



THE VILLAGER



FEATURE
5 Artist of the Month

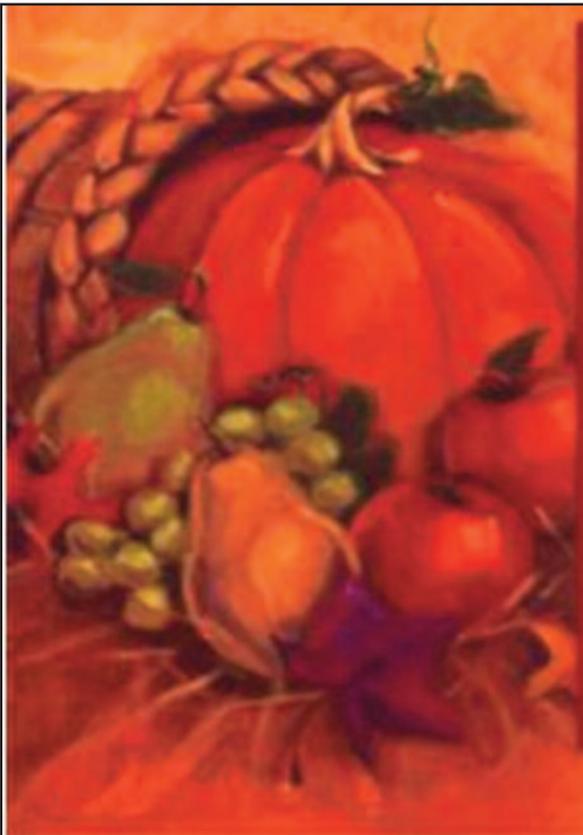


FEATURE
10 Upgrades at SCB



FEATURE
12 Pickleball Events





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Thanks to Susan Schettini for contributing the cover image, titled "Fall on the Third Hole." The Villager welcomes photos to be considered for cover placement. 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, Oct. 18, 2019.



President's Message October 15, 2019

We had great summer weather and we were able to keep the south pools open through September. Fall has arrived and we are looking forward to beautiful foliage. Per our bylaws, the September OVCA board meeting was replaced by an annual address acknowledging what has been accomplished in the Village during this past year.

Last month, District 10 elected Maureen Gordon to serve on the OVCA board. Alternate representatives Roberta DeCore (District 5), Sandy Lax (District 10) and Joe Castellon

(District 9) were also elected. Congratulations to all. Our heartfelt thanks goes to Dave Bingham, departing District 10 representative, for his outstanding leadership.

Also, thank you to those residents who have taken on positions on their district boards. All of the new district boards will be posted on the OV website.

Insurance: OV's 2018/2019 fiscal year was very encouraging. We have all been contributors in this process. Our staff has been diligently working with our insurance carriers, conducting inspections and implementing recommendations. Resident awareness and participation have been raised and, to date, the results have been very good over the past 13 months.

The chart below summarizes OV's Property, Liability and overall Package Loss Ratio (Amount Incurred/Premium) for each component.

Please recognize insurance companies, prior to bid process, evaluate performance over a five-year period. So, we need to maintain the good path that we are currently on to attract more bidders and competition for our business.

Loss Ratio

| Description | Fiscal Year 2018 | Fiscal Year 2019 | 1° Quarter 2020 |
|-------------|------------------|------------------|-----------------|
| Property | 68% | 32% | 24% |
| Liability | 205% | 74% | 57% |
| Package | 104% | 37% | 28% |

Oronoque Village Curbside Appeal: On Thursday, Sept. 19, at Town Hall, the Town of Stratford Beautification Committee acknowledged homeowners and businesses at its 21st annual award ceremony. Among them were two Oronoque residents: Kathy Flynn of 573A North Trail and Dima Thompson of 529A Narraganset Lane. Kathy and Dima were presented with their awards by Mayor Laura Hoydick and Christine Griffin and Donna Caserta, co-chairpersons of Stratford's Beautification Committee. Congratulations to Kathy and Dima as well as the many other residents who do a beautiful job making the outside of their units so gorgeous.



EDITOR

Carol King – cking@oronoquevillage.com / 203-377-5313

PHOTO EDITOR

Marcia Klein – marcia.klein@att.net / 203-380-6886

Please direct all questions regarding *The Villager* to Editor Carol King. Resident submissions of 500 words or less are welcome and will be considered for publication. Articles will be published as space allows. Submissions pertaining to OVCA-, OVTD- and resident-related matters are given priority. Villager articles are edited to conform to the standards of the Associated Press Stylebook.

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.

SCB Landscaping Entrance Upgrade: Work has been progressing over the past several weeks and is looking very good! This collaborative project was initially driven by the House and Garden Club. Working with Fred and Mark, the House and Garden Club and the Oronoque Village Tax District provided the funds needed. Please refer to the Villager article on page 10 regarding the SCB upgraded entrance.

New Resident Reception: This past Sunday, SAC sponsored a "Meet the New Residents" cocktail party. It was well-attended by new residents and a very nice way to welcome them into our Village.

New Employee: Mark Rhatigan announced the addition of an administrative assistant to the Maintenance Department. Tania Bonilla will be assisting Harris and Liza with various daily administrative and operational tasks. Tania joined our employee team on Oct. 28. 

NOTICES

The Oronoque Village Tax District financial statements for the fiscal year ending June 30, 2019 are on file for public inspection, during normal business hours, in the Oronoque Village Tax District Office, 600 North Trail, Stratford, Conn.

-- Thomas Becker, OVTD Treasurer

~

The Oronoque Village Condominium Association financial statements for the fiscal year ending June 30, 2019 are on file for public inspection, during normal business hours, in the Oronoque Village Condominium Association Office, 600 North Trail, Stratford, Conn.

-- Robert Romatzick, OVCA Treasurer

FEATURE

ARTIST OF THE MONTH: BOB COLLINS

With an ardent interest in cars and car-related subjects, Bob Collins started sketching them and, ultimately, began painting them using watercolor and now acrylic.

Bob spends a lot of his free time attending car events and has his camera at-hand to take pictures, which may result in a painting. He has taken senior painting classes at Norwalk Community College, Baldwin Senior Center and, in more recent years, Silvermine School of Art. He is active in various art groups, including the OV Arts Guild.

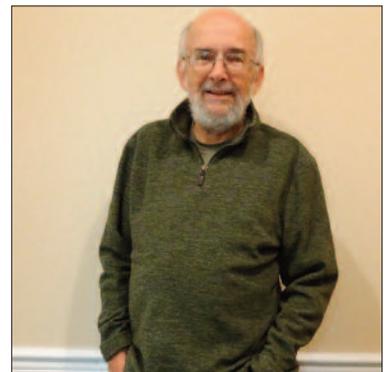
Born in Bellow Falls, Vt., Bob served in the navy in the early '60s during the Cuban Blockade.

