as plans to update and release a new *HR Employee Handbook*, which includes policies and procedures.

Any concerns or questions regarding any employee matter should be discussed directly with the Executive Director or OVCA President, who serves as HR Chair.

**Rules and Regulations Ad Hoc Committee:** This committee has begun working on reviewing all rules and regulations. This process will take several months. The draft of *Oronoque Village Rules and Regulations* will be presented to the residents for review and comment, then to the OVCA Board for review and final approval.

**Operational:** eWorkOrders is a new maintenance software package that is being rolled out and expected to be live by end of December. This will significantly enhance the reporting and tracking of work orders for the maintenance team.

Leaf removal remains on target to be completed by the end of December.

**Snow Removal Equipment:** All plows have been installed on trucks and hand held blowers have been started and tested and are ready to go. The maintenance department successfully handled the first storm on Saturday morning Dec. 17.

Microphones have not been working properly at OVCA Board meetings. After some technical investigation and pricing analysis, 16 new wireless microphones were ordered and are ready for use at meetings.

The Maintenance Department is developing a uniform policy and have secured sample uniforms for Maintenance employees.

**PRESIDENT'S MESSAGE is continued on page 10**

**To Advertise in *The VILLAGER*  
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# PLEASE REVIEW DOCUMENTS INSERTED IN THIS ISSUE

## A NEW STATE STATUTE REQUIRES THAT RESIDENTS BE NOTIFIED OF PROPOSED CHANGES TO CONDOMINIUM RULES

Readers of *The Villager* will notice that there are three inserts included with this issue that provide information about proposed changes to Oronoque Village Condominium Association rules. Connecticut Statute 47-261B requires that before a homeowners association can adopt, amend or repeal a rule, the proposed rule or change must first be distributed to all unit owners for their review and comment as well as notification of the date when the Board intends to vote on the rule.

After unit owners have the opportunity to review the proposed rule or change, the Board can consider the comments, choose to comply or not, and vote on the rule or amendment. After adoption, amendment or repeal, unit owners must be notified of the effective date of the rule, amendment or repeal.

If unit owner comments are incorporated into the proposed rule or amendment as a result of the review process, the newly revised rule or amendment must be redistributed to the unit owners for their review and comments before the Board can vote.

The intent of this statute is to give credibility to the process of adopting rules, make compliance with rules easier and foster a sense of cooperation within the community.

This process is all about communication, which -- though it may seem cumbersome -- is designed to be in the best interests of unit owners and residents. **OV**

-- Lee Schlafer, OVCA Secretary

Inserts in this issue of *The Villager* address proposed changes to:

- OV Collection Policy
- Racquet Sports Court Guidelines
- Casual Use of the Clubhouses

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January 3, 2017 • THE VILLAGER

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# ANNOUNCEMENTS

## FLOOR SANDING PLANNED FOR SCB

The floors of the South Clubhouse are scheduled for sanding. It is anticipated that work will begin in early January. The building will be closed during this process.

Residents will be alerted when the work starts via an eblast and OVTV.

## OV SECURITY CAMERA RULES

The OVCA policy, as voted on by the OVCA Board, is that residents are not allowed to add anything to the exterior of their units without the approval of the Architectural Committee. This ruling includes the installation of outdoor security cameras.

Residents who wish to install security cameras on their units must first file an Application for Change with the Architectural Committee. Cameras may not be mounted unless the application is approved. Applications are available in the Business Office and also may be downloaded from our website, [www.oronoquevillage.com](http://www.oronoquevillage.com)

## HOLIDAY DECORATION REMOVAL

According to a policy voted on by the Board of Directors, all holiday decorations must be removed by Jan. 15.

If you have outdoor lights in place, wreaths, decorated light poles or others decorations on your unit's exterior or common areas, they must be removed by the deadline date.

Those who do not obey these rules will be subject to the potential cost of Maintenance removing them or fines imposed by the Board.

## MANAGING CONCERNS ABOUT FALLS

Have you turned down a chance to go out with family or friends or cut down on a favorite activity because you were

concerned about falling? Do you feel that you are sometimes off balance?

"A Matter of Balance" is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and to learn simple exercises to increase strength and balance.

The program is free. A workbook will be provided and refreshments will be served. The classes are two hours once a week for eight weeks. Classes will be held at SCB at 1:30 p.m. on Tuesdays, Jan. 31, Feb. 7, Feb. 14, Feb. 21, Feb. 28, March 7, March 21 and March 28.

The program will be conducted by Fairfield University School of Nursing and is funded by the Connecticut Agency on Aging. For further information, call Joanna at 203-381-9664. Enrollment is limited to 12 to 18 people.

## FROM BOCCE TO BEANBAGS ... NEW SOCIAL GAME PLAYED AT SCB

The Bocce Club has moved activity indoors for the winter. (No, not playing bocce, but playing a bean bag toss game!) The game is very easy and is lots of fun. There is no fee to play. All residents are invited to join the group on Thursdays at 10 a.m. at SCB. Questions? Call Jerry Brown at 203-378-7781.

## INVITATIONS TO OV LADIES FROM BOWLING LEAGUE & RED HATTERS

Ladies who are looking for some fun ways to wile away the dreary winter days and make some new friends are invited to join the Red Hatters of Oronoque Village and the Women's Bowling League.

