



THE VILLAGER



5 Pletman Concert Season



13 Senior Fitness



14 Tax Tips



Winter Hours
Traditions Grille Room
Oronoque Country Club

March 1st - March 14th
Thursday 11:00 AM - 3:00 PM
Friday 11:00 AM - 7:00 PM
Saturday 8:00 AM - 4:00 PM
Sunday 8:00 AM - 4:00 PM

Happy Hour every Friday!
4:00 PM - 7:00 PM
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March 11th

Oronoque Country Club Open House

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of Membership

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lshaw@oronoquecc.com

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MARCH 17th 5:00 PM - 8:00 PM

*Cesar Salad | Garden Salad |
Potato leek Soup*

*Irish soda bread | Boiled carrots
| Boiled new potatoes*

Steamed cabbage | Shepherd's Pie

*Carved corned beef | Carved leg of
lamb | Irish cream Cheesecake
| Chocolate Cake*

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Thanks to Jeffrey Sells for submitting the cover photo of a recent foggy day in our community. *The Villager* welcomes submissions for cover consideration. Submissions must be emailed as high-resolution jpeg images to cking@oronoquevillage.com



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A MESSAGE FROM THE OVCA PRESIDENT

This column originally was distributed to residents as an Eblast on Friday, Feb. 17, 2017.



OVCA, our employees and residents. While I am very pleased to report this wonderful news, we still have work to do in order to prevent union organizing from happening again in the future.

I am dedicated to seeing that process fold out, and have already started to develop an action plan.

Thank you for your continued support. I hope you will all take a moment to both enjoy this moment and reflect on the events of the last few weeks, which we all can certainly learn from. 

It is my pleasure to inform you that a short while ago, we received confirmation from the National Labor Relations Board that Teamsters Local 191 withdrew its petition to represent our employees.

The withdrawal request was approved by the Regional Director of the NLRB. This is a total victory for



THE VILLAGER

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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.

VOLUNTEER MONITOR PROGRAM WELCOMES NEWEST MEMBER

The Volunteer Monitor Program welcomes **Kathy Wells** as its newest member. She joins the team of resident volunteers who help out at SCB daily, Monday through Friday, from 9 a.m. to 5 p.m.

Additional volunteers are **Dee Tuozolli, Celeste Jadim, Ralph Trapasso, Michael Minoff, Carla Blozzone, Anne Hart, Cynthia Harms, Betty Hugus, Susan Monk, Joe Donia, Irma Widger, Rose and Jack Deeb, Dennis Brunelle, Veda Barrett, Joe DiPronio, Lee Schlafer, Dick Knopf, Vangie Wales, Connie Murawski** and **Nancy Wilson**. Oronoque Village Condominium Association is grateful to all the Monitor Program volunteers for their assistance and hard work.

Volunteering in this program is a great way to help out your community while working with a wonderful team of residents who meet and greet all visitors at SCB.

For more information, please call **Dave Schoenagel** at 203-814-8351.

PLETMAN CONCERTS' NEW SEASON



Musicians who will participate in upcoming Pletman Concerts, from left, Eugene Sirotkine, Vasil Goldinskii, Hanna Golodinskii and Handler and Levesque.

PLETMAN CONCERTS PRESENTS CLASSICAL MUSIC FROM AROUND THE WORLD

By Elisabeth Breslav

Sunday, March 26, 3 p.m.: "Slavic Discoveries"

Ukrainian-born soprano Hanna Golodinskii appears in a program that includes Rachmaninov, Tchaikovsky, Cui, Lysenko and Nadenenko. She began her study of music, piano and voice in the Ukraine and received her master's degree as an opera/chamber soloist vocal performer from the prestigious Kiev Conservatory. She has been a regular soloist with the Russian Chamber Chorus in New York and performed at Carnegie Hall, Avery Fisher Hall and the Riverside Church in New York City, among many other venues.

Ms. Golodinskii will be accompanied on bass by her husband, Vasil Golodinskii, a bass section leader at the Russian Chamber Chorus of New York and, since 2008, at the Chancel Choir of the First Congregational Church of Greenwich, and by Eugene Sirotkine, a St. Petersburg-born conductor and world-renowned pianist who debuted with the Latvian Philharmonic in St. Petersburg in 1989.

Sunday, April 23, 4 p.m.

"All That Jazz - A Musical Journey From Then To Now - with the Cadwallader, Asetta & Dixon Piano Trio" (Note change from usual concert time)

Dr. Rex Cadwallader is a noted jazz pianist, composer and educator. He received an Emmy Award in 1999 for his original score for *The Connecticut River: A Journey through Time*, a Connecticut Public Television Special. His compositions for big bands, small jazz and vocal jazz ensembles

have been recorded worldwide, including recordings by the Tokyo Big Band and the National Youth Orchestra of Great Britain. He is chair of the Performing Arts Department at Greens Farms Academy in Westport and has served as director of jazz studies at a number of universities in the U.S. as well as in Great Britain. He received his doctor of arts degree in composition and music theory from the University of Northern Colorado in Greeley, and his bachelor of music education and master of music in composition degrees from the University of Nebraska in Lincoln.