A graduate of Bentley College in Waltham, Mass, he ma-

jored in accounting and finance. Bob worked for a number of corporations, including pulling a stint at the Dictaphone Company. He has been painting since retiring in 2008.

For more than a decade, he has volunteered his services with the AARP Tax Preparation Program. Presently, he is the local coordinator at the Ansonia Senior Center location.

Bob moved to Oronoque in 2010 and enjoys his life here. He has expanded his interest in painting to a wider range of subjects. 



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REMINDER: RULES ABOUT PETS



1. One pet is permitted per unit.
2. Pets must be leashed when outside.
3. Pet waste must be picked up.
4. Pets may not be left unattended when outside.
5. Pet owners must maintain control of their pets.
6. Pets are not permitted to cause an ongoing disturbance.
7. Pets (excluding properly identified service dogs) are not permitted in the clubhouses, swimming pools, gym, racquet sports courts or other facilities.
8. Pets (animals) may not be raised or bred in or out of any unit in the Village
9. Cats may not be let out to roam.
10. Pet owners must not permit dogs to walk on plants and should be mindful of other resident's privacy when walking near units.

Information

1. Residents who have issues with pet behavior or with animal cruelty should contact the Town of Stratford Animal Control Department. Residents should also alert the Business Office that this action has been taken.
2. Dog owners who use expandable leashes should ensure that their pets do not cause a problem to an oncoming vehicle or pedestrian.

Source: *OV Rules, Regulations & General Information*

NOTICE

In recognition of the contributions made by Oronoque Village employees, it was decided to change the name of the Employee Giving Fund to the Employee Appreciation Fund.

This title was chosen to better reflect why residents are asked to make donations; because there is genuine appreciation for the efforts of the employees who help all of us have such a good life at Oronoque Village.

All contributions made by Oronoque residents are also sincerely appreciated, thus the name change is especially fitting.

-- Lee Shlafer, OVCA Secretary

DATES ANNOUNCED FOR HOLIDAY DECORATING AT CLUBHOUSES

All are invited to join the OV House & Garden Club during the annual decorating of the clubhouses for Christmas and Hanukkah.

On Monday, Nov. 25, the club will need help shaping the trees at SCB from 1 p.m. to 2:30 p.m. and at NCB from 2:30 p.m. to 4 p.m. Please bring gloves.

On Tuesday, Nov. 26, trees will be decorated at both clubhouses. Decorating will take place at SCB from 1:30-3 p.m. and at NCB from 3-4:30 p.m. Refreshments will be served. Please join us in ringing in the holiday season!

DISTRICT HOLIDAY PARTIES*

Districts 1, 3, 4 and 5 will have a combined holiday party on Thursday, Dec. 12, from 6 – 9 p.m. at the Oronoque Country Club.

District 2 will have a holiday party at Oronoque Country Club on Monday, Dec. 9, at 6 p.m.

District 6 will hold a holiday party on Saturday, Dec. 7, at 6 p.m. at the South Clubhouse.

Districts 7 and 11 will hold a joint holiday party on Dec. 12 at NCB at 6 pm.

Districts 8 and 9 are having a holiday brunch at Mill River Country Club on Dec. 7 at 11:30 a.m.

District 10 will hold its holiday meeting on Dec. 5 at 5:30 p.m. at NCB.

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

HOLIDAY MUSICAL PLAY COMING TO FUNSEEKERS

Funseekers final event for 2019 will bring a new type of entertainment to the Village on Tuesday, Dec. 10, at 7 p.m. at SCB. Trumbull-based Steppin' Out Productions will showcase their 34th annual holiday musical comedy play here in Oronoque, taking a one-day break from their hectic December performance schedule.

Titled "The Art of Christmas," Villagers and guests will embrace the holiday spirit through comedic character interactions and original holiday songs. This Funseekers event will surely lift your spirits before the holiday stress, along with all those bills, turn you into a Grinch.

FEATURE



David Lawrence with OV resident Marissa Giansanti during the October Funseekers meeting.

FUNSEEKERS RECAP

Story by Marie Orlowe ~ Photo by Bob Krakovich

Following the business meeting, Bob Krakovich introduced David Lawrence, a mentalist from New York City, who astounded the audience at The Funseekers' October 2019 gathering.

He amazed everyone with his skills. "How does he do it?" and "How did he do it?" were on the minds of those enjoying his program.

Mr. Lawrence identified a favorite destination that Cheryl Dwyer would like to revisit: Venice. Dee Varholak was told of her desire to return to a favorite place in Italy and Marcia Hayducky was reminded of her favorite choice, Sarasota, Fla. They were impressed.

The name of Ralph Trapasso's pet dog from years ago was recalled to him. Several of Mr. Lawrence's tricks with cards had the audience in awe. His program was a change from previous shows offered by The Funseekers. We found his know-how refreshing and wondrous.

The Funseekers attended a performance of "Mamma Mia" at Downtown Cabaret Theatre in Bridgeport on Sept. 21. Anne Gallo arranged for 71 people to attend. It was a sensational show up through the unbelievable finale.

Have some fun ... join the Funseekers!



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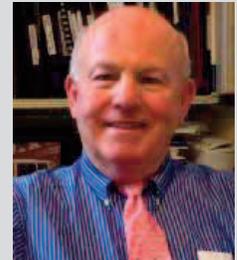
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ACTIVITIES

EDITOR'S NOTE: *To ensure accuracy, information must be submitted, via email, to Carol King at cking@oronoquevil.lage.com. (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of The Villager, on Nov. 15, 2019, is Nov. 4 at noon.*

CORNHOLE

• Beginning Nov. 7, cornhole is played weekly on Thursdays at 10 a.m. at SCB. All are welcome. Questions? Call Sue or Ralph at 203-916-7156.

CURRENT EVENTS

• The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on Wednesdays Nov. 6 and 20. There are no meetings in December.

DOLLCRAFTERS

• Dollcrafters meets at 10 a.m. on Tuesdays in the NCB Library.

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 Library. All ladies are welcome. The next meetings will take place Nov. 8, Nov. 22 and Dec. 13. We will be studying the Book of Genesis. Questions? Call Angie McKelvey (227-3222) or Tina Vermette (375-0291).

LINE DANCING

• Classes take place Wednesdays at NCB. A beginner class is held at 9:30 a.m., followed by a class for all levels at 10 a.m. Call Sonya at 203-377-1515 for more information. (Class is cancelled for Nov. 13.)

