

March 1, 2018



THE VILLAGER



FEATURE

- 5 Pletman Concerts



FEATURE

- 7 House & Garden Tag Sale



FEATURE

- 8 Conscious Aging Class



Oronoque Country Club

“March Madness Highlights”

- Sunday Brunch March 11th, 18th and 25th
10:00am — 2:00pm
- Easter Dinner April 1st 11:00am – 3:00pm
- Weekly Soup and Sandwich Specials
- Trivia Every other Thursday at 5:30pm
Call for reservations
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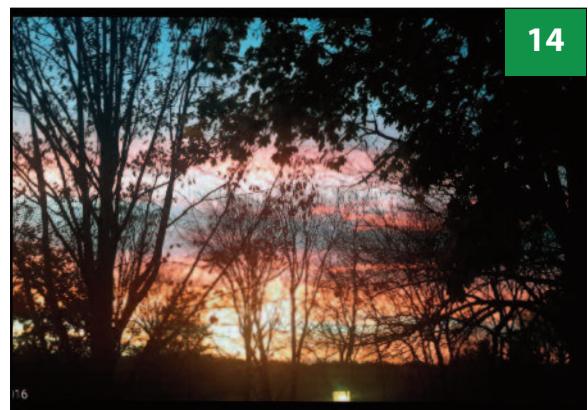
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Thanks to Pat Krause for contributing the cover photo, which was taken from her unit on Ottawa Lane. The Villager welcomes submissions for cover consideration. Submissions must be emailed as high-resolution jpeg images to cking@oronoquevillage.com

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A MESSAGE FROM THE EXECUTIVE DIRECTOR



By Fred Rodriguez

Sadly, last month Punxsutawney Phil reported another six weeks of winter. (Though, we look toward spring with much anticipation.)

In the meantime, I'd like to update you on a few items of note in the Village.

The Dragonheart Foundation generously donated an automatic electronic defibrillator (AED) for our use in the North Clubhouse. We will be purchasing a second AED for use at the South Clubhouse. A CPR training session, presented by the Stratford Fire Department and sponsored by the Men's Club, will be scheduled within the next two weeks.

During this training, residents and staff members will have the opportunity to learn various life-saving tech-

niques in addition to AED training.

Our "new" website is presently under construction. We have engaged the services of Frontsteps, which is working with our team in the development of the site. The new site will provide greater flexibility and integration with our accounting applications.

Further, the site's enhancements will include exclusive discussion groups for all of our respective organizations, the ability for owners to check on the status of their accounts and make payments online, the capability to post online surveys and the incorporation of a community calendar in "real time," so that residents will be up to date on meeting cancellations and time changes.

Earlier this month, we performed some audio-visual improvements at both clubhouses with the installation of new signal splitters along with some new cordless microphones.

At this juncture, the units operate without any feedback and also can be used in the outer lounge areas without any issues.

In regard to complaints about trucks parking in the community, we have formally engaged the services of A & A Towing for parking enforcement throughout the Village. In addition, a parking "boot" has been procured in order to insure compliance of our parking requirements.

We will be reintroducing the specific regulatory requirements for vehicles in the next few weeks.

OV

THE VILLAGER
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Please direct all questions regarding *The Villager* publication, 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.

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FEATURE

PLETMAN CONCERTS: SOUNDS OF SPRING

By Elisabeth Breslav

Bring out your calendars and make room for what promises to be an outstanding spring concert series.

Sunday, March 18 at 3 p.m. NCB: The Appenzeller Chamber Orchestra (or ACO), featuring 10 instrumentalists plus a soprano and a director, will perform works from Finnish composer Jean Sibelius, including his beloved "Valse Triste," and from Norwegian composer Edward Grieg, whose "Peer Gynt Suite No.1 and 2" never fail to enchant an audience.

The ACO is by far the largest group of instrumentalists ever to present a Pletman Concert at Oronoque. Founded by four individual sponsors, the orchestra provides musical joy to the community. Under the artistic leadership of Maestro Heejung Park, ACO holds monthly outreach concerts at various venues such as nursing homes, public libraries, community centers and local churches in the New Haven area. Orchestra members consist of musicians from the Yale School of Music and a few local freelancers.

Originally from South Korea, Heejung Park is establishing himself as one of the most dynamic and exciting conductors of his generation. His guest-conducting appearances include engagements in North America, Northern Europe and Asia.

Sunday, April 15 at 3 p.m. NCB: By popular demand, we travel back to South America, this time with a more in-depth musical study of Brazil alone, in a program called "Viva Musica Brasileira!" presented by Ali Ryerson on flute and Joe Carter on guitar.

This is a true celebration of the music of Brazil — samba, bossa nova, choro, baiao and others - and features songs by Brazil's classic composers such as Antonio Carlos Jobim, Luiz Bonfa, Pixinguinha, Baden Powell and Ary Barroso.

This duo is unique because of their extensive background in jazz. They use this to add jazz improvisations into the tunes, creating a sound that blends the best of both worlds and delights their audiences.

