

December 2, 2019



THE VILLAGE



FEATURE

9 Artist of the Month



FEATURE

10 TD Report: Snow Removal



FEATURE

15 Beyond the Village





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Thanks to Bahin Sammimy for contributing the scenic cover image of our community. 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, Nov. 22, 2019.



President's Message November 19, 2019

Good evening, everyone. On behalf of the entire OVCA Board, I would like to wish everyone a very happy Thanksgiving as you are surrounded by the warmth and love of family and friends. We all have so much to be thankful for in our lives: being kind, respectful, caring to others -- each and every day!

Insurance: OV's loss experience from 7/2018 to 10/2019 has been very encouraging with our losses negligible, or almost zero. We have all been contributors in this process. Our staff has been diligently working with our insurance carriers, conducting inspections and implementing recommenda-

tions. Resident awareness and participation have been raised and, to date, the results have been very good over the past 16 months.

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

Communications Committee: Due to personal reasons, Judith Lessler will be on a leave of absence from the Communications Committee. I am pleased to announce and welcome Tina Vermette as our newest member of the Communications Committee.

Finance Committee: Ken Colman has been named Vice Chairperson.

Oronoque Country Club: Earlier this month, Fred and I met with Tommy Miller, the new general manager of Oronoque Country Club. We had a very good inaugural meeting. Aside from getting acquainted with each other, we discussed a number of ideas that Mr. Miller has. One example of Tommy's out-of-the-box thinking is a possible summer night of fireworks on the driving range, including a food truck and music for dancing. We will continue to meet on an ongoing basis.

Maintenance Department: The staff is currently in the middle of one of their most challenging annual tasks, leaf removal. They have entered our neighborhoods in teams, armed with various pieces of equipment, operating as a methodical well-oiled machine, removing leaves and cleaning our neighborhoods. This is a very tedious, grueling task that also helps reduce risk of wet slippery leaves.

Following the "leaf season," our team of dedicated professionals prepare the roads at the forecast of snow and, then, during the storms, work as a team under oppressive conditions through the day and night, clearing the roads, driveways and walkways and making them safe. Winter comes to an end and the spring brings with it the highest spike of work order requests. All the while our staff is diligently cutting grass, trimming walkways, as well as making sure that the pool is ready to open on Memorial Day weekend! Awesome job. Thank you, thank you, thank you!

Employee Appreciation Fund: Throughout the year, residents are neither permitted to tip employees nor are employees permitted to accept gratuities. The primary reason is that not all employees have direct access to residents and the opportunity to be individually recognized. Yet each employee performs his or her respective role contributing to the overall success of Oronoque Village.

In recent years, about 43 percent of our residents have contributed. To honor the employees' hard work and dedication throughout the year and in the spirit of the holiday season, let's show our employees our sincere appreciation and



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.

gratitude by significantly increasing resident participation. Please consider a contribution in appreciation of our employees during this holiday season and submit your contribution to the Business Office. Checks should be made out to The Employee Appreciation Fund.

THE FUTURE ... from the September 2019 State of the Village Address: This next year the Oronoque Village Condominium Association will continue to refine and implement our processes and programs.

With the cooperation and assistance of our Executive Director, our vision and expectation is that the following projects will be completed and implemented in the coming year.

- Launch of the OV new portal / website
- Issuance of an updated phone book
- Upgrading the SCB sound system
- Opening of the Business Office during lunch
- Complete the SCB entrance landscaping

Holiday Wishes: As 2019 winds down, I would like to extend my sincere thanks to the OVCA Board, the OVTD Board, the committee members from both boards, and all of the volunteers and residents who have contributed to make OV the "Community" that it is today. We are all grateful to our dedicated and loyal staff for all of their efforts throughout the year. I wish you a safe, joyous, loving and festive holiday season. I pray that the new year will bring a more peaceful world, blessings, and prosperity to all. 

FEATURE

'LIFE AT ORONOQUE' MET WITH GREAT APPLAUSE



Marcia Klein photo

On Saturday, Nov. 2, The Movie Club presented an original musical comedy, titled "Living in Oronoque." The two-act play was written and directed by Harriet Borack, who was very pleased to hear the many laughs coming from the audience. Pictured are the performers. First row, from left, Dolores O'Neill, Francesca Hayes, Marie Orlowe, Dee Tuozzoli, Jackie Freeman, Richard Botta, Dennis Brunelle and Wally Sloves. Second row, Andrea Desiena, Ann Gallo, Marina Verrilli, Richard Ross, Barry Wilensky and Tom Becker. Thanks to: Arline Walton, who designed the beautiful programs; pianist Paul Leninger and behind-the-scenes volunteers Dee Tuozzoli, Marcia Klein, Helen Ross, Cathy Wells, Carol Greene, Celeste Malin, and Cynthia Harms. Proceeds from this event were donated to the Employee Appreciation Fund.



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ANNOUNCEMENTS

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 p.m.

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.

CALL FOR PHOTOGRAPHS FOR GALERIE OV WINTER SHOW



The theme for the Galerie OV Winter Show is "From Toddler to Teen." Entrants are asked to bring old photographs of themselves from their toddler to teenage years.

The photograph size should be a minimum of 8 by 10 inches and, preferably, be of the submitter alone, but could have up to three people in it. These photos must be framed, wired and ready to hang. Bring photos to SCB at 10 a.m. on Friday, Jan. 3.

