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On the cover: A view of Roland Wright's rose bush in full bloom on South Trail.

The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to Villager Editor Carol King at cking@oronoquevillage.com. Villager editorial submissions should be emailed as either text attachments or with text pasted into the body of an email. All Villager articles are edited to conform to the standards of The Associated Press Stylebook.



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A MESSAGE FROM THE OVCA PRESIDENT

JUNE 21, 2022

By James Rapaport, Esquire

Let me begin by thanking all of the OVCA board members, alternate district representatives and all of the standing committee members who work very hard on behalf of OVCA.

Every one of us around this table has been elected as a volunteer by our fellow Village residents to ensure that we adhere to our governing documents and the condominium declaration as well as honor our fiduciary responsibilities to every resident. Based on the experiences of the past few years, we – as a board – have not been following the processes and protocols that form the framework of effective and efficient condominium governance. This is not casting aspersions or blame. Rather than looking back, we need to act today and look forward to tomorrow.

My goal is to bring us back on track, to adhere to the structure in our bylaws and to be aware, at all times, of our ethical and fiduciary responsibilities to each and every Village unit owner.

As the elected officials of this condominium community, we take on a serious responsibility to represent not our own interests, but that of the owners we have been elected to represent.

Each unit owner here in the Village has made serious investments in their property and they have every right to expect us to act judiciously and without prejudice to make the best decisions. Their best interests should be the main focus of our deliberations as we move forward in 2022.

Governance is at the heart of what each of us as OVCA directors should be concerned with. Working in tandem with the OVTD board, we can marshal our collective resources to the highest and best use, always with the owners' best interests in mind.

The actual execution of the day-to-day activities of running the Village is in the hands of our Executive Director. He is employed by us — on behalf of every Village owner — to oversee all our employees and ensure they are doing all the tasks that are necessary to keep our Village clean, safe and an enjoyable place to live.

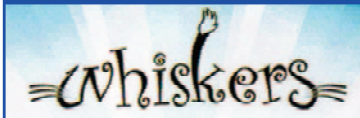
Our Executive Director and Director of Maintenance Operations are talented individuals and experienced in the work that they do. They have created processes and procedures and enacted short- and long-term plans and goals for the work that needs to be done in the Village. That is the reason why we employ them, and we need to recognize they are the professionals to whom we need to look to ensure we are effectively managing the needs of the Village.

We all can agree to disagree on the matters/issues that come before us and how they are ultimately implemented on behalf of all owners. But it is paramount that we respect our differences, recognize we all may not agree on everything 100 percent of the time, and always conduct ourselves – whether during a meeting, via email or when speaking on behalf of our fellow owners – in a civil manner.

I hope that all of you as directors will continue to work diligently to ensure we are governing effectively and representing the interests of every Village condominium owner here that entrusts us with their investment.

Thank you.

OV



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Carol King – cking@oronoquevillage.com / 203-377-5313, ext. 3

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.

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ANNOUNCEMENTS

UPCOMING DISTRICT MEETINGS

District 2 will meet on Tuesday, July 12, at 2 p.m. in the South Clubhouse. The focus of the meeting will be “The Power of an Informed Community.”

OVCA President Jim Rapaport will be the guest speaker and talk about current OVCA governance and how the OVCA Board is working to keep you informed.

District Rep Catherine Hogan will then discuss the power of your input regarding that information and the elections coming up for District 2 positions.

A light supper and singing will be provided! Please bring your dues of \$15, if not yet paid.

RSVPs are requested. To reserve a place, please email Catherine at hoganca@mac.com.

District 11 will hold its annual BBQ and summer meeting on Wednesday, July 13, from 6-8 p.m. at the North Clubhouse. Guest speaker Dave Bingham, from District 10, will provide an update on potential development plans for land around the Village and their possible impact on OV.

Please feel free to bring a small dessert or small side to share, as well as a beverage of your choice. Cost is \$8 per person, \$18 if you have not paid your dues.

