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On the cover: The annual Oronoque Village Toy Drive on behalf of Sterling House Community Center was a tremendous success. An abundance of toys, games, dolls, craft kits and sports equipment was delivered to the agency on Dec. 8. Sterling House staff members expressed great appreciation for the generosity of Oronoque Village residents. From left, Sterling House Resource Connection Director LeAnne Reynolds, OV Maintenance staff members Jhonson Hoyos and Ryan Carroll, and Sterling House Executive Director Amanda Meeson.



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# THANK YOU & HAPPY NEW YEAR FROM THE OV STAFF!



*During the annual OV Employee Holiday Celebration last month, staff members were presented with checks and enjoyed a buffet luncheon. The staff extends its gratitude to residents for their generous contributions to the Employee Appreciation Fund.*



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## ALBERTO VELOSA RETIRES AFTER FOUR DECADES OF SERVICE

Story by Carol King

Photos by Liza DiSisto & Carol King

OV head carpenter Alberto (Al) Velosa retired last month after 44 years of service. Al has made history by being the Maintenance staff member with the longest tenure. He has been an OV employee since he arrived in the U.S. from Portugal in 1978 at the age of 22.

"We came to the United States to pursue a better life," he says. "My brother-in-law worked as a groundskeeper at Oronoque Village and he got me a job here as a carpenter. I've been on staff ever since."

During his first 10 years at OV, Alberto performed carpentry work. In 1988, as he gained recognition for his skilled craftsmanship, he took over as head of the carpentry department. Since then, he has developed standards and procedures that have enhanced multiple units as well as served as a mentor to newer hires. Alberto specializes in doing windows, doors and other finished work.

Al arrived in the United States with his wife, Leonor, and his baby daughter, Robina. His daughter, Michelle, joined the family in 1987. Today, he is a grandfather of three girls and one boy, who range in age from 4-17.

With his children and grandchildren now living in Florida, Alberto



*OV Director of Maintenance Operations Mark Rhatigan presented Al Velosa with a watch and other gifts — honoring his many years of dedicated service — during the annual OV Employee Holiday Celebration.*

plans to relocate to the Orlando area during the coming year. "Leonor is still working as a computer technician, but she plans to retire this year," he says. "After that, we will move to Winter Springs to be closer to our family members."



Although he is looking forward to his retirement, Alberto notes that he will miss Oronoque Village. "This is the only job I have had since I came to the United States," he notes. "Oronoque Village has become a second home to me."

He adds, "During my time here, I've been very lucky to work with such great bosses as Mark Rhatigan, Fred Rodriguez, John Staley, Frank Forte, Tony Carbone and Bill Nagle."

Although Alberto has been considering retirement for the past few years, he graciously stayed with OV during the worker shortage and the gaps in staffing during the pandemic, notes Director of Maintenance Operations Mark Rhatigan.

"Alberto is a master craftsman cut from a different mold," says Mark. "His dedication and commitment to excellence has been seen by residents and staff for more than four decades. I want to personally thank Alberto for all of the guidance and knowledge he has provided over the years."

In direct tribute to the outgoing craftsman, Mark adds, "Alberto, you are a true gentleman! Congratulations and enjoy your well-deserved retirement!"



## BILLIARDS ROOM IS OCCUPIED ON THE SECOND FRIDAY OF THE MONTH

The Billiards Room a NCB is now reserved by a closed group on the second Friday of each month, from 6-8 p.m., beginning Jan. 13.

## HOLIDAY DECORATION REMOVAL SCHEDULED AT CLUBHOUSES

The House & Garden Club will remove all holiday decorations at SCB at 9:30 a.m. on Jan. 4 and at NCB at 9:30 a.m. on Jan. 5. Those who are available to help are welcome to join the group and pitch in. If you have questions, please call Debbie Grosso at 203-380-2468.



