



February 1, 2023



# THE VILLAGER



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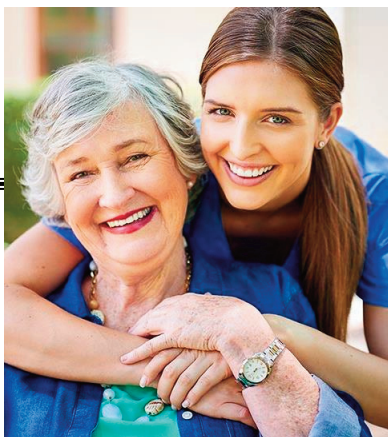


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Thank you to Mary Ann Weaver for submitting the cover photos, which were taken during the premiere event of Good Times, a new Oronoque Village club. A story appears on page 8.

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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# A MESSAGE FROM THE OVCA PRESIDENT



Bob Grosso

## JANUARY 17, 2023

To all residents: wishing you and your families a happy and healthy new year!

**Employee Appreciation Fund:** On Friday, Dec. 16, 2022, Fred Rodriguez and Mark Rhatigan hosted a staff holiday party. The staff departed happily with their holiday checks in hand that were distributed by Fred and Mark. A big thank you to the 414 residents (44.56 percent), Districts and Clubs who contributed to the Employee Appreciation Fund, enabling the OV Management Team to show our dedicated hardworking employees the appreciation of OV residents, which resulted in bonuses exceeding \$37,000.

The holiday party also included the recognition and retirement of Al Velosa, a longtime and very well-liked OV employee, who has retired after 44 years of dedicated service.

Al left with a company watch, gifts from colleagues and a well-deserved bonus. On behalf of the OVCA and OVTD Boards and the entire Village, we wish Al and his family the very best in his retirement years!

## Committee Updates

**By-Laws Committee:** Myrna Mills Albino is replacing Elaine Pivrotto as By-Laws Committee Chair and we want to thank Elaine for her service. Additionally three knowledgeable and experienced new members have been added; Sherry Bearse, Cheryl Dwyer and Lee Shlafer will join Bill Collins, Cheryl Comen and Mark Sills as committee members.

**Communications Committee:** The Communications Committee has been busy focusing on several projects, including updates to the Oronoque Village website ([www.oronoquevillage.com](http://www.oronoquevillage.com)) and content in The Villager and on the OVTV station – Channel 591. In the next few weeks, we will give you dates for going live with a new address book and a new calendar. Stay tuned!

**Finance Committee:** Ken Colman, OVCA's treasurer, and Diane Roche, OV's accountant, proactively took advantage of a very positive cash flow position and an increase in interest yields by executing a 6-month CD in the amount of \$440,000 with a yield of 3.15 percent that will provide nearly \$7,000 in revenue.

**Mark your calendars:** On Feb. 23, a Town Hall 2023-2024 Budget Preview will provide residents with a Q&A opportunity.

Karaoke is a monthly event that many Villagers look forward to and even practice in anticipation of a fun-filled evening. The holiday karaoke show took place on Friday, Dec. 23, 2022, with much anticipation. During the evening, the mood quickly changed when a resident collapsed and stopped breathing. A resident and a friend of a resident immediately responded, performing CPR for several minutes until professional medical help arrived. Thankfully, the resident has recovered, and his physician told him that if it were not for heroes, resident Dr. Paul Maglione and Bella Pisani (a guest of a resident), the result may have been very different! On behalf of the entire Village, we thank these heroes. **OV**

**Jeanette "Jackie" Caron, Realtor**  
Oronoque Village Resident



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# FEATURE

## 'HAPPY PLACES' — OV ARTS GUILD WINTER SHOW OPENS

Story by Lee Schlafer ~ Photo by Kathy Wells

On the afternoon of Sunday, Jan. 15, the OV Arts Guild (OVAG) Winter Show opened with its customary welcoming reception to which all residents of Oronoque Village are invited. This is first show of 2023 and OVAG's 24th opening reception. The theme of the current exhibit is "Happy Places," a concept that invited submissions ranging from scenes of Boothe Park to beaches in the Caribbean and a dog lying in a pool of warm sunlight.

In all, 30 pieces of artwork — which include paintings done in oil, acrylic, watercolor and digitally, as well as photographs, sculptures, metal work and fabric art — are displayed in the South Clubhouse lobby. The color and variety of the mediums used by the show's participants are testimony to the imagination and talent of the many artists who are part of our community and who willingly share their works.