The Red Hatters meet for lunch on the last Tuesday of each month at neighboring restaurants. The group members' goals are to create fellowship, make new friends and enjoy a nice lunch. If you are interested or have questions, contact Marcia at 203-380-6886.



**REMINDER:**  
**OVTV IS CHANNEL 591**  
**FOR THOSE WITH A CABLE BOX**

**CHANNEL 121-591**  
**FOR THOSE WITHOUT A CABLE BOX.**

The bowling group meets at 9:30 a.m. on Wednesdays, September through April, at AMF Lanes in Milford. If you are a former bowler or want to learn to bowl, this is your opportunity to sharpen your skills or to learn a new one. It is also a fun way to exercise. If you do not want to commit every week, substitutes are always needed, especially during the winter months.

If you have questions, please call Dee at 203-375-3724 or Joanna 203-381-9664.

Students should bring a yoga mat and two sets of different-weight dumbbells. The class is taught by Karissa Giquinto, a NASM-certified personal trainer.

## LARGE-PRINT BOOKS, BOOKS ON CD WANTED BY THE NCB LIBRARY

The Library Committee would like to increase its offerings of large-print books and books on compact discs. Resident donations are encouraged.

Also, please do not drop off donations of books that are more than 10 years old to the library at NCB. Although your contributions are appreciated, there is not enough shelf space to accommodate books published before 2006.

## FREE, TRIAL BODY SCULPTING CLASS

Body sculpting is an overall strength-training, muscle-conditioning and core-strengthening workout. Designed to increase stamina and build endurance using interval training, body weight exercises, weights, tubing or other equipment.

Classes take place Wednesdays at 12:30 p.m. at SCB. The cost is \$8 per session with a free, first-time trial of the class.

## ACTIVITIES

**EDITOR'S NOTE:** *To ensure accuracy, information must be submitted, via email, to Carol King at [cking@oronoquevillage.com](mailto:cking@oronoquevillage.com). (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of The Villager, on Jan. 16 is Jan. 3 at noon.*

### ADULT COLORING

• Adult Coloring will not take place until Friday, Feb. 3, from 2-4 p.m. at SCB.

### CURRENT EVENTS

• The Current Events Discussion Group will meet in SCB Card Room 1 at 10 a.m. on Wednesdays Jan. 4, Jan. 18, Feb. 8 and Feb. 22. Please bring a news article to the meeting.

### DOLLCRAFTERS

• Dollcrafters meets at 10 a.m. on Tuesdays at NCB.

### LADIES BIBLE STUDY

• All resident women are welcome to attend a Bible study group on the second and fourth Saturdays of each month at 9 a.m. in the auditorium at SCB. The next meeting will be on Jan. 14. The group will study session 8 of *The Bible That Jesus Read* by Philip Yancey. Questions? Contact Helen Harper at 203-355-0007 or Carolyn Charnin at 203-683-7235.

### LINE DANCING

• Line dancing classes take place at NCB on Wednesdays. A beginner class is held at 9:30 a.m. followed by a class for all levels at 10 a.m.

### TEA, TALK & CRAFTS

• Tea, Talk and Crafts meets on Thursdays at 1:30 p.m. in Card Room 2 at SCB. Bring your own projects or mending, etc. Refreshments will be served. Dues are \$6. Each member is required to supply a dessert twice. For information, call Cynthia Harms at 203-402-9083.



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# CALENDAR

**For the latest on OV news and events, go to [www.oroquevillage.com](http://www.oroquevillage.com) or OVTV. OVTV is Channel 591 for those with a cable box and Channel 121-591 for those without a box.**

**RSF = Racquet Sports Facility / (O) = Open / (C) = Closed**

## TUESDAY, JANUARY 3

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 10:00 a.m. – Dollcrafters, NCB, Library
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – Funseekers Board Mtg, SCB, C/R (C)
- 7:00 p.m. – SAC Board Mtg, NCB, B/R (O)

## WEDNESDAY, JANUARY 4

- 9:30 a.m. – Beginner Line Dancing, NCB, Aud (O)
- 10:00 a.m. – Current Events, SCB (O)
- 10:00 a.m. – Communications Committee, NCB, B/R (O)
- 10:00 a.m. – Line Dancing, NCB, Aud (O)
- 12:30 p.m. – Body Sculpting, SCB, Aud (O)
- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 7:00 p.m. – Book Club, NCB, Library (O)

## THURSDAY, JANUARY 5

- 9:30 a.m. – House Committee, NCB (O)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Bean Bag Toss, SCB (O)

- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Tea, Talk & Crafts, SCB (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

## FRIDAY, JANUARY 6

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 4:30 p.m. – It's 5 O'Clock Somewhere, NCB (O)

## SATURDAY, JANUARY 7: No events scheduled

## SUNDAY, JANUARY 8

- 3:00 p.m. – Retirement party for John Staley, NCB (C)

## MONDAY, JANUARY 9

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 4:30 p.m. – Maintenance Committee Mtg, NCB, B/R (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:30 p.m. – Carp Poker Game, SCB, C/R (C)

## TUESDAY, JANUARY 10

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)

## ATTENTION TV WATCHERS:



The remote controls for the TVs at both NCB and SCB are now mounted next to each TV for easy access when you need them.

