



THE VILLAGER



FEATURE

5 Pletman Season Preview



FEATURE

8 Wallace Sloves Tribute



FEATURE

15 Casino Night at OCC





JOIN THE CONTEST AT THE SCB GALLERY SHOW BEFORE THE MARCH 26 DEADLINE!

Match the teen/toddler picture with the current photo of the resident as part of the current exhibit, titled "From Toddler to Teen."

Prize awarded for the most correct matches.



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Thank you to Susan Schettini for contributing the cover photo. The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to cking@oronoquevillage.com.

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UPCOMING DISTRICT MEETINGS*

District 3 will meet on March 11 at 6 p.m. at SCB. A catered dinner, provided by Lasse's, will be followed by a speaker presentation. Sue Duval, owner of the Organized Hive, will provide insightful facts on home decluttering.

District 4 will meet on Wednesday, April 1, at 6 p.m. at SCB. A director from Sterling House will provide information on the organization's history and community involvement. A meal will conclude the evening.

District 6 will meet on March 25 at SCB at a time to be announced.

District 7 will meet on May 13 in the North Clubhouse.

District 10 will meet on April 23 at 5:30 p.m. in the North Clubhouse.

District 11 will hold a dinner meeting on Wednesday, April 22, at 6 p.m. at NCB.

* Flyers with full details will be distributed to residents via the black boxes.



THE VILLAGER

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STRATFORD, CT

WWW.ORNOKUEVILLAGE.COM

EDITOR

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

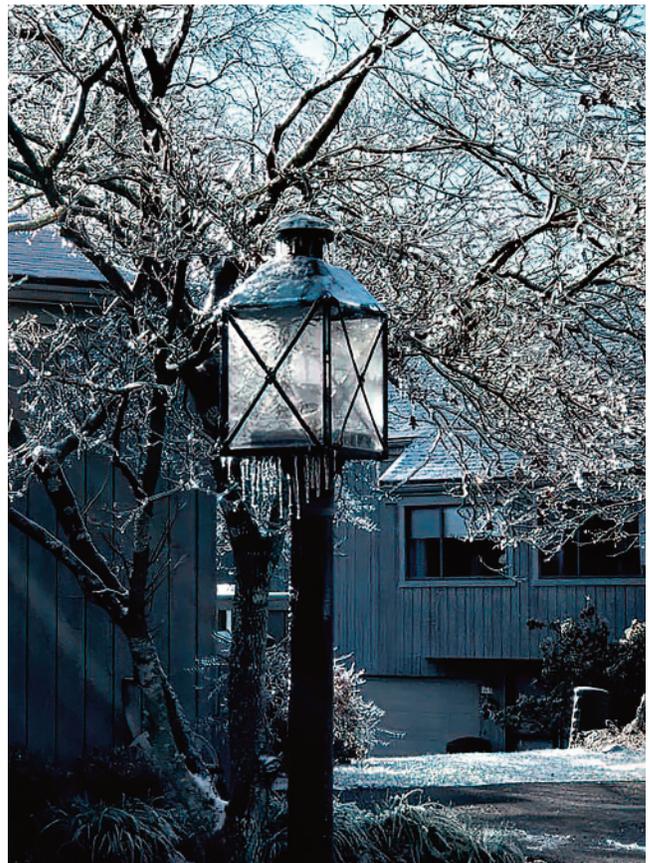
PHOTO EDITOR

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.

OV SNAPSHOT



Thanks to Virginia Brown for sharing this wintry scene of our Village.



PLETMAN CONCERTS – A LITTLE HISTORY PLUS SPRING DATES

By Elisabeth Breslav

It all started in 1972 when a group of residents organized a recorder ensemble. Three years later it grew into the Music Appreciation Group under the leadership of Dr. Max Pletman and his wife, Rose.

A music teacher and an excellent pianist, Rose spent the next 18 years providing Villagers with an opportunity to enjoy top-quality concerts that included performances by promising young talent or “wunderkinder.”

In 1986, when Charlotte Putnam Reppert, associate editor of *The Villager*, published her annual “Letter to Santa Claus,” she listed a new piano for the Music Appreciation Group as a serious need. The Pletmans used their contacts in the music world to obtain a practically new Baldwin concert grand piano with excellent tone. No public funds were used for the purchase. Donations came from *The Villager*, SAC and the Men’s Club, supplemented by generous contributions from residents.