These opening receptions are an opportunity for residents to learn what inspires the artists to paint, sketch, mold, photograph or fabricate the pieces they create and to also understand how they developed the talent they allow all of us to enjoy. The short explanations contributed by many of the artists about their work provide insight to their creative process and technique. The discussions that follow during the always-popular wine-and-hors d'oeuvres conclusion of the reception are another opportunity to learn more from these talented residents as well as engage in normal Oronoque "chit-chat."

The Arts Guild reception would not be complete without presenting the People's Choice Award, given to the artist who received the most votes from the prior art show. The winner of the award was Jane Wolfertz for her acrylic painting, "Blue Door." Jane now has the honor of winning



Jane Wolfertz with her prize-winning acrylic painting, "Blue Door."

the award on two occasions. The Winter Arts Guild Show will run until the end of March and be followed by the spring exhibition, which has the theme "Reflections." This will be followed by a summer show, cleverly titled, "Winter in July."

Please be sure to stop by the South Clubhouse lobby and enjoy the beautiful artwork on display and don't forget to vote for your favorite piece.



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## ANNOUNCEMENTS

### NEW ONLINE CALENDAR LAUNCHED

The Communications Committee is pleased to announce a new online OV calendar. The calendar and reservation forms are no longer on the FrontSteps portal. They are now located on the OV website, <http://www.oronoquevillage.com>, on the residents-only Home Page Menu/Navigation Bar.

The new calendar offers:

- Accurate, up-to-date, all-inclusive listings and details of events
- Easy to read formats: By agenda, by week or by month
- Save the link on your device to get instant information
- Activity Request and Private Party Request forms are on the same page

Questions? Call Linda Arvers (203-377-5313), Chris Albino (203-520-3931) or Mary von Ziegesar (203-767-9760).

### DONATIONS ARE NEEDED FOR H&G TAG/BAKE SALE ON APRIL 15

The OV House and Garden Club will hold its annual Tag and Bake sale on April 15. We are looking for donations of household items, framed artwork, small furniture, etc. (Please: no books, CDs or picture frames.)

Our ladies boutique is looking for handbags, scarves, jewelry, perfumes and unused makeup and lotions.

If you have a collection of items that you'd like us to pick up and store until April 15, we will happily comply. Please call Debbie Grosso at 203-380-2468 or Irene Keating at 203-377 3980.

All of the Tag and Bake proceeds will go toward a specific project for the beautification of the Village. If every household donates even one gently used item, our sale will be a great success.

Also, we will be needing lots of bakers!

### MINI FARMS DUES PAYMENTS

Attention mini farmers: if you have an assigned farm, your dues need to be placed in the mailbox at NCB no later than April 15. The dues are \$20. Prompt payment is appreciated.

Those who are not going to renew their plots for 2023 are asked to notify Debbie Grosso at 203-380-2468.

### LARGE-PRINT BOOKS WANTED

The OV Library is seeking donations of large-print books, published in 2010 or after, in all genres. Please leave the donations in the contribution box at the library at NCB.

### NOTICE OF CLEANING AT CLUBHOUSES

The House Committee is conducting its annual cleaning of the North and South Clubhouses. In both buildings, there are many drawers and unlocked cabinets (behind bar areas, in the kitchens, etc.) that contain personal items. These areas are to be kept empty in preparation for use during events. These areas are not meant to be used as venues for personal storage.

Please remove all items in both clubhouses by Feb. 15. After that date, the items left behind will be discarded.

Thank you for your assistance.  
*The House Committee*

### POKER PLAYERS SOUGHT

The Thursday evening poker game has moved to Wednesdays, 6-9 p.m., at SBC. Castle Poker welcomes new members and veteran players.

For information, call Rich Castle at 203-572-0989.

### HADASSAH'S SPRING LUNCHEON

Hadassah invites the community to celebrate the beginning of spring with a luncheon on March 15, at noon, at the Red Lotus Restaurant in the Shelton Square Shopping Center, 872 Bridgeport Ave.

The meal will begin with soup or salad, then your choice of chicken or steak teriyaki, crispy shredded beef, chicken and broccoli, General Tso's chicken or sauteed mixed vegetables. Sides will be pad thai noodles, fried rice and vegetable tempura. Dessert is included. The price is \$27 per person. Please make checks out to Hadassah, write your entree selection on the memo line and deliver checks to the Hadassah box at NCB no later than March 10.