Mike Asetta, bassist, has performed worldwide for more than two decades with orchestras from the Yale Philharmonic, the United States Air Force Band and the Tommy Dorsey Orchestra. He has played for many dignitaries, including former President Clinton, and at the grand openings of the Mohegan Sun Hotel and Conference Center and Foxwood Pequot Towers. He graduated from the Hartford Conservatory and has a master's in performance from Yale. He teaches at the Neighborhood Music School and at the Community School of the Arts of the University of Connecticut.

Arti Dixon, drummer, has toured the world with performers Ahmad Jamal and Janis Ian, and has appeared with such stellar figures as Larry Coryell, Randy Brecker and Marion Meadows, to name just a few. He appears regularly with groups along the eastern shoreline and has performed at Foxwood Casino with Harry Connick, The Nelson Riddle Orchestra, Connie Francis and Ray Cousins. He is a graduate of the University of Albany in New York and holds membership in the Music Teachers National Association. He formed his own band to perform jazz education concerts and workshops for young audiences throughout the Connecticut school system.

PLETMAN CONCERTS is continued on page 12

ANNOUNCEMENTS

OVRTD BOARD SEEKS CANDIDATES

The Oronoque Village Tax District is seeking candidates to fill the positions of four officers. The recommended slate will be voted on by residents at the Tax District Annual Meeting on May 23, 2017.

Those who are interested in serving on the Board are encouraged to submit resumes to the Business Office to be reviewed by the OVRTD Nominating Committee. The committee's recommended slate will be announced during the April 25, 2017 OVRTD Board Meeting.

The deadline for submissions is April 5. If you would like to email your resume for consideration, please send it to Linda Arvers at larvers@oronoquevillage.com.

DISTRICT MEETINGS

District 1 will meet on March 29 at 6 p.m. at SCB.

District 3 will meet on Wednesday, March 8, at 6 p.m. at SCB. Catered by DiBellas, subs and assorted salads, desserts and beverages will be served. No charge for paid up members-\$5 for nonmembers. Questions? Gladys-203-380-8866 or Sonya-203-377-1515.

District 4 will hold a meeting on Thursday, March 23, at SCB.

District 11 will meet on April 20 at NCB.

OV ARTS GUILD TO SPONSOR A WRITING SEMINAR

Would you like to improve your writing skills or write a personal narrative for your family or just have fun with creating short stories or even a novel? This is your chance to hone your skills with a professional instructor in a friendly, supportive atmosphere.

Marge Ragozzino, an Oronoque resident as well as the author of seven published children's novels and former teacher at Sacred Heart University and University of Bridgeport, is offering a writing seminar for OV residents. Each class will consist of a lesson with handouts, followed by a helpful critique of each student's work by the group. Classes will meet for two hours per session over approximately six weeks. The class size is limited to six residents to ensure time for individual attention from Marge.

A fee of \$15, collected at the first meeting, will go to support the activities of the Arts Guild. The time and place of the meetings will be determined once the group is formed.

Interested? Please contact Marge at 475-282-4422 (home) or 203-258-5401 (cell).



OVRTD WINE CLUB: GRAPE EXPECTATIONS! IS PLANNING AN "EVENING IN ITALY"

By Bill Tanski

Giuseppe Verdi said, "You can have the universe as long as I have Italy." On April 21, we will have it all ... It is the return of the OV Wine Club and our "Tour of Italy." Again, our indomitable wine instructor, Len Gulino, will be our tour guide.

Come join us. Go up, down and sideways along the "Boot of Italy." To the Alps! To the Adriatic! To Piedmont! To Tuscany ... and other stops on our tour! Taste the wine and feel like an Italian as you experience a taste of the country that gave us the Renaissance, Michelangelo, Leonardo DaVinci and pizza.

Sip some wine with us, enjoy some Italian treats, close your eyes and you will be transported to Italy. Dream you are listening to an aria from *Aida* in your orchestra seat at La Scala in Milan.

Not too shabby an experience for only \$25 per person. Watch for the upcoming flyer in *The Villager*. Seating will be limited to 40.

SAVE THE DATE: TENNIS CLUB PARTY IN JUNE

The Oronoque Village Tennis Club will hold a "Roaring '20s Party" on the evening of June 24 at the North Clubhouse.

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.