## HANDMADE DOLLS OFFERED BY DOLLCRAFTERS CLUB



The OV Dollcrafters Club is offering dolls, for a limited time only, for a \$20 donation. The club meets weekly on Tuesdays, 10-11 a.m., in the library at the North Clubhouse. Questions? Call Merrilees 203-378-8753.

## PROCEDURES FOR BOOKING CLUBHOUSE EVENTS/MEETINGS

Residents are reminded that an Activity Request Form must be filled out before scheduling an event, activity or meeting to take place in the North or South Clubhouse.

This rule is in place for clubs/groups/activities as well as those who want to schedule private events.

The filled-out forms must then be submitted to the Business Office for confirmation or approval.

Forms can be picked up in the Business Office or downloaded from the OV website ([www.oroquoquevillage.com](http://www.oroquoquevillage.com)) under the Documents/General heading.

## TOWN OF STRATFORD TAX PAYMENT REMINDER

The Town of Stratford reminds residents that the last day to pay the second installment of tax bills and sewer usage bills is Feb. 1, 2023.

Contactless payment options are strongly encouraged. Payments can be made online at [www.stratfordct.gov](http://www.stratfordct.gov) or mailed to Tax Collector, Town of Stratford, P.O. Box 9722, Stratford, CT 06615-9122.

- There is an on-site dropbox for those paying by check only. To use this option, include a copy of each tax bill being paid and place in a sealed envelope and place in the dropbox, which is located in the Town Hall (2725 Main St.), outside of the Tax Collector's Office.

- In-person payments may be made Monday through Friday between the hours of 8 a.m. and 4 p.m. at the Tax Collector's Office. The Tax Collector's Office will also open Saturday, Jan. 28, from 9 a.m. to noon, to accept payments via cash or check only.

Payments also may be made at M&T Bank locations as long as back taxes are not owed and the payer has a copy of the original tax bill.



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# HOLIDAY CELEBRATIONS



## HOLIDAY PARTY RECAP FOR DISTRICTS 8, 9 & 11

Story by Tom Fuchs

Photos by Peter Feick & Sherry Bearse

On Dec. 6, the holidays got off to a good start for some Oronoque Village districts. Residents from Districts 8, 9 and 11 gathered at Oronoque (Blackhawk) Country Club to celebrate the season. Over 100 Villagers were greeted with holiday punch and then enjoyed a delicious buffet of three entrees and two sides while dining in a beautifully decorated banquet room.

Group photos were graciously taken by Peter Feick. A

50/50 raffle raised over \$400. Pam Keegan was the lucky winner of half of the proceeds, the remaining \$200 was donated to the Sterling House Food Bank.

The evening concluded with the serving of a delicious cheesecake and a lovely serenade by the Sedgwick Sisters, who performed a variety of holiday songs; some residents put on their dancing shoes and graced the floor.

Based on all the positive feedback, many can't wait for a repeat performance next year and, in the meantime, plan to visit the country club's dining room.



## DISTRICT 10 HOLDS TOY DRIVE FOR STERLING HOUSE



Photo provided by Jo-Ann Loftus

District 10 continued its annual holiday party tradition of collecting toys to be donated to the Oronoque Village toy drive on behalf of Sterling House Community Center in Stratford.

Dave Bingham and District Rep Regina Archazki are pictured with some of the toys that were collected during the party, which took place at the North Clubhouse.







*Photos provided by Joanne Sutphen*

District 7 held a holiday party on Dec. 7 at NCB, which was attended by 50 people. The attendees were served an Italian dinner that was provided by David Grant Caterers in Shelton.



*Photos provided by Catherine Hogan*

Districts 1, 2 and 3 held a joint holiday party at the South Clubhouse. There were a hundred residents in attendance with everyone mixing, talking and dancing. The event included raffle prizes and live music.



*Photo provided by Kathy Wells*

The Cornhole Group enjoyed a holiday brunch in addition to their weekly games at the South Clubhouse.

# 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 Jan. 16, is Jan. 4 at noon.*

## CORNHOLE

- Cornhole is played on Thursdays, 10 a.m. to noon, at SCB.