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



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## FEATURES



### GOOD TIMES CLUB HOLDS FIRST EVENT

By Kathleen Piro

The Good Times Club's first event was very nice and well-organized. The attendance was a good 70 people or more!

There was an array of hors d'oeuvres along with chicken, salmon, potatoes, veggies, pasta and beef from Lasse's Restaurant in Milford. The performer, Michael Rea, sang right to the end as the dancers would not of have it any other way! Michael played music from the 1920s right into the 1970s ... perfect for the audience. It was a fun event to start off the new year.

Thank you to Mary Ann Weaver for putting this event together.

OV

## HUMOR

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9 p.m. is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like "east."
19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
21. My luck is like a bald guy who just won a comb."

- Source unknown

### STRATFORD LIBRARY SEEKS BOOK DONATIONS FOR ANNUAL SALE

The Stratford Library Board (2203 Main St.) seeks donations for its annual book sale. Contributors are urged to recycle books to share with others and help the Stratford Library increase its book purchase fund at the same time.

Donations of good hardcover books and paperbacks, fiction or nonfiction, as well as sound and video recordings, can be brought to a special book collection bin in the main lobby. The book sale workers encourage residents to donate biographies, cookbooks, poetry, plays, travel, mystery, science fiction, children's books, etc. Premium condition

books and children's materials are especially appreciated. (No magazines, Readers Digest condensed books or textbooks can be accepted.) Donations will be accepted through May 21.

Library hours are Monday-Thursday: 10 a.m.-8 p.m., Friday-Saturday: 10 a.m.-5 p.m. and Sunday: 1-5 p.m.

Call 203-385-4166 for more details or to arrange for assistance with a delivery of books.

The library's website is <http://www.stratfordlibrary.org>.

OV



# MAINTENANCE MATTERS

## GARAGE DOOR SAFETY

By Mark Rhatigan, Director of Maintenance Operations

We would like residents to practice caution when they manually open and close their garage doors. Most people do not realize that a garage door is the largest moving object in the home. When it is used manually, without an opener, it is very heavy to lift and can cause injury if not opened properly.

In the event of a power failure, do you know how to open your door? For safety's sake, we urge you to become familiar with the type of opener you have before a power failure occurs.

To operate the door, you first need to look at the door from the inside. You will see a rope with a handle on it. Pulling on the handle will release the door opener.

The older models will have a metal arm that will swing down -- so please be very careful. New types will release, stay in place and automatically latch when the door is closed.

**IMPORTANT:** This operation should only be done from inside of the garage using the inside handle. Those who do not follow the rule run the risk of severely crushing their fingers between the sections of the closing door. The doors automatically reconnect to the opener when the door is reopened.

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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 Feb. 15, is Feb. 2 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 the second and fourth Wednesdays of each month.

### 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 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. Call Sonya DeBiase at 202-377-1515.

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

### 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.

### TABLE TENNIS

- Table Tennis 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 Lapides: [mslapid@gmail.com](mailto:mslapid@gmail.com) / 203-927-8577. Play is scheduled via the TeamReach app.

### 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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# 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.**

**Bold-faced listings = OVCA/OVTD events**

## WEDNESDAY, FEBRUARY 1

- 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
- 4:00 p.m. – Winter Pool Social, SCB
- 5:00 p.m. – Sebastian’s Poker, NCB
- 6:00 p.m. – Castle Poker, SCB
- 7:00 p.m. – Book Club, NCB

## THURSDAY, FEBRUARY 2

- 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. – Table Tennis, SCB

## FRIDAY, FEBRUARY 3

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

## SATURDAY, FEBRUARY 4: No scheduled events

## SUNDAY, FEBRUARY 5

- 3:00 p.m. – Film Festival, SCB (sold-out)

## MONDAY, FEBRUARY 6

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- **11:00 a.m. – Communications Committee, NCB**
- **6:00 p.m. – SAC Committee Meeting, NCB**
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Bulls & Bears, SCB

## TUESDAY, FEBRUARY 7

- 9:00 a.m. – Table Tennis, SCB
- 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. – Men’s Cards, Dombrowsky, SCB

## WEDNESDAY, FEBRUARY 8

- 9:30 a.m. – Line Dancing, Beginners, NCB
- 10:00 a.m. – Line Dancing, All Levels, NCB

## WHEN SHOULD YOU CALL THE OV SECURITY NUMBER?

**O**ronoque Village has a security phone number (203-377-5502) that is manned by a 24-hour-a-day answering service. This number is meant for residents who experience maintenance-related emergencies, such as a water main break, sewage backup or roof leak.