MAINTAINING A HEALTHY LIFESTYLE

• Healthy Lifestyle Discussion Group will meet in the SCB Back Card Room at 10 a.m. on Tuesday Nov. 26. Please bring information and be prepared to participate in discussions.

MEN'S BOWLING CLUB

• Games are played at 10:30 a.m. on Wednesdays at Nutmeg Bowling Center in Fairfield. Questions? Call Paul at 203-339-1111.

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 Craft meets every Thursday at 1:30 p.m. next to the kitchen at SCB. Questions? Call Cynthia Harms at 203-402-9083.

WALKING GROUP

• The Walking Group meets weekly on Thursdays at 9:30 a.m. in the NCB parking lot. The walks last about 30 to 45 minutes. This is a relaxed, informal group and everyone travels at their own pace. For information, call Belle at 914-220-2472.

WOMEN'S BOWLING CLUB

• Games are played at 9:30 a.m. on Wednesdays at Bowlero Bowling, 1717 Boston Post Road, Milford. Everyone is welcome ... bowlers or nonbowlers, permanent or substitutes. Questions? Call Kathy at 203-371-7543.

WRITERS GROUP

• The OV Writers Group meets on alternate Thursdays at 2 p.m. in the Card Room at NCB. All are welcome. The group encourages its members to write, to expand their writing and publishing horizons and to find support in a trusting, respectful and professional environment. For information, contact Mary at MvonZ@optonline.net/203-767-9760.

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PROTECT THE BODY IS THE WORD ... KNOW HOW TO PREVENT FALLS

Story by Stephanie Fians ~ Photo by Bob Krakovich

District 3's annual meeting in October concluded with a presentation by Ann Dyke, an injury prevention specialist who works in conjunction with the EMS and Trauma Unit at Bridgeport Hospital. She spoke about how falls can be minimized in the home by using positive thought and sound decision-making. In effect, most falls can be prevented.

Her talk concluded with basic information about emergency call devices.

Ann shared important medical facts that people need to be made aware of -- and act upon -- for their own protection. She noted that the Stratford EMS received some 1,400 calls for falls during the year. Injuries that put the person on the floor for any period of time results in deconditioning of the body. For every six hours a person is on the floor, their body deconditions.

She also spoke about dehydration. A person cannot stretch properly if one is too low on water intake. Muscles, simply, cannot react if they are dry. More than four medications daily puts a person on the track for dizzy spells and weakness due to dehydration. Anyone who takes four or more meds daily should increase the quantity of water they drink.

A common condition that can cause a fall is a leg cramp. The main cause of cramps is a lack of sufficient water in the body. Drink water during the day and early evening to minimize this condition.

Wake up to exercise! Before you get out of bed, exercise to get the blood moving! Making the letters of the alphabet with each foot before you get out of bed gets the blood moving. If you can't walk/move effectively, you are at risk of creating a fall situation.

Another important point, Ann noted, which surprised most in the room, is the correlation between kidney function and hearing. As the kidney function declines, so does hearing. She strongly suggests that a kidney function test be done during a physical and followed up with a hearing test.

Footwear is a big deal, she said. Make it a point to purchase new everyday shoes yearly. The tread and grip on the bottom of a shoe is critical to keeping one on their feet. If you have to grip the inside of your shoes with your toes to walk and keep shoes on, then this is the wrong shoe for you. Check out your slippers too ... perhaps they are not the correct design for you and/or are worn out.

Call devices on the market require one to perform due diligence. Yes, homework is needed to address an individual situation as each one of us is different. Ann suggested that people stay away from contracts as they are not necessary. She mentioned that the Apple Watch has a "fall call" solutions option. It should be noted, though, that it is a very sensitive device in that a fast movement of the arm or leg can trigger a signal to which the person has to respond. There are, of course, apps on s phone that also can be an alert when a fall occurs.

The residents had questions that Ann addressed and she provided much information to take home after the presentation. Attendees also received a pair of Bombas socks -- one pair purchased, one pair donated -- to keep warm during the cold months ahead.



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Rich Patterson



LANDSCAPING ENHANCEMENTS AT THE SOUTH CLUBHOUSE

Story by Lee Shlafer ~ Photos by Peter Feick

Residents of Oronoque Village know that the lobby of the South Clubhouse is a treasured art gallery showcasing the talents of our very own painters, sculptors and other artisans. So, it is now wonderful to see that the entrance to that building and gallery is itself another type of visual art in the form of a lovely Japanese garden. The space has gone through a metamorphosis as sickly arborvitae and empty foundation beds have been replaced with a design and plantings that are welcoming, stylish and impactful.

There is no doubt that patience has been required. First the building had windows added, after which the large project of completing the stonework at the entry had to be tackled, then the building was painted. There were significant drainage issues that needed to be resolved.

Using funding from the OVTD budget and the hard work of our Maintenance Department, a solution to the water problems was developed that is both effective and attractive. It was then necessary to wait for the right time of year to do the installation and, finally, this September, the planting was done.

The original Japanese maple tree that stood near the bridge has been transplanted to a spot closer to the building and is kept company by the addition of Japanese forest grass. A second Japanese maple, of a different variety, has been added on the other side of the building to provide balance and harmony. As observant residents may notice, the pagoda that was part of the original garden continues its residence, now sitting among Japanese holly and pine

shrubs. There are weeping Cyprus trees, Andromeda shrubs, limelight hydrangeas and, in two different places, hinoki shrubs. All of this lush greenness is arranged against a backdrop of rock and stone and stands in contrast to the vivid flowers blooming riotously in the center circle and containers that flank the front doors.

This garden is a testimony to the dedication, vision and cooperation of Oronoque organizations, residents and employees. The original Oronoque Garden Club began years ago when eight women got together to create the original Japanese garden at the South Clubhouse. It expanded later to become the House and Garden Club, which during its existence has raised more than \$150,000 for Oronoque Village. Funding for this most recent project amounted to \$16,000 from House and Garden and \$5,000 from the Tax District for the drainage issues. Future plans to fully complete the garden include painting the bridge, changing the fencing and removing old shrubbery near the brook and ensuring that a healthy lawn is installed.

Appreciation for this achievement needs to be extended to the House and Garden Club, Executive Director Fred Rodriguez, Director of Maintenance Operations Mark Rhatigan, OV arborist Mike Kimberly and Grounds Supervisor John Gierula. The Civic Improvement Committee, part of the House and Garden Club, is chaired by Debbie Grosso and includes Judy Karlovsky and Irene Keating. The committee members spoke to numerous landscape firms, finally settling on three from whom bids were requested. The committee selected Oliver Nurseries of Fairfield.