## 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 Jan. 4 and Jan. 18.

## 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). Questions? 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.

## PING PONG GROUP

- Ping Pong is played at SCB on Tuesdays, 9-11 a.m., and Thursdays, 6-8 p.m. For information, contact Dina Glantz: [dinabob7@comcast.net](mailto:dinabob7@comcast.net) / 203-231-4753 or Maddy Lapid: [mslapid@gmail.com](mailto:mslapid@gmail.com) / 203-927-8577. Play is scheduled via the TeamReach app.

## 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.

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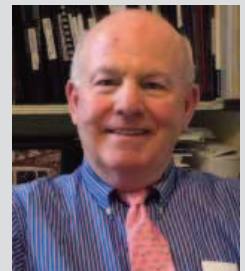


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# CALENDAR

*Dates, times and locations of events are subject to change. To update a Calendar listing, please contact Linda Arvers at [larvers@oronoquevillage.com](mailto:larvers@oronoquevillage.com). For the latest on OV news & events, go to [www.oronoquevillage.com](http://www.oronoquevillage.com) or OVTV. OVTV is Channel 591 for those with a cable box and Channel 121-591 for those without a box.*

**Bold-faced listings = OVCA events**

## TUESDAY, JANUARY 3

- 9:00 a.m. – Ping Pong, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- **11:00 a.m. - Communications Committee, NCB**
- 7:00 p.m. – Men's Cards, Brosowsky, SCB

## WEDNESDAY, JANUARY 4

- 9:30 a.m. – House & Garden Decoration Removal, NCB
- 9:30 a.m. – Line Dancing, Beginners, NCB
- 10:00 a.m. – Line Dancing, All Levels, NCB
- 10:00 a.m. – "Call for Art" for Winter Show, SCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Current Events, NCB
- 5:00 p.m. – Sebastian's Poker, NCB
- 5:00 p.m. – Book Club Holiday Party, NCB

## THURSDAY, JANUARY 5

- 9:30 a.m. – House & Garden Decoration Removal, SCB
- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Zumba, NCB
- 10:00 a.m. – Village Quilters, NCB, C/R
- **10:00 a.m. – House Committee, NCB, B/R**
- 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. – Ping Pong, SCB
- 6:00 p.m. – Castle Card Game, SCB

## FRIDAY, JANUARY 6

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 5:00 p.m. – It's 5 O'clock Somewhere, NCB

## SATURDAY, JANUARY 7: No scheduled events

## SUNDAY, JANUARY 8: No scheduled events

## MONDAY, JANUARY 9

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- **4:00 p.m. – Bylaws Committee, SCB, C/R**
- **4:00 p.m. – Maintenance Committee, NCB, B/R**
- 6:30 p.m. – Drop-In Bridge, NCB

## TUESDAY, JANUARY 10

- 9:00 a.m. – Ping Pong, SCB
- **9:30 a.m. – Architectural Committee, NCB**
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB
- 

## WEDNESDAY, JANUARY 11

- 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
- 

## THURSDAY, JANUARY 12

### Billiards Room Closed for Table Recovering

- 10:00 a.m. – Cornhole, SCB
- 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. – Ping Pong, SCB
- 6:00 p.m. – Castle Card Game, SCB

## FRIDAY, JANUARY 13

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB
- 7:00 p.m. – Movie: *Jerry & Marge Go Large*, NCB
- 

## SATURDAY, JANUARY 14: No scheduled events

## SUNDAY, JANUARY 15

- 4:00 p.m. – Art Show Reception, SCB

## MONDAY, JANUARY 16

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:30 p.m. – Drop-In Bridge, NCB



# Program Overview



**MyHomeCT**

Foundation for a Brighter Future

Connecticut has been awarded approximately \$123 million from the U.S. Department of the Treasury's Homeowner Assistance Fund ("HAF") program. The HAF Program in the State of CT is known as MyHomeCT and is being administered by the Connecticut Housing Finance Authority (CHFA).