Sunday, May 20 at 3 p.m. NCB: Jessica Xylinna Osborne, piano, presents "Toward the Flame: a Concert in the Salon." Hailed by the Washington Post as a pianist "with a refreshing mellowness and poetic touch" after her debut with the National Symphony Orchestra, Dr. Osborne is widely considered one of the most intensely expressive and passionate artists of her peers. Her program



Top: The Appenzeller Chamber Orchestra, which will kick off the Pletman Concert 2018 series on March 18. Center: Ali Ryerson and Joe Carter will present a musical study of Brazil on April 15. Bottom: Pianist Jessica Xylinna Osborne, who will perform during the May 20 Pletman Concert.

will cover widely diverse composers, including works by Schumann, Wagner and Chopin, among others.

Admission is \$5 at the door. A reception with refreshments will follow the concerts and always leads to a lively interaction between our residents and the musicians.

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ANNOUNCEMENTS

NOTICE:

OVTD BOARD SEEKS CANDIDATES

The Oronoque Village Tax District is seeking candidates to fill the positions of director. The recommended slate will be voted on by residents at the Tax District Annual Meeting on May 22.

Those who are interested in serving on the OVTD Board are encouraged to submit resumes to the Business Office to be reviewed by the OVTD Nominating Committee.

The deadline for submitting resumes is March 30. If you would like to email your resume for consideration, please send it to Linda Arvers at larvers@oronoquevillage.com.

OV ARTS GUILD MEETING TO FEATURE TWO RESIDENT SPEAKERS

During the Arts Guild's quarterly meeting, to be held at 4 p.m. on March 15 at SCB, OV residents Elisabeth Breslav and Martha Talburt will present poetry and prose.

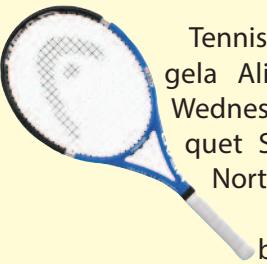
Martha, who you may know as a drawing instructor, has published two collections of poems, "Acorn on my Shoulder" and "Meditations."

Here's what two reviewers had to say about her work: "Martha Talburt's utterly delightful collection of poems and clever lyrical rhymes brings to the reader the gift of laughter and joy...while gaining a greater appreciation for oneself, life and nature. Poetry that amuses and give pause for thought - what a treat!" Joy Weston, author.

"Here is a serious poet who limbers up language to cajole and entertain you with humor and love." Rebecca Ellis, poet.

Elisabeth is a published author and a longtime contributor to The Villager. Known as "Bep" to her friends, she grew up in Holland during World War II and has written a memoir about these times, which she hopes will soon be published. One excerpt from her memoir has been published in an anthology of essays from around the globe called "That Mad Game: Growing up in a Warzone."

SAVE THE DATE: TENNIS 'TUNE UP' CLINICS



Tennis "Tune Up" Clinics, taught by Angela Alivisi, will be held weekly on Wednesdays, starting May 2, at the Racquet Sports Facility across from the North Clubhouse.

The five-week clinic, which will be held from 4-5:30 p.m., is aimed at experienced tennis players.

Further details will be published in upcoming issues of The Villager.

In her essay, she describes how she survived the "Hunger Winter" of 1944-45, bringing to light the effect of war on children and teenagers, who often are a forgotten part of the story. Elisabeth also will read other excerpts from her memoir.

Admission is free for Guild members, \$5 for nonmembers. Refreshments will be served after the meeting.

Questions? Call Barbara at 203-612-1373 or email barbsmt@yahoo.com.

CALL FOR ART: MARCH 29

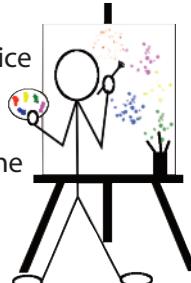
The Arts Guild is planning something different for its spring exhibit: the Guild is looking to feature four artists who have a body of work (six to nine pieces, depending on size) for display. Two artists at a time will have half of the gallery to show their works during two separate six-week exhibits.

This way, viewers will see the depth and variety of each artist's work. If there are more than four artists interested in this project, the selection of artists will be decided by a lottery.

The mediums to be considered for these exhibits are all styles of painting, photographs and sculpture.

If you are interested in participating in this unique show, please contact Ray Vermette at rayverm388@gmail.com or Barbara Stewart at barbsmt@yahoo.com or 203-612-1373.

There will not be a People's Choice Award for this show. A reception for the participating artists will be held on Sunday, July 8, in conjunction with the opening of the summer show.



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APRIL 7 IS THE HOUSE & GARDEN CLUB TAG AND BAKE SALE

By Irene Keating

The House and Garden Club Annual Tag and Bake Sale will take place on April 7 at SCB from 9 a.m. to 2 p.m.

"Stuff:" George Carlin used this to describe all the things we have in our home that we do not use or need anymore.

There are two ways you can use your "Stuff" to aid the House & Garden Club with this event:

1. Rent a table for \$18 per table to sell your "Stuff."

(Table reservation forms will be published in the March 15 and April 2 Villagers.)

2. Donate your "Stuff" to the House and Garden Club to sell during the tag sale.



A shopper at the 2017 House & Garden Tag Sale.

Money raised during the tag sale goes toward the beautification of our Village.

To date, the club has donated more than \$110,000 to beautification projects, which include the landscaping of the courtyard area at the front of the North Clubhouse and the installation of the wall and signage at the foot of Oronoque Lane.

