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# TABLE OF CONTENTS

## FEATURES:

- 4 Call-In Program Offers a Valuable Service
- 4 Volunteer Monitors Wanted
- 5 Pletman Concert Features Yale Slavic Chorus
- 5 Pickleball Tournament Recap
- 6 Arts Guild Talk on 'Schoolgirl Samplers'
- 8 Connecticut REAL ID
- 14 Artist of the Month: Lois Foster
- 16 Fitness & Older Adults
- 17 Club & Group Advertisements



## NEWS DEPARTMENTS:

- 6 ANNOUNCEMENTS
- 10 ACTIVITIES
- 12 CALENDAR

Thank you to Monica Dalton for submitting the cover photo, which was taken at the pond on the 16th hole.

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](mailto: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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# FEATURES

## THE OV CALL-IN PROGRAM PROVIDES A VALUABLE SERVICE

By Kathy Lukens, OV Monitor Coordinator

Oronoque values its residents and strives to ensure all our residents are safe and comfortable. From early on in our history it became apparent that some of residents would be living alone for the first time without close contact with their families.

To ensure peace of mind for all involved, we instituted a Call-In Program for those residents who wish to take advantage of this service.

If you desire this service for yourself, or perhaps your loved ones who live in the Village, we ask that residents provide the following: a copy of their house key to our Business Office at the North Clubhouse.

We also request a listing of nearby neighbors, family or friends as contacts if

the resident can't be reached and, most important of all, assurance from the residents that they will call a designated phone number each weekday. The residents simply call the number and leave a message in which they identify themselves and report that they are alright. This should occur about 9 a.m.

The volunteer monitor on duty checks the voicemails each day and, if no message is left, will call the resident to do a phone check. If the resident doesn't answer after several tries, the monitor will reach out to the family and/or nearby neighbors or friends who have agreed to be a secondary contact.

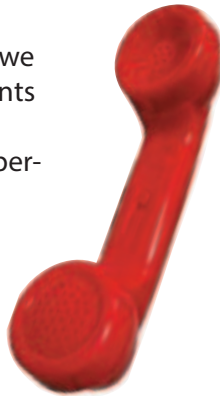
If the monitor is unsuccessful in reaching anyone, the Maintenance Department is asked to do a welfare check.

On weekends we have monitors who call and check in with each of our residents who have signed up for the Call-In Program.

Of course, if a resident is away for a weekend or takes a vacation, advance notification needs to be given to the Call-In Program.

For more information, contact Kathy Lukens at [wkluken@comcast.net](mailto:wkluken@comcast.net) or 203-612-6685.

OV



  
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A PUBLICATION OF ORONOQUE VILLAGE  
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**EDITOR / AD SALES CONTACT**  
Carol King – [cking@oronoquevillage.com](mailto: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.

**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.

### VOLUNTEER MONITORS WANTED

The Oronoque Village Monitor program needs volunteers as monitors and substitutes.

The monitors maintain a presence at the South Clubhouse, spending two hours a week in the office.

Special duties are:

1. Check visitors in and out.
2. Patrol the building, checking thermostats and locked doors.
3. Participate in the Call-In Program, which enables residents who live alone to check in daily or have monitors check up on them.

Feel free to bring a book, knitting, needlepoint or any other hobby with you to pass the time. There is a television in the office if you'd like to watch.

This is an easy and pleasant way to volunteer your time and help with the safety and security of our Village. Also, it is an opportunity to meet fellow residents.

If you are interested in learning more, contact Kathy Lukens at [wkluken@comcast.net](mailto:wkluken@comcast.net) / 203-612-6685.

OV



## PLETMAN CONCERTS WELCOMES RETURN OF YALE SLAVIC CHORUS

By Elisabeth Breslav

On Oct. 16 at 3 p.m. at the North Clubhouse, Pletman Concert lovers will once again have the pleasure of hearing "The Slavs," as the Yale Slavic Chorus is popularly known. After standing applause-drawing performances in 2009 and 2012 and a third concert twice cancelled because of Covid, current group leaders Julia Hontaruk-Levko, and Clara Yuste-Golob say they are thrilled about coming back at last.