Please note these remotes are programmed specifically for each TV and will not work with any other sets. It is important that these remotes do not get removed from the lounge areas.

Enjoy your watching!

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- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – OVTD Board Meeting, NCB (O)

- 10:00 a.m. – Table Tennis, SCB (O)
- 7:00 p.m. – Movie: *Florence Foster Jenkins*, NCB (O)

**WEDNESDAY, JANUARY 11**

- 9:30 a.m. – Beginner Line Dancing, NCB, Aud (O)
- 10:00 a.m. – Line Dancing, NCB, Aud (O)
- 12:30 p.m. – Body Sculpting, SCB, Aud (O)
- 4:00 p.m. – OV Arts Guild Meeting, SCB (O)
- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

**SATURDAY, JANUARY 14**

- 10:00 a.m. – Ladies Bible Study, SCB (O)

**SUNDAY, JANUARY 15**

- 4:00 p.m. – Art Show Reception, SCB (O)

**MONDAY, JANUARY 16**

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:30 p.m. – Carp Poker Game, SCB, C/R (C)

**THURSDAY, JANUARY 12**

- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Bean Bag Toss, SCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Tea, Talk & Crafts, SCB (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 4:00 p.m. – Pool Social Group, SCB (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

**TUESDAY, JANUARY 17**

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – OVCA Board Meeting, NCB (O)

**FRIDAY, JANUARY 13**

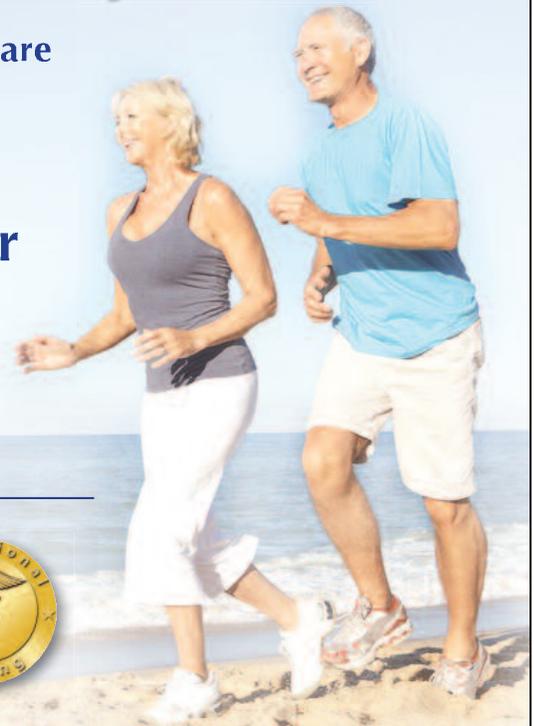
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)

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# PRESIDENT'S MESSAGE, CONTINUED FROM PAGE 4

Wi-Fi dead spots in the clubhouses are an issue and we are working with Optimum to ascertain the root cause and resolve.

**Projects: Good New Updates:** Flood Zone Update: OV's application to FEMA to secure flood zone reclassification was submitted on Nov. 26. We expect a response from FEMA within 60 days. When we commenced this project we split the Flood Zone into two areas. We did this in order to be measure our ability to be successful with FEMA prior to funding more than necessary. The submitted project was the more difficult of the two. Therefore presuming we receive a reclassification on the initial report, we will proceed accordingly. Once our status changes, we will again apply for FHA approval.

**Solar Panel Project:** All equipment has been installed and the solar system went live on Dec. 13, 2016. Awesome!

**Stratford Police Department Portable Speed Warning messaging signs** will be available to us soon. The town has promised to remove 8 fire hydrants from OV's annual water bill at an annual savings of ~\$14K and to register a proportional number of OV trucks with Municipal plates resulting in an annual savings of ~\$5k.

The Ping Pong and Arts & Crafts rooms will be getting a bit of a facelift with a fresh coat of paint. The Ping Pong room will also be getting a new tiled floor, while the Arts & Crafts room will have some shelving installed. This will be a winter project for the Maintenance Department, with a projected completion around mid-February.

**Sunday Jan. 8, 2017 Retirement Celebration for John Staley:** Congratulations to our Executive Director,



*Work is under way at SCB. The Ping Pong and Arts & Crafts rooms are getting a facelift.*

John Staley, who is retiring after over 40 years of dedicated hard work. He has continuously improved the quality of Oronoque Village and made "Our Village" such a wonderful place to live. (Please note: We regretfully are no longer able to take reservations for this event.)

**Annual Staff Holiday Party (Dec. 16 at OCC):** Thanks to our thoughtful and generous residents who contributed to the Employee Giving Fund. The employees were extremely grateful and appreciative of the residents' recognition of their contribution in making OV a great place to live.

From the OVCA Board & Committees: Happy New Year!

OV

## DEADLINE DATES FOR 2017 VILLAGER MAGAZINES

*The Villager* magazine is published twice-monthly, on the 1st and the 15th, when possible. Below is a tentative schedule for 2017. (These dates are subject to change.)