Our current project is the enhancement of the entrance area to the South Clubhouse.

Bake sale donations also are requested. Please bring items to the South Clubhouse at 9 a.m. on April 7.

Questions? Call Irene at 203-377-3980.

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FEATURE: CONSCIOUS AGING CLASS

The premiere session of the OV Conscious Aging class was met with kudos from students, according to OV resident and class facilitator Peter Ulisse.

"As one student in the class said, 'I didn't know what to expect, but I love the sharing, the excellent discussion, and look forward to every week. I've learned so much that is helpful,'" Peter reports.

During the classes, students met in very small conversational groups and discussed such topics as self-compassion, forgiveness and the importance of "letting go" as we age.

"By listening to and learning from each other, participants ultimately see how a 'conscious' approach to the aging process can make us more aware of who we are and what we want to do with the rest of our lives ... lives that can still be filled with joy and meaning regardless of where

we are right now," says Peter.

He adds, "Aging is something everyone does, but it seems we don't give it much thought until later in life as we experience aching bones, personal loss and the fear associated with these. However, with the right outlook, we can embrace our aging process and make plans for our future."

The next eight-week Conscious Aging

course will be held at NCB on Mondays from 10 a.m. to 11:30 a.m., beginning April 16.

Full details on the next series of classes will be included in the March 15 edition of The Villager.

For more information, email peterulisse@yahoo.com.



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RATED FOUR PAWS

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.

CORN HOLE

- Corn hole, a bean bag toss game, is played on Thursdays at 10 a.m. at SCB. Everyone is welcome. Questions? Call Sue or Ralph Trapasso at 916-7156.

CURRENT EVENTS

- The Current Events Discussion Group will meet in SCB Card Room 1 at 10 a.m. on Wednesdays March 7, March 21, April 4 and April 18. Please bring a news article to the meeting.

DOLLCRAFTERS

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

LADIES BIBLE STUDY

- The Ladies Bible study group meets at 10:30 a.m. on the second and fourth Fridays of each month in the NCB card room.

The next meeting will take place March 9. Call Tina (375-0291) or Helen (475-227-2324) for information.

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.

POOL SOCIAL GROUP

- 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) for reunions and conversations. Call Sonya at 203-377-1515 for more information.

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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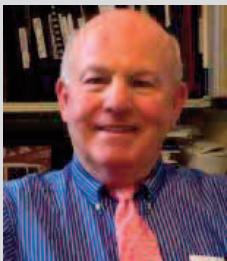
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- This is a two-part program, which includes Monitor Program and the Call-in Program.

If you would like to help keep our community costs down by volunteering once a week, please contact Dave Schoennagel at 203-814-8351/Schoen-nagel@ optonline.net.

WARNING: DO NOT FLUSH ADULT WIPES!

Don't flush adult wipes down the toilet.

Wipes can back up your home sewer line. (Think: Roto Rooter = \$300 or more.)

Wipes clog the Town sewer system. (Think: We pay the cost to unclog in our fees.)

Instead of flushing, put adult wipes in plastic bags, seal and toss into the garbage.

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TAX REFORM 2018

By Thomas Weinstein

It's tax season once again, but many of us -- whose tax situation is status quo from year to year -- are looking ahead to the effects of the Tax Cuts and Jobs Act (TCJA), which recently passed.

The TCJA was such a sweeping overhaul of the tax code that it will affect most taxpayers. The majority of taxpayers will realize a tax break on their 2018 taxes due to the increase of the standard deduction as well as the reduction of 3 percent-4 percent off of the 2017 tax rates.

However, there are many taxpayers who will still itemize their deductions and won't benefit as much, if at all, from the tax reform that is going into effect this year.

We have often used the old familiar saying about the inevitability of death and taxes; but paying income taxes hasn't always been a fact of life in this country. In the aftermath of the Boston Tea Party, our founding fathers were not about to establish an income tax. It wasn't until 1861 that an income tax was enacted by Abe Lincoln to help pay off the debt which was being created by the Civil War. This tax was repealed in 1872.

There was an income tax passed by Congress in 1894 that was ruled unconstitutional by a Supreme Court vote of 5-4 the following year. Finally, in July 1909, a constitutional amendment to establish an income tax was proposed in Congress. However, it wasn't until nearly four years later, in February 2013 that Amendment 16 was ratified. How's that for gridlock?

So, how will the TCJA affect us Villagers? The standard deduction for a single 65 and over is \$7,900 for 2017 and will be \$13,600 in 2018. The standard deduction for a married couple 65 and over is \$15,200 for 2017 and will be \$26,600 in 2018.

For many of us who only have state income tax and property taxes to itemize, we might find it more beneficial to take the standard deduction. This is reinforced by a second factor which is the \$10,000 deduction limit on the combined total of state income tax and property taxes. However, for those who have substantial medical costs, charitable contributions and mortgage interest in addition to state income tax and property taxes, itemizing might still be the better option.

As an aid to guiding us through the changes to see if we will be better or worse off under the TCJA, the Tax Policy Center of the Brookings Institute (<http://www.taxpolicycenter.org>) has a calculator that we can tailor to our specific situation.