Submitters will have their photos taken when they deliver their entries. These photos will be used for the People's Choice voting contest. This contest will involve voters matching up the current photos with the submitted photos. Prizes will be awarded to voters with the most correct match ups.

The reception for this show will be on Sunday, Jan. 12, at 4 p.m. at SCB.

Please note: This is an OV Arts Guild members-only show. If you are not a member and would like to participate, you can join through the Jan. 3 entry date. Annual dues are \$15. Checks should be made out to OV Arts Guild and delivered to the Arts Guild box at NCB.

A REMINDER FROM THE TOWN: TAX PAYMENTS ARE DUE

The Town of Stratford reminds residents that the second installment of Real Estate, Sewer & Motor Vehicle taxes are due on Jan. 1, 2020. The last day to pay without a penalty is Feb. 3, 2020.

You can make payments one of the following ways:

- Mail your payment directly to the Tax Office at 2725 Main St., Stratford, CT 06615. (If you need a receipt, please include a self-addressed stamped envelope with your payment.) Mailed payments must have a U.S. postmark no later than Feb. 3, 2020.
- Pay online at www.townofstratford.com.
- Visit any People's United Bank location in Stratford with your original bill and make a payment.
- Pay in person at the Tax Office at 2725 Main St. The staff at the Tax Collector's office would like to wish you all a safe, healthy and happy holiday.

PLEASE NOTE EARLY DEADLINE FOR JAN. 2, 2020 VILLAGER

Due to business closures caused by the winter holidays, the Jan. 2, 2020 edition of The Villager has an early deadline. All submissions for this issue must reach the editor, Carol King, no later than Dec. 13 at noon. Submissions should be emailed to cking@oronoquevillage.com.

The deadline for the issue of Dec. 16 is Dec. 3 at noon.

WANTED: ARTISTS OF THE MONTH

Resident artists who are interested in showcasing their works as an Artist of the Month during 2020 are asked to contact Barbara Stewart at 203-612-1373 or email barbsmt@yahoo.com.

All mediums are accepted as long as they can be wired and hung with the current display system. To date, featured artists have exhibited paintings, photographs, fiber art, stencil art, drawings and needlepoint. The works are hung in the foyer of the North Clubhouse.

Generally, during the monthlong exhibit, artists showcase a different work each week. Featured artists are recognized with a profile article and a photograph in The Villager.

Holiday Toy Drive

Sterling House Community Center of Stratford has, once again, asked Oronoque Village residents to participate in its annual toy drive, sponsored by the Stratford Junior Women's Club.

A collection box is set up in the foyer of NCB. Residents are asked to donate new, unwrapped toys before Dec. 9. The toys will be given to families that are in the low- to moderate-income bracket and are in need of assistance with toys/gifts during the holiday season.



The most requested gifts items are:

- | | |
|------------------------------|--|
| Star Wars toys | Superhero dress-up cloths |
| Board games | VTech Go Wheels |
| Arts and crafts | Furreal Friends |
| Books and puzzles | Action figures |
| Sports equipment | Minions |
| Hatchimal/LOL Surprise Dolls | Legos |
| Baby dolls | Interactive educational toys (for toddlers/preschoolers) |
| Doc McStuffins | Gift cards |
| Fingerlings critters | Monetary donations |
| Blume Collectible dolls | |

Sterling House extends its appreciation to OV residents for their acts of charity.

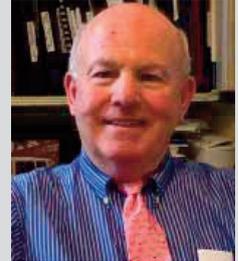
"On behalf of all of us here at Sterling House and our Toy Drive Committee, we thank you for being the true angels of the holiday season," says Christopher Carroll, director of development. "Through your generosity, Sterling House is able to make the holidays for so many families and children so much richer and fuller."

If you have questions or would like more information, email toydrive@sterlinghousecc.org or call 203-378-2606, ext. 350.



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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 Dec. 15, 2019, is Dec. 3 at noon. The deadline for the Jan. 2, 2020 Villager is Dec. 13, at noon.*

CORNHOLE

• 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 Wednesday. The next meetings are Jan. 8 and Jan. 22. (No meetings take place 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 meeting is 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.

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 Thursdays at 1:30 p.m. next to the kitchen at SCB. Questions? Call Cynthia Harms at 203-402-9083. (Meetings will not take place Dec. 19, Dec. 26 or Jan. 2.)

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.

QUICK CONTACT LIST

- Police, Fire, Medical Emergency911
- Routine Police Call203-385-4100
- OV Security.....203-377-5502
- Maintenance Emergency.....203-377-5502
- Gas Leak (So.Ct.GasCo.).....800-513-8898
- Elec. Emergency (U.I.).....800-722-5584
- Business Office203-377-5313
- Maintenance Dept.....203-375-8853
- South Clubhouse.....203-377-5435

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FEATURE

ARTIST OF THE MONTH: MICHAEL LUNT

During the month of December, residents will enjoy the pencil drawings of Michael Lunt, whose works will be on display in the foyer of NCB.

Michael's skill in drawing was bought to the fore during classes with Martha Talburt, offered by the OV Arts Guild.