Residents of Oronoque Village are fortunate to have among us people willing to work so hard on our behalf. **OV**



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PICKLEBALL CLUB PARTY

Story by Carole Plotnick ~ Photo by Gery Cuccaro

This has been a busy season for the Pickleball Club with many social events, tournaments and daily use of the courts. The club is a special group of people who are competitors and friends. Social events are well-attended by club members who enjoy each other's company.

To celebrate another great season with many new members, the annual dinner party was held on Oct 10. Planned by Maggie Dunigan, social events chairman, and her committee, 64 members and guests enjoyed the event ... the largest dinner attendance to date. The committee did a great job of bringing the group together for a fun evening starting with cocktails, followed by a sumptuous dinner catered by Andini's Restaurant in Orange, ending with Italian pastries for dessert. Following dinner, there was dancing to the music of Dina Glantz and Bob Ruff.

As the end of our season is approaching and members may be heading to warmer climates for the winter, we look



Carole Plotnick, Maggie Dunigan and Mary Ellen Pappas.

forward to our annual holiday cocktail party on Dec. 19. This will be the club's last event of the year.

If you would like information on the Pickleball Club, contact Regina Archazki at 203-915-0781 or Gery Cuccaro at 203-556-3251.

OV



Left, Pickleball tournament players. (Photo by Kathy Wu.) Right, Tournament medal winners, (left to right) Bronze: Ray Compagna and Liz Kaden, Gold: Lori Hedman and Dina Glantz and Silver: Jeanne Hartley and Russ Cingari. (Photo by Gery Cuccaro).



PICKLEBALL CLUB HOLDS FIRST MEMBER TOURNAMENT

By Gery Cuccaro

The Pickleball Club hosted its first Member Tournament on Saturday, Sept. 14, at the racquet sports facility. Doubles tournament play commenced at 9 a.m. A dozen teams participated. Double elimination prevailed.

More than 30 observers gathered courtside, cheering on the players.

At 12:30 p.m., final play concluded. Pickleball Club pres-

ident, Regina Archazki, awarded medals to the top six winning players. A celebratory pizza party at NCB, honoring all players, immediately followed.

A special "thank you" was extended to the Tournament Organizational Committee: Regina Archazki, Ron Ciecko, Gery Cuccaro and Joanne Sutphen.

As member players departed the pizza luncheon, conversations of next year's tourney were already being discussed.

OV

ARTS GUILD RECEPTION

Story by Lee Schlafer ~ Photo by Peter Feick

On Oct. 6, on what was an otherwise dreary Sunday afternoon, the SCB lounge was alive with artists and art admirers eager to hear about the fall art show, charmingly titled "Such Stuff As Dreams Are Made Of." There are 25 installations displayed in the gallery, a combination of watercolors, oils, mixed media, acrylics, photographs and sculptures. An innovative addition to this exhibit includes pieces of haiku poetry written by two members of the Oronoque Village Writers Group. Haiku is a traditional form of Japanese poetry that consists of three lines, the first and last line having five syllables and the middle line having seven syllables. The theme of haiku poetry usually involves nature.

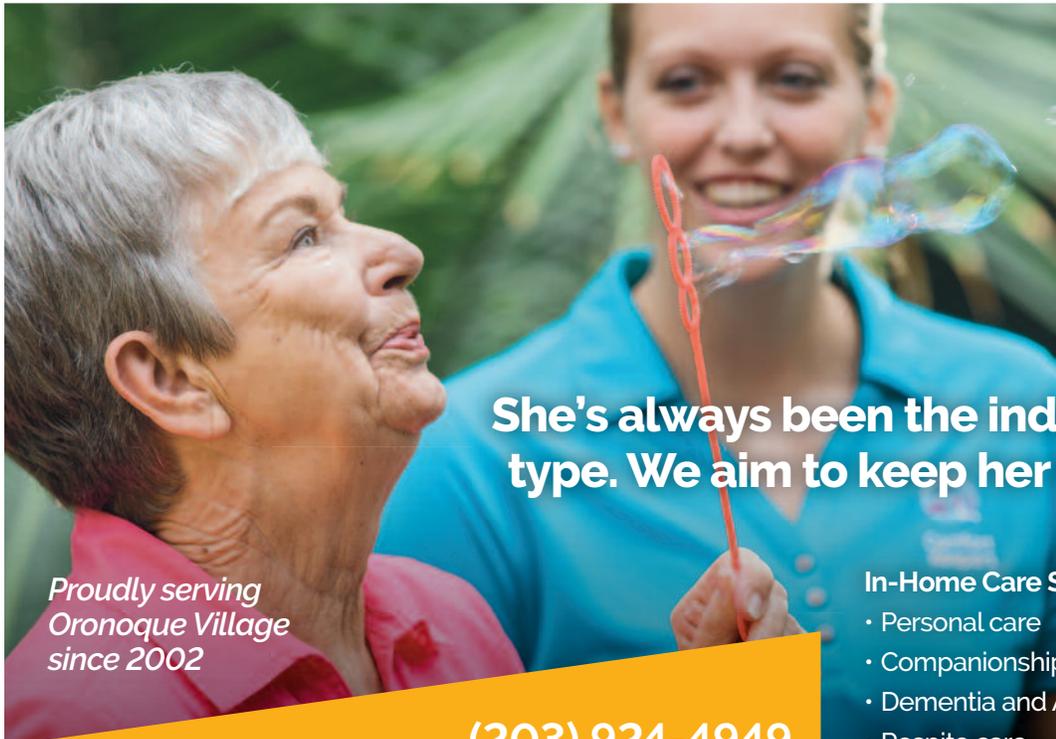
The People's Choice Awards were presented to the winning artists who exhibited in the recently concluded summer show. First place was awarded to Susan Carbone for her colored pencil drawing, titled "Denzel." Second place went to Jeanne Angerame for the portrait in oil, titled,



"Erica." The third-place winner was Bahin Samimy for a needlepoint work titled, "Young Girl Reading."

As has been done previously, attendees were able to sit comfortably in the lounge area enjoying wine and soft drinks and delicious hors d'oeuvres while watching photographs of the artwork displayed on the large TV screen and listening as the artists talked about the inspiration for their works. The atmosphere was warm and congenial, a community enjoying the talents of its residents.

This exhibit will be on view until Dec. 27. Be sure to visit Galerie OV, located in the SCB lobby, and vote for your favorite piece of art to win a People's Choice Award. **OV**



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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. O=Open / C=Closed / RSF=Racquet Sports Facility / RR=Round Robin

FRIDAY, NOVEMBER 1

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

SATURDAY, NOVEMBER 2

- 9:30 a.m. – Pickleball/Beginners followed by RR, RSF (O)
- 7:00 p.m. – *Living in Oronoque* musical comedy, NCB (O)

SUNDAY, NOVEMBER 3

- 10:00 a.m. – Pickleball Round Robin, RSF (O)

MONDAY, NOVEMBER 4

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 4:00 p.m. – Maintenance Committee Mtg, NCB, B/R (O)
- 4:00 p.m. – Pickleball Round Robin, RSF (O)
- 5:15 p.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)
- 7:00 p.m. – Bridge Lessons, NCB, Library (O)
- 7:00 p.m. – Bulls & Bears, SCB (O)
- 7:30 p.m. – SAC Board Mtg, NCB (O)

TUESDAY, NOVEMBER 5

Business & Maintenance Offices Closed from 12-2:30 p.m.