I used this calculator to get the outcome of two scenarios: First scenario: a married couple, age 65, who had \$30,000 of pension or IRA income and \$25,000 of social security, \$10,000 of property taxes and \$7,000 of mortgage interest.

Assuming the same income and deductions for both years, this couple will take the \$17,000 of itemized deductions instead of the \$15,200 standard deduction on their 2017 taxes, but will take the \$26,600 of standard deduction for 2018. Their tax savings on their '18 taxes will be \$130 due to the tax reform.

Second scenario: a single person, age 65, who has the same income and deductible expenses for both years as the married couple in the first scenario. Since his itemized deductions of \$17,000 will be greater than his standard deduction of \$7,900 in 2017 and \$13,600 under the tax reform in 2018, he will itemize deductions in both '17 and '18 and -- according to the calculator -- he will wind up \$166 worse off due to tax reform.

But, if I increase the IRA income level for the married couple and single to \$40,000, with everything else the same, the married couple will benefit by \$424 from tax reform and the single person will

only be \$27 worse off.

As these scenarios illustrate, there will be winners and losers ... as there always are when new tax legislation is enacted.

A very significant change in the tax code is the elimination of the alimony deduction for divorces that are finalized after 2018. The corollary to this is that alimony recipients from divorces finalized after 2018 will not have to pay tax on this income.

So, tax reform will greatly benefit alimony recipients at the expense of the payers, but only if the divorce is not a done deal this year. (The divorce lawyers are going to have fun with this one!)

On a more positive note, for 2018 reporting purposes, the IRS will be introducing a new form, 1040-SR, which will be a short form designed specially for seniors. Seniors who take the standard deduction and only have retirement and interest income to report will be able to use this form.

I certainly hope that I haven't confused everybody too much, but in time many of us seniors will find that the TCJA has taken some of the confusion out of the tax code and simplified taxes for us in the years to come.

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Thomas Weinstein, an Oronoque Village resident, is vice president of the Bulls & Bears Investment Club and a tax advisor with H&R Block.



CALENDAR

For the latest on OV news and events, go to www.oronoquevillage.com or OVT. OVT is Channel 591 for those with a cable box and Channel 121-591 for those without a box. O=Open / C=Closed

THURSDAY, MARCH 1

- 10:00 a.m. – Corn Hole, SCB (O)
- 10:00 a.m. – Oil Painting, SCB, A/C Rm (C)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Quilting Group, NCB, C/R (O)
- 10:30 a.m. – House Committee, NCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:00 p.m. – Matter of Balance, SCB, Aud (O)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 1:30 p.m. – Tea, Talk & Crafts, SCB, C/R (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 2:00 p.m. – Writers' Group, , NCB, C/R (O)
- 2:15 p.m. – Watercolor Class, SCB, A/C Rm (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, MARCH 2

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:00 a.m. – Basic Drawing Class, SCB (C)
- 12:30 p.m. – Basic Portrait Class, SCB (C)
- 4:30 p.m. – It's 5 O'Clock Somewhere, NCB (O)

SATURDAY, MARCH 3: No events scheduled

SUNDAY, MARCH 4: No events scheduled

MONDAY, MARCH 5

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Conscious Aging, NCB, C/R (C)
- 10:00 a.m. – Paper Mache Workshop, SCB, A/C Rm (C)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 3:30 p.m. – Arts Guild Planning Committee, NCB, B/R (C)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:00 p.m. – Bulls & Bears, SCB (O)
- 7:30 p.m. – Carp Card Game, SCB, C/R (C)

TUESDAY, MARCH 6

- 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 & Garden Club Brd Mtg, NCB (C)
- 1:00 p.m. – Matter of Balance, SCB, Aud (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 2:30 p.m. – SAC Movie: *Dancing With Our Stars*, NCB (O)
- 7:00 p.m. – Funseekers Brd Mtg, SCB (C)

WEDNESDAY, MARCH 7

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Current Events, SCB, C/R (O)
- 10:00 a.m. – Communications Committee, NCB (O)
- 1:00 p.m. – Hadassah Movie: *Women's Balcony*, NCB (O)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 6:30 p.m. – Men's Poker, SCB, C/R (O)
- 7:00 p.m. – Book Club, NCB, Library (O)

THURSDAY, MARCH 8

- 10:00 a.m. – Corn Hole, SCB (O)
- 10:00 a.m. – Oil Painting Workshop, SCB, A/C Room (C)
- 10:00 a.m. – Zumba, NCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:00 p.m. – Matter of Balance, SCB, Aud (O)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 1:30 p.m. – Tea, Talk & Crafts, SCB, C/R (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 2:15 p.m. – Watercolor Class, SCB, A/C Rm (C)
- 4:00 p.m. – Winter Pool Social, SCB (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, MARCH 9

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:00 a.m. – Basic Drawing Class, SCB (C)
- 10:30 a.m. – Ladies Bible Study Group, NCB, C/R (O)
- 12:30 p.m. – Basic Portrait Class, SCB (C)
- 7:00 p.m. – Movie Club: *Darkest Hour*, NCB (O)

SATURDAY, MARCH 10: No events scheduled

SUNDAY, MARCH 11: No events scheduled

MONDAY, MARCH 12

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 9:30 a.m. – Architectural Committee, NCB (O)
- 10:00 a.m. – Paper Mache Workshop, SCB, A/C Rm (C)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 1:30 p.m. – House & Garden Club Mtg, SCB (O)
- 4:00 p.m. – Maintenance Committee Mtg, NCB (O)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:30 p.m. – Carp Card Game, SCB, C/R (C).