Please submit your check, payable to District 11, in the District 11 mailbox located in the NCB. RSVP to Jeannine, jeannine.mccann@snet.net, by Monday, July 8. We also invite all grillmasters in District 11 to come and showcase their skills!

All new residents in District 11 are warmly welcomed.

SCULPTURE SHOW ON SIOUX LANE

The 3rd Annual Summer Outdoor Sculpture Show will take place on Saturday, July 2, from 10 a.m. to 1 p.m. on Sioux Lane. (Rain date, Sunday, July 3.)

Residents are invited to take a stroll and enjoy the works of the sculpture class at Oronoque Village. The art is varied, original and beautiful!

The artists will be on-site and will enjoy participating in discussions about their ideas and work. At noon, there will be a short demonstration of the patinas — colors — that are possible with sculpture.

This is a no-charge event. Come and enjoy! Questions? Contact Wendy Swain at wendysw10s@gmail.com or 203-386-9125.

TRASH & RECYCLING PICKUP IS DELAYED BY JULY 4 HOLIDAY

Trash and recycling pickup is delayed by a day when holidays fall on a Monday, Tuesday or Wednesday.

The Independence Day holiday on Monday, July 4, will delay trash and recycling pickup until Thursday, July 7.

The following is a list of holidays observed by our trash collector, Oak Ridge, and how the holidays will impact trash and recycling collection in this community:

Labor Day, Monday, Sept. 5 (Pickup will occur on Thursday, Sept. 8).

Thanksgiving, Thursday and Friday, Nov. 24 and 25 (No change in pickup schedule)

Christmas, Monday, Dec. 26 (Pickup will occur on Thursday, Dec. 29).

New Year's Day, Monday, Jan. 2, 2023 (Pickup will occur on Thursday, Jan. 5.)

READERS THEATRE SHOWCASE SET FOR STRATFORD LIBRARY

The Stratford Library and Square One Theatre Company have announced the schedule for “Readers Theatre Summer Showcase 2022.”

The annual series of live, staged readings of new and established plays returns following a two-year absence at the library. The showcase takes place at 7 p.m. on Wednesdays through July 27. (Doors open at 6:30 p.m.) The readings are free and open to the public.

Coming up are:

July 6 – “Chapatti,” a romance by Christian O’Reilly,

July 13 – “Death of an Author,” Steven Drukman’s college academia play

July 20 – “Kings,” a political play by Sarah Burgess

July 27 – “Two Plain Daughters and One Handsome Son,” Joanna Glass’ New Haven-based comedy/drama.

The Readers Theatre Summer Showcase 2022 series will take place in Stratford Library’s air-conditioned Lovell Room.

The acting company for the series includes Julia Allen, Lucy Babbitt, Joan Barere, Andrew Benjamin, Tess Brown, Roger Coleman, Christopher Finch, Katelyn Ferrari, Mark Frattaroli, Lillian Garcia, Maureen Gordon, Jo Kulp, Al Kulcsar, Pat Leo, Damian Long, Peggy Nelson, Thomas Newman, Janet Rathert, Frank Smith, J. Kevin Smith, Kiel Stango, Danielle Sultini, David Victor and Emma Yan. Tom Holehan will direct the readings.

All plays are recommended for adult audiences and titles are subject to change.



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MAINTENANCE MATTERS

By Mark Rhatigan, Director of Maintenance Operations

MULCHING TIPS

This is the time of year when gardeners apply mulch to conserve water, shield plants' roots from temperature extremes and discourage the growth of weeds.

Mulches are an asset to the garden. Mulch helps to maintain a uniform soil temperature. Further, adding a 3- to 4-inch layer of mulch can enhance the aesthetic value of a garden while protecting the base of trees from being injured by equipment, such as lawn mowers.

However, when applying mulch, please remember that moderation is key. Spread the mulch out in a layer that is 2 to 4 inches in depth, and don't pile it up on the trunks of trees and stems of shrubs. This can lead to problems.

Here are few tips for applying mulch:

- Too much mulch can create a moist environment in

which opportunistic decay fungi attack the tree trunk and roots, causing root rots, crown dieback, a decline in health, and tree failures.