The goal of MyHomeCT is to provide assistance to eligible CT homeowners who have experienced a COVID-19 related financial hardship. The assistance is meant to cure and/or prevent mortgage and housing related delinquencies and foreclosure. Qualified expenses under this program include:

- ▶ Mortgage delinquencies/payment assistance
- ▶ Non-escrowed real estate taxes (not included in mortgage payment)
- ▶ Condominium and/or homeowners' association fees or special assessments
- ▶ Non-escrowed (not included in mortgage payment) homeowners' insurance and flood insurance
- ▶ Water and sewer liens
- ▶ Ground lease or lot payments
- ▶ Fees that were advanced by the loan servicer/lender on behalf of an applicant with a reverse mortgage

*Assistance can be made in the form of a one-time reinstatement, ongoing forward payments, or a combination of both.*

**Homeowners may apply for up to \$30,000 in grant assistance**

## How to Apply:

Visit: [www.chfa.org/MyHomeCT](http://www.chfa.org/MyHomeCT) to learn more and to apply. You can also complete a short online questionnaire to see if you may be eligible.

If you need help with your application, you may call 877-894-4111 or visit one of the MyHomeCT Resource Centers for help with your application. The list of resource centers can be found on [www.chfa.org/MyHomeCT](http://www.chfa.org/MyHomeCT).



## Eligibility Requirements:

- ▶ Applicant must live in the state of Connecticut and occupy the property as their primary residence.
- ▶ Applicant/household member must have experienced a COVID-19 related financial hardship after January 21, 2020, or experienced a financial hardship before January 21, 2020, which was then exacerbated by the pandemic. Assistance for a delinquency prior to January 21, 2020, is capped to three months.
- ▶ Property must be an owner-occupied 1-to-4 unit house, condominium, townhouse, or manufactured home.
- ▶ Homeowners applying for mortgage assistance must have a mortgage that had a principal balance at or below the Federal Housing Finance Agency's conforming loan limits for Fannie Mae and Freddie Mac at time of origination.
- ▶ Household income must be equal to or less than 150% area median income (AMI), adjusted for household size.

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The CT Department of Housing is the responsible entity for the program, and has designated the Connecticut Housing Finance Authority (CHFA) to administer it on its behalf. This project is being supported, in whole or in part, by federal award number HAFP-0206 awarded to Connecticut by the U.S. Department of the Treasury.



# ARTIST OF THE MONTH: CAREY HARMON

Story and photo by Carol King

Carey Harmon is a well-traveled man. He has taken jaunts to Albuquerque, Argentina, Colombia, Ecuador, Mexico and New Mexico, and traveled by sailboat to the Virgin Islands, Bermuda and the Florida Keys.

During the month of January, residents can enjoy Carey’s oil paintings, many of which are inspired by his global adventures. As the January 2023 Artist of the Month, his works are on display in the front and rear hallways of the North Clubhouse.

During his school years in Long Island, Carey’s artistic talent was identified at an early age. “When I was 7 my mother sent me to paint classes at the Parrish Art Museum in Southampton,” he reports.

Despite his artistic interests, Carey focused on math and physics in his undergraduate studies at St. John University and, after receiving his master’s degree from Hofstra, spent time working in management positions in the electronics industry.

Eventually, though, Carey decided that office work was not for him. He pursued a new career that allowed him to work with his hands. “I took up blacksmithing and made wrought-iron fences,” he said. The business blossomed and he later started to create customized items for home construction as well as specialty projects.

Ultimately, he began bidding on state-funded assignments, which led him to building highway guardrails and taking on contracting jobs that took him to lighthouses and marinas.

His craftsmanship became well-noted, which led to his hiring as a millwright by The Metropolitan District Commission of Connecticut (MDC), a public nonprofit municipal corporation. “I was a group leader on a number of different projects,” he says. “But, when I was asked to take on a managerial position I retired at the age of 63. I didn’t want to be pigeonholed into an office position.”