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 11:00 a.m. – Blood Pressure Screening, NCB, C/R (O)
- 2:00 p.m. – Men's Club Cards, SCB, C/R (C)
- 4:00 p.m. – Pickleball/Beginners followed by RR, RSF (O)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)

WEDNESDAY, NOVEMBER 6

- 8:30 a.m. – Communications Committee, NCB (O)
- 9:30 a.m. – Line dancing, beginners, NCB (O)
- 10:00 a.m. – Line dancing, NCB (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm (O)
- 10:00 a.m. – Current Events Discussion, SCB, C/R (O)
- 2:00 p.m. – Men's Club Billiards, NCB (C)



**Save the Date:
New Year's Eve at OCC**

Dec. 31 ... Villagers and friends are invited to the Oronoque Country Club to enjoy an elegant evening of dining and dancing. Music and entertainment will be provided by Rich DiPalma, vocalist and DJ . Festivities begin at 7 p.m.

Midnight champagne toasts, party hats and noisemakers will ring in "New Year 2020!"

The cost is \$76 per person, payable to OV New Year's. Deliver checks to the Business Office at NCB.

Questions? Call Sonya: 203-377-1515.

-- OVCA New Year's Eve Committee

- 4:00 p.m. – Pickleball Round Robin, RSF (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, NOVEMBER 7

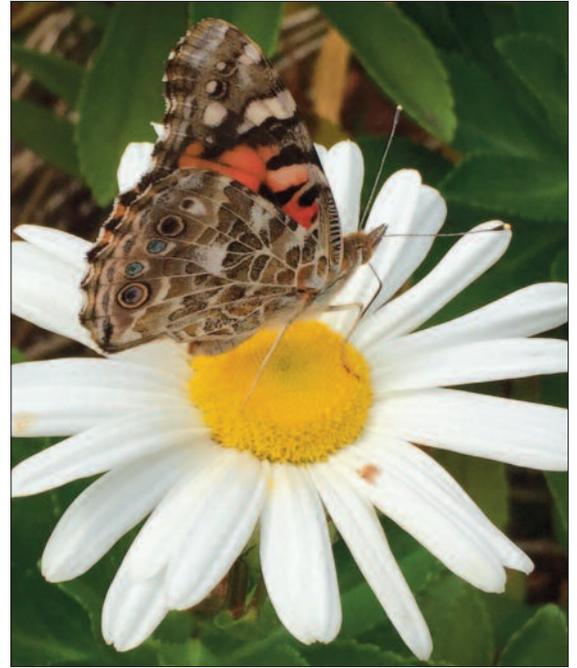
- 9:30 a.m. – Walking Group, NCB Parking Lot (O)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Oil Painting, SCB, A/C Rm (O)
- 10:00 a.m. – Quilting Group, NCB, C/R (O)
- 10:00 a.m. – House Committee Mtg, NCB, B/R (O)
- 12:00 p.m. – Informal Artists Group, SCB, A/C Rm (O)
- 11:00 a.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 1:30 p.m. – Tea, Talk & Crafts, SCB (O)
- 2:00 p.m. – Writers Group, NCB, C/R (O)
- 4:00 p.m. – Pickleball/Beginners followed by RR, RSF (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 6:30 p.m. – Pickleball Club Meeting, NCB, Aud (C)

FRIDAY, NOVEMBER 8

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:00 a.m. – Pickleball Round Robin, RSF (O)
- 10:30 a.m. – Ladies Bible Study, NCB, Library (O)
- 7:00 p.m. – Movie: *On the Basis of Sex*, NCB (O)

OV SNAPSHOTS: LAST SIGHTS OF SUMMER

Thanks to our contributing photographers for capturing the activity in their flower gardens. Peter Feick took the photo at left. Dick Steinfeldt captured the image at right.



SATURDAY, NOVEMBER 9

- 9:30 a.m. – Pickleball/Beginners followed by RR, RSF (O)

SUNDAY, NOVEMBER 10

- 10:00 a.m. – Pickleball Round Robin, RSF (O)

MONDAY, NOVEMBER 11

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 9:30 a.m. – Architectural Committee Mtg, NCB, B/R (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 1:30 p.m. – House & Garden Open Mtg, SCB (O)
- 4:00 p.m. – Pickleball Round Robin, RSF (O)
- 5:15 p.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)

TUESDAY, NOVEMBER 12

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 2:00 p.m. – Men's Club Cards, SCB, C/R (C)
- 4:00 p.m. – SAC Event, NCB, Aud (O)
- 4:00 p.m. – Pickleball/Beginners followed by RR, RSF (O)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)

WEDNESDAY, NOVEMBER 13

- 10:00 a.m. – Sculpture Class, SCB, A/C Rm (O)
- 200 p.m. – Movie: On the Basis of Sex, SCB (O)

- 2:00 p.m. – Men's Club Billiards, NCB (C)
- 4:00 p.m. – Pickleball Round Robin, RSF (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)

THURSDAY, NOVEMBER 14

- 9:30 a.m. – Walking Group, NCB Parking Lot (O)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Oil Painting, SCB, A/C Rm (O)
- 11:00 a.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 12:00 p.m. – Informal Artists Group, SCB, A/C Rm (O)
- 1:30 p.m. – Tea, Talk & Crafts, SCB (O)
- 4:00 p.m. – Pickleball/Beginners followed by RR, RSF (O)
- 4:00 p.m. – Winter Pool Social Group, SCB, C/R2 (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, NOVEMBER 15

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:00 a.m. – Pickleball Round Robin, RSF (O)
- 7:00 p.m. – Wine Club, NCB Lounge, (O)



NEW RESIDENTS WELCOMED DURING SAC COCKTAIL RECEPTION

Story by Ulla Adema ~ Photos by Peter Feick

Thanks to the boundless energy of the Social Activities Committee (SAC), a great Fall Cocktail Reception to welcome new residents took place at the North Clubhouse on Sunday, Oct 13.

About 76 seasoned Villagers and new residents took part in the gathering. While mingling, all enjoyed a scrumptious spread of hot and cold munchies and appetizers. It was wonderful to learn about how so many new residents discovered Oronoque Village, their reasons for

moving here and how they are enjoying their new stage in life.