- Before you add and spread new mulch, last year's mulch should be removed.
- Do not pile mulch so high that it comes in contact with wood siding. This causes the siding to rot and is an invitation to termites.
- The best time to apply mulch in established bed areas is mid-spring to early summer. If applied earlier, the mulch will keep the soil temperature lower and root growth could be delayed.
- Bark mulch, colored brown, is the only mulch allowed in Oronoque Village and we do provide much to residents, when available, via work orders.



WARM WEATHER REMINDERS

Deck Awnings

Residents are reminded that the installation, maintenance, cleaning and repair of the deck awnings are the responsibility of the unit owner.

The appearance, replacement or cleaning of awnings can be determined by complaint. If a complaint is filed, residents shall have the right to appeal any complaints of awning condition to the OVCA Board.

Statuary / Garden Ornaments

Statuary and garden ornaments can be displayed in the foundation planting area only. Placement of items in common areas away from the foundation planting area is prohibited. The placement of items should not interfere with the maintenance of the building, shrubs or lawn cutting.

Above all, items should pose no safety hazard. Planters, pots and statues should not be placed on stairs, pathways or in paved driveways, as they can contribute to trips and falls.

Acceptable statuary or garden ornaments are to be of natural earth tones (terracotta, brown, green, tan, gray) and displayed in a tasteful manner. If the garden ornament is a planter, only live plants may be displayed. Artificial or plastic plants are not permitted.

Garden ornaments, flower pots and similar items are not to be hung from trees.

Items should not be displayed to excess. Management reserves the right to ask residents to remove displays.

Anything that is deemed a safety hazard or obstruction will be removed by the Maintenance Department.

Curbside Pickup

This is the time of year that Villagers work outside in their yards. Curbside pickup occurs every Monday. Items for pickup should be left outside no earlier than Sunday evening.

Please place yard debris (grass clippings, leaves, etc.) loose in your garbage cans (no larger than 32 gallon) or in paper yard waste bag. Plastic bags will not be accepted as the use of plastic bags raises the cost of disposal.

When packing the bags and garbage cans, please make sure that they are not too heavy. Do not place large amounts of dirt, rock and sand in paper bags or garbage cans. (We want our Maintenance staff members to be able to dispose of these items without a struggle.)

These efforts reduce costs of removal to the Village and allow the debris to be recycled into useful mulch.



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ACTIVITIES

EDITOR'S NOTE: *To ensure accuracy, information submitted to The Villager must be sent via email, to Carol King at cking@oronoquevillage.com. (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of The Villager, on July 15, is July 5 at noon.*

BOCCE

Bocce is played on Thursdays, 10 a.m. to noon, at NCB.

CURRENT EVENTS

• The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on Wednesdays July 6 and 20. (Meetings will be suspended during August and will resume Sept. 7.)

DOLLCRAFTERS

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

DROP-IN BRIDGE

• Drop-in Bridge takes place on Mondays from 6:30-8:30 p.m. in the NCB Lounge. All levels of bridge players are encouraged to attend; no need to bring a partner. There is no fee to participate. For information, please contact Wendy Swain at 203-386-9125. Proof of vaccination required.

LOW-IMPACT EXERCISE CLASS

• Low-impact exercise classes, taught by Renee Zinn, are held at 10:30 a.m. on Mondays and Fridays at NCB. Bring weights and water. Proof of vaccination is required. Those without proof of booster shots must wear masks.

QUILTING GROUP

• Village quilters meet at the NCB Card Room on the first and third Thursdays of each month from 10 a.m. to noon.

TEA, TALK & CRAFTS

• Tea, Talk, and Crafts meets at 1 p.m. on Thursdays next to the kitchen at SCB. Annual dues are \$10. Questions? Call Irene Sanzone at 203-378-2010. Vaccinated members only. Please show proof.