The Yale Slavic Chorus is a student-run and student-directed vocal ensemble that brings together singers from a variety of cultural and academic backgrounds who share a common passion for Slavic music. "We strive to maintain the integrity of the music we sing, especially with respect to the dissonant harmonies, asymmetrical rhythms and traditional vocal techniques characteristic of eastern European and Balkan vocal music. We sing a diverse repertoire that spans the traditions of Bulgaria, Ukraine, Georgia and many other places in eastern Europe," says Julia.

Though many members of the Chorus are not native speakers of Slavic languages, the Yale Slavic Chorus



works extensively with native folk musicians and vocalists to practice accurate pronunciation and style.

Founded in 1969, the first year of undergraduate co-education at Yale, the chorus was Yale College's first undergraduate women's performing group, and now welcomes soprano and alto singers of all genders.

The final Pletman Concert of the season will take place Nov. 13 and feature the return of the renowned duo of Adam Grabois, cellist, and Margarita Nuller, pianist, in another program of your favorite chamber music.

Admission to all concerts is \$5 at the door. Proof of vaccination is required. Mask wearing is optional. **OV**

## PICKLEBALL CLUB HOLDS 3RD ANNUAL TOURNAMENT

Story by Bill Tanski ~ Photo by Gery Cuccaro

Perfect conditions greeted "picklers" for the 3rd annual OV Pickleball Tournament on our home courts. What's perfect? No wind, sunny and warm. If we can bottle those conditions every day, it would be pickleball paradise.

We had a total of 24 participants who played to win but, more importantly, played to have fun with friends of our close-knit club. The tournament was conducted on a double-elimination basis. We give great thanks to our club treasurer, Ron Ciecko, who annually organizes the schedule of play and keeps the tournament on track.

Pickleball is always played in teams of two, each picked randomly at the outset. After a series of elimination rounds, we were left with two teams for the championship round. One team was Jerry Reece and Ray Compagna and the other was Lori Hedman and Nancy Pedron. After a spirited round of play, Jerry and Ray took home the gold medal. Lori and Nancy gallantly earned a well-deserved silver. Prior to the championship round, Mim Screck and Avelyn Ashterman-Reece captured the bronze.

After the tournament, players and nonplayers gathered at NCB for a pizza party. We must thank our president, Regina Archazki, and vice president, Joanne Sutphen, for their usual excellence in organizing yet an-



From left to right: Ray Compagna (gold), Nancy Pedron (silver), Lori Hedman (silver), Mim Schreck (bronze) and Jerry Reece (gold). Missing from photo is Avelyn Ashertman-Reece (bronze).

other Pickleball Club social event.

Like in any sport, competition is part of the experience. But pickleballers, at least here in OV, balance fun with competition. All this leads to a love of the sport with a positive addiction of it! As I jokingly tell my lovely wife: "I love you more than pickleball....but don't push me!"

If you are interested in joining our club, call Regina at 203-915-0781. **OV**

# ANNOUNCEMENTS

## BUSINESS/MAINTENANCE OFFICES WILL BE CLOSED OCTOBER 10

The Business and Maintenance Offices will be closed on Monday, Oct. 10, for Columbus Day.

## TRASH AND RECYCLING PICKUP IS NOT IMPACTED BY THE HOLIDAY

The Wednesday pickup of trash and recycling is not impacted by the Columbus Day holiday. Pickup will occur on Wednesday, Oct. 12.

## 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.

## SAFETY PRECAUTIONS FOR DRIVERS AND PEDESTRIANS

This time of year, visibility becomes problematic because there is less light during the early morning and evening hours. Therefore, it is imperative that drivers, walkers and bicyclists take precautionary measures.