Since retiring in 2004, Carey has been guided by his adventurous spirit, traveling the world and painting when time allows. In some cases, he has taken art lessons along the way. “I took a few painting classes while I was living in Albuquerque and later in Mexico,” he says. “Also, I am self-taught.”

He and his wife, Lois, arrived at Oronoque Village about a year ago. “We came here so that we would be near our three children,” he says. “Plus, I enjoy living so close to Long Island Sound.”

Since his arrival, Carey has been an active participant in the OV Arts Guild’s quarterly gallery shows at the South Clubhouse. OV

## HOUSE COMMITTEE ASKS FOR HELP TO LOCATE MISSING TABLECLOTHS

The House Committee is trying to locate nine long, white, round tablecloths that were stored in the South Clubhouse.

If the tablecloths have been borrowed, please call Cheryl Dwyer, 203-375-4961, to arrange for their return.

Thank you.  
*The House Committee*





## BEYOND THE VILLAGE

The Curtain Call Theater in Stamford has announced two upcoming productions.

From Jan. 12-19, "A Murder is Announced" will be performed in the Dressing Room Theater. An Agatha Christie, Miss Marple mystery, the story tells of an announcement in the local paper that states the time and place when a murder will occur in Miss Blacklock's Victorian house. The victim is not one of the house's several occupants, but an unexpected and unknown visitor. What follows is a classic Christie puzzle of mixed motives, concealed identities, a second death and a determined inspector grimly following the case's twists and turns. Fortunately, Miss Marple is on hand

"Groundhog Day" will be presented in the Kveskin Theater Feb. 2-18. The hilarious film — turned West End and Broadway hit — will have audiences returning again, and again and again. Critically acclaimed on both the West End and Broadway, "Groundhog Day" revels in one man's journey of self-discovery, day after day. Inspired by the hilarious film starring Bill Murray, "Groundhog Day" features a book by original co-screenwriter Dan Rubin, and music and lyrics by Tony Award-winner Tim Minchin ("Matilda the Musical").

How would you spend your time if forced to repeat the same day over and over again? Phil Connors, a seasoned big-city weatherman, is frustrated to be reporting the annual Groundhog Day ceremony in small town Punxsutawney, Penn. His arrogance and cynicism are in direct opposition to the cheery townsfolk, who are ready for their favorite groundhog to not see his shadow and welcome an early spring. After disdainfully covering the rodent's negative forecast, he awakens the next day only to discover it's Feb. 2 once more. Initially in disbelief, Phil finally accepts he is doomed to repeat the same day over and over again. (Contains adult themes and language.)

For information, visit <https://www.curtaincallinc.com> or call 203-461-6358.

Downtown Cabaret Theatre in Bridgeport has two upcoming musical productions.

Desert Highway Band presents "A Tribute to the Eagles" on Jan. 7. Both musically and visually, the band members present the excitement of a live Eagles concert.

Desert Highway Band is a passionate group of six talented professionals of studio and concert tour veterans with major recording artists, who together recreate the inspired rich vocal harmonies and intricate guitar styles made famous by the legendary Eagles. From the country-inspired "Take it Easy" to the soaring guitar layered rock anthem "Hotel California" to the provocative edge of destruction lyricism of "Life in the Fast Lane". Desert Highway Band - "A Tribute to the Eagles" - channels the music of this legendary band that to this day continues to resonate with longtime and newfound fans of all ages.

"Sir Paul (The Music of Paul McCartney)" will be presented on Feb. 25.

Members of the tribute band include:

Mike Green, who has been performing professionally for over 30 years as a solo artist, session singer, instrumentalist and entertainer.

Pete Bross, who has toured extensively with national acts such as Herman's Hermits starring Peter Noone, and Gary U.S. Bonds, and can list Madison Square Garden as venues he's played.