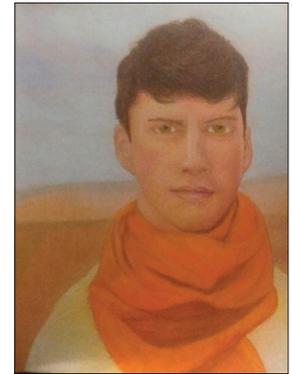
"I took the class with my father [OV resident Sandy Lunt] because I thought it would be fun to do something together," says Michael. "But, once the classes were under way, I felt that I had a knack for drawing in ink and colored pencil."

Michael, who was raised in Westport, has been a resident of OV for about 10 years. An architect by trade, he received his degree from Temple University in Philadelphia. During the 1990s he made a career switch and became a specialist in

bathroom design and remodeling.

The Artist of the Month designation is serendipitous to Michael because his father founded the program many years ago.

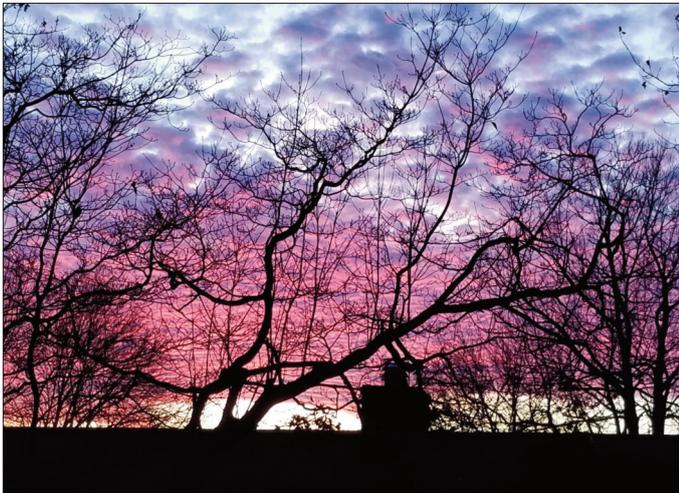
"Before taking Martha's classes, I had not drawn nor picked up a pencil since I attended college which was about 40 years ago," he remarks. "It is very nice that my drawings have been so well-received."



A drawing by Michael Lunt.

OV

OV SNAPSHOTS



Thank you to Pat Krause (left) and Sharon Sells (right) for sharing photos of a recent sunset.



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FEATURE: OVTD REPORT



A GUIDE TO SNOW REMOVAL IN ORONOQUE VILLAGE

By Bill Tanski, OVTD President, with assistance from Pete Penny, Roads Chair, and Mark Rhatigan, Director of Maintenance Operations

This is the second in a series of articles on how the OV Tax District impacts Village life.

The OV Tax District is fiscally responsible for all snow removal in OV. This includes roads, driveways, parking lots and walkways. In this fiscal year we've budgeted \$40,000 towards snow removal.

But I would like to begin by telling a brief story about my first impressions of snow removal in our community. It was February 2014, just before Dorothy and I moved permanently to OV. I arrived the evening before a scheduled delivery of furniture was to occur. Our unit had been unoccupied for several months. During a severe winter, the front of the home was used to deposit snow, which resulted in a rather large mountain of it blocking the path to where the furniture was to be delivered.

I called Maintenance at 8 a.m., informing them the furniture was to be delivered at 9 a.m. Fifteen minutes later, OV workers appeared with a backhoe and shovels. At 8:45 a.m. the snow was removed. The furniture arrived on time, as scheduled. Our OV workers heeded the call and got the job done quickly. It was a very favorable first impression.

The following is an explanation of how snow removal works at OV.

What Is the Priority of Snow Removal in OV ?

1. Primary roads: North and South Trail, Agawam and Midwood
2. Secondary roads
3. Clubhouse parking lots
4. Driveways
5. Extra parking areas
6. Walkways

Why Aren't All Roads "Primary?"

Safety is our highest priority. To accomplish that, we need to ensure that emergency vehicles and personnel have access first to main roads, then to secondary roads. With snowfalls, we typically start with the main roads. When they are cleared, we next plow the secondary roads. On the rare times that snow falls at a rate of several inches an hour, we may focus just on the main roads.

But please be assured, our concern is all of the residents of Oronoque Village.

If I Live on a Secondary Road, Does It Mean an Emergency Vehicle May Not Get Through?

No, they will get through. EMT and fire personnel can get through even in extreme conditions. They are equipped to handle such calamities.

What Is Done Prior to Plowing ?

We spray "Blizzard Wizard" on the roads and driveways. It is done to prevent icing after the plowing, especially "black ice." It is an environmentally-friendly compound which prevents icing down to zero degrees. We may also use it after

plowing if the storm is especially severe. This certainly beats spreading sand and saves us about \$20,000 - \$30,000 per year on sand cleanup. Of course, we will spray prior to an ice storm, even if snow isn't forecasted.

At What Point Does Plowing Begin?

We generally start plowing when the snow forecast calls for at least a couple of inches. We have purchased new equipment, such as larger snow blowers and trucks, to help accelerate snow removal.

When Is Snow Removed From Driveways?

Based on the priority schedule, driveway snow removal usually occurs after all the streets have been plowed. We will remove the snow, even if employee overtime is required, as we understand the importance of clearing the driveways for your mobility.

Do We Use Contractors for Road, Parking Lot And Driveway Snow Removal?

Yes, if we feel the storm is severe and our employees can't keep up with the pace. Keep in mind that sometimes our employees may start plowing at 6 a.m. and work well into the night. It can be a long and exhausting experience. We don't want our employees handing plowing equipment in an exhaustive state.