When diminishing health forced the Pletmans to leave Oronoque by the early nineties, the Music Appreciation Group changed its name to “Pletman Concerts” and plaques in memory of Charlotte Reppert and the Pletmans were affixed to the piano. Bea Asken took over as interim program director of the group.

In 1995 Milly Cohen accepted the challenging responsibility of arranging for classical music concerts for the Village. For the next 15 years residents had an opportunity to hear and meet luminaries such as Krystiana Chelminsky, Ilya Shapiro, Moxie and Alex Beyer. Milly passed away in 2010 and a “Celebration of Life” concert was held in October of

that year, featuring Oronoque’s own “Village Voices” and musicians. Proceeds of the concert were donated to Milly’s favorite charity, “Partners in Health,” a Boston-based organization dedicated to providing healthcare to people in some of the most impoverished corners of the world. A plaque in her honor was added on the piano.

Milly was a tiny person, but she left some awfully big footsteps which yours truly has been trying to fill. As I start my 10th year as her successor I look forward to seeing both old and new friends on the dates listed below.

March 22: Shanghai-born piano virtuoso Wenfang (Ivan) Han, who has been playing the piano since age 3. He has performed with many important orchestras, including the Los Angeles Chamber Orchestra. Now 20 years old and studying at Yale, he made his first appearance in Oronoque in April 2019 when he performed with 18-year-old violinist Cameron Chase. They left the audience in awe.

At that time Ivan asked to come back as a soloist, and I know we are in for some beautiful music.

April 26: Return of the Yale Women’s Slavic Chorus. Dressed in colorful costumes, the “Slavs” pride themselves on striving to maintain the distinctive vocal techniques, rhythms and harmonies that make Slavic music unique. They previously charmed our audience in 2009 and 2012 and are looking forward to their third visit.

May 24: Greater Bridgeport Symphony Woodwind Trio will present a program to be announced at a later date.

Admission to the Pletman Concerts is \$5 at the door. All concert take place at NCB, start at 3 p.m. and are followed by a reception with light refreshments. OV

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ANNOUNCEMENTS

CALL FOR ART: MARCH 27, 10 A.M.

The spring Galerie OV show, themed "Water, Water Everywhere," is open to all media. To participate, please bring your artwork to SCB on March 27 at 10 a.m. Pieces must be wired and ready to hang. Three-dimensional artwork (such as sculptures) will be placed on pedestals.

The "water" can be in any form: rain, snow, fog, tears, a body of water, etc. Use your imagination!

Questions? Contact Barb Stewart at 612-1373 or barb_smt@yahoo.com. (Information on the show's opening reception appears on page 21.)

The themes for upcoming Galerie OV exhibits are as follows: Summer is "Winter in July," fall is "Foliage and Flowers" and winter is "Animals."

SAFETY TIPS FOR WALKERS

When there is less light during the early morning and later evening hours, it is imperative that drivers and walkers take precautionary measures.

Safety Tips for Pedestrians

- Wear brightly colored clothing or reflective gear that is easily illuminated by a vehicle's headlights.
- Look both ways before crossing the street.
- Face oncoming traffic while travelling.

Safety Tips for Dog Owners

- To make sure your pet is visible, invest in reflective dog clothing, a reflective dog collar or a reflective dog leash.

Safety Tips for Motorists

- Check all vehicle lights to ensure they work properly. This includes headlights, parking lights, turn signals/emergency flashers, brake lights, tail and marker lights, and instrumentation lighting.
- Use the night setting on your rearview mirror to avoid glare from oncoming headlights.
- Drive cautiously. Be alert and watchful for bicyclists and pedestrians on the roads, as well as at crosswalks. They may not see or hear you coming.

ELECTRONIC FILING OF WORK ORDERS IS ENCOURAGED

The Maintenance Dept. would very much appreciate – when possible – receiving work orders electronically rather than on paper. Electronic work orders can be accessed on the OV website (www.oronoquevillage.com) by clicking on the Maintenance tab at the top of the page.

When work orders are filed electronically, you will receive an emailed acknowledgment within 24 hours that



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*

confirms receipt of your work order.