George Tebbitt, who has performed with countless bands throughout the Northeast, and is proud to have been a member of Long Island Hall of Fame Inductee's "The Good Rats." He has album and motion-picture credits, and has played with members of Billy Joel, Kiss and Meatloaf.

Reggie Bell, who has three decades of experience playing and touring the original music scene, Reggie has played such iconic New York venues as CBGB's, Max's Kansas City and The Ritz.

For information, visit [www.dtcab.com](http://www.dtcab.com) or call 2930576-1636.

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## RETHINKING CARDIO EXERCISE



By Ed Genga, M.A., CSCS

Standard exercise guidelines call for at least 150 minutes per week of moderate-intensity aerobic exercise. However, many people have trouble reaching this mark.

Either they don't enjoy aerobic workouts or they have physical or medical issues that make traditional cardio exercise a challenge. There is also the additional barrier of thinking these requirements take too much time and effort. All this can intimidate people and keep them from getting their necessary exercise.

Here are some alternatives for meeting weekly requirements.

**Breaking it down:** The first step to overcoming these obstacles is to break down the time commitment into manageable segments. For example, 150 minutes is 2.5 hours, which comes to 30 minutes five days a week or about 20 minutes daily. You do not have to do those 20 to 30 minutes all at once. You can further divide into two or three 10-minute daily segments. Everyone has 10 minutes to devote to exercise.

Next, change your perception of "moderate intensity." People automatically feel overwhelmed because it sounds difficult. This level of exertion is not as physically demanding as you may think and is quite doable.

**Different kinds of aerobics:** Any kind of movement that gets the heart rate up, speeds up your breathing and makes you sweat a little can count as aerobic exercise. The best exercise is the one you enjoy, but do not assume you are limited to traditional activities like running, cycling, swimming or tennis. There are other options that may better fit your interests, comfort level, and ability.

Here are some examples.

**Brisk walking:** Walking at a brisk pace is a simple moderate-intensity workout. What is "brisk?" That pace is different for everyone, but here is advice from President Harry Truman, known for his quick-paced morning walks around Independence, Mo., after he left office. He followed a pace of 120 steps

a minute for 1.5 miles, a routine he learned in the Army. Swing your arms and take deep breaths as you walk ... your whole body gets a vigorous workout.

**Stair climbing:** Set a timer for 5 to 10 minutes and go up and down stairs at a casual pace.

**Treadmill:** The trusty treadmill can be an excellent cardio tool, as you can adjust the incline and speed to reach the required intensity.

**Marching in place:** Cardio exercise does not need a lot of space. For instance, try marching in place. Stand with your feet together and arms at your sides. Bend your elbows and swing your arms as you lift your knees, one at a time, bringing them as high as possible with each movement. March in place for 50 steps at a steady rhythm. Rest and repeat several times.

**Home chores:** Many household chores count as moderate-intensity exercises. Examples include mowing the lawn, raking leaves, digging and planting, washing the car and vacuuming. Even though these are often stop-and-go activities and may feel light, the movements can add up.

**Weight training:** Guidelines also recommend doing weight training on at least two days of the week to help build and maintain muscle mass. This can also be a way to add in some moderate-intensity aerobics. Doing weight-training exercises in a circuit fashion, where you move from one exercise to the next with little to no rest, can elevate the heart rate enough to provide cardio benefits.

**Different movements:** Almost any kind of movement can qualify if done with enough effort. Take a dance class, go for a hike, play pickleball or walk 18 holes of golf instead of riding a cart.

OV

*Ed Genga is an OV 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.*

*"It's 5 O'clock Somewhere" is presented by SAC  
on the first Friday of every month at NCB.*

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*The next event takes place January 6.*





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**OV CALL-IN PROGRAM OFFERS INDEPENDENCE AND ‘PEACE OF MIND’**

By Carol King

Several years ago, Elisabeth Breslav signed up for the Oronoque Village Call-In Program, which provides her with the opportunity to live independently while assuring her children that she is in capable hands.