The security phone number should never be called when you are in need of a first-responder.

**It is imperative that you call 911 to report:**

- Medical-related emergencies
- Fire or a possible fire
- Suspicious-looking activity in your neighborhood

- Traffic accidents
- Any crime involving bodily assault.
- Domestic violence incidents
- Theft or intentional damage to property
- Bomb, terrorist or hate-bias threats or acts
- Burglary (entering a structure with the intent to commit a crime, e.g. theft, damage to property)

*If you have a power outage, please contact United Illuminating at 800-722-5584.*

*Gas leaks should be reported to Southern Connecticut Gas company at 800-513-8898.*

*Routine police calls should go to 203-385-4100. *

## OV SNAPSHOTS



Left: Thanks to Sonya DeBiase for submitting the Pool Social Group's celebration of the new year, which took place during last month's get-together. Right: Monica McDonald submitted a photo of she and her husband, Bobby, with Pam and Bruno Manes. The 2022 holiday season marked the third year that the McDonalds continued their Christmas Eve tradition of delivering homemade goodies to their neighbors.

- 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. – Castle Poker, SCB

### THURSDAY, FEBRUARY 9

- 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
- 5:00 p.m. – District 2 Meeting, SCB
- 6:00 p.m. – Table Tennis, SCB

### FRIDAY, FEBRUARY 10

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB
- 7:00 p.m. – Movie: *Ticket to Paradise*, NCB
- 

### SATURDAY, FEBRUARY 11: No scheduled events

### SUNDAY, FEBRUARY 12

- 6:00 p.m. – SAC Super Bowl Party, NCB

### MONDAY, FEBRUARY 13

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

### TUESDAY, FEBRUARY 14

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

### WEDNESDAY, FEBRUARY 15

- 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
- 2:00 p.m. – Movie: *Ticket to Paradise*, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Castle Poker, SCB
- 6:00 p.m. – Men's Club General Meeting, SCB

## ARTIST OF THE MONTH: DAVID SCHWARTZ

Story by Carol King

During the month of February, visitors to the North Clubhouse will be treated to an exhibition of photographs taken by Artist of the Month David Schwartz. His works are showcased in the front and back hallways of the building.

"My photography has been inspired by cityscapes, architecture, faces, windows and objects that I see every day," David notes. "Photographers such as Philippe Halsman, Dorothea Lang, Weston, Walker Evans and Weegee, have been influential on my work."

David's interest in photography was piqued while attending elementary school in his hometown of Trumbull. "I became fascinated with picture-taking and immersed myself in experimenting with at-home developing techniques. I had a homemade darkroom. I didn't have a photo enlarger, but made use of a slide projector.

"Eventually, I expanded to larger, more professional, camera and developing equipment," he adds. "Also, I took courses and study in photography at University of Bridgeport and The Photographics Workshop in Westport."

His enthusiasm for camera work continued through the 1970s, but during the 1980s he took a break. "The equipment became too heavy and cumbersome to carry around," he explains.

However, thanks to the evolution of digital camera technology, David's interest in camera work was renewed. "I am very much enjoying the resurgences in digital photography," he says. "My cell phone and Tablet cameras are as good as any old film, 35 mm camera."

To date, his work has been shown in several group shows in New Hampshire, including Dartmouth Hitchcock and the Enfield Library through The Cardigan Mountain Arts Association, based in Canaan, N.H.

Professionally, David is a technical support specialist at IBM Innovation Studio in Manhattan. "I work in an international conference center with very high-profile visitors," he states. He has worked in tandem with luminaries who include the king of Sweden, the president of Croatia, the science minister of The Vatican and the first minister of Scotland. "My duties include making sure their visits go smoothly," he explains.

His interest in the arts is prolific. For the past 40 years he has served as the Sunday night radio host and producer at WPKN FM in Bridgeport. He hosts "Railroad Dave Radio," 10 p.m. to midnight, on the first, second, third and fifth Sundays of the month. Listeners to the program may hear an eclectic range of vintage music ranging from Bob Wills and the Texas Playboys to Hoagy Carmichael to Brownie McGhee. Also, he appears on "The Car Bob Show."