- Jan 16 issue has a deadline of Jan. 3
- Feb.1 issue has a deadline of Jan. 19
- Feb. 15 issue has a deadline of Feb. 2
- March 1 issue has a deadline of Feb. 16
- March 15 issue has a deadline of March 2
- April 3 has a deadline of March 21
- April 17 issue has a deadline of April 3
- May 1 issue has a deadline of April 18
- May 15 issue has a deadline of May 2
- June 1 issue has a deadline of May 18



June 15 issue has a deadline of June 2

July 3 issue has a deadline of June 20

July 17 issue has a deadline of July 3

Aug. 1 issue has a deadline of July 19

Aug. 15 issue has a deadline of Aug. 2

Sept. 1 issue has a deadline of Aug. 21

Sept. 15 issue has a deadline of Sept. 1

Oct. 2 issue has a deadline of Sept. 19

Oct. 16 issue has a deadline of Oct. 3

Nov. 1 issue has a deadline of Oct. 19

Nov. 15 issue has a deadline of Nov. 2

Dec. 1 issue has a deadline of Nov. 20

Dec. 15 issue has a deadline of Dec. 4.

# MEET OUR NEW SCB MONITOR COORDINATOR



Story and photo by Carol King

**D**ave Schoennagel has taken the reins as coordinator of the Monitor Program at SCB. He assumed this volunteer position last month, following the retirement of Dee Tuozzoli, who oversaw the program since 2010.

Though Dave has been a resident of Oronoque Village for only three years, he has been acquainted with this community since his teenage years. "I grew up in Stratford," he explains. "I used to drive by and watch the progress as this place was being built."

Dave graduated from Stratford High School and received a degree from Vaughn College of Aeronautics and Technology in New York. He married his high school sweetheart, Linda, and went to work at Sikorsky, where he spent 12 years supervising assembly work on the Blackhawk UH-60M. "I managed a line of 48 people," he says.

After his retirement, he spent five years as a security serv-

ices manager for Stamford Square, a blue chip trading firm. Before moving to Oronoque, the Schoennagels lived in Black Rock. "I saw a listing for a unit on Cayuga and we decided to check it out," he said. "We love it here. I wish I had moved here when we were 35!"

In addition to his volunteer work at Oronoque Village, Dave has diverse interests. He has an FAA-certified pilot's license and an FCC license for amateur radio.

## Monitor Volunteer Wanted

The Oronoque Village Monitor Program needs a volunteer on Fridays from 11 a.m. to 1 p.m.

Responsibilities are few and simple: greet visitors entering the building and check-out movies for the Movie Club Home-Loan Program, as needed. During each two-hour shift, monitors should patrol the building once.

Feel free to bring a book, knitting, needlepoint or any other hobby with you to pass the time. There is a television in the office if you'd like to watch.

For more details or to obtain information on the Call-In Program, please contact David Schoennagel at 203-870 6354 (home) or 203-814-8351 (cell). He can be reached by email at [schoennagel@optonline.net](mailto:schoennagel@optonline.net)

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# DISTRICT HOLIDAY CELEBRATIONS

## A FESTIVE DISTRICT 9 GATHERING

By Dima Thompson ~ Photo by Jim Thompson

For more than three hours, 61 friends and neighbors had an opportunity to socialize, have a delicious homemade meal, listen to Oronoque Village leaders and take a chance to win gift baskets and more.

District Representative **Dima Thompson** is especially grateful to resident **Andy Vena**, who was “chef extraordinaire,” for presenting a delicious meal. Meatballs, various cheeses and jumbo shrimp cocktail started off the palate explosion, followed by chicken marsala, green beans almondine, roasted potatoes and salad, topped off with a creme brulee cheese-cake and holiday cookies. Andy and his wife, **Pam**, have been OV residents for just six months.

Dima had lots of help from volunteers **Maria Szalontay**, **Nancy Heuser**, **Neil Dinihanian**, **Dal Lowenbein**, **Sue Pfannkuch** and **Monica Dalton**, as well as her husband, **Jim**.

Thanks also go to **Janet Dinihanian** and her daughter, Katie, of Katie's Kreationz, for the unique holiday table centerpieces; one was donated and raffled off to lucky winner **Karen Marcato**!

The group also briefly heard from Dima as well as guest speakers OVCA President **Bob Grosso** and Executive Director **John Izzo** about Village affairs.

OV



## DISTRICT 8 HOLDS “SWEET” CELEBRATION



Story and photo by Jeanette Caron

District 8 held its holiday party on Dec. 13 at Oronoque Country Club.

Surrounded by festive decor, we enjoyed wine, soft drinks and a hearty appetizer. District Rep **Judy Waldeyer** supplied a number of raffle prizes that were awarded during the evening and had us guessing the number of chocolates in a large jar.

We were entertained by the charming Jeff Daniels, who sang familiar ballads and swing tunes that had us dancing. Dinner was excellent, complete with sinful desserts. Our compliments to the chef!

Finally, the winner of the chocolates was **Joan Pappas**, who gleefully went from table to table, sharing her chocolate bounty.

OV

## DISTRICT 10 RESIDENTS DONATE TO STERLING HOUSE TOY DRIVE

As part of the District 10 Holiday Party, residents bought toys to be donated to the Oronoque Village Toy Drive, which benefits Sterling House Community Center.

District Rep **Dave Bingham** and Alternate Rep **Mary Haynes** delivered three large bags of toys to NCB in time to be delivered to the community center.

The toys were given to low- to moderate-income families. Dave and Mary are pictured with Executive Directors **John Staley** and **John Izzo**.