“When a medical issue landed me in the hospital, I overheard my children discussing with the doctor whether ‘Mom should go back to living alone,’” Elisabeth recalls. “Having no desire to leave Oronoque Village, I hastened to find ways to put their minds at ease and enrolled in the Call-In Program.

“Now, with the Call-In Program, somebody will come looking for me if I don’t call in between 9 and 10 a.m.,” she says. “The kids are satisfied and, frankly, when you live alone, this service provides personal assurance, as well, regardless of your age.”

Residents who value their independence, but have apprehensions about living alone, are encouraged to take advantage of the Oronoque Village Call-In Program, notes Kathy Lukens, program coordinator.

“By signing up for the Call-In Program, residents are asked to ‘check-in’ each day — via a phone call — with a volunteer monitor on duty. If your call is not received between 9-10 a.m., a welfare check will occur to make sure the residents is okay.”

Adds Kathy, “From early in the Call-In Program 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 the 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 want to make sure your best interests are being looked after, it is advised that you investigate this opportunity.

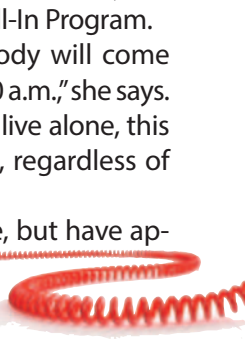
“To participate in the program, we ask that residents provide the following: a copy of their house key to our Business Office at the North Clubhouse,” says Kathy. “We also request a listing of nearby neighbors, family or friends as contacts if the resident can’t be reached and, most important of all, 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, monitors call and check in with each of the residents who have signed up for the Call-In Program.

Volunteer monitors and substitute monitors also are needed. For information on participating or volunteering, contract Kathy Lukens at [wklukens@comcast.net](mailto:wklukens@comcast.net) or 203-612-6685.



**OV**

**State of Connecticut  
Coronavirus Call Center**

If you live in Connecticut and have general questions about COVID-19, call our coronavirus info center:

**2-1-1**

or text the word “COVID19” to 898211

Anyone experiencing symptoms is strongly urged to contact their medical provider to seek treatment.







# FUNSEEKERS

## EXCITING PLANS FROM YOUR FUNSEEKERS CLUB!

WE INVITE ALL RESIDENTS OF ORONOQUE VILLAGE TO JOIN OR REJOIN FUNSEEKERS AS WE BEGIN OUR 2023 SEASON ON TUESDAY, FEBRUARY 14, 2023

- We meet on the second Tuesday evening of each month at the South Clubhouse and provide a lovely evening of socialization and top notch entertainment. We have a great line-up of entertainers for this season.
- Meet new friends, socialize and enjoy fabulous entertainment each month. Dessert, soft drinks, coffee and tea are always provided.
- We are now collecting membership dues. Annual dues are only \$15 per person. A small event fee is collected with each event reservation. If you already paid your 2023 dues you are all set!

Kindly fill out the form below. Return with check made out to Funseekers Club and deposit in the Funseekers Mailbox, NCB lobby.

Questions? Call Lucy Clifford, 203-6447710 or [lmclifford@yahoo.com](mailto:lmclifford@yahoo.com).



We are working on a new database of members' emails so that we may correspond with you efficiently and expediently. Please include your email address below. Thank you. We are anxious to develop this avenue of communication as soon as possible.

✂

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

FUNSEEKERS



**OV Karaoke Club: No fees or dues \* No commitments \* Just fun!**

Please join us for our next Karaoke/Dance Party on Jan. 27 in SCB at 6:30pm.

All you need is your wine and dancing shoes. A good time is guaranteed for all! 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!

Hope to see you all then. Oh... and tell a friend!



**T**he 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.

To learn more, contact Kathy Lukens at [wkluken@comcast.net](mailto:wkluken@comcast.net) / 203-612-6685.