Further, David produced the Backstage Buzz radio pro-



David Schwartz at a recent gallery show.  
Inset: One of the photographs to be exhibited at NCB.

gram for 10 years, has served as the sound engineer for live broadcast, concert and theatrical productions and has organized small concerts and radio broadcast performances.

As a patron of the arts, he enjoys small venues for folk and jazz performances as well as attending a mixed bag of small, nonmainstream theater productions. Recently he enjoyed a New York-based Yiddish theater performance as well as a production from Czechoslovakia, titled "Concentration Camp Cabaret."

During his spare time (of which there is precious little), David enjoys the view from his vintage trawler, which is docked on the Housatonic River. "The time on the river has been the catalyst of many river sunrises, sunsets and swans in the ocean photos," he says. He also used the boat as a studio from which he broadcast WPKN programs during the pandemic.

He moved to Oronoque Village about three years ago. "My father, Burt Schwartz, lives here, so I knew this to be a very nice community," he says. "Since moving here I have enjoyed walking the neighborhoods and capturing photos of sunsets, local wildlife and flowers."

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## FITNESS & OLDER ADULTS

### ACTIVE SENIORS ENJOY LIFE MORE



By Ed Genga, M.A., CSCS

**G**ood news for older adults: part of the prescription for a healthier, better retirement is exercise. Physical activity protects against declining health and fitness and adds years to your life. Join the growing number of older adults who are actively demonstrating that exercise helps keep a body strong.

**The Best Retirement Is an Active One:** Did you know that moderate-intensity physical activity can help you live longer and reduce health problems? Regular exercise helps control blood pressure, body weight and cholesterol levels, and cuts the risk for hardening of the arteries, heart attack and stroke. It conditions muscles, tendons, ligaments and bones to help fight osteoporosis, keep your body more limber and stabilize your joints, thus lowering the risk of every day injury. It also improves digestion and is good for managing low-back pain, arthritis and diabetes. Regular physical activity helps you maintain your independence. Recent research findings suggest that an active lifestyle lowers the risk of some cancers. But, perhaps, the best reason for incorporating regular exercise into your life is that you'll feel better. Exercise helps you sleep better and manage stress better, and gives you more energy to enjoy work and play.

**Fitness Is Golden:** A good exercise program includes cardiovascular exercise, muscular conditioning and flexibility exercises. The best cardiovascular exercises for seniors are nonjarring, such as walking, swimming and cycling. Start with a light regimen and gradually build up to a total of at least 30 minutes of activity on most, preferably all, days of the week. Playing with children, gardening, dancing and housecleaning are other ways to incorporate activity into your daily routine.

Strengthening exercises, such as lifting light weights (or even household items such as canned foods or milk jugs), help to maintain your muscle mass and promote bone health.

In addition, research suggests that adults older than 50 years who do not perform resistance training lose nearly a quarter pound of muscle mass per year. Since muscle mass is directly related to how many calories your body burns each day, resistance training is important for weight management. And strong leg and hip muscles help to reduce the risk of falls, a cause of considerable disability among older adults. Try to

participate in resistance training at least two days per week, making sure to exercise all major muscle groups through a full range of motion.

End each workout with stretching exercises to help maintain your mobility, range of motion and decrease your risk for injury.

**A Few Safety Tips:** Always remember to keep safety in mind when exercising.

- Wear comfortable, well-fitting athletic shoes.
- Avoid outdoor activities in extreme temperatures.
- Drink plenty of fluids to stay well-hydrated.
- Listen to your body when determining an appropriate exercise intensity (and keep in mind that monitoring intensity using heart rate isn't accurate if you are on heart-rate-altering medications such as most medications for hypertension).
- Be aware of danger signs. Stop activity and call your doctor or 911 if you experience any of the following: pain or pressure in your chest, arms, neck or jaw; feeling lightheaded, nauseated or weak; becoming short of breath; developing pain in your legs, calves or back; or feeling like your heart is beating too fast or skipping beats.

**Discover the Exercise You Like Best:** The best way to keep fit is to choose exercises you enjoy. Favorites among some older adults include aqua-aerobics, yoga, pilates, tai chi, all types of dancing, or simply walking the dog. You may enjoy group exercise classes, since they offer an opportunity to socialize and develop friendships.