OV



## "THANK YOU" FOR YOUR GIVING FUND CONTRIBUTIONS

Dear Residents:

The Business and Maintenance Office employees extend a heartfelt "Thank You" for the generous contributions to the Employee Holiday Fund.

Checks were presented during the employee holiday party on Dec. 16.

We greatly appreciate your kindness and support.

We extend our very best wishes to you all for a healthy, happy and safe 2017.

-- The Business Office & Maintenance Dept. staffs



# VOLUNTEER OPPORTUNITIES

**M**ercy Learning Center in Bridgeport welcomes tutors to help carry out its mission to provide holistic, compassionate literacy and life-skills education to low-income women and their children.

No experience is necessary and the organization will support volunteers with formal training, ongoing workshops and one-on-one assistance. The schedule is flexible and the commitment is only four hours per week.

Volunteers to assist in the computer lab and help with childcare also are needed.

For information, contact Nora Jinishian at [nora.jinishian@mercylearningcenter.org](mailto:nora.jinishian@mercylearningcenter.org) or call 203-334-6699.

**F**amily Reentry in Bridgeport is looking for volunteer mentors. The Champions Mentoring Program serves children and youth in the Greater Bridgeport area who have been impacted by either an incarceration of a family member or by their involvement with the juvenile justice system. These children are often emotionally vulnerable and in need of additional support.

Mentors can meet weekly with children on-site at their schools or they can participate in a community match where visits are scheduled after school and/or on weekends.

Consistent mentor visits provide a positive adult-youth relationship which helps to foster resiliency in at-risk children and teens. A one-year commitment of 4-6 contact hours per month is required.

For information, contact Tina Banas at [tinabanas@familyreentry.org](mailto:tinabanas@familyreentry.org) or 203-382-1190.

**H**abitat for Humanity of Coastal Fairfield County's ReStore, in Stratford, relies on dedicated volunteers to run its daily operations. ReStore has raised enough funds

this past year to underwrite the cost of building two homes. Many volunteer opportunities are available including:

*Donations Assistant* - The donations assistant works in the donation receiving area accepting donations directly from drop-off donors. The merchandise is then cleaned and taken to the sales floor.

*Mr./Ms. Fix-it (repair volunteer)* - This position requires someone to repair or touch-up furniture and other items that are slightly damaged as well as test appliances before they are placed on the sales floor.

*Customer Service Volunteers* - Volunteers to help customers find items in the store, measure items (if

necessary) and provide assistance, when needed, in helping customers move their merchandise out to their vehicles.

Volunteers to assist with promotion, merchandising and cashing also are needed. For information, email [volunteer@restorefcf.org](mailto:volunteer@restorefcf.org)



**W**esley Village in Shelton is in need of a volunteer to lead recreational activities, such as bingo, bowling, trivia, cards, board games, discussion groups and the wii. Volunteers should be able to assist residents via wheelchair to and from a program, if needed. This is a commitment of 50 hours for the year, one day a week, 1-2 hours each week.

For more details, contact Barbara Quinn at [bquinn@umh.org](mailto:bquinn@umh.org) or 203-944-8292. OV

**For more information on volunteer opportunities, visit [www.createthegood.org](http://www.createthegood.org)**

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Gas Leak (So.Ct.GasCo.) .....800-513-8898

Elec. Emergency (U.I.) .....800-722-5584

Business Office .....203-377-5313

Maintenance Dept.....203-375-8853

South Comm. Bldg .....203-377-5435

Cablevision Service .....203-336-2225

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## BEYOND THE VILLAGE

Stamford's Palace Theater presents *1964 The Tribute* at 8 p.m. on Jan. 26. *Rolling Stone Magazine* has called the production the "best Beatles tribute on earth." The performers have wowed audiences all over the world and sold out iconic venues such as Carnegie Hall and Red Rocks Amphitheater.

Unlike other Beatle tributes, *1964* is an accurate re-creation from the live songs, voices, instruments, suits and even haircuts. Choosing songs from the pre-Sgt. Pepper era, the production recreates an early 1960s live Beatles concert, with period instruments, clothing, hairstyles and onstage banter.

The theater is located at 1 Atlantic Ave. Village residents will receive a 25 percent discount on tickets by using the code VIBRANT. Tickets can be purchased at [www.palacestamford.org](http://www.palacestamford.org) or by phone at 203-325-4466.

Yale Repertory Theatre in New Haven presents the world premiere of *Imogen Says Nothing* by Aditi Brennan Kapil, Jan. 20–Feb. 11. Opening Night is Thursday, Jan. 26.

All the world's a stage, but in Elizabethan England, all the

roles are given to men. Enter Imogen, who seizes a wordless walk-on in Shakespeare's new comedy and recasts herself in a ferocious real-life leading role. *Imogen Says Nothing* is the wildly theatrical and subversively funny tale of an unforgettable creature refusing to let history erase her part.

For tickets, call 203-432-1234 or visit the box office at 1120 20 Chapel St. For more information, visit [www.yalerep.org](http://www.yalerep.org)



Each month between January and April, Play With Your Food presents 90-minute lunchtime theater experiences in Fairfield, and Westport. Arrive at noon for a buffet lunch catered by a local gourmet restaurant, then settle in for a program of provocative one-act plays read by professional actors.