If you have questions about how to submit an electronic work order, please contact the Maintenance Dept. (203-375-8853) or website coordinator Carol King (203-377-5313, ext. 3) and they will walk you through the process. You may find this procedure is both simple and efficient.

Call-In Program Is Available To Oronoque Residents

If you live alone, you might want to consider signing up for the **Call-In Program**. To participate, you need to call the South Clubhouse (203-377-5435) every morning between 9 a.m. and 10 a.m.



A Volunteer Monitor on duty will check on you. That's all there is to it!

If you are interested in learning more about this program, please call Kathy Lukens at 203-612-6685.



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.)



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ARTIST OF THE MONTH: WALLACE SLOVES

Editor's Note: Artist of the Month Wallace "Wally" Sloves passed away on Wednesday, Feb. 5, at the age of 86. He was an award-winning designer of ladies fashion wear focusing on custom designed wedding and mother-of-the-bride dresses. In his later years, he won multiple awards for his artwork and was an active member of both the Oronoque Village and Rodeph Sholom communities. As a member of the OV Arts Guild (OVAG), his paintings were often featured in OVAG's quarterly exhibits and, in spring 2017, he was the recipient of the coveted People's Choice Award for his oil painting, titled "Lily Pond."

During the month of March, Wally's work will be displayed at NCB as part of the Artist of the Month program. Below is a reprint of an article about Wally that was published in the April 17, 2017 edition of *The Villager*.

April 2017 marks Wallace Sloves' third tour as an Artist of the Month. A talented painter, Wallace has been the recipient of multiple awards and recognitions for his artistry.

In 2013, Wallace received accolades at five juried shows. His paintings were named Best in Show by The Milford Arts Council – twice -- as well as by the Oxford Cultural Arts Commission, the Valley Arts Council and the Agency of Aging in New Haven. Further, Pomperaug Woods in Southbury selected his work to be included in its calendar and he held a one-man at the Wine Boutique in Stratford.

In 2015, he was recognized with a one-man exhibition at the Stratford Library. Last year he was among a select group to show his works in a juried art show at the prestigious Salmagundi Gallery in New York City.

Wallace – who works in both oils and watercolor – enjoys capturing imagery from the many exotic locations that he has visited. "I've traveled the globe," he reports. He has journeyed throughout Europe and South America, as well as Budapest, Mexico, Yugoslavia, Spain, Portugal, China,

Africa, Russia, Prague, Israel, Berlin and Norway. Upcoming travel plans include a tour of Cuba as well as a trip to Nuevo Vallarta, Mexico.

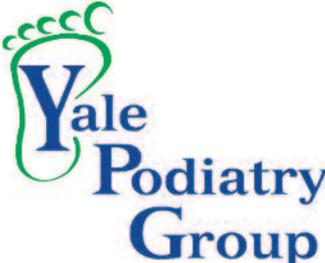
He has been painting for more than 60 years. Currently his studies include time at the Baldwin Center in Stratford and the Derby and Trumbull Senior Centers.

Professionally, Wallace has a longstanding career in fashion design. He has created ladies clothing for Suzy Perette, Stacy Ames and Joy Time. He also operated his own business, Charles Wallace Couture. Presently, he is a professor at the Fashion Institute of Technology (FIT), a position he has held for 54 years.

Wallace and his wife, Sheila, have lived in the Village for about 17 years. "When Sheila and I decided to move from Rockland County, N.Y., we looked at many locations in the tri-state region," says Wally. "We found the lifestyle that we wanted at Oronoque Village. This community has people our own age, activities we can partake in, a proximity to New York City by train and car, and we were able to make new friends while keeping our old ones."

Since their arrival, the Sloves have been involved in many activities. Wallace was the District 1 Representative for five years and the Alternate Representative for three. He is a member of the Men's Club and formerly sang with Village Voices. Also, he has been a participant in plays created by Harriet Borrack.





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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 March 16 is March 3 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 Wednesdays March 14, March 18, April 1 and April 15.

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. 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.

MAINTAINING A HEALTHY LIFESTYLE

• Healthy Lifestyle Discussion Group meets in the SCB Back Card Room at 10 a.m. on the last Tuesday of each month. Upcoming meetings will take place March 31, April 28, May 26 and June 30. For information, call Lucy Clifford, 203-644-7710.