WRITER'S 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 commit to attending workshops twice a month in a respectful, supportive and professional environment with hopes of expanding their writing and publishing horizons. Our members include published authors and hobbyists. Our works include essays, memoirs, poems, short stories, treatises, humorous tales, heart-wrenching histories. The group meets on alternate Tuesdays at 2 p.m. in the Card Room at SCB. For information about joining, contact Mary von Ziegesar at MvonZ@optonline.net or call 203-767-9760. Proof of vaccination required.

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OPEN HOUSE WALK-IN WEDNESDAYS

Join us this month for Walk-In Wednesdays. We are hosting Open Houses throughout the months of June and July, beginning on Wednesday, June 15, between 4:00 - 6:00 p.m. Join our team on a live tour as they showcase our community and apartments. Learn first-hand why our residents choose to call Crosby Commons home.

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CALENDAR

Dates, times and locations of events are subject to change. To update a Calendar listing, please contact Linda Arvers at larvers@oronoquevillage.com. For the latest on OV news & 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.

FRIDAY, JULY 1

- 10:00 a.m. – Arts Guild collection for summer show, SCB
- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 5:00 p.m. – It's 5 O'clock Somewhere, NCB

OV SNAPSHOT



Be Careful Kitty!

Thanks to Loretta Sills for submitting this photo of a resident cat, who found himself in a precarious position.

SATURDAY, JULY 2

- 10:00 a.m. – Sculpture show on Sioux Lane

SUNDAY, JULY 3: No events scheduled

MONDAY, JULY 4

Business & Maintenance Offices Closed

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:30 p.m. – Drop-in Bridge, NCB
-

TUESDAY, JULY 5

- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 7:00 p.m. – Men's Cards, Dombroskey, SCB

WEDNESDAY, JULY 6

- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Current Events, SCB
- 10:00 a.m. – Water Aerobics, SCB
- 1:00 p.m. – Gerry's Poker, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Gerry's Poker, SCB
- 7:00 p.m. – Book Club, NCB Library

THURSDAY, JULY 7

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Village Quilters, NCB
- 10:00 a.m. – Aqua Zumba, SCB
- 10:00 a.m. – House Committee, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, NCB,
- 1:00 p.m. – Tea, Talk & Crafts, SCB

FRIDAY, JULY 8

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 7:00 p.m. – Movie Club: *Dog*, NCB

SATURDAY, JULY 9

- 4:00 p.m. – SAC event, SCB

NOTICE:

PLEASE OBSERVE THE GOLF COURSE WALKING HOURS

For safety's sake, residents may walk on the Oronoque Country Club golf cart path before 7 a.m. and after 8 p.m. Otherwise, walkers risk being hit by a high-velocity golf ball as people use the course for play.



SAVE THE DATES FOR THESE SAC EVENTS!

August 20: SAC Summer Night Party will be held at the South Clubhouse on Aug. 20. This event will be held both outside by the pool and inside for dinner. Bring your dancing shoes to dance the night away with our DJ. More details to follow in *The Villager* and Channel 591.

September 15: SAC is planning a bus trip to Essex on Sept. 15. Enjoy dining at the Griswold Inn and then a 90-minute cruise on the Connecticut River.

The cost is \$125 per person. For more information, contact Sonya DeBiase: 203-377-1515

SUNDAY, JULY 10

- 4:00 p.m. – Arts Guild Exhibit Opening Reception, SCB

MONDAY, JULY 11

- 10:00 a.m. – Jewelry-Making Class, SCB, A/C Rm
- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 4:00 p.m. – Maintenance Committee Mtg, NCB
- 5:00 p.m. – SAC Committee Meeting, NCB
- 5:00 p.m. – Jewelry-Making Class, SCB, A/C Rm
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Jewelry-Making Class, SCB, A/C Rm
- 7:00 p.m. – Bulls & Bears, SCB

TUESDAY, JULY 12

- 9:30 a.m. – Architectural Committee Mtg, NCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB, C/R
- 6:00 p.m. – District 2 Meeting, SCB

WEDNESDAY, JULY 13

- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Water Aerobics, SCB
- 1:00 p.m. – Gerry's Poker, SCB
- 2:00 p.m. – Movie Club: *Dog*, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 1:00 p.m. – Gerry's Poker, SCB
- 6:00 p.m. – District 11 Meeting, NCB