ACTIVITIES

EDITOR'S NOTE: *To ensure accuracy, information must be submitted, via email, to Carol King at 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 March 15, is March 2 at noon.*

ADULT COLORING

- Adult Coloring meets Fridays 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 Feb. 22, March 8 and March 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 Fridays of each month from 10:30 a.m. to noon in the Card Room at NCB. The next meeting is on March. 10. The book to be discussed is *Celebration of Discipline: the Path to Spiritual Growth* by Richard J. Foster. For information, contact Helen (355-0007) or Tina (375-0291).

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. **There are no classes on March 15.**

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.

KINDNESS IN OUR VILLAGE

By Bill Tanski

Henry James wrote: "Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."

Over the years, many good people have committed acts of kindness within OV. By chance, some of these deeds we know, while others occurred in the shadows, and we may never know of them.

As a writer, I can only chronicle about what I know. I know of three wonderful Villagers who recently performed an act of generosity. This is their story. But I dedicate it to others in the Village who might have done the same as well. Whether known or unknown, we thank you. I wish I could write about each of you.

During the Feb. 9 snowstorm, a number of Villagers committed random acts of kindness within OV. While many Villagers were sheltered in the storm and awaited their roads and driveways to be plowed, some brave and kind residents went out into the storm to deliver warm food to our maintenance workers. There was not a plea nor a request from any worker. But kind and generous people do not need to hear

any call; their generous hearts sensed the need and they put kindness into motion.

As the storm raged, **Deb O'Hagen, Joan Schmitt and Judy Bryant** conspired in their kitchens to bring comfort to our noble maintenance crews. Soups, casseroles and other warm dishes were created with the object of refueling our crews as they battled a major winter storm. Then, while others, like this author, were nestled in a warm spot, these three indomitable people donned hats, coats and gloves to deliver these culinary treasures to our hard-working maintenance crews.

Someone once wrote, "You cannot do a kindness too soon for you will never know how soon it will be too late." Deb, Joan, Judy and all others not mentioned ... on behalf of many of us, I hope it is not too late to thank you for your kindness and generosity of spirit! **OV**

Editor's Note: *This is the first in what we hope to be a continuing series that covers acts of kindness that occur in our community. If you know of others in the Village who should be recognized within this column, please email details to Bill Tanski at cwdtans@gmail.com*



CALENDAR

For the latest on OV news and events, go to www.oronoquevillage.com or OVTV. OVTV is Channel 591 for those with a cable box and Channel 121-591 for those without a box.

WEDNESDAY, MARCH 1

- 9:30 a.m. – Beginner Line Dancing, NCB, Aud (O)
- 10:00 a.m. – Line Dancing, NCB, Aud (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Room (O)
- 10:00 a.m. – Communications Committee, NCB, B/R (O)
- 10:00 a.m. – Hadassah, NCB, C/R (C)
- 12:30 p.m. – Body Sculpting, SCB, Aud (O)
- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – District 8 Meeting, NCB (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 7:00 p.m. – Book Club, NCB, Library (O)

THURSDAY, MARCH 2

- 9:30 a.m. – House Committee, NCB, B/R (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)
- 1:30 p.m. – Matter of Balance Class, NCB, Aud (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 4:00 p.m. – Arts Guild Board Mtg, SCB (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, MARCH 3

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 2:00 p.m. – Adult Coloring, SCB, C/R (O)
- 4:30 p.m. – It's 5 O'Clock Somewhere, NCB (O)

SATURDAY, MARCH 4: No events scheduled

SUNDAY, MARCH 5: No events scheduled

MONDAY, MARCH 6

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

TUESDAY, MARCH 7

- 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)
- 10:00 a.m. – House & Grdn Brd Mtg, NCB, B/R (C)
- 1:30 p.m. – Matter of Balance, NCB, Aud (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – Funseekers Board Meeting, SCB (C)
- 7:00 p.m. – Men's Club / Senior Services Lecture, SCB (O)

WEDNESDAY, MARCH 8

- 9:30 a.m. – Beginner Line Dancing, NCB, Aud (O)
- 10:00 a.m. – Line Dancing, NCB, Aud (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Room (O)
- 10:00 a.m. – Current Events, SCB (O)
- 12:30 p.m. – Body Sculpting, SCB, Aud (O)
- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – District 3 Meeting, SCB (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

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THURSDAY, MARCH 9

- 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)
- 1:30 p.m. – Matter of Balance Class, NCB, Aud (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 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)

FRIDAY, MARCH 10

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:30 a.m. – Ladies Bible Study, NCB, C/R (O)
- 2:00 p.m. – Adult Coloring, SCB, C/R (O)
- 7:00 p.m. – Movie: *Bridget Jones's Baby*, NCB Lounge, (O)

SATURDAY, MARCH 11

- 6:00 p.m. – Weekenders Event, SCB (C)