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

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 Oronoque Village Writer's Group (OVWG) is a group of writers who enjoy the challenges of writing and of sharing their work in a trusted environment. Members include published authors and hobbyists committed to attending workshops twice a month in a respectful, supportive and professional environment. If interested, please email or call Mary von Ziegesar (MvonZ@optonline.net – 203-767-9760) or Elisabeth Breslav (tulpenbol@att.net – 203-385-8505).

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FEATURE: MEN'S CLUB SUPER BOWL PARTY

GOOD GAME, GOOD FOOD, GOOD TIME

Story by Sandy Lunt ~ Photo by Marcia Klein

The 54th Super Bowl in Miami turned out to be a very close, well-fought game despite the 31-20 score in favor of the Kansas City Chiefs. A crowd of 70 ardent football fans turned out for the Men's Club Super Bowl Party. They were treated to a wonderful meal prepared by Men's Club members. John Fratarcangeli spent hours in the kitchen helped by Tom Becker, Jerry Brown, Arline Walton, Sandy Lunt and Patricia Greenky. Andy Vena had previously made his contribution by preparing trays of delicious chili.

The kitchen crew worked hard to make wings, meatballs and pasta for a well-rounded hot meal that was enjoyed by all. Syd Goldstein did his usual good job of handling the soda, coffee, tea and dessert.

Barry Wells, Tom Becker, Sam Levinson and Barry Wilensky were on-hand as servers and made sure all attendees got their fair share of food. Kathy Wells, Ann Gallo and Marcia Klein controlled the betting boards and Arlene Wilensky, Carol Sembrot, Kathy Wu, RoseAnn Iancale. Bob Weiss and Jack O'Connell walked away as winners.

The cheering was loud and clear for the two best teams this year and for those ladies not interested in



Men's Club members Barry Wells, Tom Becker, Jerry Brown, John Fratarcangeli, Barry Wilensky and Sam Levinson.

watching football, table games made for a lot of fun. One of the best parts of the evening was the usual donation by the Men's Club of leftover food to the Fire Department. The firefighters were most appreciative and delighted to be thought of. All in all it was a good game; good food and a good time was had by all.

OV



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CALENDAR

For the latest on OV news and events, go to www.oronovillage.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, MARCH 2

- 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 (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)
- 7:00 p.m. – Bulls & Bears, SCB, C/R (O)
- 7:00 p.m. – SAC Meeting, NCB, B/R (O)

TUESDAY, MARCH 3

- 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)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)

WEDNESDAY, MARCH 4

- 8:30 a.m. – Communications Committee, NCB (O)
- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 9:30 a.m. – Women's Bowling, Bowlero Lanes, Milford (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm (O)
- 10:30 a.m. – Men's Bowling, Nutmeg Lanes, Fairfield (O)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 6:30 p.m. – Men's Poker, SCB, C/R (O)
- 7:00 p.m. – Book Club, NCB, Library (O)

THURSDAY, MARCH 5

- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Beginner Oil Painting, SCB, A/C Rm (C)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Quilting Group, NCB, C/R (O)
- 10:00 a.m. – House Committee, NCB, B/R (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)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, MARCH 6

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

SATURDAY, MARCH 7

- 6:00 p.m. – Private Party, SCB (C)

SUNDAY, MARCH 8: No events scheduled

MONDAY, MARCH 9

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 9:00 a.m. – Jewelry Making, SCB, C/R2 (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 1:30 p.m. – House & Garden Meeting, SCB (O)
- 4:00 p.m. – Maintenance Committee Mtg, NCB, B/R (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. – Jewelry Making, SCB, A/C Room (O)

SAVE THE DATES

April 24 ... OV Wine Club will have its first wine-tasting event of 2020: "Wines from the Pacific Northwest" takes place at NCB, 7-9 p.m. Cost is \$25 per person.

May 5 ... The Justin Wood Circus will perform during the Funseekers meeting at 7 p.m. at SCB. This is a comedic, multitalented circus arts variety act. Justin, along with his assistant, will perform different circus routines, which include audience participation.

June 6 ... "Burlesque...Oronoque Style" will be this year's stage show performed by the Oronoque Village BRAVO Players at 7 p.m. at SCB.