After a short discussion with the actors, the director and often a playwright or two, everyone continues with their day. For more details, call 203-293-8729 or visit [www.playwithyourfood.org](http://www.playwithyourfood.org).

Shows take place Jan. 17, Feb. 14, March 14 and April 18 at Fairfield Theater Company. Westport shows take place Jan. 7-10, Feb. 7-9, March 7-9 and April 4-6 at Toquet Hall.

OV

*May the true spirit of  
the season be yours*

*May the spirit of love and goodwill that fills the  
holiday season be with you and your family  
now and through the new year*

### *The Adzima Funeral Home*

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Matthew and MaryEllen Adzima  
Peter and Shannon Adzima  
Christina Adzima  
Timothy Morrissey  
Andrew Kulis  
James Cowan

# FITNESS FOR OLDER ADULTS: AEROBIC EXERCISE

By Ed Genga M.A., CSCS

**A**ging affects your ability to exercise. Your maximum heart rate declines, and your heart and lungs can't pump as much blood and oxygen to your muscles during physical activity. As a result, your muscles are unable to work as long or as hard as they once could. There is also a reduction in muscle mass, reducing the maximum effort you can sustain. Your tendons and ligaments stiffen and shorten, reducing your range of motion and flexibility. You may also have some age-related problems with bones, joints and/or nerves, like arthritis or neuropathy, which affects your ability to move as freely as you once did.

Researchers have found much of the physical decline associated with aging may have more to do with increased inactivity than with aging itself. Moreover, starting a regular exercise program can delay and reduce the effects of aging, and in some cases, even reverse some of the declines brought on by lack of exercise.

The American College of Sports Medicine (ACSM) recommends that older adults continue to engage in regular aerobic exercise for its physical and mental benefits. According to the Partnership for Prevention, senior adults are the least likely of all age groups to regularly exercise but can often benefit the most.

It's never too late to improve your fitness level and quality of life and for the best results aerobic (cardio) exercise should be a regular part of your daily routine. However, it is important to choose activities and intensity levels that are right for you.

Here are some simple rules you can follow to stay safe and use your exercise time effectively:

**Get Your Heart Rate Up:** If you are over age 60, your aerobic routines should be safe yet strenuous enough to boost your heart rate into an aerobic zone, about 50 to 70 percent of your maximum heart rate. According to the American Heart Association, the maximum heart rate for seniors ages 60 to 65 is about 160 beats per minute while the maximum for seniors ages 65 to 70 is 155 and for ages 70 and over, about 150 beats per minute is the maximum.

Another way to measure intensity is to try to talk while exercising. If you can comfortably carry on a conversation, you may not be exerting yourself enough. If you are gasping for breath, you are working too hard.

**Gradually Increase Time:** Aerobic routines should be long enough to move you into an aerobic state without causing overt fatigue. Generally, an aerobic routine consisting of a warm-up of about 10 to 15 minutes, coupled with an aerobic workout in the target heart rate zone for about 20 to 30 minutes five days a week, is sufficient to gain cardiovascular and other benefits. The ASCM recommends



that people just starting an aerobic routine start with sessions lasting no more than about 10 minutes and work up from there as endurance increases. Check with your doctor to ensure you are healthy enough for aerobic exercise.

**Beneficial Exercise Choices:** According to the American Podiatric Medical Association, senior citizens may take longer to heal from an injury so aerobic routines that are safe yet effective are important for many older adults. Walking and swimming pose little risk of injury and can quickly raise your heart rate. *Arthritis Today* magazine states that walking helps strengthen your muscles which can help prevent or lessen joint pain. Walking also helps nourish your joints, which can delay deterioration.

Water exercises are another excellent, low-impact aerobic activity that is easy on your joints. Swimming, water walking and water aerobics classes can strengthen muscles that can deteriorate in the senior years. Classes can be fun while teaching you how to perform the exercises correctly.

**Overcoming Objections and Staying Motivated:** Objections to aerobic activity that keep you from exercising include pain, disabilities, lack of confidence, poor vision and depression. Exercise routines that are easy on the joints can reduce and even help improve pain. Routines that provide companionship, such as walking or water classes, can offer both physiological and emotional benefits. Exercising with a friend or in a group can increase motivation, build friendships, and even lessen depression.

Your doctor or a certified fitness trainer can help tailor a routine to your fitness level and physical limitations. **OV**

*Ed Genga is an Oronoque Village resident and a fitness professional with more than 35 years of experience in a wide variety of industry disciplines including club management, corporate wellness, group fitness, college-level athletic coaching, personal training, phase 3 cardiac rehabilitation and exercise for cancer patients. You may submit questions about exercise to Ed at eegenga@gmail.com.*

# HOUSE & GARDEN CLUB EVENTS



Top left, Carol King Platt at the October House & Garden Club meeting. Bottom left, Smile Awhile provided holiday entertainment in December meeting. Above, raffle winners pose with their prizes during the House & Garden Club Luncheon.



By Judy Waldeyer ~ Photos by Irene Sanzone

The House and Garden Club had a very active three months prior to the end of 2016. In October, member **Terry Kelso** introduced Carol King Platt, who showed us how to create fall decorations from nature's bounty – materials found along the road and in neighboring fields. Carol was formerly a contributing editor for *House and Garden Magazine* and wrote gardening columns in the *New York Times* and many magazines. She is a frequent lecturer to garden clubs in Connecticut, Rhode Island and New York.