THURSDAY, JULY 14

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Village Quilters, NCB
- 10:00 a.m. – Aqua Zumba, SCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, NCB,
- 1:00 p.m. – Tea, Talk & Crafts, SCB
-

FRIDAY, JULY 15

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB

ARTIST OF THE MONTH: BARBARA STEWART

Barbara Stewart is making her third appearance as an Oronoque Village Artist of the Month. Her oil paintings are currently on display in the front and rear hallways at NCB and Villagers are encouraged to take a look at the work of this talented resident.

Although she has long enjoyed painting, Barbara's focus on art took a backseat to her career as a physical therapist as well as her role as a working wife and mother.

Now retired, she has pursued her artistic interests via taking classes in-person and virtually.

"Currently, I am taking classes online through the Trumbull Senior Center and I paint on my own in my condo," she says.

Further, she is the president of the Oronoque Village Arts Guild, the organizer of the Artist of the Month program and a member of the board of directors for the Shelton Art League.

A native of New Jersey, she attended college in the Midwest, taking classes at Iowa State and later at Indiana University. After graduation, she moved to New York City and held positions at Columbia Presbyterian Hospital, Albert Einstein Medical Center and New York University Medical Center.

While living in New York, Barbara wed an international banker. She became the mother of two sons and the family lived abroad in several exotic locations, including the coast of West Africa; Cairo, Egypt; and London, England.

Upon returning to the United States from London, she made a home in Whitefish, Mont., where she was able to pursue her love of painting by taking art courses at a community college and workshops with local artists.

"I enjoyed painting the landscapes in Montana," she says. "In the studio I prefer painting from my own photographs. I also enjoy painting portraits of people and animals"

She moved to Stratford in 2009 to be closer to her sons, and her sister and family. She leased a unit at Oronoque Village and realized that she enjoyed the lifestyle here. "I really like the friendliness of the people who live here," she says.



"There are a variety of activities and this was a perfect place for me to make new friends."

She became an official Villager in 2010 when she purchased a unit of her own. She is now very active within the community. In addition to her artistic activities, she serves as secretary of the House Committee, attends yoga, exercise classes, and bridge groups, and is active in the monthly Book Club. "I love reading a good book and I really enjoy the people who attend the Book Club meetings," she says. "I'm so impressed with the very knowledgeable men and women in this community who contribute to our discussions."

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BOOST YOUR MEMORY AND REDUCE STRESS BY WALKING

Looking for a way to boost your brain? The solution may be right at your feet. A moderate amount of walking on a daily basis can help strengthen your brain and maybe even your memory.

There are plenty of good reasons to be physically active including reducing the odds of developing heart disease, stroke and diabetes. Here's another one, which especially applies to those who are experiencing the brain fog that comes with age: exercise changes the brain in ways that protect memory and thinking skills.

In a study done at the University of British Columbia, researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Resistance training, balance and muscle toning exercises did not have the same results.

The finding comes at a critical time. Researchers estimate that by the year 2050, more than 115 million people will have dementia worldwide.



Exercise and the Brain

Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain and even the abundance and survival of new brain cells.

Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

Many studies have suggested that the parts of the brain that control thinking and memory have greater volume in people who exercise versus people who don't. A recent study found that engaging in a program of regular exercise of moderate intensity over six months or a year is associated with an increase in the volume of selected brain regions.



Source: *Harvard Health Blog*

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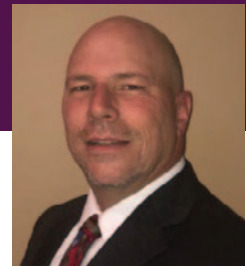


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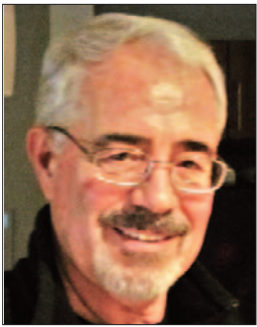
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COMMON QUESTIONS ABOUT EXERCISE

By Ed Genga, M.A., CSCS



Starting or maintaining a regular exercise routine can be a challenge as you get older and, while it may seem like a good time to slow down and take it easy, there are actually many reasons to get moving and increase your activity levels. Numerous studies show that exercise can energize your mood, relieve stress, help you manage symptoms of chronic illness or pain and improve your overall sense of well-being.