SUNDAY, MARCH 12

- 4:00 p.m. – Hadassah Dinner & Movie, NCB (O)

MONDAY, MARCH 13

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 1:30 p.m. – House & Garden General Mtg, SCB (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, MARCH 14

- 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. – Funseekers Meeting, SCB (O)

WEDNESDAY, MARCH 15

- 10:00 a.m. – Sculpture Class, SCB, A/C Room (O)
- 10:00 a.m. – Blood Pressure Screening, NCB (O)
- 12:30 p.m. – Body Sculpting, SCB, Aud (O)
- 2:00 p.m. – Movie: *Bridget Jones's Baby*, SCB (O)

- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

THURSDAY, MARCH 16

- 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)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 7:00 p.m. – Men's Club Bingo, SCB (O)

FRIDAY, MARCH 17

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 2:00 p.m. – Adult Coloring, SCB, C/R (O)



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PEOPLE'S CHOICE AWARD WINNER: FRED BRIDSCHGE

Story by Carol King ~ Photo by Marcia Klein

During a ceremony for the Galerie OV Fall Show, the People's Choice award was presented to Fred Bridschge for his colorful pastel painting, titled "Rhino Life."

Those who attended the reception were given a birds-eye view of Fred's creative talent. He arrived at the party adorned in a colorful topcoat that he designed and sewed, using a tapestry of the New York City skyline. According to a multitude of reports, "The coat is fabulous."

"I enjoy looking at the Etsy website to find materials that I can work with, creatively," Fred says. "Sometimes, I make costumes. When I saw the fabric of New York, I knew I wanted to make something out of it. I bought four yards!"

Not surprising, his creative talents have led to a career in graphic design. He received a fine arts and graphic design degree from Southern Connecticut State University in 2005. Currently, he is self-employed and caters to a variety of clients, including Sodexo and GE.

As an artist, Fred enjoys taking photographs and painting in oils, acrylics, watercolors and pastels. "Rhino Life" started off as a stuffed animal purchased from HomeGoods, which he then photographed. He enhanced the image using a computer and Photoshop software and then painted the cumulative imagery onto a canvas.

The award-winning piece is on view at Galerie OV, located in the South Clubhouse, through the end of the month.

Fred, who is 52, is a veteran of the U.S. Air Force. He spent eight years in the service and was a missileer at the Titan II Launch Complex in Little Rock, Ark., two years after the most highly publicized disaster in the history of the Titan II missile program. (A missile exploded within the launch duct on September 19, 1980. An Air Force airman was killed, and the complex was destroyed.) The Titan II Missile Launch Complex 374-7 Site was listed in the National Register of Historic Places on February 18, 2000.

"When the Gulf War started, the Air Force asked me what I would like to do next," he says, chuckling. "This was very unusual for the military because, usually, they tell you what to do instead of asking what you want to do!"

He opted not to fight in Saudi Arabia, and was sent to Guam where he taught war readiness. He also was stationed in Alaska, where he oversaw the running of a military dormitory and a hotel for military personnel.

Fred and his partner, David Bingham, arrived in Oronoque Village in 2008 and have been happily living in District 10 since their arrival.

A photo of Fred with the painting appears on page 3 of this publication. Also, "Rhino Life" was featured on the cover of the Feb. 15 edition of *The Villager*.

OV



Barbara Stewart presents Fred Bridschge with the People's Choice Award for the Fall OV Art Show during a recent ceremony as Mel Holson looks on.

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As seen on Channel 8's CT Style

PLETMAN CONCERTS

Continued from page 5

Sunday, May 21, 3 p.m.: "¡FIESTA! - Music from Latin America & Spain for Classical Guitar & Mandolin by Judy Handler & Mark Levesque"

Husband-and-wife duo, Handler and Levesque have performed more than 2,000 concerts together in the United States and Europe at festivals, arts centers, universities and museums. Recent highlights include performances in Portugal and Spain in August 2016, Eurofest 2014 in Bruchsal, Germany and The English Church in Amsterdam, the Netherlands, among many others. They are founding members of the New American Mandolin Ensemble that performs contemporary classical music in the U.S. and abroad.

Judy Handler received a master of music in guitar performance from the Hartt School of Music, a bachelor of music from the Cincinnati Conservatory of Music, a diploma of merit from Accademia Musicale Chigiana in Siena, Italy, a certificate from Curs Internacional de Música at the Vila-Seca i Salou Conservatory in Spain and a diploma from the Aspen Music School. She is the founder of the Connecticut Guitar Society.

Mark Levesque has performed on guitar (classical, jazz archtop, 12-string, electric and gypsy), mandolin and cuatro in numerous ensembles throughout New England, most recently with the City Singers of Hartford. He has played and arranged jazz, Latin and blues music, and has worked with synthesizer orchestration and studio recording. His passion for guitar and mandolin music has led him to research music from all over the world and his creative ideas have been the stimulus for many of the arrangements performed by the group.