A big “thank you” to the SAC team led by Barbara Minoff: Dorothy Tanski, Janice Dulberg, Linda Eastwood, Mary Ellen Saylor, Celeste Jardim, Deb Aubin, Stephanie Fians, Pat Spodick, Ulla Adema, Janet Lisak, Karen Battista, Kathy Wu, Mary Ann Weaver, Edie Briner and, our photographer, Peter Feick.

Extra appreciation is extended to the SAC volunteer kitchen staff.

It was a lovely Oronoque Village welcome party! **OV**

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HOW TO IMPROVE YOUR POSTURE

By Ed Genga, MA, CSCS

What's your posture like after all these years sitting in front of a TV and/or computer screen? In addition, the effects of aging itself have likely taken your posture down a few notches.

We begin to naturally lose muscle mass in our 30s, and it really starts to accelerate after our 50s. However, we need this muscle strength and endurance to hold us upright and stand up against gravity as we age.

Bone loss is also common (osteoporosis and osteopenia), and women are particularly susceptible to its effects since they tend to lose more bone mass than men from aging. As people age, they also may notice a decline in their balance, which leads them to look down more, further throwing off their posture. All these age-related changes together can lead to rounded shoulders and a forward head tilt, which affects your posture and can cause neck, shoulder, upper-back and lower-back pain. In addition, many folks tend to sprout a spare tire around their middle, which leads to a weight redistribution that puts even more stress on the spine.

There is also another big, controllable reason why we're all so slumped over: We're sitting too much. Many of the age-related spine changes we see in older adults are from us taking on these prolonged, fixed positions in our work environments, like sitting in a cubicle all day, staring at a computer screen. Ultimately, our bodies start to adapt to it, and it becomes our natural structure.

That's a problem because poor posture often leads to your body unevenly distributing force throughout your joints and tissues, which can lead to problems like hip, knee and back pain as well as other conditions like degenerative disc disease.

If your poor posture's due to years of sitting slouched over and/or general muscle weakness and limited flexibility, then it most likely can be significantly improved with a few general day-to-day lifestyle tweaks. Some conditions that can affect your posture by accentuating the natural curve in your upper spine like osteoporosis, degenerative disc disease and vertebral fractures. However, even in these cases, you can still take steps to prevent it from worsening.

The best thing you can do? Move. Our bodies were designed to move, so the most simple thing to start with is to avoid sitting for long periods. When sitting we usually slouch and spend a lot of time either looking down at a device or craning our head forward.

The more you get up and move around, the easier it is to "reset" your body for good posture. Set a timer to remind

yourself to get up and walk the around the block a few times a day. You can also try these easy exercises, which can be done without leaving your living room.

- While sitting in a chair put your feet on the floor and push yourself straight up into a standing position. As you engage the muscles in your legs, your spine will straighten up automatically. Do this exercise four to five times every half hour and you will see quick improvements.
- When you're sitting, periodically squeeze your shoulder blades together and hold for a count of three to five seconds. (Just make sure you keep your shoulders down.)
- While sitting at a computer periodically do three to five shoulder circles. This will help keep your shoulders back, preventing them from automatically rolling forward.
- When sitting at your computer, periodically check that your chin is parallel to the floor and your ears are close to being aligned with your shoulders.

Strength Training: It's also key to make sure you develop a good strength-training plan. One of the best ways to improve your posture is to focus on core exercises that strengthen abdominal and lower back muscles. These connect to your spine and pelvis, so they're essential to ensuring you can stand up straight. Here are three to follow. (Incorporate them into your workout two to three times a week.)

Side Leg Raise: Stand behind a sturdy chair with your feet slightly apart, holding onto the chair as needed for balance. Slowly lift one leg straight out to the side keeping your back straight and your toes facing forward. Hold for a second, and then return to starting position. Repeat 10 to 15 times, and then switch to the other leg. As you get stronger, you can add in ankle weights.

Plank: This classic move strengthens all your abdominal, shoulder and back muscles. Get on your hands and knees with your palms aligned under your shoulders. Now extend both legs straight behind you, toes tucked under, into a push-up-like position, with your abdominal muscles pulled in. Hold for as long as possible until you start to feel fatigued. (While at the beginning you may not be able to hold for longer than 10 seconds, gradually work your way up to 30, then 45 seconds, until you can hold it for a full minute.)

Cobra Pose: This yoga pose strengthens the erector spinae, the back muscles that extend your spine and prevent slouching. Lie on your stomach with your palms flat on the floor, legs extended straight behind you. Now slowly raise your head and chest off the floor, pushing your hands into the floor in front of you while engaging your back muscles, making sure to keep your hipbones on the floor. 

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.

WORK BY THE OV WRITERS GROUP

HEART(H)

By Elisabeth Breslav

Why did I stay in the house for eighteen long years after my husband died so prematurely in 1985 and the children were on their own? In the middle of the Easton woods, set on three acres at the end of a long, winding gravel path, far back from the road and the few residences in the area, it had been an ideal spot for raising a family. But was it not too isolated for a lone widow? Of course it was, and many a February, when the driveway turned into a skating rink, I promised myself I would move as soon as the winter was over. But then spring would arrive, noisily announced by robins pecking at their reflection in the windows, and celebrated with an exuberant display of native dogwoods.

At first I did not have a choice; I had to stay. From the time she was little, my daughter had dreamt of a wedding in the garden and, two years later, I made her dream come true with a glorious event in our truly fairy-tale setting. After the newlyweds had left and the last guests were gone, I walked over the trampled grass and told myself, "No need to hold on any longer; I am now free to leave." And I finally did, but not until 2003, when I moved to Oronoque.

What kept me tied to the old homestead where so often I felt lonely? I think it had something to do with my deepening relationship with nature around me. Simply by listening and observing I learned so much. For example, wild turkeys showed me they like to travel in groups. One day I counted twenty-three of them crossing the lawn, thoughtfully, with great dignity, and totally ignoring me watching from the

deck. Canada geese would fill the air with their raucous calls as they flew over the house in perfect V formation.

I discovered how a mother deer disciplines her rambunctious offspring. She first gives them a warning with a loud snort. If that is ignored, she spansks them with a whack of her chin to their flanks, and they promptly fall in line.

A red fox took up residence and selected a large boulder at the end of the lawn for his daily summer siesta. When he awoke, he would let out a gaping yawn and stretch his legs, one at a time, much the way humans yawn and stretch their arms when waking up. Then he would take a stroll around the house. He'd peek into the windows and invariably get into a bad fight with his image in one of them, delivering jabs just like a human prizefighter.