If we need additional help, we usually contact Burns Construction as they're nearby and know our roads.

What About the Walkways ?

While overtime is allocated towards street and driveway snow removal, walkways are mainly shoveled (by hand) during normal working times. The reasons are practical and economic. Most people can exit their homes via their garages, with the exception of some homes on the south side. Those homes' walkways are given priority.

There are about 1,000 walkways in OV. Snow removal of walkways is very labor-intensive. If the same priority was given to walkways as roads and driveways, it would add many thousands of dollars to the annual budget. There'd be significant overtime and probably contractors added to complete the job in a few days.

In other words, your OV taxes may increase. The objective is to remove snow from walkways as soon as possible, without added financial burden to OV.

How Can Residents Help?

1. When a plow is at your driveway, please open the garage door as it will enable the plow to "back blade" and make a clear pass.

2. If possible, move any parked vehicles.



3. Please, do not ask the plow driver to do any "extras." The task is to open roads and drives. They will clean up the day after.

4. Ice melt for resident use is available at both clubhouses. Please take only the amount you can use.

What Should Residents Not Do?

Please do not call the Business or Maintenance Offices and ask for your road to be plowed. Our Maintenance folks have a good handle on what roads have been plowed, or not. Calling just adds more unnecessary time to the task at hand.

What If I Have a Special Health Need Or Have to Get to Work?

Priority can be given to a resident if there is a physician's note detailing why driveway snow removal should be urgent. That note should be delivered to the Business Office.

However, work is not considered an emergency and it cannot be given priority status. Alternate arrangements should be made prior to the storm. We regret this might be an inconvenience, but the same practice applies in most municipalities.

In conclusion, the intention of this article was to not only familiarize residents about our snow-removal policies, but to also understand the rationale behind them. If you're new to the Village, this information might be particularly useful.

On a personal note, I hope you consider the long hours and difficult conditions OV workers endure while battling winter storms. They are all trying their best to accommodate our residents and to make sure we are safe during winter's worst. Snow removal can be a thankless job at times and it is impossible to please everyone.

If you have any questions about the contents of this article, please contact me at: cwdtans@gmail.com or 203-540-5389. Thank you.

OV

Visit our website at www.oronoquevillage.com

CALENDAR

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

MONDAY, DECEMBER 2

NCB Closed for Flooring Work

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), SCB (O)
- 10:00 a.m. – Jewelry Making, SCB, C/R (C)
- 11:00 a.m. – Chair Yoga, SCB (O)
- 5:15 p.m. – Tai Chi With Jonathan, SCB (O)
- 6:45 p.m. – Open Bridge, SCB (O)
- 7:00 p.m. – Jewelry Making, SCB, A/C Rm (C)
- 7:00 p.m. – Bulls & Bears, SCB, C/R (O)
- 7:30 p.m. – SAC Meeting, SCB, C/R2 (O)

TUESDAY, DECEMBER 3

NCB Closed for Flooring Work

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Dollcrafters, SCB (O)
- 10:00 a.m. – Zumba, SCB (O)
- 7:00 p.m. – Kundalini Yoga, SCB (O)

WEDNESDAY, DECEMBER 4

- 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)
- 12:30 p.m. – Hadassah Lecture & Party, 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)

SAVE THE DATES

Friday, Jan. 10 & Wednesday, Jan. 15, 2020: The Movie Club will present "The Art of Racing in the Rain."

Tuesday, Feb. 11, 2020: Funseekers first event for the year will feature "Matinee," a female octet a capella ensemble. (There is no January Funseekers meeting.)

THURSDAY, DECEMBER 5

- 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)
- 5:30 p.m. – District 10 Holiday Party, NCB (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, DECEMBER 6

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

SATURDAY, DECEMBER 7

- 11:30 a.m. – Districts 8 & 9 Holiday Brunch, Mill River Country Club (C)
- 6:00 p.m. – District 6 Holiday Party, SCB (C)

SUNDAY, DECEMBER 8

- 2:00 p.m. – Stratford Community Concert Band, SCB (O)

MONDAY, DECEMBER 9

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 1:30 p.m. – House & Garden Open Mtg, SCB (O)
- 5:15 p.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 6:00 p.m. – District 2 Holiday Party, Oronoque Country Club (C)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)

TUESDAY, DECEMBER 10

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 9:30 a.m. – Architectural Committee Mtg, NCB, B/R (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 7:00 p.m. – Funseekers Mtg, SCB (O)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)



**Calling ALL OV Residents,
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**The deadline for
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***NOW* is the time ... This is the *PLACE*
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**Checks payable to OVCA, with
Appreciation Fund written in the memo line,
should be delivered to the Business Office.**

WEDNESDAY, DECEMBER 11

- 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)
- 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, DECEMBER 12

- 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. – Winter Pool Social Group, SCB, C/R2 (O)
- 6:00 p.m. – Districts 7 & 11 Holiday Party, NCB (C)
- 6:00 p.m. – Districts 1, 3, 4, & 5 Holiday Party,
Oronoque Country Club (C)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, DECEMBER 13

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:30 a.m. – Ladies Bible Study, NCB (O)
-

SATURDAY, DECEMBER 14: No events scheduled

SUNDAY, DECEMBER 15

- 12:00 p.m. – Private parties at NCB & SCB (C)

MONDAY, DECEMBER 16

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 5:15 p.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 6:00 p.m. – District 2 Holiday Party,
Oronoque Country Club (C)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)

FITNESS FOR OLDER ADULTS

TRAINING THE RIGHT WAY

By Ed Genga, MA, CSCS



Exercise -- like walking, biking or swimming -- is great for us and crucial as we age. But what about weight training?