CALENDAR

Upcoming Off-Site Event:

March 16 ... Men's Club Casino Trip.

See page 20 for full details.

TUESDAY, MARCH 10

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

WEDNESDAY, MARCH 11

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 9:30 a.m. – Women's Bowling, Bowlero Lanes, Milford (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm (O)
- 10:30 a.m. – Men's Bowling, Nutmeg Lanes, Fairfield (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. – District 3 Mtg, SCB (C)

THURSDAY, MARCH 12

- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Beginner Oil Painting, SCB, A/C Rm (C)
- 10:00 a.m. – Zumba, NCB (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)
- 2:00 p.m. – Writer's Group, NCB, Library (O)
- 4:00 p.m. – Pool Social Group, SCB, C/R2 (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

FRIDAY, MARCH 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, Library (O)
- 7:00 p.m. – Movie: *Judy*, NCB (O)

SATURDAY, MARCH 14

- 1:00 p.m. – Private Party, SCB (C)

SUNDAY, MARCH 15:

- 12:30 p.m. – Private Party, SCB (C)

MONDAY, MARCH 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 (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)

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FUNSEEKERS UPDATE

Story by Marie Orlowe – Photo by Sonya DeBiase

The premier 2020 Funseekers meeting was held Feb. 11 and was well-attended. Treasurer John Fratarcangeli gave his report and drew tickets for the coveted Funseekers mugs, won by several lucky winners.

Miss Sunshine, Marie Orlowe, recognized member Dick Steele on the occasion of his 98th birthday. The assembly, including family members, wished him well and sang the traditional birthday song. A 98th birthday should be celebrated.

Andy Vena, hospitality coordinator, whet our appetites by offering several different and delicious homemade breads.

Lucy Clifford introduced the evening's entertainment, "Matinee," music and jest at its best. The ladies have been together for 22 years. Their repartee was witty with joke telling. Also, they quizzed audience members and rewarded them with Dove chocolate hearts. Everyone enjoyed the sing-along of standard tunes. The barbershop octet provided us



Matinee performed during the Funseekers' February meeting.

with a fun, warm-hearted evening.

Please see the flyer-ad section of this issue for upcoming events. The Funseekers never stop having fun. Join us! **OV**

BEYOND THE VILLAGE

Square One Theatre Company, now in its 30th season, presents A.R. Gurney's "The Dining Room," March 5-22, at Stratford Academy, 719 Birdseye St.

This classic play is set in the dining room of a typical well-to-do household, the place where the family assembled daily for breakfast and dinner and for any and all special occasions. The action is comprised of a mosaic of interrelated scenes — some funny, some touching, some rueful — which, taken together, create an in-depth portrait of a vanishing species: the upper-middle-class WASP. For information, visit www.squareonetheatre.com or call 203-375-8778.

Shelton Art League presents Lorraine Skelskey Chapin, who will paint a still life in oil at 1 p.m. on March 16 at the Shelton Community Center, 41 Church St. The league's general meeting starts at noon. Lorraine has a bachelor of science degree in graphic design and an associate degree in fine art.

She is a member of local and state art societies and exhibits at many area galleries. Using oils and acrylics she paints primarily impressionistic landscapes, gardens, animals and still life. Guests are always welcome. For more details, visit <http://www.sheltonartleague.org>.

Fish dinners will be offered on Fridays, through April 3, at First Congregational Church of Stratford, 2301 Main St. Serving hours are from 4:30 p.m. to 7 p.m. Dinners include baked or fried fish, fried clams, baked potato or French fries, cole slaw, dessert and beverage. Specials will be offered, such as crab cakes, fried shrimp and Fisherman's

The cost for seniors is \$10, Adults pay \$11 - \$18. Kids under age 10 eat free from the children's menu. platters. All are welcome. Call 203-378-2644 for information. **OV**



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FEATURE

CASINO NIGHT AT ORONOQUE COUNTRY CLUB

Story by Joan Capron ~ Photo by Carole Guglielmino

Casino Night, held at Oronoque Country Club on Feb. 7, was an amazing and fun evening. About 80 people participated. Upon arrival, guests received two \$500 cards (equal to \$1,000 chips) that could be used at the two black-jack tables, a roulette wheel and poker tables.