All concerts take place at the North Clubhouse and are followed by a reception with refreshments. Admission is \$5 at the entrance. 

BEYOND THE VILLAGE

Yale Repertory Theatre in New Haven continues its 50th anniversary season with a new production of *Assassins*, book by John Weidman, music and lyrics by Stephen Sondheim, directed by James Bundy. The show will run March 17–April 8 at the University Theatre (222 York Street). Opening night is March 23.

United in states of disillusionment and alienation, nine men and women emerge from the shadows of the 19th and 20th centuries to take what they believe is their best—and only—shot at the American Dream. Fueled by our national populism in politics and in song, this Tony Award-winning musical masterpiece is a bone-chilling thrill ride through U.S. history.

Tickets for *Assassins* range from \$12–\$99 and are available online at www.yalerep.org, by phone at 203-432-1234 and in person at the Yale Rep Box Office (1120 Chapel St.). Student, senior and group rates are available.

The cast of *Assassins* is Stanley Bahorek, Stephen DeRosa, Lucas Dixon, Austin Durant, Dylan Frederick, P.J. Griffith, Richard R. Henry, Fred Inkley, Courtney Jamison, Jay Aubrey Jones, Robert Lenzi, Lauren Molina, Julia Murney, Brian Ray Norris, Sana "Prince" Sarr and Liz Wisan.

Westport Country Playhouse will present a spring production of the acclaimed musical memoir, *The Pianist of Willesden Lane*, starring Grammy-nominated pianist and storyteller Mona Golabek. The unique piece is about Golabek's mother, who, as a young Jewish girl, escaped the Holocaust, holding on to her music to stay alive. Golabek intertwines the true story of family, hope, and survival with piano selections by Grieg, Chopin, Beethoven, Debussy, Bach and even a little Gershwin.

The Pianist of Willesden Lane will have a limited, seven-performance engagement at the Playhouse from Wednesday, April 5, through Sunday, April 9.

For more information or tickets, call the box office at 203-227-4177 or toll-free at 1-888-927-7529. Tickets are available online at www.westportplayhouse.org. 



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FITNESS FOR OLDER ADULTS

To get all of the benefits of physical activity, try all four types of exercise -- endurance, strength, balance, and flexibility. This article addresses strength exercises.

Exercises That Build Muscle: Strength exercises build muscle, and even very small changes in muscle strength can make a real difference in your ability to perform everyday activities like carrying groceries, lifting a grandchild, or getting up from a chair.

Strength Exercises to Try: These 10 muscle strengthening exercises shown below target the upper and lower body.

Upper Body Exercises

- Wrist curls
- Arm curls
- Side arm raises
- Elbow extensions
- Chair dips
- Seated rows with resistance band

Lower Body Exercises

- Back leg raises
- Knee curls
- Leg-straightening exercises
- Toe stands

What to Use, How to Start : To do most of these strength exercises, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength-training equipment at a fitness center or gym. Start with light weights (2-5 lbs.) and gradually increase the amount of weight you use. Starting out with weights that are too heavy can cause injury. If you can't lift or push a weight eight times in a row, it's too heavy for you, and you should reduce the amount of weight.

How Much, How Often? Try to do strength exercises for all of your major muscle groups on two or more days per week for 30-40 minutes at a time, but don't exercise the same muscle group on any two consecutive days. Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises when starting a new routine. After doing these exercises for a few weeks, you will probably not be sore after your workout.

Lifting Weights

- When using weights, take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting position. Don't let the weight drop; returning it slowly is very important.
- Breathe out as you lift or push a weight and breathe in as you relax.
- Don't hold your breath during strength exercises. This



could affect your blood pressure, especially if you have heart disease.

- Use smooth, steady movements to bring weights into position. Avoid jerking or thrusting movements.

Building Strength

To build strength, gradually increase the amount of weight you use. Start out with a weight you can lift only 8 times. Use that weight until you can lift it easily 10 to 15 times. When you can do 2 sets of 10 to 15 repetitions easily, add more weight so that, again, you can lift it only 8 times. Repeat until you reach your goal.

Safety Tips

- Avoid locking the joints of your arms and legs into a strained position. To straighten your knee, tighten your thigh muscles. This will lift your kneecaps and protect them.
- If you are starting an exercise program or your arms feel tired after several repetitions, complete the exercise by using one arm at a time. Alternate sides, and then work your way up to using both arms at the same time.
- If it's difficult to hold hand weights properly, try using wrist weights.
- For exercises that require a chair, choose one that is sturdy and stable enough to support your weight when seated or when holding on during the exercise.
- Talk with a certified trainer or your doctor if you are unsure about doing a particular exercise, especially if you've had hip or back surgery.