TUESDAY, MARCH 13

- 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 14

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 2:00 p.m. – Movie Club: *Darkest Hour*, SCB (O)

- 5:00 p.m. – Poker, NCB, C/R (O)
- 6:00 p.m. – District 3 Mtg, SCB (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 6:30 p.m. – Men's Poker, SCB, C/R (O)

THURSDAY, MARCH 15

- 10:00 a.m. – Corn Hole, SCB (O)
- 10:00 a.m. – Oil Painting Workshop, SCB, A/C Room (C)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Quilting Group, NCB, C/R (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 1:30 p.m. – Tea, Talk & Crafts, SCB, C/R (O)
- 2:00 p.m. – Writers Group, NCB, C/R (O)
- 4:00 p.m. – Arts Guild Meeting, SCB (O)
- 4:00 p.m. – Racquet Sports Committee, NCB, B/R (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 7:00 p.m. – Men's Club Bingo, SCB (O)

FRIDAY, MARCH 16

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:00 a.m. – Basic Drawing Class, SCB (C)
- 12:30 p.m. – Basic Portrait Class, SCB (C)

UPCOMING DISTRICT MEETINGS*

District 2 spring meeting will be held at SCB on Monday, April 16, at 6 p.m.

District 3 will meet on Wednesday, March 14, at 6 p.m. at SCB.

District 4 will meet on Tuesday, March 27, at SCB at 6 p.m.

District 5 will meet on Wednesday, March 21, at 6 p.m. at SCB.

District 6 will meet on Wednesday, March 28, at 7 p.m. at the South Clubhouse.

District 8 will hold a meeting on Wednesday, March 21, at 6 p.m. at NCB

District 9 has a meeting scheduled for Friday, March 23, at 6 p.m. at the North Clubhouse.

District 11 spring meeting: will take place on Wednesday, April 18, at 6 p.m. at NCB.

* Flyers with full details will be delivered to the black boxes.

**Visit our website at
www.oronoquevillage.com**

OV SNAPSHOTS

SAC extends a "thank you" to all who attended the "It's 5 O'Clock Somewhere" Valentine Event on Feb 2. It was a great success. There was an abundance of appetizers and a special treat: two boxes of sandwiches provided by Woodside Deli of Shelton.

"It's 5 O'Clock Somewhere takes place at NCB on the first Friday of every month at 4:30 p.m. The next event is this Friday, March 2.

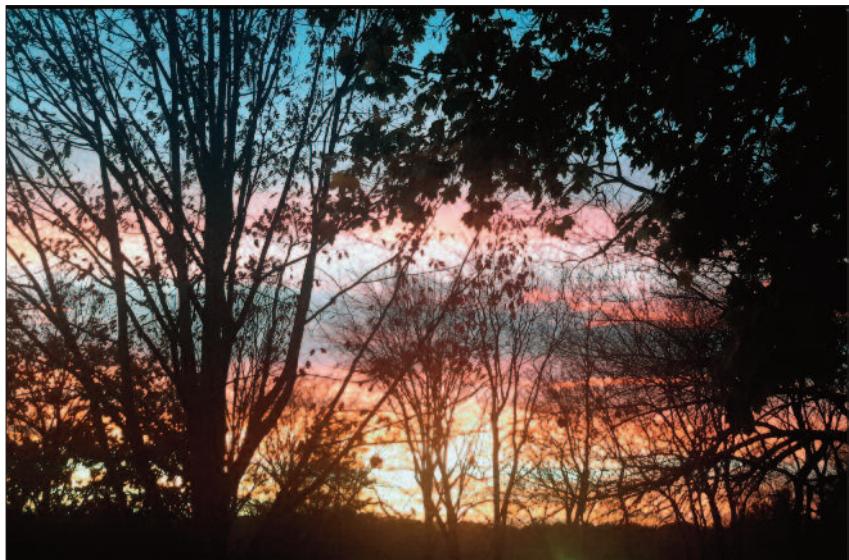
Sonya DeBiase contributed the photo of Marie Orlowe (left) and Mary Ann Weaver enjoying the February event.



An all-ladies table at the Men's Club Super Bowl Party on Feb. 4 was photographed by Bob Krakovich.

Bahin Samimy contributed this scenic shot of our community.

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FITNESS FOR OLDER ADULTS

SIX REASONS FOR WALKING

By Ed Genga, MA, CSCS

Walking is an ideal daily exercise for a wide variety of reasons – including its beneficial impact on body, mind and spirit!

Walking as a way to get daily exercise can help strengthen major organs in the body, promote bone density, boost the immune system, lead to a more positive outlook and more.

Find out why you should add walking to your daily to-do list and the advantages walking has as a simple, do-anywhere exercise.