If these two words scare you or conjure up images of Charles Atlas getting sand kicked in his face and then becoming a bodybuilding king, know this: You're not alone, and you don't need pecs like Arnold Schwarzenegger.

Many people grapple with fear of injury or the unknown when it comes to weight training. You don't have to be the person in the corner grunting at the gym to weight train. And the benefits are worth it.

Strength training as you age is instrumental in maintaining independence, optimizing bone density, improving your balance and keeping you doing all the activities you love. Once you hit a plateau or a stall in progress, it's time to change something.

Progressive resistance exercises have been shown to increase strength, bone mineral density and endurance as well as to decrease fall risk, blood pressure, osteoarthritis-related knee pain and disability.

Not Sure How to Begin? Read On.

Before getting started, consult your doctor. It's always good to check with a health-care provider prior to beginning a new activity in order to rule out any pre-existing conditions that may contraindicate certain activities. There may be certain movements that need to be omitted or modified due to history of illness or injury.

You might also want to consult a personal trainer, certified strength and conditioning coach or physical therapist familiar with strength training.

Types of Weight Training

A trainer can help you identify specific goals, determine a course of action and learn proper strength-training form

and techniques. He or she can also help you decide which kind of weight training is best for you -- machines, free weights or resistance bands.

I like machines for older adults and beginners because they are easy to use. They reduce the risk of injury because they require less instruction and coordination than free weights. I especially like machines for those working out without a trainer because you don't need a spotter, and the machines usually have pictures showing how to use them.

Free weights require more control and, as a result, are more challenging and involve more of your stabilizer muscles. Free weights can mimic everyday activities, like lifting a suitcase, moving boxes or even unloading the dishwasher. Because using them can be more difficult than machines, I suggest getting initial instruction from an exercise professional to be sure you are doing movements correctly.

Resistance bands are good for people who are intimidated by free weights. One benefit is that you can increase or decrease the resistance mid-exercise simply by moving closer or farther away from the attachment point.

How Much, How Many, How Often?

I recommend beginners start with light weights and 12 to 15 repetitions. Trying to "max out" and lift as much as you can for one rep at ages above 50 is going to be rough on your joints. It is safer to go with a manageable weight for 15 reps.

Beginners should start with an easy schedule. Perhaps two to three times per week with 24 to 48 hours of rest in between sessions.

If your body is not primed to lift weights, it's likely that you will have muscle soreness and fatigue in between lifting days, and you don't want to risk injury by pushing yourself too quickly.

It is best to keep moving during your days off from weight training. Walk, bike, do yoga, stretch or do something that works on balance, such as tai chi.

When do you increase your weights? As the body gets stronger, and the muscles adapt to the current 'stress' or weight being lifted, it's important to increase the stressor in order to see continued progress and not plateau. When the current weight can be lifted more than the recommended repetitions without fatiguing, it is time to step up to a heavier weight.

No matter your level at weight training, make sure you know why you are doing it. Is it to live longer, be able to play with your grandkids or get out of a chair without grunting? Keep it in mind 24/7. Exercise can be hard. Starting a new program can be scary. There will be times you want to quit, probably a lot of them. But remembering the benefits you gain can get you through almost anything.



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BEYOND THE VILLAGE

The Town of Stratford will hold a Holiday Lighting Festival on Dec. 4 at 5:30 p.m. at Town Hall (2725 Main St.) Indoor and outdoor trees as well as surrounding buildings will be illuminated, hot chocolate and doughnuts will be served, school choirs will perform and Santa and Mrs. Claus will arrive by fire truck to pose for photos with attendees. Magicians and face painting will round out the evening.

Family-friendly entertainment provided by Gingerbread Man Puppet Show will precede the tree lighting from 4-5 p.m in the Stratford Library's Lovell Room.

The Menorah Lighting Ceremony at Town Hall Green will take place on Dec. 23 at 6 p.m. Local clergy will be in attendance.

Westport Country Playhouse (WCP) will stage "Winter at the Playhouse: A Holiday Benefit Concert" on Saturday, Dec. 14, at 7 p.m., hosted by Tony Award-winner Joanna Gleason ("Into the Woods," "Dirty Rotten Scoundrels," "Joe Egg"). Gleason will perform with her vocal group, The Moontones.

Other performers include Kristen Hahn (WCP's Script in Hand playreadings, "Our Town"), Sandra Marante (WCP's "In the Heights"), Molly Pope (critically acclaimed cabarettist

at Joe's Pub, Feinstein's/54 Below), Heath Saunders (NBC's "Jesus Christ Superstar," Broadway's "Natasha, Pierre, and the Great Comet of 1812"), Clay Singer (WCP's "Romeo and Juliet," "Man of La Mancha"), Bret Shuford (Broadway's "Amazing Grace," "Chitty Chitty Bang Bang," "Beauty and the Beast"), and Music on the Hill's Handbell Ensemble.