### 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.
- Come to a full stop at all stop signs.

### Safety Tips for Pedestrians and Bicyclists

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

## OV ARTS GUILD PRESENTS 'SCHOOLGIRL SAMPLERS: A LIVING HISTORY'

By Barbara Stewart

The OV Arts Guild is excited to sponsor a fascinating talk on historical schoolgirl samplers presented by Oronoque resident Barbara Dierolf.

In her Powerpoint presentation, she will share the remarkable story of where and how she found her very first sampler (which will be on display) along with information about how and why schoolgirl samplers developed.

She will explain their historical importance and how they relate to women, genealogy, feminist history and the current world of art. Included will be an original sampler dated 1806, titled "Advice," which may possibly be one of the earliest documentations of the feminist movement. Most of the samplers examined in her discussion will be on display for you to see.



Barbara began drawing around 2010, and, no doubt, you have seen her artwork exhibited in our Galerie OV shows over the years. She is accomplished in many different mediums of art but her interest in antique samplers predates all other artistic adventures.

Needlework was her first artistic experience; her interest in counted cross-stitch embroidery led her to creating reproduction samplers based on the original antique sampler. It didn't take long before she yearned for a collection of her own original antiques. In the fall of 1984 she began the hunt for her own collection.

"Schoolgirl Samplers" will take place on Thursday, Oct. 27, at 3 p.m. in the South Clubhouse lounge.

Arts Guild members attend free of charge, guests pay \$8 at the door. Wine and appetizers will be served after the presentation.

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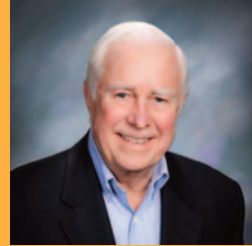
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## REAL ID IN CONNECTICUT: HERE'S WHAT YOU NEED TO GET ONE

By Rich Kirby

After the deadline was extended multiple times due to the pandemic, Connecticut residents now have less than a year to obtain their "REAL ID," which will be required to fly domestically starting May 3, 2023.

Residents will no longer be allowed to board flights or visit federal facilities and military bases with ordinary driver's licenses or ID cards on that date. Those who do not have a REAL ID will need a valid U.S. passport to fly within the country.

You don't require a REAL ID-compliant license if you already have a valid U.S. passport, an enhanced driver's license CT or a DHS Trusted Traveler Card.

To obtain a real ID, Connecticut residents must provide:

- Two proofs of Connecticut residency: They could be utility bills, bank statements or similar documents. The dates must be within 90 days.
- Proof of identity or legal residence: You will need a U.S. passport, U.S. birth certificate or a permanent resident card.
- Social security card.

If you changed your name at any point, you will need to provide documentation of the change. Court orders and marriage certificates are some of the documents that support a name change.

Licenses with REAL ID verification cannot be renewed online, you will need to visit the Department of Motor Vehicles (DMV) in person.

First-time license/ID applicants must apply for a REAL ID at a full-service DMV location. Ensure you make an appointment before visiting.

Once you submit the necessary documents, the DMV office will verify your identity, social security number, name changes and Connecticut residency. Non-U.S. citizens may be subject to verification using the Systematic Alien Verification for Entitlements Program.



The REAL ID verification is indicated on your license or ID card by a gold star in the top right corner.

In most cases, your REAL ID will be available via mail within 3-4 weeks, according to the DMV. Be sure to follow up if it doesn't arrive within 60 days.

All this bureaucracy doesn't come for free. If you aren't renewing your license/ID card, you'll pay a one-time \$30 duplicate fee to get a REAL ID in Connecticut. If you're due for renewal, you'll pay the regular CT renewal fees. The charges are:

- \$22.50 for a six-year ID card renewal
- \$72 for a six-year license renewal
- \$96 for an eight-year license renewal
- \$24 for a two-year renewal license (for persons aged 65 years or above)
- \$70 for a four-year license renewal (commercial driver's license)

The REAL ID Act was passed after the Sept. 11, 2001, attacks to establish minimum security standards for state-issued driver's licenses and identification cards. The Department of Homeland Security initially postponed the enforcement date for REAL ID from Oct. 1, 2020, to Oct. 1, 2021, in response to COVID-19.