Health Benefits of Walking:

Some benefits of a brisk, daily walk include:

1. Less Stress: The Scandinavian Journal of Medicine and Science in Sports published a study in the Jan. 6, 2015 issue showing that a 30-minute lunchtime walk done three times per week can boost mood and help to address stress. Next time work has your anxiety rising, try spending part of your lunch break on a walk.

2. A Longer Life: The New England Journal of Medicine followed 8,000 men over 12 years; those who walked two miles a day had a nearly 50 percent drop in the risk of death.

3. A Lowered Risk of Cancer: The same study found that those who walked two miles a day cut their risk of death from cancer by about 65 percent.

4. Weight Loss: If you want to lose the pounds, start walking! Several studies have shown that walking 8,000 to 10,000 steps per day (that is about four to five miles) is a highly effective way to keep the weight off.

5. Improved Brain Cognition: The National Council on Aging found that in people over the age of 60, a 45-minute daily walk at a brisk pace of a 16-minute mile significantly boosted cognitive performance. A different study found that 40 minutes of walking, three times per week, slowed the normal, age-related shrinkage of the hippocampus. This is the



[part of the brain that consolidates short-term memory – and for those with Alzheimer's disease, is one of the first regions to be damaged.

6. A More Active Social Life: Walking can easily be a social way to get physical exercise. Most sociologists believe that humans are highly social animals and are meant to live their lives within families, communities and tribes. When those connections are not present, we can suffer. So next time you go for a walk, consider inviting a friend along -- or, better yet, join a walking group – a great way to get physical exercise while connecting with others!

Advantages of Walking:

- It can be a simple substitute for driving, especially for shorter trips. Next time you can walk to run an errand. Give walking a try.
- No need to buy special workout clothes – walking can be done in street clothes. All you need is a good pair of walking shoes!
- It can be done anywhere – indoors and out, on flat or hilly land.
- It requires no skill or practice.
- It is one of the safest exercise options, with the least chance of injury.

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



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BEYOND THE VILLAGE

Downtown Cabaret Theatre in Bridgeport presents "Jesus Christ Superstar" March 16 through April 8.

Andrew Lloyd Webber's 1970 rock opera follows Christ's final days, dramatized with emotional intensity, thought-provoking edge and explosive theatricality.

Jesus Christ's meteor-like rise provides a parallel to contemporary celebrity worship, and as his radical teachings are evermore embraced, Judas increasingly questions the enlightened motives of this new prophet, resulting in betrayal. Propelled by a stirring score, by turns driving and majestic, satirical and tender, this rock opera illuminates the transcendent power of the human spirit.

For details, visit <http://www.dtcab.com> or call 203-576-1636.

~

Milford Arts Council, in association with Pantochino Productions Inc., presents Devin Bing in its second season of "Nite Spot Nights" at the Milford Center for the Arts on Saturday, March 3, at 8 p.m.

Nite Spot Nights offers a "nightclub-style" evening of live music. Patrons are encouraged to bring food and beverages to enjoy during the show. Wine, beer, soft drinks and snacks are also available for purchase on-site.

The New York Times calls Devin Bing's voice "smooth as a martini," stating "What distinguishes Mr. Bing from other sweet-talking, slick-haired pop loverboys is his mixture of original material with popular standards arranged in a post-Stevie Wonder style."

For information, call 203-878-6647 or visit <http://milfordarts.org>

~

Music Theatre of Connecticut in Westport presents "The 39 Steps" through March 18.

Alfred Hitchcock's classic is reinvented for the stage as a comedy thriller with fast-paced fun and hair-raising action.

For information, call 203-454-3883 or visit <http://www.musictheatreofct.com>.

~

Curtain Call Theater of Stamford presents "Mulberry Street" at the Dressing Room Theater through March 25 and "Annie" at the Kveskin Theatre March 30-April 28.

"Mulberry Street" revolves around an immigrant family living in a basement apartment in Little Italy, New York, and features a son, trying to woo a "Park Avenue" girl, a daughter looking for a husband, a bunch of crazy neighbors and a mother and father trying to hold it all together in their own dysfunctional way.

Based on the popular comic strip by Harold Gray, "Annie" has become a worldwide phenomenon and was the winner of seven Tony Awards, including best musical.

The beloved book and score -- by Tony Award winners Thomas Meehan, Charles Strouse and Martin Charnin -- features some of the greatest musical theater hits ever written, including "Tomorrow."

With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City orphanage that is run by the cruel, embittered Miss Hannigan.

For tickets, call 203-329-8207 or visit <https://www.curtaincallinc.com>

~

Mentalist James Mapes will perform at Fairfield Theatre Company on April 5 at 7 p.m. "Master of the Imagination" is a combination of suggestion, nonverbal communication, misdirection, intuition, psychology, storytelling and a dash of magic.

Considered one of the world's foremost authorities on applied imagination, Mapes has been a student of human behavior for more than 40 years. He performed his first magic show at the age of 9, attempted to hypnotize his brother at 12 and began acting at the age of 13. This has led to a life-long fascination with the subconscious.

For information, call 203-259-1036 or visit <https://www.fairfieldtheatre.org>.