Coyotes do not just "bay at the moon." In the middle of the night they call out to others in the area to arrange get-togethers, especially during mating season, when howling responses come from all around. The same is true of owls that carry on long distance conversations and invitations from one treetop to another, far away. I spent entire spring nights out on a chaise, wrapped in a blanket, listening to nature's creatures fulfilling their destiny while watched over by millions of stars.

But as one year followed another, my ability to maintain the family home in proper condition diminished and I finally accepted it was time for the big move. My first spring in Oronoque, I decided to check out the sounds of the night. I heard no hooting owls, no baying coyotes. There was just the rusty noise of ancient air conditioners, and the hum of cars, hurrying along the Merritt Parkway. 

BEYOND THE VILLAGE

On Saturday, Nov. 23, at 1 p.m. and 6 p.m., the dancers of the Norwalk Metropolitan Youth Ballet will perform "The Nutcracker" at The Quick Center for the Arts in Fairfield. Both performances will be accompanied by Connecticut Chamber Players, under the baton of Maestro Christopher Hisey. For information, visit www.nmyb.org or call 203-258-4820.

The Dressing Room Theatre, 1349 Newfield Ave. in Stamford, presents Steve Martin's "The Underpants" through Nov. 17. The renowned comic actor and author of "Picasso at the Lapine Agile" provides a wild satire adapted from the classic German play about Louise and Theo Markes, a couple whose conservative existence is shattered when Louise's bloomers fall down in public. Though she pulls them up quickly, he thinks the incident will cost him his job as a government clerk. Louise's momentary display does not result in the feared scandal but it does attract two infatuated men,

each of whom wants to rent the spare room in the Markes' home. Oblivious of their amorous objectives, Theo splits the room between them, happy to collect rent from both the foppish poet and the whiny hypochondriac. Visit www.curtaincallinc.com or call 203-461-6358 for more details.

The Shelton Art League (formerly Bridgeport Art League), a diverse group of artists, will meet on Monday, Nov. 18, at noon at the Shelton Community Center, 41 Church St., second floor, Room #2. At 1 p.m., Bivenne Harvey Staiger will give a demonstration in watercolor painting. She creates dramatic painting of motifs she loves in bright, saturated color, interesting line directions and attention to detail. She is a recipient of many prestigious awards for her work in watercolor and a long time regional watercolor instructor. Guests are always welcome. Visit <http://www.sheltonartleague.org> for more information. 



Bingo:

Presented by the Men's Club

Thursday, November 21
at 7:00 pm at SCB

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

Refreshments will be served.
Open to all.



The OV Book Club meets at
7 p.m. on the first Wednesday of
the month at NCB.

All Villagers are welcome.
Need a ride or information?
Call Hinda at 203-385-3855.

The book for Nov. 6 is
Educated by Tara Westover.

There will not be a book discussion on Dec. 4.
(There will be a holiday party.)

The book for Jan. 6, 2020, is *The Uninhabitable Earth* by David Wallace Well, which is both a travelogue of the near future and a meditation on how that future will look to those living through it—the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of human progress.



**SAC presents: "It's 5 O'Clock
Somewhere" on the first Friday
of every month at 5 p.m. at NCB**

BYOB * Relax and Mingle

Drop by with an appetizer to share!

**We hope to see you at our next event
on Friday, November 1!**



TUNE IN TO OVTV!

*For the latest updates on OV news
and events, visit OVTV!*

*(OVTV is on Channel 591 for those
with a cable box or Channel 121-591
for those without a cable box.)*

OV Wine Club: 2019 Holiday Event

Come join us as we kick off the holiday season. This year we'll step it up a notch, sampling "Exceptional Wines for the Holidays." Once again, Len Gulino -- The Wine Tutor -- will be our guide selecting "fine wines" from wine regions around the world.



The term "fine wines," when used by wine experts, implies wines of exceptional quality. Typically, these wines are made from top-quality grapes grown under excellent conditions in top-rated vineyards from regions known for producing top-quality wine. It also implies that the wine-makers are top rated in their field and that the winery consistently produces excellent wine. As a result these wines cost considerably more than typical table wines or mass-market wines.



We'll start the evening with a special entry Sparkling Wine from California: Roederer Estate Brut. This is a wine in the French Champagne tradition that "Wine Spectator" rated #27 in the top 100 for 2018. Come celebrate as we sample "fine wines" along with delicious holiday treats.

The event will include:

- Entrance sparkling wine
- Informative Commentary by Len
- Tasting 6 wines (3 red & 3 white)
- Holiday snacks (antipasto, etc.)
- Post wine-tasting cookies by Dorothy Tanski

When: Friday Nov. 15th, 7-9 PM @ NCB • **Cost:** \$25/person

Attendance limited to first 40 respondents. Your check made out to OV Wine Club is your reservation. Deposit checks in the OV Wine Club "Grape Expectations" mailbox in the NCB. RSVP no later than Nov. 9th

Questions? Call Charlie DiGiovanni 203-375-0054 or Bill Tanski 203-540-5389



**SAC presents...AN HOUR with JOYCE SALTMAN,
professor and humorist**

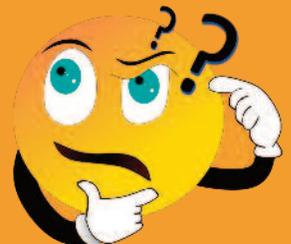
The topic is "Dealing With Difficult People"

**Tuesday afternoon, November 12th,
at 4:00 at NCB**

We are delighted to have Joyce as an OV resident. Her dynamic seminars and articles are always peppered with humor. Her goal is to enlighten, educate, and entertain while the audience laughs.

For Questions, please call Barbara 203 386-0533

Fee: \$3.00 at the door



Fall



HOUSE & GARDEN

Winter



Welcome Back

LEONA LANE FROM CITY LINE FLORIST

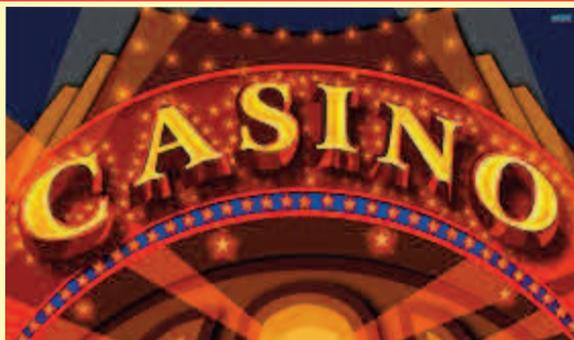
Monday, November 11, at 1:30 P.M. at SCB

Leona has been with City Line for 37 years. Leona is now the store manager. Always a talented and knowledgeable speaker, Leona will show us how to make Fall and Winter arrangements to be raffled.