Source: <https://patch.com/connecticut/across-ct>

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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](mailto: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 October 17 is October 4 at noon.*

## BOCCE / CORNHOLE

• Bocce is played on Thursdays, 10 a.m. to noon, at NCB, through Oct. 13. Cornhole at the South Clubhouse begins Oct. 20.

## DOLLCRAFTERS

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

## CURRENT EVENTS

• The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on Wednesdays Oct. 5 and 19, Nov. 2 and 16 and Dec. 14.

## 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.

## LADIES BIBLE STUDY

• The Ladies Bible Study welcomes all resident women. Proof of vaccination is not required, but nonvaccinated ladies must wear masks. There are no fees to join. Purchasing study materials is optional. Meetings are on the second and fourth Fridays in the NCB Board Room from 10:30 a.m. to noon (excluding July and August). Ques-

tions? Call Angie McKelvey (203-227-3222) or Tina Vermette (203-375-0291).

## LINE DANCING

• Line dancing classes are held on Wednesdays at NCB. Beginner classes are held at 9:30 a.m., followed by a class for all levels at 10 a.m. No masking is required for anyone who has received the booster or third shot. All others must wear masks. Call Sonya DeBiase at 202-377-1515 for information.

## 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.

## 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 Monday of each month (beginning Oct. 10). Come with your favorite appetizer and or beverage (or nothing) for reunions and conversations. Call Sonya at 203-377-1515 for more information.

## 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](mailto:MvonZ@optonline.net) or call 203-767-9760. Proof of vaccination required.

Yesterday I saw a guy spill  
all his Scrabble letters on  
the road.

I asked him,  
"What's the word  
on the street?"





# 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.**

## MONDAY, OCTOBER 3

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 5:00 p.m. – SAC Committee Meeting, NCB
- 5:30 p.m. – Tai Chi, SCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Bulls & Bears, SCB
- 

## TUESDAY, OCTOBER 4

- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer’s Group, SCB
- 3:30 p.m. – BRAVO Rehearsal, SCB
- 7:00 p.m. – Card Game, Brosowsky, SCB
- 

## WEDNESDAY, OCTOBER 5

- 8:30 a.m. – Communications Committee, NCB B/R
- 9:30 a.m. – Line Dancing, Beginners, NCB

- 10:00 a.m. – Line Dancing, All Levels, NCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Current Events, 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, OCTOBER 6

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Village Quilters, NCB
- 10:00 a.m. – House Committee, NCB
- 10:00 a.m. – Zumba, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, SCB, A/C Rm
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 3:30 p.m. – BRAVO Rehearsal, SCB
- 6:00 p.m. – Gerry’s Poker, SCB

## FRIDAY, OCTOBER 7

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB, B/R
- 5:00 p.m. – SAC: It’s 5 O’clock Somewhere, NCB

## QUICK CONTACT LIST

Police, Fire, Medical Emergency.....	911
Routine Police Call.....	203-385-4100
OV Security .....	203-377-5502
Maintenance Emergency.....	203-377-5502
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**SATURDAY, OCTOBER 8**

- 7:00 p.m. – BRAVO Event, SCB

**SUNDAY, OCTOBER 9**

- 4:00 p.m. – Art Show Reception, SCB

**MONDAY, OCTOBER 10**

***Business & Maintenance Offices Closed***

- 10:00 a.m. – Jewelry-making Class, SCB, A/C Rm
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 1:00 p.m. – House & Garden meeting, SCB
- 4:00 p.m. – Pool Social Group, SCB
- 5:30 p.m. – Tai Chi, SCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Jewelry-Making Class, SCB A/C Room

**TUESDAY, OCTOBER 11**

- 9:30 a.m. – Architectural Committee, NCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 7:00 p.m. – Funseekers, SCB