The evening of music will include holiday classics ("White Christmas," "Let it Snow," and "I've Got My Love to Keep Me Warm") as well as "One More Sleep 'til Christmas" from "The Muppet Christmas Carol," "Jack's Lament" from "The Nightmare Before Christmas" and John Lennon's "So This Is Christmas."

For information and to buy tickets, visit www.westportplayhouse.org, call 203-227-4177 or visit Westport Country Playhouse, 25 Powers Court.

Curtain Call Theater presents "A Christmas Story, the Musical" through Dec. 14. The production is based on the 1983 film with music by Tony and Oscar Award winners Justin Paul and Benji Pask ("La La Land," "Dear Evan Hansen," "The Greatest Showman.") Performances are at the Kveskin Theater at Sterling Farms Golf Course, 1349 Newfield Ave., Stamford. Call 203-461-5368 or visit www.curtaincall.com for tickets.

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WORKS BY THE OV WRITERS GROUP

DECISION: WHAT WAS I LONGING FOR?

By Susan Del Bene, Ph.D, RN

Martin Luther King Jr. had a dream. John Fitzgerald Kennedy promised that this generation of Americans had a rendezvous with destiny. Betty Friedan gave us the "Feminine Mystic" that described the pervasive fraction among women in mainstream American society.

I had what every American wanted, a ranch house in the suburbs, a station wagon automobile, two children (the obligatory boy and girl) and a collie dog named Cindy.

I was programed to be happy. Isn't this the American dream? There was something missing. There was a hunger in my soul. There was an emptiness in my intellectual well-being. Why was I so lost and discontented? I had the American dream, the view from the mountain. It was the early sixties and a social, sexual and political revolution was occurring in our nation. I felt that I was not invited to the party. What was the genesis for this void?

Then, one day, the heavens opened, I was on my way to the Promised Land. There was an unfulfilled journey for me to begin and I was ready to find the path.

My dear sister, a scholar and an educator, told me of an article she read in the local newspaper. The university in our

city was launching a new program for "mature" students, over twenty-five years old, to earn an Associate Degree in Nursing within two years. This was the genesis of the community college in Connecticut. Do I dare? Do I dare?

I applied and was accepted. Oh glory, glory days, I have seen the other side of the mountain and so my journey began. The initial obstacle was the four-hundred-dollar tuition. My husband championed me to attend, but how could we afford four-hundred dollars? Four-hundred dollars could be four-million dollars when one has no savings nor money that was not accounted for in our everyday life.

I made the decision to go to a bank that was well-known but shall remain anonymous. Remember this was the sixties, the Age of Aquarius and married women could not apply for a credit card unless their husband signed for them. A woman could not become a fire fighter, a policeperson nor enter Yale, Fairfield University and

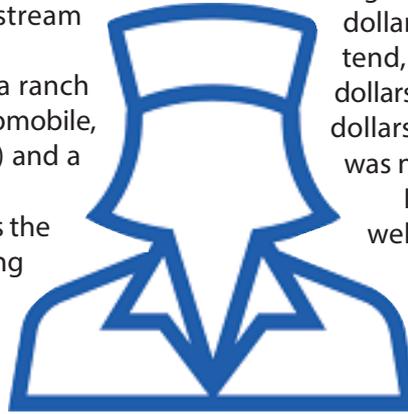
many Jesuit colleges as a freshman. There were no female freshman acceptance letters from these universities until 1969, Fairfield University; Yale, 1970; Columbia, 1983. It took some of the Ivy League Schools 200 years to admit women as freshman students. There were some elite women's colleges, but not within the financial reach of the average woman. Toll collectors on the Connecticut highways were only men.

Here I was, a suburban housewife, brazen and forthright wanting to attend college. I was warned that the educated woman would be scorned by some men and women in their social or religious arena. "If a woman loves her children, she should stay home and raise the children," said a god-fearing evangelist. Another "friend" told my husband that I was an embarrassment, going to college

I entered the nameless bank with my acceptance letter clutched in my hand and told the bank manager that I needed four-hundred dollars to pay my first semester at the university. His eyes never met my anguished and pleading face. His response was "Go home and get pregnant. The bank does not give money for foolish ideas. You are denied the four-hundred dollars."

I left the nameless bank with my acceptance letter and returned home more determined than ever. I gathered all my silverware in my home ... forks, knives, mismatched spoons and water pitchers. I went to a local pawn shop in the center of the city. I entered through the back door, incognito, and I sold the silverware. I rushed back to the university and proudly paid my tuition and the saga began and the dream never dies.

OV



STRATFORD LIBRARY PRESENTS

"STAYING SAFE ON THE INTERNET"

A free workshop designed to make your Internet accounts more secure will be held on Dec. 10 at the Stratford Library (2203 Main St.) at 1 p.m. in the Lovell Room. Topics to be addressed will include password security, phishing prevention, mobile device security, identifying compromised accounts and overall tips and tricks for managing risks on the internet for everyday use

Guest speaker John Nichols, who has over a decade of professional information security experience, will talk about how to verify browsing activity is safe, look for clues to identify phishing emails, talk about when it's safe to enter payment information, and when pop-ups are real.

There will be time for questions at the end of the talk.

More Writers Group works appear on page 18

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DADDY

By Jeanette Caron

My first memories of Daddy were the sounds of wood being sawed in the basement. It used to lull me to sleep on cold winter nights. He was a carpenter by day and a craftsman at home. I still have the toy chest he made when I was four. Cabinets were fashioned from mom's idea of the perfect kitchen. And we had lots of shelves and bookcases.