In fact, exercise is the key factor in staying strong, energetic and healthy. It can even be fun, especially if you participate in group activities with other likeminded people.

Q: If you never exercised before, is it too late to start?

A: No matter your age or current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't have to involve strenuous workouts or daily trips to the gym. It's about adding more functional movement and activity to your life, even in small ways. Remember, your body is designed to move and a sedentary lifestyle reduces your movement capabilities, so even if you've never been active, it's not too late to reap the many health benefits of regular exercise.

Q: If you are not overweight: do you need to exercise?

A: Even if your weight is in a healthy range, regular exercise is key for maintaining good health and reducing health risks. Studies show that physically fit overweight people have significantly lower health risks than thin, sedentary people. An inactive lifestyle raises your risk for developing serious health conditions, including metabolic syndrome, diabetes and heart disease.

Q: What benefits can you expect as the result of an exercise program?

A: Regular exercise can help us achieve "healthy aging," which is often described as avoiding major diseases and disabilities, remaining in good mental health, keeping the same level of cognitive abilities and maintaining social connections and activities. Studies show that people with arthritis, heart disease or diabetes benefit from exercise. It can also help people with high blood pressure, balance

problems, or difficulty walking. And it's not only good for your body; exercise is good for your mind, mood and your memory.

Q: I have multiple health problems. Is exercise safe for me?

A: Consult with your healthcare provider before starting any exercise program. Ask about precautions specific to your condition(s) and about which exercises are safe for you. Your doctor may also recommend that you start exercising in a medically-supervised setting before you exercise on your own. Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. And many feel discouraged by ongoing health problems or concerns about injuries or falls. Yet, studies show that inactivity can be risky too. When older adults lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active.

Q: How much exercise is enough?

A: Previously sedentary older adults should begin with 5 minutes of cardiovascular exercise or whatever they can manage, and gradually work up to 30 minutes most days of the week. If you start slow and don't overdo it, you should notice a difference in how you feel within 6-8 weeks.

Q: Is it complicated to start an exercise program? How can I exercise on a limited budget?

A: Whether you are generally healthy or managing a chronic illness, there are plenty of ways to become more active and boost your fitness level. Walking is one example. All you need is motivation, a comfortable pair of walking shoes and good weather!

Note: If you are male, or female and over 55 or have any pre-existing health concerns, you should see your doctor to receive medical clearance before participating in exercise. There may be a valid reason why you should limit your participation or not exercise at all.

OV

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

Paradise Green Farmers Market

Find yourself in PARADISE every Monday afternoon!

Every Monday
June 13 through October 24



2pm to 6pm



www.paradisegreenmarket.com
[@ParadiseGreenMarket](https://www.instagram.com/ParadiseGreenMarket)

What is it all about?

You know it! You love it! It's the Paradise Green Market! Starting on June 13 around the Gazebo in the center of our awesome community!

CT Grown, FARM FRESH food brought to you every Monday afternoon from 2pm till 6! All the fixin's and trimming to make a complete meal too!

Many of the same great vendors that have attracted Stratford folk for miles around and years and years! Many, brand new too! Come back again and again! You will find new crafters on a rotating basis. A new sight to see each time!! Another chance to come out and see the best in one another!

!! SHOP LOCAL !!

Don't stop there! Right across the street you'll find an array of awesome retailers!

Stratford has the whole enchilada. You better not bite off more than you can chew! Forget the tote bag, bring a DUFFEL bag so you can drag a bounty of good living and better eating home for the week!