**WEDNESDAY, OCTOBER 12**

- 9:30 a.m. – Line Dancing, Beginners, NCB
- 10:00 a.m. – Line Dancing, All Levels, NCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Gerry's Poker, SCB

**THURSDAY, OCTOBER 13**

- 9:30 a.m. – OV Staff Meeting, NCB Library

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Zumba, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, SCB, A/C Rm
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Gerry's Poker, SCB

**FRIDAY, OCTOBER 14**

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 7:00 p.m. – Movie: *Elvis*, NCB

**SATURDAY, OCTOBER 15**

- 6:00 p.m. – Weekenders Event, NCB

**SUNDAY, OCTOBER 16**

- 3:00 p.m. – Pletman Concert, NCB

**MONDAY, OCTOBER 17**

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 4:00 p.m. – Maintenance Committee Meeting, NCB
- 5:30 p.m. – Tai Chi, SCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 

**TUESDAY, OCTOBER 18**

- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB
- 7:00 p.m. – OVCA Board Meeting, NCB



# ARTIST OF THE MONTH: LOIS FOSTER

Story and photo by Terry Foster

Lois Foster is the Artist of the Month for October. Her watercolor paintings are on view in the front and rear hallways of the North Clubhouse.

Originally from southeastern Massachusetts, Lois trained and worked as a pediatric surgical nurse in Boston and, later, worked at a hospital in Kansas City. "From there I went to London to work at the prestigious Great Ormond State Hospital," she says. "I met my husband, Terry, in London and lived in England for several years until moving back to the U.S. with my family."

She took pottery lessons in England and became fascinated by the craft. "Back in America I took classes at Creative Arts Workshop (CAW) in New Haven and eventually became one of the studio potters at CAW. I had my own wheel and kiln at home, which I would work on in my spare time. Later I became a professional potter, working with a co-op out of a shop at Bittersweet Farm in Branford."

She adds, "I also taught children's classes in pottery at both CAW and in Milford. My husband says I have an amazing eye for shape as I could look at a piece of pottery from a distance and tell you who had made it."

She took up watercolor painting after she retired. "This



was an idea I had nursed for some time. I had been very active in the Milford Fine Arts Council, having sat on its Board for several years. There I had seen many watercolor paintings in the various exhibitions the Council held and had been quite enamored by them. As it happened, at the Arts Council I met with Mim Mills, who was a fine artist and a first-class teacher of the art of watercolor. I took classes with her for many years, learning a great deal from her and developing my skill in a medium I love.

"Perhaps the most fun I had in these classes was when I and the other students painted our own Christmas cards.

"I paint mainly by drawing from photographs and consider that watercolor is not as difficult a medium as many people think it is."

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## FUNSEEKERS WELCOME 'DUELING PIANISTS'

Story by Marie Orlowe ~ Photos by Arline Walton

Oh, what a night! After a short business meeting on Sept. 13, Cheryl Dwyer introduced two gentlemen from New York City who enthralled us with a "dueling piano" program. It was "shake, rattle and roll" during a lively rendition of music selections.

The collaboration between the audience and pianists was unbelievable. The room was vibrating with excitement. There were multiple requests as people named the songs they wished to hear. The entertainment was very lively and upbeat. We listened to music by Tina Turner, Billy Joel and Jerry Lee Lewis. "Sweet Caroline" brought the audience to life and "New York, New York" is always a hit.

Carroll and Jeanne Bowser, married only two months, were introduced and danced to a special request, "Pretty Woman."

The evening ended too soon. The pianists received a magnificent ovation following their performance. Delicious desserts were then offered as the crowd mingled and socialized.

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Above, the dueling pianists. Below, Marie Orlowe.



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## AEROBIC EXERCISE



By Ed Genga, M.A., CSCS

**A**ging affects your ability to exercise. Your maximum heart rate declines, and your heart and lungs can't pump as much blood and oxygen to your muscles during physical activity. As a result, your muscles are unable to work as long or as hard as they once could. There is also a reduction in muscle mass, reducing the maximum effort you can sustain. Your tendons and ligaments stiffen and shorten, reducing your range of motion and flexibility. You may also have some age-related problems with bones, joints and/or nerves, like arthritis or neuropathy, which affects your ability to move as freely as you once did.