Raffle prize tickets were distributed to those who had chips left. (I had 1,800 chips, which gave me six tickets!)

Raffle prize winners received baskets of goodies. Plus, all who attended received a swag bag to take home.

The room and tables were decorated with dice, playing cards and gold coins. The \$30 admission fee included dinner and dessert, which were delicious.

Congratulations to OV residents Carole Guglielmino and Rachel Barnette for creating such a fun and well-organized event. Also, a shout out goes to La Fortuna for the donation of a \$100 gift certificate for the first-prize winner. Homemade cookies were provided by Carole and Anita Kplantz.

OV



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FITNESS FOR OLDER ADULTS

START WEIGHT 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?

Many people grapple with fear of injury 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.

But wait, there's more. 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.

Get a Checkup

Before getting started, consult your doctor. "It's always good to check with a healthcare 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 certified trainer can help you identify specific goals, determine a course of action and learn proper strength training form and technique. He/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're 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 a "max" lift for one rep at age 50-plus is just too rough on your joints. It's safer to go with a manageable weight for 15 reps.

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

If your body is not primed to life 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's best to keep moving during your off days 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 weight being lifted, it's important to increase the weight in order to see continued progress and not plateau. When the current weight can be lifted more than the recommended repetitions without fatiguing, it's time to step up to a heavier weight.

Weight Training Past the Beginner Stage

Once you hit a plateau in progress, it's time to change something. That can be adding more weight, adding more volume with another set or finding a new program to follow.

If you have been weight training safely for a while and are ready to take your training to the next level, I recommend incorporating complex movements into your routine. Be sure to consult an exercise professional who can make sure you are using perfect body mechanics for such moves.

You can add difficulty by combining multiplanar movements. (Multiplanar exercises work in more than one direction at a time, such as combining rotation with flexion and extension.) This will require stabilizer muscles to work harder.

No matter your level at weight training make sure you know why you're 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 your why will get you through almost anything.



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

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The 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 March 4 is *Chocolat* by Joanne Harris.

The book for April 1 is *My Name Is Red* by Orhan Pamuk. This book is a devious mystery, a beguiling love story, and a brilliant symposium on the power of art, *My Name Is Red* is a transporting tale set amid the splendor and religious intrigue of 16th-century Istanbul, from one of the most prominent contemporary Turkish writers.

OV Karaoke Club

No fees or dues - No commitments

Just fun!

Join us for our next event on Friday, March 20, in the South Clubhouse Auditorium from 6:30-9 p.m.

(We usually go a bit longer than 9 p.m. 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!



Quarterly Meeting

& Entertainment By
Michael Coppola jazz guitarist
& singer Maria Tiscia



Tuesday, March 24 **7-9**
NCB Lounge, Auditorium



Cabaret style seating—so BYOB & any snacks!
We will supply dessert & coffee

Members: Free
Guests: \$5 at the door

Oronoque Village Men's Club's Pancake Breakfast

Date: Saturday, March 21
Time: 9:00 am to 11:00 am
Place: South Clubhouse
Cost: \$10 per person. (Children under 12 Free)

Menu: All You Can Eat -- Pancakes, syrup and butter, bacon, sausage, orange juice, diced peaches. coffee (reg & decaf), tea



Make checks payable to OVMC with "Pancake Breakfast" in memo section and deposit in Men's Club box in NCB by Thursday, March 19th.

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

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

Funseekers newest trip for THEATRE LOVERS!

The Edgerton Center For The Performing Arts At Sacred Heart University Presents:

Saturday

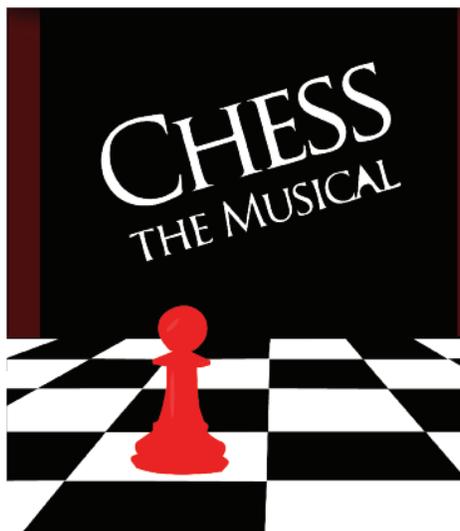
April 25, 2020

8 pm **\$12**

Anne will have a sign up sheet at Funseekers meeting on March 10

First Come-First Served

Questions?
Call Anne Gallo
203-380-1022



The smash hit musical "Chess" was composed by members of the pop group ABBA and the lyricist of Evita and Aida, who fashioned this epic rock opera set during the heart of the Cold War about an international chess match between the Russian champion and a brash American challenger.