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[121 Huntington Rd, Stratford, CT](https://www.google.com/maps/place/121+Huntington+Rd,+Stratford,+CT)

Parking available throughout the retail area and at our friends, The Stratford Baptist Church! Their parking lot is located at [40 Park Street](https://www.google.com/maps/place/40+Park+Street,+Stratford,+CT)

OV Wine Club: Grape Expectations!

Join us for our "Summer" wine-tasting event as we sample wines from Germany and Austria, well-suited to summer enjoyment. Len Gulino, our "Wine Tutor" for many years, has opted for a well-deserved retirement. At this event, we extend a warm welcome to our new wine sommelier, Michelle De Wyngaert.



When: Thursday, July 28, 7-9 p.m., at NCB

**Cost: \$30 per person. Your check to OV Wine Club is your reservation.
(No checks before July 2, please.)**

Attendance is limited to the first 40 persons responding.

The event will include:

Entrance wine

Tasting 6 wines (3 red & 3 white)

Snacks to accompany the wine tasting

Post wine-tasting cookies by Dorothy Tanski

Deposit checks in the Wine Club mailbox at NCB no later than July 22nd.

Proof of Vaccination (including boosters) required.

Questions? Contact: Charlie DiGiovanni 203-375-0054.



**Together - Under one roof
at the same place, at the same time!**

July 29, 6:30 p.m., at SCB



Come join D.J. Chris Albino for Karaoke and Dancing on Friday, July 29, at 6:30 p.m. at SCB. Hear and dance to your favorite songs Both Karaoke and Dance Party are being combined into one show each month, so this is your chance to get up and get moving again! Never a charge or dues to pay.

***Proof of vaccination is required to attend. BYOB, food and snacks.
Upcoming events are scheduled for August 26 & September 23.***

SAC PATRIOTIC VETERAN'S DAY



LOCATION: NORTH CLUBHOUSE

WHEN: SATURDAY, JULY 9TH

ENTERTAINMENT – PATRIOTIC MUSIC

TIME: 4:00PM – 7:00PM

COST: \$25.00 PP

\$15.00 FOR VETERANS

SAC EVENT HONORING ALL THE VETERANS HERE AT ORONOQUE VILLAGE

MENU: PULLED PORK, BARBECUE CHICKEN, POTATO SALAD, CORN ON THE COB, SALAD, ROLLS, LEMONADE, COOKIES & BROWNIES - BYOB

****IF YOU ARE A VETERAN FILL OUT YOUR INFORMATION BELOW****

NAME: _____ MILITARY SERVICE _____

NAMES: _____ PHONE# _____

NUMBER ATTENDING: _____ AMOUNT ENCLOSED: _____

SEATING AND QUESTIONS CONTACT: MARY ANN WEAVER 203-530-9962

PLEASE MAKE CHECKS OUT TO: SAC & DROP IN BOX NCB – RSVP BY JULY 5TH

**BINGO IS AT SCB AT 7 P.M.
ON THURSDAY, JULY 21**



presented by the
OV Men's Club — is held at SCB
on the third Thursday of each month
(excluding December).

**Note new start time:
Games now begin at 7 p.m.**

The cost is \$2.50 per card.

**Questions?
Call Sandy Lunt at 203-377-5833**



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

The title of the book for the July 6 meeting is *Chances Are* by Richard Russo. This is the story of three old college friends, reunited in their 60s at a beach house where they reflect on their youth and what happened to a woman they all knew and loved.

The book for Aug. 3 is *Midnight Library* by Mat Haig. This charming, funny, inventive novel is about regret, the choices we make and taking the bitter with the sweet. When the death of her cat proves the final straw, Nora decides to check out on life, and finds herself at the Midnight Library. "Even death was something Nora couldn't do properly, it seemed." But each book at this library tells the story of a life she could have had. This library contains an infinite number of books, each one the story of another reality. A feel-good book guaranteed to lift your spirits.



THE OV MONITOR PROGRAM NEEDS SUBSTITUTES

Monitors maintain a presence at the South Clubhouse, spending 2 hours a week in the office. Responsibilities include checking visitors in and out, participating in the Call-In Program and assisting with the Movie Club Home Loan Program.