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.

CAN I CLAIM MY GIRLFRIEND AND OTHER TAXING MATTERS



Unless you are live-streaming your home entertainment, you must have seen commercials for tax preparation so many times that you decided its about time to subscribe to Hulu or Netflix. There's the one of Humpty Dumpty after taking a great fall, Jon Hamm giving tax advice to a zombie and my personal favorite – a spooked-out Kathy Bates asking if she can

claim the creepy kids who came with the house she moved into.

The commercials are all good for a few laughs which, of course, is what they are intended to do. But, I also have to laugh at the advice that Ms. Bates is given in the commercial – that she can't claim the kids, but she can claim moving expenses. Can she really claim moving expenses? Possibly, if she moves more than 50 miles from her former job to take a new job, but not if she is moving to escape her haunted house! But, what about claiming those creepy kids?

Before answering the question, let's look at the definition of "head of household," which offers several advantages over filing single. I will often hear single people who want to claim "head of household" even though no one is residing with them beside their pets. Sounds reasonable – right? If we are the lord or lady of our domain why shouldn't we be able to claim "head of household"?

It's because the IRS definition of head of household is: 1) That the taxpayer is not married at the end of the year or "considered unmarried" (married but living separately) for the last six months of the year. 2) The taxpayer paid more than half of the costs of a household i.e. rent, mortgage interest, real estate taxes, insurance, repairs, utilities and food. 3) The taxpayer maintains the home for either a qualifying child or a qualifying relative for more than six months. 4) The taxpayer maintains a home for a parent for the entire year and can claim the parent on his or her tax return.

So, if Kathy Bates is maintaining a home for just herself, she would obviously file as single. However, assuming that the children have been abandoned, she should consider contacting a child welfare agency and apply to become

their foster parent. The difference between the standard deduction for single and for head of household is \$3,000 (\$6,300 vs. \$9,300) and the exemptions are \$4,050 per child. She would also be entitled to the child tax credit of \$1k per child and the earned income credit (if she meets the financial qualifications) which could be as much as \$5,572 annually for two children. If all goes well for Kathy and the kids, she can adopt them and take the adoption credit of \$13,460 per child, which she can carry forward for up to five years until the credit is used up. In addition to the deductions, exemptions and credits, the tax rates are slightly lower for a head of household than they are for a single person.

Now for all of us Oronoque residents who have a child in the basement, a mother-in-law in the second bedroom or a person who came to dinner and never left, what can we claim? As in Ms. Bates' case, we can claim the "head of household" deduction and dependent exemption if we are paying over half the cost of maintaining the household and the child is a qualifying child or qualifying relative. To be a qualifying child, the child must either be 19 or under or 24 or under and a full-time student and can be a sister, brother, niece, nephew, step child, a descendant of any of these relatives, a foster child and, of course, your own child or grandchild.

A disabled child can be claimed at any age. The child must reside with you for at least six months (time spent away at college is considered the same as time spent at home) during the year and not pay over half of their own support. A child or relative who doesn't meet the age test for a qualifying child can be claimed as a qualifying relative as long as they don't receive over \$4,050 of gross income (not including social security income) and you are providing over half of their support. In addition, in-laws, parents and step-parents are included as qualifying relatives.

So, we can claim head of household and an exemption for the adult child or the mother-in-law subject to the income and support requirements.

However, the boyfriend/girlfriend cannot qualify you for head of household, but can be taken as an exemption if they meet the support and income criteria *and* live with you the entire calendar year. In other words, a "friend with benefits" might entitle you to a tax benefit as well!

NOTE: The data used in this article is based on the 2016 IRS figures and is usually adjusted annually. OV

Tom Weinstein is an Oronoque Village resident and a tax advisor with H&R Block.



**NOTICE TO RESIDENTS:
PLEASE OBEY THE
OV TRAFFIC RULES**

- The speed limit is 20 miles per hour.
- Drivers must come to a complete halt at all stop signs.
- Pedestrians should walk facing traffic.
- When cars approach, walkers should form a single file.



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Our family is always looking for ways to better assist the community we serve. We understand the emotional and financial cost of a long-term illness.

We have a member of our staff, who can help provide guidance and education regarding the programs and strategies that can assist you in staying at home and possibly help and protect the unnecessary transfer of your families' assets to a nursing home.

Call now and learn more on preserving your independence and the protection of your legacy. There is no cost or charge for a free consultation. For further information, please call the **Adzima Funeral Home** and ask for James Cowan. **203-375-2200.**

FUNSEEKERS MUSICAL TRIP TO IRELAND

A TRIP TO IRELAND ON THE WINGS OF MUSIC

Funseekers is fortunate to have a return engagement by singer Peter McKiernan accompanied by Buddy Connolly on the accordion.