~

Tony Award-winner Leslie Odom, Jr. ("Hamilton") will headline the Long Wharf Theatre 2018 Gala on Monday, June 4. He will appear with his five-piece band performing pop and jazz standards along with tunes from his Broadway roles. The event begins at 6 p.m. with a cocktail reception featuring a sampling of fine foods. Odom, Jr. will perform at 8 p.m. on the Claire Tow Stage in the C. Newton Schenck III Theatre. For more information or to reserve tickets, email Kathy Cihi at kathy.cihi@longwharf.org or visit <http://www.longwharf.org>. **ov**

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FIRST FRIDAY OF THE MONTH AT NCB



RELAX AND MINGLE

Drop by with an appetizer to share

BYOB

Hosted by SAC

FUNSEEKERS MARCH EVENT



Come join us for a fun packed musical evening on Tuesday, March 13th at 7PM at SCB.

Brothers Jesse and Levon Ofgang combine the great highland bagpipes, uilleann pipes and border pipes with virtuosi finger-style guitar creating an exciting mix of traditional and contemporary Celtic music. Look forward to seeing you all there for this musical concert that you will thoroughly enjoy.

No Advanced Reservations Required. Admission: \$2 Members, \$5 Guests.

BYOB/Food/Snacks if you wish. Desserts and beverages following the event.

Questions? Contact: Bob Krakovich: 203-752-6105



Dancing with Our Stars 2017 video



Join us on March 6

at

2:30 p.m. at NCB ...

Bring your own snacks and
enjoy the great performances

No admission charge

Sponsored by SAC



*It's time to sign up and get moving for a repeat
of SAC's smash hit event,
"Dancing With Our Stars," on April 28!*

*Participants will learn moves that they've never
had before. Meet your match on the dance floor
while wearing resplendent finery.
Don't miss out!*

*For more details, contact Celeste at 203-520-4569
or Barbara at 203-386-0533 / mbminoff@aol.com*

Oronoque Village Men's Club's Pancake Breakfast

Date: Saturday, March 24, 2018

Time: 9:00 am to 11:00 am

Place: South Clubhouse

Cost: \$5 per person. (Children under 12 Free)

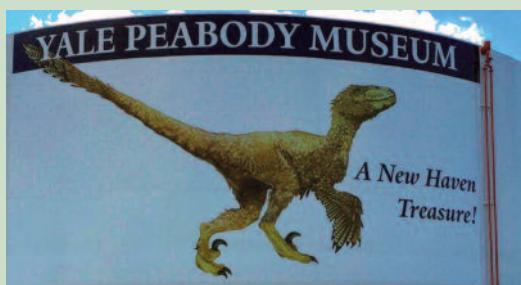
Menu: Pancakes, syrup and butter, bacon, sausage, orange juice, diced peaches, coffee (reg & decaf), tea



Make checks payable to OVMC with pancake breakfast in memo section and deposit in Men's Club box in NCB by Thursday, March 22nd

Volunteers, cooks, runners and servers to report for duty and assignments @ 7:00 am.

Call Sandy Lunt (203) 377-5833 or Jerry Brown (203) 378-7781



The House and Garden Club Presents:

**“Rediscovering the
Yale Peabody Museum”**

March 12 at SCB at 1:30 p.m.

There will be a presentation about the museum's history and future.

- **View a selection of objects and specimens,
each with their own unique story.**
- **Learn about significant updates at the museum.**
- **Become acquainted with the many facets of the Peabody.**
- **Get exposed to natural and cultural history.**

Dessert and coffee or tea will follow the program.

Guests are always welcome for a small fee.



**MEN'S CLUB TRIP TO MOHEGAN SUN
MONDAY, MARCH 19, 2018
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**

**Hadassah Presents a Movie ...
All Are Invited to View:**

The Women's Balcony

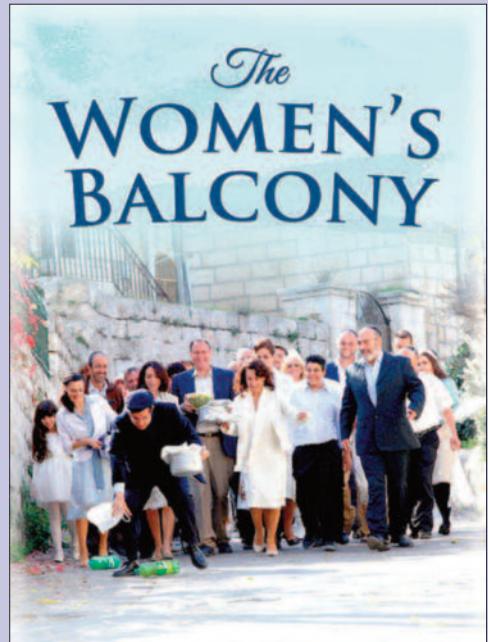
March 7 at 1 p.m. at NCB

An accident during a bar mitzvah celebration leads to a rift between the men and women in a devout community in Jerusalem in this rousing, good-hearted comedy.

Awash with Jerusalem's distinctive glow, *The Women's Balcony* is a warm, poignant portrait of a modern community struggling to balance protocol with practical, progressive values - at once rebellious and respectful in spirit.