***If you are interested in learning more, please contact Katly Lukens
at wklukens@comcast.net / 203-612-6685.***



FUNSEEKERS

PRESENTS

Summer Cook Out with Fabulous Entertainer

Joey Vincent

Saturday July 16, 2022 SCB

Back
By Popular
Demand

Joey Vincent has been entertaining audiences throughout the United States, Canada and Europe for over 30 years, including appearances at Carnegie Hall, Philadelphia Academy of Music and Toronto Symphony Hall, as well as America's Got Talent. A fast-paced blend of musical impressions, stand-up comedy, singing, dancing and trumpet virtuosity, this unique show is one you shouldn't miss!



SCB Doors open at 5:00 pm, Dinner served at 5:30 pm.

Yummy menu...

Kettle Chips with Homemade Basil Scallion Dip,

BBQ Chicken, Hummel Hot Dogs & Organic Hamburgers

Red Potato Salad, Speciality Cole Slaw,
Soft Drinks, Coffee/tea

Watermelon &

Orange Coconut Cupcakes



\$30
pp

Catered by Chefs a l'Orange Caterers

Reservations required. Tables up to 10 guests. Place names of all guests sitting together with checks in one envelope. Don't have a table? We invite singles, couples and small groups to attend; everyone will be placed at reserved tables. Please note: Funseekers members will have first opportunity to sign up including one non-resident guest per single resident.

Reservations will only be open to members and one guest per single resident from June 16th through June 30th. Starting on July 1st, if there is space availability, member residents may sign up non-resident guests.

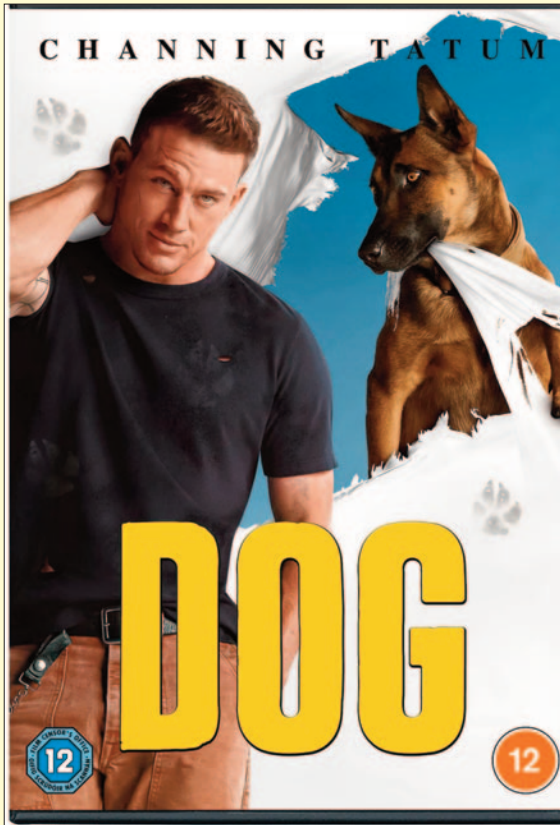
Enclose all full names and phone numbers of guests at your table in one envelope. (Checks made out to Funseekers must be enclosed for each reservation) Drop off at NCB Funseekers' mailbox starting on June 16th.



ALL RESERVATIONS WILL CLOSE ON JULY 9TH.

Proof of vaccination and one booster required. However, if you have vaccinations but do not have booster, you may present at the door, a formal Covid test report taken at an official testing site. Test must have been taken within 48 hours of the event.

Questions?
Call Lucy
Clifford
203-644-7710



The Movie Club Presents
Dog
Fri., July 8, 7 pm - NCB
Wed., July 13, 2 pm - SCB

Two former Army Rangers are paired against their will on the road trip of a lifetime. Army Ranger Briggs (Channing Tatum) and Lulu (a Belgian Malinois dog) buckle into a 1984 Ford Bronco and race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time.

\$1 admission includes popcorn - proof of vaccine required

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