Carol demonstrated how to take an empty Revere-ware bowl, basket or vase, and create an arrangement from foliage from around the neighborhood and foundation plantings, such as boxwood and holly. Six lucky members were the winners of the finished arrangements: Terry Kelso, **Bette Hugus**, **Paula Woods**, **Ginny Radzwillis**, **Bernice Robinson** and **Irene Keating**. The winners of the bouquets Carol provided were **Carol Quinn**, **Jackie Freeman** and **Marie Sorge**.

The centerpieces, mums provided by Jackie Freeman and her decorating committee, were happily won by **Isabel Torbert**, **Mary Cronin**, **MaryLee Prussel**, **Judy Karlovsky**, **Maggie Dunigan** and **Mary Jane Champagne**.

On Oct. 25, more than 100 members met at the Mill River

Country Club for a lovely lunch with raffle prizes provided by members and the committee. "Steel Magnolias," a painting by Betty Mulholland, a handmade quilt, entitled "Sunflower Trails", and a gift basket from **Judy Waldeyer**, and a hand-designed necklace donated by **Thelma Strickler**, were among the raffle prizes. Funds raised from the raffle go back into the treasury for House and Garden's projects for the beautification of the Village.

Members met on Nov. 14 to hear the new head librarian from Stratford Library speak on the programs that are currently available at the library. There is help available for those who use iPads, computers and e-books. Check with the library to see if appointments are needed.

The final meeting of 2016, held on Dec. 12, combined a Fall and Holiday program presented by "Smile A'While," an entertainment group from Stratford's own Baldwin Center. The group sang songs from Broadway: *Annie*, *South Pacific*, and *My Fair Lady*, and performed skits from old-time movies and television shows: *I Love Lucy*, *Bonanza*, *The Adams Family*, *the Wizard of Oz* and the *Mickey Mouse Club*. A tambourine arrangement to *Sleigh Bells* had the audience on their feet and everyone enjoyed the rendition from Chrissy, the Christmas Mouse.

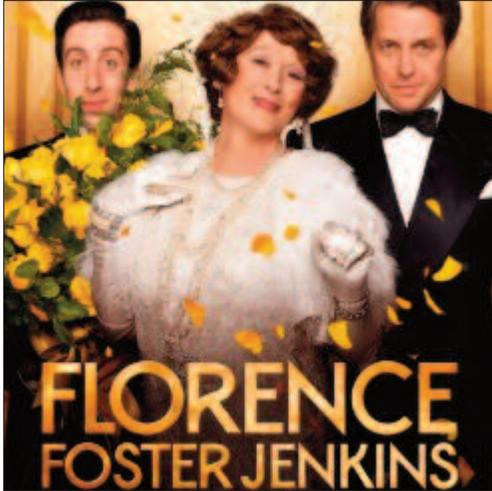
At the end of the program, the group saluted our servicemen who would not be home for the holidays with a tribute to the Army, Marines, Coast Guard, Navy and the Air Force. *America the Beautiful* had the audience on its feet.

Before leaving the stage, the group sang a wonderful *We Wish You a Merry Christmas* and then mingled in the audience with holiday wishes. The door prizes were five holiday ferns, providing the decorations on the table where tea, coffee and holiday cookies were served.

The House and Garden Club welcomes new members, and, as can be attested, the group has a wonderful program schedule.

OV

## The Movie Club Presents *Florence Foster Jenkins*



The Movie Club is sponsored by Len Learner, Marcia Klein, Dee Tuozzoli, and innumerable volunteers.

**Friday, Jan. 13 , at 7 p.m. at NCB**  
**Wednesday, Jan. 18, at 2 p.m. at SCB**  
**\$1 admission includes popcorn**

This film tells the inspirational true story of a New York heiress, Florence Foster Jenkins (Meryl Streep), who obsessively pursued her dream of becoming a great singer. The voice she heard in her head was divine, but to the rest of the world it was hilariously awful. At private recitals, her devoted husband and manager, St Clair Bayfield (Hugh Grant), managed to protect Florence from the truth. But when Florence decided to give her first public concert at New York's Carnegie Hall, St Clair realized he had perhaps bitten off more than he could chew.



### ***POOL SOCIAL GROUP — Thursday, January 12***

Anyone who enjoys socializing in and around the pools during the summer is invited to attend a get-together from 4-6 p.m. at SCB on the second Thursday of each month.

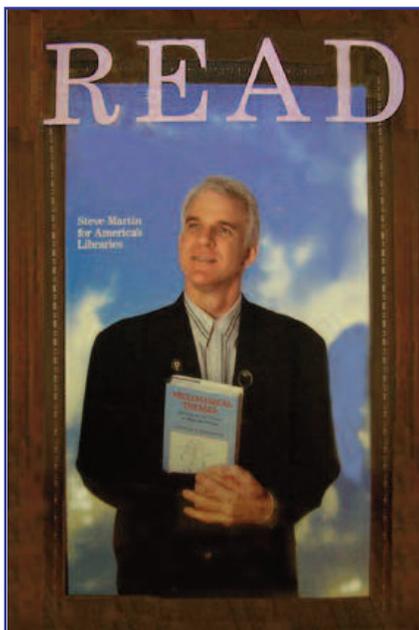
Come with your favorite appetizer and or beverage (or nothing) to meet up with other “pool people” for reunions and conversations.