The raffle tickets will be sold before the meeting: 1 for \$1 or 3 for \$2



Dessert and coffee or tea will be served after the meeting. Guests are always welcome for a \$3 fee



**MEN'S CLUB TRIP TO MOHEGAN SUN
MONDAY, NOVEMBER 18
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 PRESENTS



Our Holiday Program

Monday, December 9th, • 1:30 PM • SCB

Featuring

Singer and pianist Joe Utterback
Tenor soloist- Michael Jovovich

Joe Utterback has been Music Director of the First Congregational Church of Stratford since 1996. He is well known to Oronoque Village, as he has performed here many times. He earned a Doctorate of Musical Arts from the University of Kansas. A compelling artist and composer with a varied style who has performed all over the world.



Coffee, Tea and
dessert served after
the program.

Members: Free

Guests: \$3.00

If you need a ride please call
Irene Keating 203.380.2468



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JUST IN TIME FOR THE HOLIDAYS ...

The OV Arts Guild Presents:

Two Jewelry-Making Classes with Instructor Ivy Tencer on Dec. 2 at SCB



“Revamp Your Beaded Jewelry,” 10 a.m.- Noon, Back Card Room: Bring old or broken beaded jewelry and learn how to restring it or take the beads and make something entirely different. If beads are missing, we will have plenty to add and if you have all the beads, embellish them with additional beads or spacers. Or, you can create a brand new necklace from scratch. Have fun while creating something special for yourself or as a gift. *Class fee of \$25 includes supplies.*

“Jewelry Making,” 7-9 p.m., Arts & Crafts Room: Create one-of-a-kind pieces of jewelry for yourself or as a gift. Learn the essentials of memory wire bracelets or necklaces. These pieces are easy to wear as there is no clasp required to close them. Relax, sip on some wine, nibble on some cheese and learn! *Class fee of \$25 includes supplies.*



Make checks payable to Ivy Tencer and place in the Arts Guild mailbox at NCB. Questions? Call Ivy at 732-995-2840.

Hadassah Hanukkah Party & Informational Talk, Dec. 4, 12:30 p.m., at NCB

Rabbi Richard Eisenberg, author of *Judaism Addiction & Recovery*, will be our guest speaker.



Author: Rabbi Rick Eisenberg

***Judaism, Addiction
and Recovery***

Rabbi Eisenberg is a certified addiction counselor who worked for almost 20 years at the APT Foundation in New Haven. The spiritual and faith-based outlook presented will offer newer ways of understanding the phenomena of opioid addiction and recovery.



Potato pancakes (latkes), sour cream, applesauce, salad and dessert will be served. \$5 per person. Please put your reservation for this program in our box at the North Clubhouse by Nov. 27.

All Are Welcome! Questions? Call Carol Tepper at 203-203-375-2101



The Pletman Fall Concert Series Presents Half Mile Common Piano Trio November 24, 3 p.m. at NCB



This is the third appearance of the Half Mile Common Piano Trio, which will present a program titled "A Kaleidoscope of European Music."

According to violinist Bernice Friedson it is a sort of musical tour, and will include music by Vivaldi (Italy), Beethoven (Germany), Faure (France), Glinka (Russia), Bartok (Hungary), Dvorak (Czech Republic), and a few more (still to be decided).

Admission is \$5. Refreshments will follow the program.

OV Karaoke Club

No fees or dues

No commitments

Just fun!

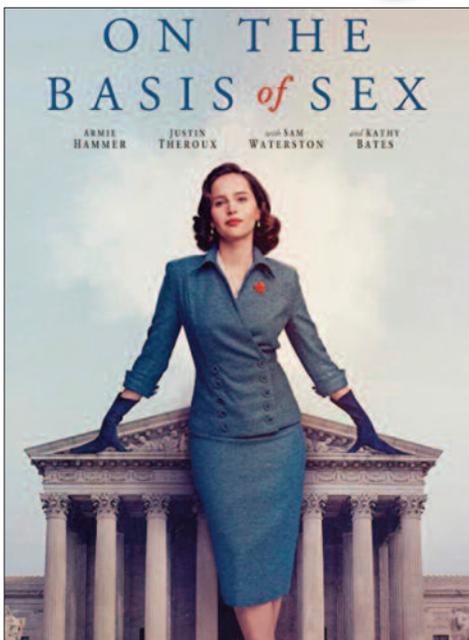


Join us for our next event on Friday, Nov. 22, in the South Clubhouse Auditorium from 6:30-9pm. (We usually go a bit longer than 9pm for your singing and dancing pleasure.)

Come sing or just listen to your friends and neighbors showing off their talents. No need to RSVP...just come on over, grab a seat, and either watch or join the fun by putting in a song or two!

BYOB, food and refreshments!

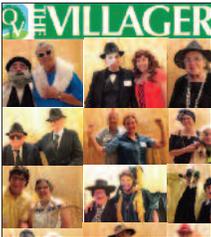
The Movie Club Presents: *On the Basis of Sex*



Friday, Nov. 8, 7 p.m. at NCB
Wednesday, Nov. 13, at 2 p.m. at SCB
\$1 admission includes popcorn

Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.

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



VILLAGER DEADLINE DATES

The Villager magazine is published twice-monthly, on the 1st and the 15th, when possible. Below is a tentative schedule for 2020. (These dates are subject to change.)

Deadline for Jan. 2, 2020 is Dec. 13, 2019 at noon.

Deadline for Jan. 15 issue is Jan. 2 at noon.

Deadline for Feb. 3 issue is Jan. 21 at noon.

Deadline for Feb. 17 issue is Feb. 4 at noon.

Deadline for March 2 issue is Feb. 18 at noon.

Deadline for March 16 issue is March 3 at noon.

Deadline for April 1 is March 19 at noon.

Deadline for April 15 is April 2 at noon.

Deadline for May 1 is April 20 at noon.

Deadline for May 15 is May 4 at noon.

Deadline for June 1 is May 19 at noon.

Deadline for June 15 is June 2 at noon.

Deadline for July 1 is June 18 at noon.

Deadline for July 15 is July 2 at noon.

Deadline for Aug. 3 is July 21 at noon.

Deadline for Aug. 17 is August 4 at noon.

Deadline for Sept. 1 is Aug. 19 at noon.

Deadline for Sept. 15 is Sept. 2 at noon.

Deadline for Oct. 1 is Sept. 18 at noon.

Deadline for Oct. 15 is Oct. 2 at noon.

Deadline for Nov. 2 is Oct. 13 at noon.

Deadline for Nov. 16 is Nov. 3 at noon.

Deadline for Dec. 1 is Nov. 18 at noon.

Deadline for Dec. 15 is Dec. 2 at noon.

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