Researchers have found much of the physical decline associated with aging may have more to do with increased inactivity than with aging itself. Moreover, starting a regular exercise program can delay and reduce the effects of aging and, in some cases, even reverse some of the declines brought on by lack of exercise.

The American College of Sports Medicine (ACSM) recommends that older adults continue to engage in regular aerobic exercise for its physical and mental benefits. According to the Partnership for Prevention, senior adults are the least likely of all age groups to regularly exercise but can often benefit the most.

It's never too late to improve your fitness level and quality of life and for the best results aerobic (cardio) exercise should be a regular part of your daily routine. However, it is important to choose activities and intensity levels that are right for you.

Here are some simple rules you can follow to stay safe and use your exercise time effectively:

**Get Your Heart Rate Up:** If you are over age 60, your aerobic routines should be safe yet strenuous enough to boost your heart rate into an aerobic zone, about 50 to 70 percent of your maximum heart rate. According to the American Heart Association, the maximum heart rate for seniors ages 60 to 65 is about 160 beats per minute while the maximum for seniors ages 65 to 70 is 155 and for ages 70 and over, about 150 beats per minute is the maximum.

Another way to measure intensity is to try to talk while exercising. If you can comfortably carry on a conversation, you may not be exerting yourself enough. If you are gasping for breath, you are working too hard.

**Gradually Increase Time:** Aerobic routines should be long enough to move you into an aerobic state with-

out causing overt fatigue. Generally, an aerobic routine consisting of a warm-up of about 10 to 15 minutes, coupled with an aerobic workout in the target heart rate zone for about 20 to 30 minutes five days a week, is sufficient to gain cardiovascular and other benefits. The ASCM recommends that people just starting an aerobic routine start with sessions lasting no more than about 10 minutes and work up from there as endurance increases. Check with your doctor to ensure you are healthy enough for aerobic exercise.

**Beneficial Exercise Choices:** According to the American Podiatric Medical Association, senior citizens may take longer to heal from an injury so aerobic routines that are safe yet effective are important for many older adults. Walking and swimming pose little risk of injury and can quickly raise your heart rate. "Arthritis Today" magazine states that walking helps strengthen your muscles which can help prevent or lessen joint pain. Walking also helps nourish your joints, which can delay deterioration.

Water exercises are another excellent, low-impact aerobic activity that is easy on your joints. Swimming, water walking and water aerobics classes can strengthen muscles that can deteriorate in the senior years. Classes can be fun while teaching you how to perform the exercises correctly.

**Overcoming Objections and Staying Motivated:** Objections to aerobic activity that keep you from exercising include pain, disabilities, lack of confidence, poor vision and depression. Exercise routines that are easy on the joints can reduce and even help improve pain. Routines that provide companionship, such as walking or water classes, can offer both physiological and emotional benefits. Exercising with a friend or in a group can increase motivation, build friendships, and even lessen depression.

Your doctor or a certified fitness trainer can help tailor a routine to your fitness level and physical limitations.

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](mailto:eedgenga@gmail.com).*



**WEEKENDERS FINAL EVENT IS OCT. 15, 6 P.M., AT THE NORTH CLUBHOUSE.**



This special night will highlight an exceptional vocalist, Gordon Michaels, who has performed with internationally known singers, including Patti LaBelle, James Taylor, Aerosmith and Natalie Cole. Also, he has performed on many Broadway stages.

He is at ease singing show tunes, jazz, blues, pop and gospel and even throws in some country tunes. He is a consummate artist who knows how to entertain. As a vocalist, he will leave you spellbound. To attend this fabulous Weekenders' finale, put your checks for \$25 per person (made out to Weekenders) with any seating preference in our box at the North Clubhouse by Oct. 8.