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

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



FUNSEEKERS

★ ★ ★ ★ ★
PRESENTS
★ ★ ★ ★ ★



Raggle Taggle Gypsy O's

Tuesday March 10, 2020 7pm

SCB • Doors Open At 6:15 No reservations required

**Come enjoy this trio from Brooklyn, NY!
They will do a mix of traditional Irish fiddle tunes
plus ballads, pub songs, folk songs, rebel songs
and popular irish music from the 60's to today.**



**Admission is \$4 for members (\$15 annual dues) and \$7 for guests.
BYOB/wine/food/snacks!**

Coffee, tea, beverages and dessert to follow the program.

Questions? Call John Fratarcangeli at 203.503.4364



RECEPTION

For Our New
Art Show
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Sunday, April 5th 4pm

SCB

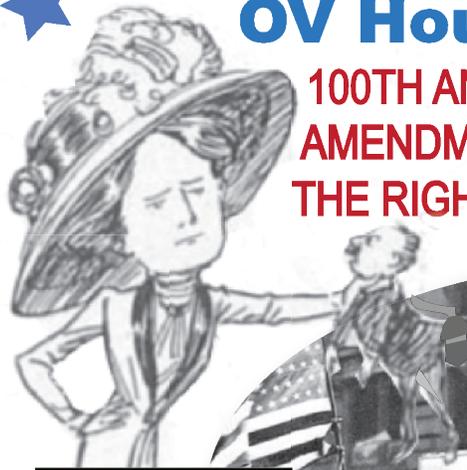


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DAVID WRIGHT, OUR OWN STRATFORD HISTORIAN WILL TALK ABOUT THE SUFFRAGE MOVEMENT IN THE USA. DAVID WILL TELL US ABOUT THE STRATFORD WOMEN WHO WERE VERY MUCH INVOLVED IN THE FIGHT TO GET THE VOTE!



**Monday,
March 9, 2020
1:30 SCB**



Member-Free Guests-\$3 Coffee, Tea & Treats served after the program



The Movie Club Presents: *Judy*

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



Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Rene Zellweger stars in this Oscar-winning role.

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

JOIN US FOR "IT'S 5 O'CLOCK SOMEWHERE!" ON MARCH 6

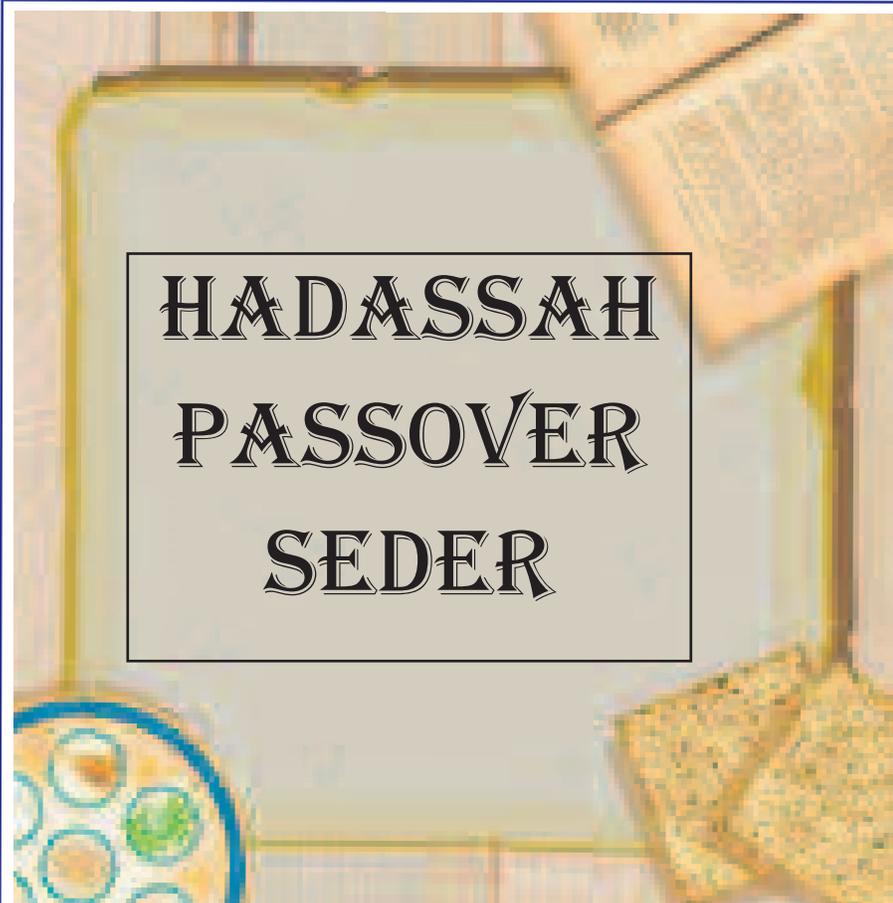
IT'S 5 O'CLOCK SOMEWHERE"
TAKES PLACE ON THE FIRST
FRIDAY OF THE MONTH
AT NCB at 5 P.M.