When spring came, and days got warmer Daddy became a farmer. After-work hours and weekends were devoted to starting seeds, digging up the backyard and planning a bountiful garden. His dedication kept us in vegetables all summer and bottled sauce the rest of the year. And then there were chickens and rabbits. I named them all as pets, while knowing as the farmer's daughter, they would eventually wind up on the supper table. He even tried his hand at grafting fruit, a peach and pear tree. If it had worked out we weren't sure what to call it.

It was Wednesday when Daddy stayed home from work complaining of stomach pains. On Thanksgiving morning he was worse. Mom called our Doctor. The nurse said he was away and suggested she bring Daddy to the hospital. So, very reluctantly, Mom did that, knowing he disliked the idea very much, but what else could she do?

I was half asleep when I heard the phone ringing and turned my head to see the time. It was 8:00, Friday morning, the day after Thanksgiving. Then I heard my Mother crying and shouting, "No! No! It can't be!"

Now, wide awake, I threw on my robe, and headed downstairs to the front hall where she was still shouting and stamping her foot. "Oooh, He's gone." She seemed so small, and I felt helpless. Daddy gone? As she hung up the phone I tried to comfort her, it was no use, she was angry. I began to realize what had happened. The hospital had called to deliver their news.

We were in shock, but calls had to be made, funeral arrangements settled, and a new way of life began

We felt the loss, so hard, so sudden, so final. My mother finally had the courage to go back and ask the doctor. "What happened?" "Well, to tell the truth," he said, "the cause of death was peritonitis. I'm sorry, the hospital was understaffed due to the holiday and couldn't respond to his condition in time." Daddy died alone and in pain. A bitter pill for us.

It's many years later, but it seems he is still here. I recently took scrap wood from our garage workshop and made shutters for a remodeled bathroom and our granddaughter has enrolled in her high school farm program and loves studying about plants. I think he lives on in us. **OV**

REMEMBERING UNCLE MURRAY

By Mitchell Fink

I always considered Thanksgiving the year's best holiday. No religious undertones, no having to exchange gifts. Just getting together with family, maybe watching football, but definitely eating. I don't ever remember my mother making the turkey. That was probably my grandmother's job. She was a great cook, my mother not so much.

But there was only one person anyone would trust to carve the turkey: my mother's brother-in-law, Murray Pittluck. Uncle Murray was a short fat man with a pencil-thin mustache and wisps of black hair that he always kept combed neatly on his nearly bald head.

Murray also had delicate hands and small soft fingers, which made him a perfect fit for his day job, that of a jeweler. Murray owned a little jewelry store in Brooklyn, and he could cut diamonds and set stones with the best of them. Murray also moonlighted as a lighting technician during the early days of live television. He often made arrangements for his wife, my mother's sister Sippi, to bring me to various TV broadcasts, allowing me to experience my first taste of show business. I was once in the peanut gallery at the "Howdy Doody Show," and I was also bounced around on the knees of two of TV's early talk show hosts, Arthur Godfrey and Gary Moore.

But as good as Uncle Murray was at both jobs, where he really shined was on Thanksgiving. He was like a performer,

resting on our couch in the den, before the big show, smoking a Camel cigarette, while watching a football game and waiting to be summoned to the kitchen so he could do with a carving knife what he did so effortlessly on the sparkling diamonds in Brooklyn.

Murray appeared so relaxed in the den that he often nodded out, the lit cigarette still hanging from his lips, slowly burning. My brother, sister and I would watch intently, waiting for the ash to drop on his dark blue sweater vest and roll down over his big belly. Why it never occurred to us that Uncle Murray might burn down the house I'll never know. I just know that when he was roused from his brief moments of unconsciousness, he marched into the kitchen like a trained soldier going into battle. He'd slip into an apron, pick up his Thanksgiving tools, and carve Grandma's turkey with precision and grace.

So I want to give thanks this day to my Uncle Murray. He's been gone a long time. I wish I could say his end was as graceful as he was around a carving board and a pear-shaped diamond, but that was not the case. At a restaurant one night with my Aunt Sippi, he choked on a piece of meat. Regrettably, this happened a few years before Dr. Henry Heimlich first described his appropriately named maneuver that has saved the life of many a choking victim ever since. I was never told whether the piece of meat that caused Uncle Murray's death was steak, pork, or something else. What I'd like to believe is that it wasn't turkey. **OV**

*May the true spirit of
the season be yours*

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

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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.

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

The book for Jan. 8, 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.

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FUNSEEKERS TO EXPERIENCE “THE SOUNDS OF THE ’70s”

Funseekers’ first off-site excursion in 2020 will be to the Downtown Bridgeport Cabaret on Sunday, February 16th, at 4:30 PM. Come disco, sway and rock-on down to a musical review of memorable songs from the 1970s.

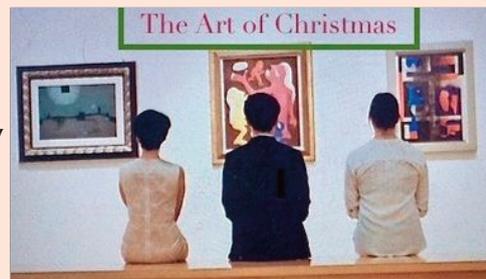


Using music from Elton John, Carole King, The Bee Gees, Stevie Wonder, Donna Summer and others, Decades in Concert will tell the story of the history and culture during America’s bicentennial years. Featuring a talented cast and pre-recorded music, this amazing performance will immerse you in nostalgic multimedia; transporting you back to a decade when living was easy!