Both artists are famous for their authentic Irish and Celtic folk music.

To enhance your trip, there will be fresh, homemade Irish soda bread along with samples of Irish cream. No blarney!!

**When: Tuesday, March, 14, 2017 * 7:00 PM at the South Clubhouse
Admission: \$2 members, \$5 guests BYOB and snacks
Annual dues are \$10 per person. ???? Bob Krakovich (203) 752-6105**



Information About FREE Senior Services Available To Oronoque Residents

The Oronoque Village Men's Club and Stratford Senior Services have joined together to provide a program to make Oronoque residents aware of *free* services available to them.

Some of the free services (to name a few) include:

**Transportation
Homecare Resources
Individual Counseling**

**Informational meeting will be held in the SCB auditorium
at 7:00 pm, March 7, 2017**

Open to all residents. Program is FREE, no fees.

???? Call: Sandy Lunt (203) 377-5833

**TIRED OF NOT FEELING WELL?
TIRED OF BEING TIRED?
YOU ARE WHAT YOU EAT!**



SAC presents: Joanne Hoffman, M.S. who will be offering a presentation on *Decoding Food Labels: Don't Judge a Food by its Label*. Joanne has lots of visual aids so you will really learn everything there is to know about a food label. It's a fun, interactive and informative event.

WHEN: Wednesday, March 22nd

TIME: 4:00-5:00pm

WHERE: OV North Clubhouse

**Please contact Barbara at 203 386-0533 with ?s
RSVP with names attending to the SAC Box before March 15**

SWING INTO SPRING

WHAT A COMBINATION: The incomparable sound of the GLENN MILLER ORCHESTRA in the romantic setting of the AQUA TURF CLUB, a sumptuous banqueting facility on 35 manicured acres in Plantsville, CT. We will relive our swinging years to the tunes of *STRING OF PEARLS*, *MOONLIGHT SERENADE* and *TUXEDO JUNCTION*.



When: Monday, May 15, 2017

Coffee and donuts on arrival Delicious lunch served family-style including broiled scrod, chicken ala Kathryn, pasta and garden salad.

Depart: 10:30 am South Clubhouse

Est Return 4:30 pm

Cost: \$95 (motor coach and gratuities included)

Check payable to Funseekers. Drop in NCB Funseekers Mail Box, no later than April 7, 2017. For information: Bob Krakovich, 203 752-6105



**MEN'S CLUB TRIP TO MOHEGAN SUN
MONDAY, MARCH 20
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

**HOUSE & GARDEN CLUB MEETING
WILL FEATURE A BEAUTY EXPERT
MARCH 13, 1:30 P.M., AT SCB**

Need a new look? Are you stressed out after the holidays? Is the winter weather drying out your skin? Are there age-related changes happening?

If the answer was "yes" to any of these questions, please come to the House and Garden's March 13th meeting, and meet Martha Crawford, an Independent Beauty Consultant with Mary Kay Cosmetics. She will show you tricks and tips for some solutions and pampering.

There are door prizes and refreshments after the meeting. Guests are always welcome for a small fee.



HADASSAH PRESENTS DINNER AND A MOVIE MARCH 19 AT NCB

Mark your calendars for Sunday, March 19 at 4PM and come to the North Clubhouse for another of Hadassah's enjoyable Sunday evenings and partake in a light meal followed by a movie that all will enjoy.

In *The Magic of Belle Island*, one of Rob Reiner's best movies, Morgan Freeman plays Monte Wildhorn, a famous Western novelist whose passion for writing hits an impasse. He takes a lakeside cabin for the summer in picturesque Belle Island, befriending the family next door -- an attractive single mom (Virginia Madsen) and her young daughters -- who help him find inspiration again.



The cost is \$12. Questions? Call Sylvia Penzel 203-377-7250



POOL SOCIAL GROUP—Thursday, March 9

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.

COME ONE, COME ALL!!