BYOB * Relax and Mingle

*Drop By With An
Appetizer to Share*

Hosted by SAC





HADASSAH PASSOVER SEDER

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

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

When: Wed., March 25

Time: 12 p.m. at NCB

Admission: A Passover Dish

RSVP by March 19

Lillian: 203-380-8387

Arlene: 203-870-9561

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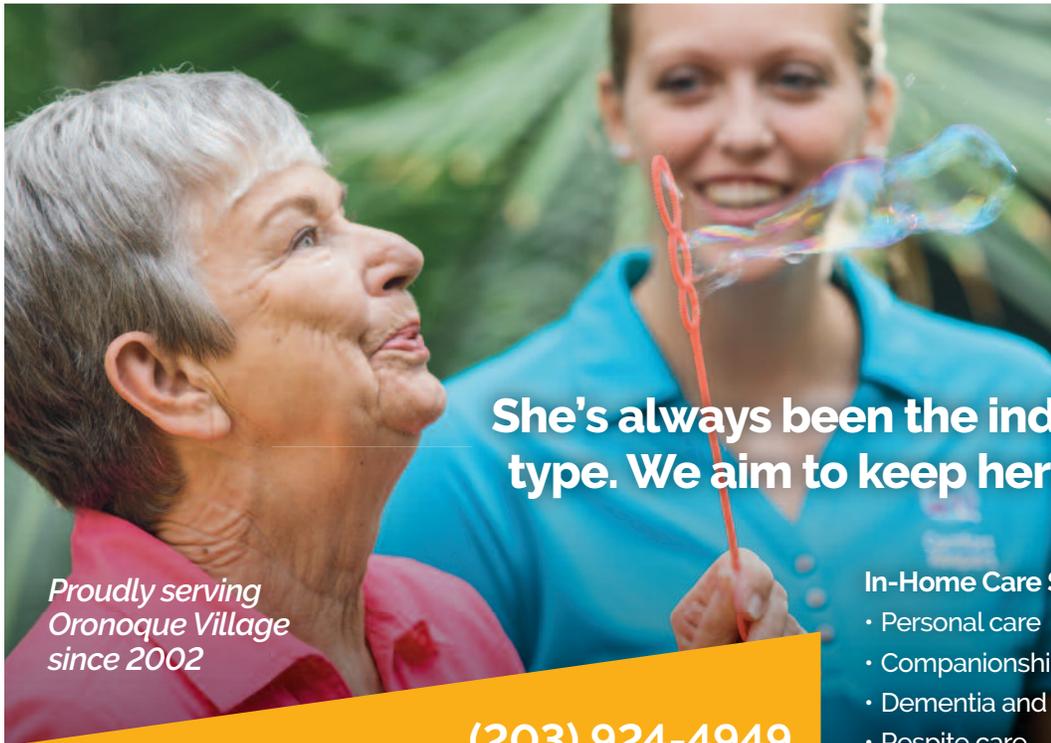
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References Available
Alex Modica, local owner



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