For information, contact Sonya at 377-1515 or Sue at 345-2736.



**MEN'S CLUB TRIP TO MOHEGAN SUN  
MONDAY, JANUARY 16  
DEPARTING REAR OF SCB AT 1 P.M.  
LEAVING CASINO AT 8:30 P.M.  
COST PER PERSON: \$25**

**A check made out to Oronoque Village Men's Club is your reservation. Please place check in the Men's Club box in the North Clubhouse. Questions? Call Sandy Lunt: 203 377- 5833 or Jerry Brown: 203 378-7781**



**The Oronoque Village Book Club meets at 7 p.m.  
on the first Wednesday of every month at NCB.  
All Villagers are welcome.**

**Need a ride or information? Call Barbara at 203-612-1373**

The book for **Jan. 4** is *The Marriage of Opposites* by Alice Hoffman. A tale of a forbidden love story set on a tropical island about the extraordinary woman who gave birth the painter Camille Pissarro, the Father of Impressionism.

***On Feb. 1, 2017, the group will have a party in the NCB lounge beginning at 6 p.m. There will be no book discussion.***

***Books for 2017 will be selected at that time.***

**COME ONE, COME ALL!!**

**First Friday of the Month at 4:30 P.M. at NCB**



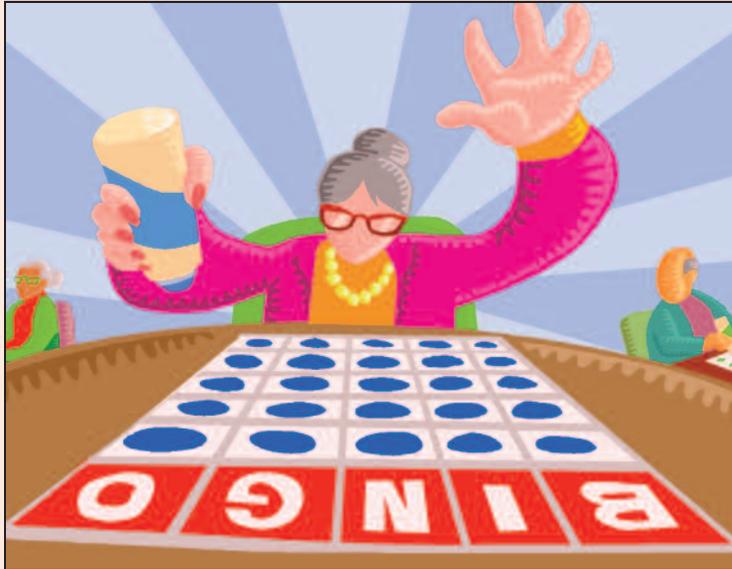
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Open to all



Questions?  
Call Sandy Lunt  
203-377-5833.

**Bingo: Presented by the Men's Club**

Thursday, January 19, at 7:00 pm at SCB

Come and bring your friends. Cost: \$2.50/card

## **BE INSPIRED !**

**Join us at the ORONOQUE ARTS GUILD MEETING  
Wednesday, January 11, 4 p.m. at SCB**

**Program:  
"SCULPTURE AND SPIRITUALITY" presented by Wendy Swain**

**There will be a social gathering with appetizers and a short  
business meeting followed by our program.**

**Members are free, Guests \$5 at the door  
Want to join? Yearly dues are \$15 at the door.**

## **SAC INVITES ALL RESIDENTS TO THE GALERIE OV WINTER ART SHOW RECEPTION "ARTISTIC PHOTOGRAPHY AND STUDENT SCULPTURE"**

**Sunday, Jan. 15**

**4-5 p.m.**

**SCB Gallery**

**Please come, enjoy refreshments and  
meet the participating artists.**



# Hadassah

You Are Cordially Invited to Attend  
**ORONOQUE HADASSAH'S WINTER LUNCHEON**  
January 11 \* 12PM \* Dante's Restaurant., Oronoque Shopping Plaza

**Entree Choices:**

Eggplant, Veal or Chicken Parmigiana \* Filet of Sole Florentine  
Chicken Piccata or Marsala \* Cavatelli with Broccoli \* Penne al Salmone

All meals include salad, bread and butter, soda and dessert.....\$25PP

All Villagers and friends are invited to join us. Please write your entree choice on your check made out to Hadassah and deposit it in our box at the North Clubhouse by January 5th.

?????s Carol Tepper 203-375-2101 or Barbara Brown 203-378-7781

## **OV ARTS GUILD OFFERS A SIP & PAINT WORKSHOP**

**“Acrylic Painting for the Beginner”**  
February 10, 2 p.m. to approx. 4:30 p.m. at SCB  
Presented by instructor & local artist Sabine Bonnar



*Everything is provided: aprons, easels, brushes canvas, paints, WINE and SNACKS. No talent required. Give it a try! Unleash your creativity. Fun, laughter, relaxation, inspiration AND a completed work of art. Registration is limited, so sign up early.*

**The cost is \$30.**

*Call Bonnie Usinger at 203-380-2181.*

*Make checks out to Sabine Bonnar.*



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