Scott from Lasse's Restaurant will serve up a delicious dinner of stuffed chicken breasts, mashed potatoes, green beans, cranberry sauce, rolls and butter and a buffet table of desserts, coffee, tea and soda!

**Questions? Call Carol Tepper at 203-375-2101.**



**The Karaoke/Dance Party on Fri., Oct. 28, at 6:30 p.m. at SCB will be a Halloween theme.**

**This is your Halloween party here at OV, so, please, spread the word!**



**No fees or dues are required to attend.**

**All are encouraged to dress up and wear a Halloween costume/outfit. Not mandatory, but the more the better. There will be a prize for best outfit as judged by the audience!**

***Proof of vaccination is required to attend. BYOB, food and snacks.***

Oronoque Village Men's Club &  
The League of Women Voters

**Invite You To View The**  
**CT Gubernatorial Debate**

**Thursday, October 27, 2022 7:30 pm**  
NCB Lounge/TV Area

Come for some fall treats and to view an  
important political debate!

**Cider & Donuts Served**  
Questions: Call Marge Heffel 203.502.0275

**JOIN US FOR  
"IT'S 5'O'CLOCK SOMEWHERE"  
ON THE FIRST FRIDAY  
OF THE MONTH  
AT NCB**

**BYOB \* Relax and Mingle \*  
Drop By With An  
Appetizer to Share**

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**We hope to see you  
on October 7**







# 2022 Fall Luncheon & Card Party

Thursday October 27, 2022

Oronoque Country Club

## BUFFET LUNCH

*Cheese and  
Crackers,*

*Coffee & Tea*

*Cash Bar,  
House  
Wine \$7*

**\$35 per person.**

- ◆ Served Garden Salad
- ◆ Rolls & Butter
- ◆ Salmon/Mango Salsa
- ◆ Pork Tenderloin
- ◆ Chicken Francise
- ◆ Penne Ala Vodka
- ◆ Dessert-Apple Crisp

*Doors open  
11:30 a.m*

*Lunch served  
12:30 p.m.*

*Great Raffle  
Prizes*

*Along with this form deposit all checks in the H & G box.  
Deposit all checks together if you want to reserve a table of 8.*

Your name \_\_\_\_\_

and phone number: \_\_\_\_\_

Number of people: \_\_\_\_\_ Number of Card Tables needed: \_\_\_\_\_ Game \_\_\_\_\_

Names: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Questions:  
Debbie Grosso  
203.380.2468

*Checks payable to OV H&G Club by October 20, 2022*



**BINGO IS AT SCB AT 7 P.M.  
ON THURSDAY, OCTOBER 20**



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

**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 book for Oct. 5 is *Social Graces* by Renee Rosen.  
The book for Nov. 2 is *The Four Winds* by Kristin  
Hanna. A powerful American epic about love and hero-  
ism and hope, set during the Great Depression, a time  
when the country was in crisis and at war with itself,  
when millions were out of work and even the land  
seemed to have turned against them.

*The Four Winds* is a rich, sweeping novel that stun-  
ningly brings to life the Great Depression and the peo-  
ple who lived through it—the harsh realities that  
divided us as a nation and the enduring battle between  
the haves and the have-nots. A testament to hope, re-  
silience, and the strength of the human spirit to survive  
adversity, *The Four Winds* is an indelible portrait of  
America and the American dream, as seen through the  
eyes of one indomitable woman whose courage and  
sacrifice will come to define a generation.