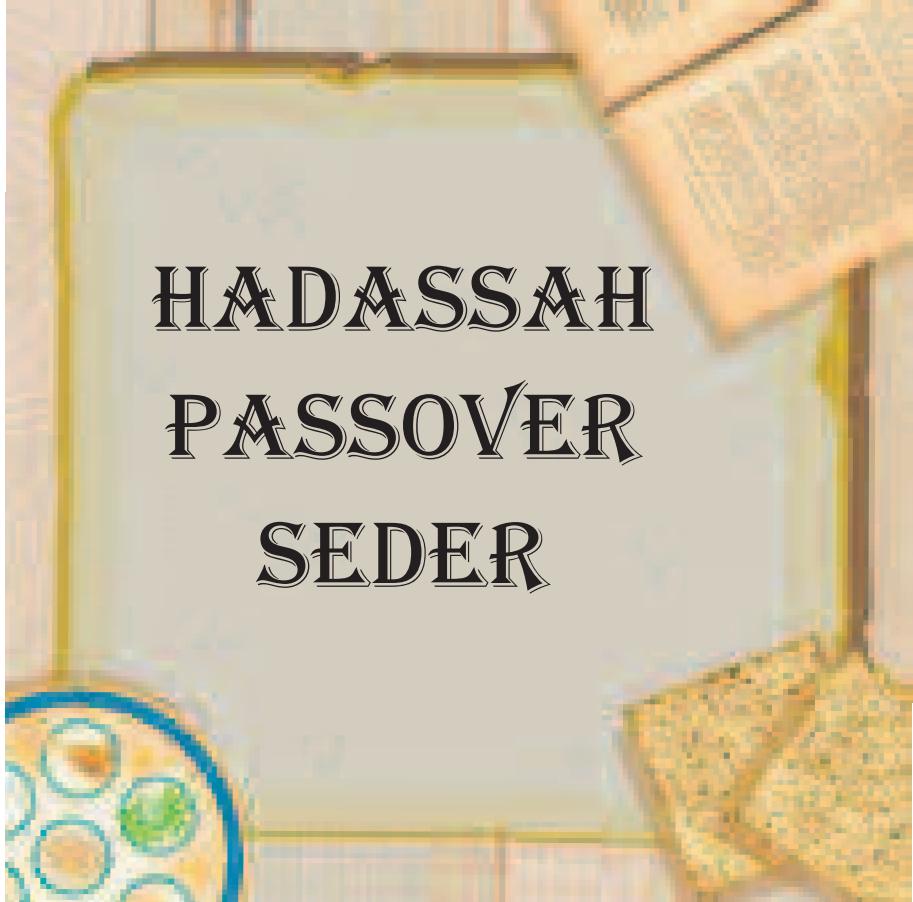
Subtitled / 96 minutes

Questions? Call Carol at 203-375-2101.



"With rich characters and a thoughtful approach to timely themes, *The Women's Balcony* tackles complicated subjects with intelligence, compassion, and wit,"

Rotten Tomatoes



**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., March 21

Time: 12 p.m. at NCB

Admission: A Passover Dish

RSVP by March 15

Lillian: 203-380-8387

Carol: 203-375-2101

**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 Hinda at 203-385-3855.

The March 7 book is *Tribe* by Sebastian Junger.



The book for discussion for April 4 is *A Gentleman in Moscow* by Amory Towles.

Gentleman in Moscow immerses us in another elegantly drawn era with the story of Count Alexander Rostov. When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from Kremlin.

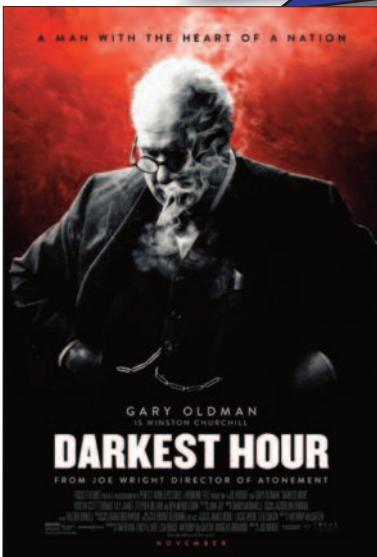
Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.



**PLEASE VISIT OUR FACEBOOK PAGE:
OV CONNECTIONS**

**NOTE:
A FACEBOOK ACCOUNT
IS REQUIRED TO VIEW THIS PAGE**

The Movie Club Presents “Darkest Hour”



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

Friday, March 9, 7 p.m. at NCB

Wednesday, March 14, at 2 p.m. at SCB

\$1 admission includes popcorn

During the early days of World War II, with the fall of France imminent, Britain faces its darkest hour as the threat of invasion looms. As the seemingly unstoppable Nazi forces advance, and with the Allied army cornered on the beaches of Dunkirk, the fate of Western Europe hangs on the leadership of the newly-appointed British Prime Minister Winston Churchill (Academy Award nominee Gary Oldman). While maneuvering his political rivals, he must confront the ultimate choice: negotiate with Hitler and save the British people at a terrible cost or rally the nation and fight on against incredible odds.

Refreshments
will be served

Open to all

Questions?
Call Sandy Lunt
203-377-5833.



Bingo: Presented by the Men's Club
Thursday, March 15, at 7:00 pm at SCB
Come and bring your friends. Cost: \$2.50/card



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