# GOOD TIMES COME HELP US CELEBRATE OUR NEW CLUB!

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**TIME:** 6:00 -10:00 PM \* **LOCATION:** NORTH CLUBHOUSE \* **COST:** \$45PP

**APPETIZERS:** Coconut Shrimp, Fresh Tomato & Mozzarella Skewers, Franks in Pastry

**BUFFET:** Chicken Piccata, Salmon, Eggplant, Salad, Dessert, Coffee/Tea/Soda

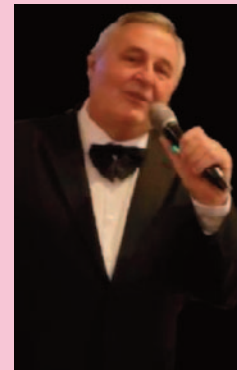
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If you have a seating preference: Please include all names with checks (made out to **GOOD TIMES CLUB**) & drop off with form to **GOOD TIMES CLUB** box at NCB before Jan. 7.

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

NUMBER ATTENDING: \_\_\_\_\_ AMOUNT ENCLOSED: \_\_\_\_\_



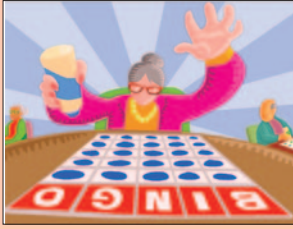
The Movie Club Presents  
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Jan. 13, 7 p.m., NCB  
Jan. 18, 2 p.m., SCB

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

Starring Bryan Cranston, Annette Bening, Rainn Wilson and Michael McKean.

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

**BINGO IS AT SCB AT 7 P.M.  
ON THURSDAY, JANUARY 19**



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

**Games 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.**

Book discussion will not take place during January.

The book for Feb. 1 is *The Night Watchman* by National Book Award-winning author Louise Erdrich.

The book is based on the extraordinary life of the author's grandfather, who worked as a night watchman and carried the fight against Native dispossession from rural North Dakota all the way to Washington, D.C.

This powerful novel explores themes of love and death with lightness and gravity and unfolds with the elegant prose, sly humor and depth of feeling of a master craftsman.



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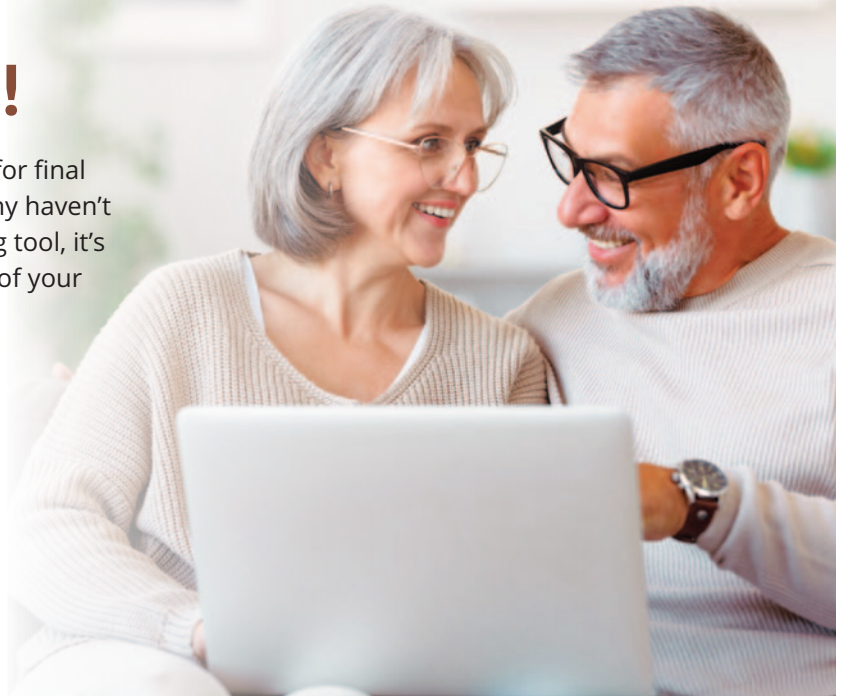
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