# FUNSEEKERS PRESENTS

## DOMINIC MANTUANO, INTERNATIONAL AWARD WINNING VOCALIST



**Tuesday October 11, 2022 7 pm SCB • Doors Open At 6:15**



*Dominic is a powerful vocalist and performer who came into international prominence after winning the World Championship of Performing Arts, beating performers from over 30 countries. He has toured all over the United States. Come to this high impact, high energy show that will take you on a musical journey from the 50s to the 60s, Opera to Broadway, Country to Patriotic to Adult Contemporary, with a few surprises along the way. Capitol*

**Records produced his album. Dominic has worked with major talents such as Tom Jones, Rod Stewart, Smokey Robinson and many more. YOU WON'T WANT TO MISS THIS EVENT!**

Advance reservations required. Payments will be accepted from Sept. 16th-October 4th. Open to resident Funseekers' members and one guest per single resident until Sept. 26th. Starting on Sept. 27th, member residents may sign up non-resident guests. Please put \$4.00 check per person (\$7.00 non-resident) into FUNSEEKERS mailbox, NCB.

**Questions? Call Lynn Collins 203-260-4644** Not a 2022 member? - Join for \$15 per person.

Proof of vaccination and one booster required (or instead of booster), formal Covid test taken at an official testing site within 48 hours of this event. Bring official Covid report to door if this applies.

**COFFEE, TEA, SOFT DRINKS & DESSERT TO BE SERVED**

**BYOB AND SNACKS!**

**BRAVO** *Presents*

*“Burlesque-Oronoque Style”*

Saturday, October 8th, 2022 7pm SCB

Produced & Directed By Bob Krakovich 

*Featuring Burlesque-era songs, skits, and one-liners*

Our villages very own **“QT-Pie”** will perform a tastefully done “striptease”

Doors will open at **6 pm**, Admission is **\$5 pp** paid at the door. Villagers and guests are welcome.

Desserts & refreshments following the show.

Any questions, call Bob Krakovich 203.752.6105

NOTE: Proof of vaccination or negative covid test required.




**Presents Our New Art Show**

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*Opening Reception*

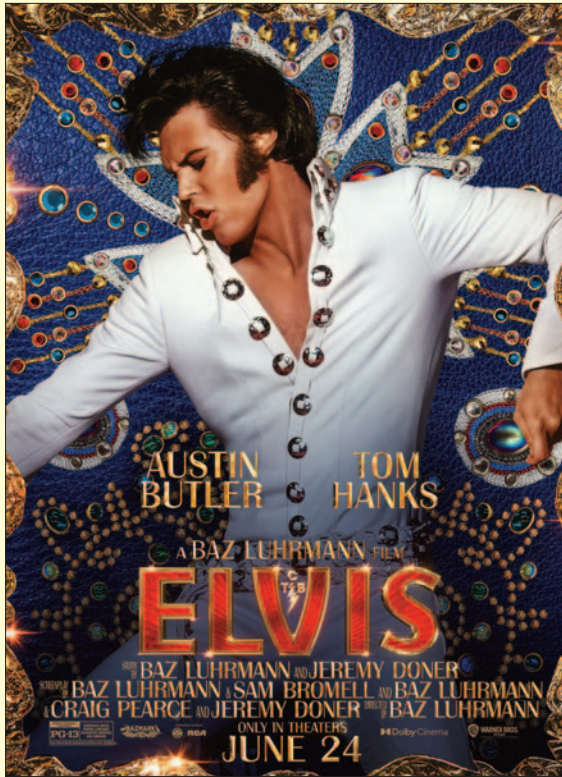
*Sunday, October 9th,  
2022*

*4 pm*

**SCB**







The Movie Club Presents

*Elvis*

Oct. 14, 7 p.m., NCB

Oct. 19, 2 p.m., SCB

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley (Austin Butler) maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks), over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla (Olivia DeJonge).

***\$1 admission includes popcorn -  
proof of vaccine required***



Members  
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pay \$3



## OV House & Garden Presents Women Who Have Changed The World!

Our very own **Dr. Joyce Saltman, Ed.D.**  
will deliver a timely  
talk called

**"Women who have  
changed the world"**

Come be informed  
by Joyce telling us  
all about her view of  
why these wonderful  
women did change the  
world ***through their  
incredible achievements***



**Monday October 10, 2022**

**1:00 pm SCB**

**Dessert & Coffee/Tea served after the program**



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