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

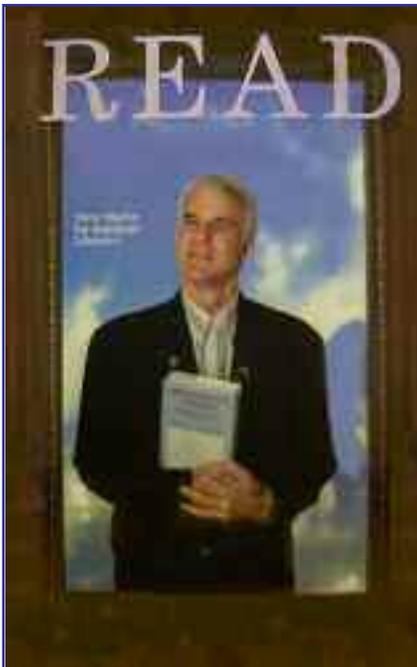


RELAX & MINGLE

Drop by with an appetizer to share

BYOB

Hosted by SAC Reps



**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 **March 1** is *A Man Called Ove* by Fredrik Backman.

For **April 5**, the book is *Tender is the Night* by F Scott Fitzgerald. In the wake of WWI, a community of expatriate American writers established themselves in the salons and cafes of 1920s Paris. They congregated at Gertrude Stein's select soirees, drank too much, married none too wisely, and wrote volumes about the war, about the Jazz Age, and often about each other. F. Scott Fitzgerald and his wife, Zelda, were part of this group, and it was while living in France that Fitzgerald began writing *Tender is the Night*. Begun in 1925, the novel was not actually published until 1934. By then, Fitzgerald was back in the States and his marriage was on the rocks, destroyed by Zelda's mental illness and alcoholism.

Tender is the Night is Fitzgerald's fourth and final completed novel. It is the story of the rise and fall of Dick Diver, a promising young psychoanalyst, who meets, treats and then marries the wealthy Nicole Warren. There appear to be parallels between the private life of the Fitzgeralds, and Dick Diver and his wife in the novel.

HADASSAH PASSOVER SEDER

All Villagers are invited to attend Haddassah's modern Passover seder.

Learn about the meaning of Passover: it is a holiday celebrating freedom, justice and peace for all.

When: Wed., April 5

Time: 12 p.m. at NCB

Admission: A Passover Dish

RSVP by March 27

Lillian: 203-380-8387

Carol: 203-375-2101

Refreshments
will be served

Open to all



Questions?
Call Sandy Lunt
203-377-5833.

Bingo: Presented by the Men's Club
Thursday, March 16, at 7:00 pm at SCB
Come and bring your friends. Cost: \$2.50/card

The Movie Club Presents *Bridget Jones's Baby*



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

Friday, March 10, at 7 p.m. at SCB
Wednesday, March 15, at 2 p.m. at SCB
\$1 admission includes popcorn

Bridget Jones's Baby is a 2016 romantic comedy film directed by Sharon Maguire and written by Helen Fielding, Dan Mazer and Emma Thompson, based on the fictional columns by Fielding. It is the third film in the franchise and a sequel to the 2004 film *Bridget Jones: The Edge of Reason*. The film stars Renée Zellweger as Bridget Jones. After becoming pregnant, Bridget is unsure whether Mark Darcy (Colin Firth, also reprising his role) or Jack Qwant (Patrick Dempsey) is the father.

FREE BLOOD PRESSURE SCREENING



Screenings take place on the third Wednesday of each month in the NCB Card Room at 10 a.m.



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Winter Brothers' Holiday Schedule for 2017

Below is a list of the holidays observed by Winter Brothers Waste Systems and details on how these holidays will impact trash & recycling pickup during the coming year.

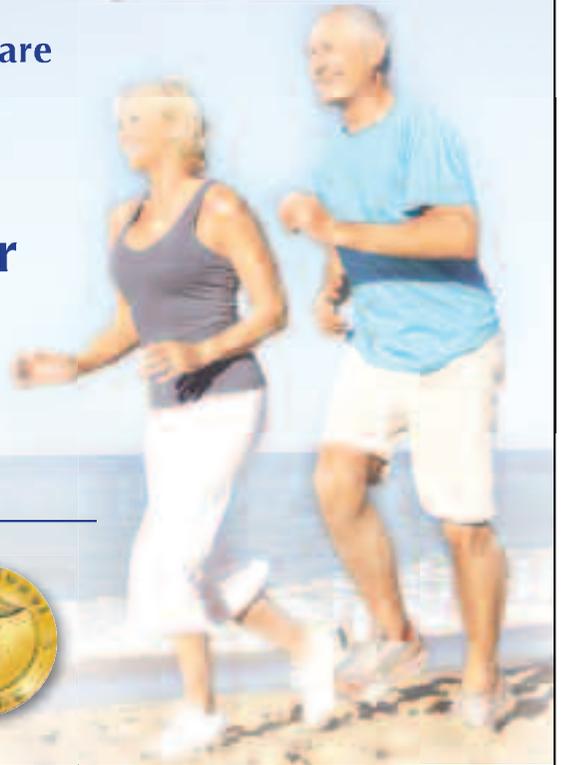
- Memorial Day, Monday, May 29**, will delay pickup till Thursday, June 1
- Independence Day, Tuesday, July 4**, will delay pickup till Thursday, July 6
- Labor Day, Monday, Sept. 4**, will delay pickup to Thursday, Sept. 7
- Thanksgiving, Thursday and Friday, Nov. 23 and 24**, *No change in pickup schedule*
- Christmas, Monday, Dec. 25**, will delay pickup till Thursday, Dec. 28

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