Limited seating is available for this performance. Contact Funseekers Trips Coordinator Ann Gallo (203) 380-1022 for ticket pricing and reservations.

A Holiday Musical Comedy Play Presented by Funseekers

Funseekers final event for 2019 will provide a fresh type of entertainment for the Village. Steppin' Out Productions will bring their 34th annual Holiday musical comedy play, titled "The Art of Christmas," to the SCB stage on Tuesday, December 10th, at 7 PM, following a short business meeting.



The play is set at the Morgan C. Mosely Gallery's holiday party, where everyone has a different opinion on what is considered "art". But who is right? The critic? The collector? The curator? Maybe it's the caterer! And, after a few cocktails...everyone's a critic.

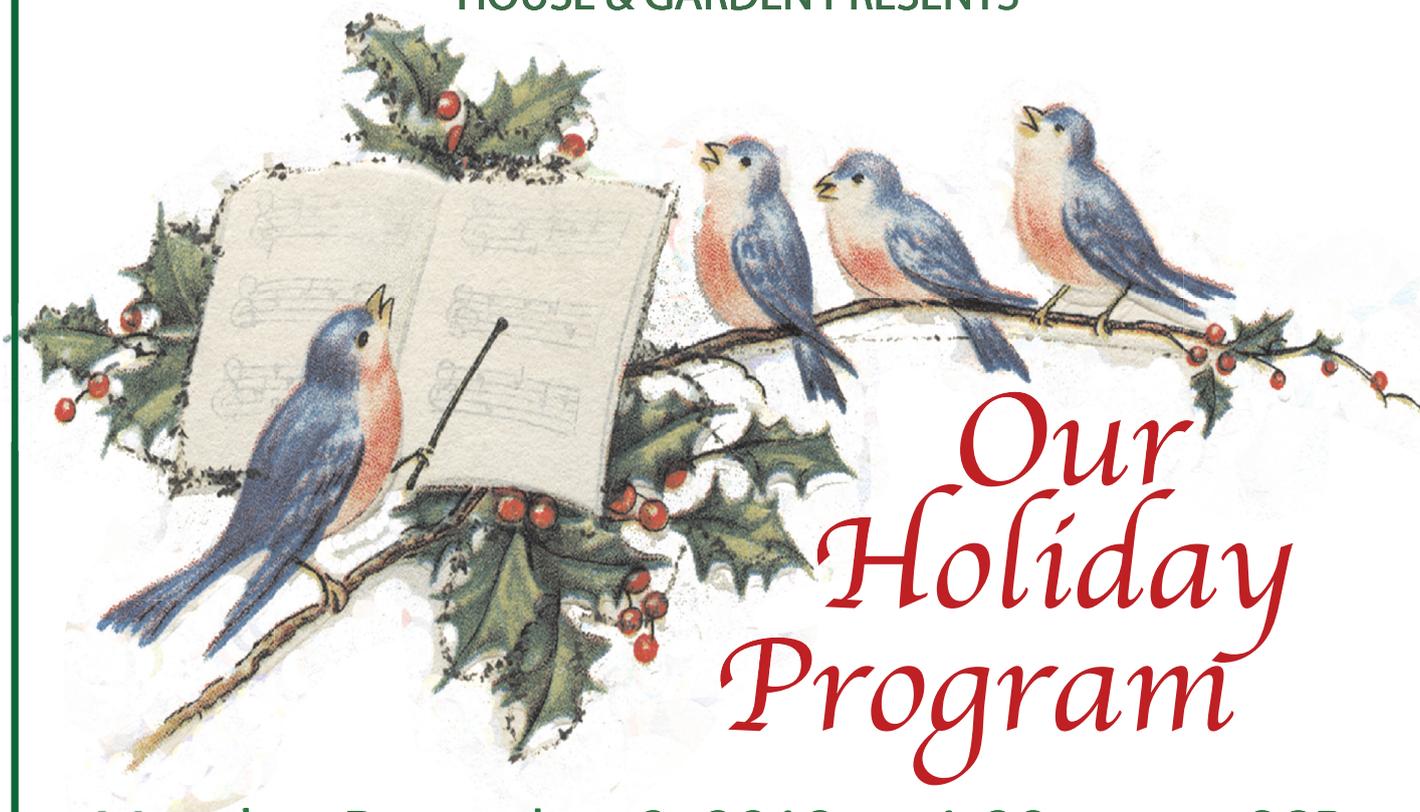
Admission is \$5 at the door for members and non-members. BYOB/Wine/Food. Snacks provided. Coffee/tea/beverages and desserts after the play. No reservations required. Doors open at 6:15 PM.

Call Events Coordinator Bob Krakovich (203) 752-6105 with questions.

A festive holiday-themed poster with a gold and red color scheme. It features a treble clef, musical notes, a red ribbon, and a Christmas ornament. The text is centered and reads:

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DECEMBER 8, 2 P.M., SCB

HOUSE & GARDEN PRESENTS



Our Holiday Program

Monday, December 9, 2019 • 1:30 pm • SCB

Featuring
Singer and pianist Joe Utterback

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.



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Members: Free

Guests: \$3.00



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