When you are deciding on a class or program, make sure the instructor is certified by an accredited professional organization and has completed specialty training in senior health and fitness. And remember the other elements that contribute to good health in your golden years: a well-balanced diet, not smoking and seeing your doctor regularly. Start slow, increase your effort as you improve and enjoy good health.

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 paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.*

— Andy Rooney



# BEYOND THE VILLAGE

**G**rab your binoculars! The Maritime Aquarium at Norwalk's annual Seal-Spotting and Birding Cruises are underway. The two-hour cruises seek out animals spending the winter in Long Island Sound including harbor seals, gray seals, buffleheads, mergansers, long-tailed ducks and red-throated loons. Aquarium educators will identify these species for guests and discuss their natural histories.

The cruises are held on the aquarium's unique research vessel, RV Spirit of the Sound, the first in North America with hybrid-electric propulsion. Since the vessel is virtually silent, the cruises are a very serene way to tour the sound, especially in the winter months when there is little boat traffic.

Seal-Spotting and Birding Cruises will run through April 2; dates and departure times vary by low tide. Reservations are strongly recommended as space is limited to 40 guests. Tickets are \$36 per person or \$32 per person for aquarium members. Passengers must be at least 42 inches tall, and those under 18 must be accompanied by a parent or guardian.

To reserve tickets, see the cruise schedule at [www.maritimeaquarium.org](http://www.maritimeaquarium.org) or call 203-852-0700, ext. 2206.



**E**astbound Theatre, a division of the Milford Arts Council, presents "Album," written by David Rimmer and directed by Richard Mancini, during the weekends of Feb. 10-19.

"Album" chronicles the coming of age of two teenage couples during the turbulent 1960s, as the four struggle with impending adulthood and their awakening sexuality. As the last few carefree years together spin deftly by, it's apparent that maturity will bring differing perils and problems for each of them along the way. The popular music of the period — Bob Dylan, The Beatles, The Beach Boys — leads as the emotional anchor and roadmap for the lives of this young group of friends.

Performances are Fridays and Saturdays at 8 p.m. For tickets, visit [www.milfordarts.org/album](http://www.milfordarts.org/album) new or contact the MAC Box Office, Tuesday- Friday, 12-4 p.m., at 40 Railroad Ave. or call 203-878-6647.





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# Presents An Uplifting Talk By Donna Martire-Miller

*"Finding a Sense of Meaning in Your Life - Your Character Strengths Can Become Your Legacy"*

The OV Arts Guild is excited to offer this unique presentation by our own Oronoque resident Donna Martire-Miller. If you would sometimes **like to be happier in life** or are **looking for a sense of meaning**, look no further. We all yearn to be seen, heard, known. Donna will show us how to **discover our character strengths and how to use them to navigate our lives in the best possible way.**



"Every small change leads to huge rewards and a happier life"  
Donna Martire-Miller



Donna uses tenets of positive psychology in creating concrete tools that will **increase happiness and well-being.**

Presently, Donna is an adjunct professor at the University of Bridgeport where she teaches Wellness, Perspective of Happiness and Human Services related courses.

**Thursday, February 23,  
7pm SCB**

**Members Free-Guests Pay \$8**

**Reception following program**

**Questions? Call Barbara Stewart 203.612.1373**



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

**Please join us for our next Karaoke/Dance Party on February 24 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!**



# 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**



The Movie Club Presents  
*Ticket to Paradise*  
 Feb. 10. 7 p.m., NCB  
 Feb. 15 2 p.m., SCB

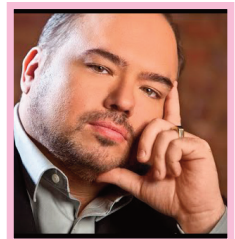
David (George Clooney) and Georgia (Julia Roberts), two divorced parents who can't stand each other, head to Bali after their daughter, Lily, announces her plans to marry a local islander she just met while on holiday.

They decide to put aside their differences and work together to stop the wedding, believing that doing so will keep Lily from making a dreadful mistake similar to their own.

***\$1 admission includes popcorn -***

**FUNSEEKERS PRESENTS**

Dominic Mantuano Singing  
**"The Music Of Our Time"**



Dominic is a powerful vocalist and performer who has toured across America.

***He has a new show in store for us!***

Get ready for a high energy fun musical extravaganza as Dominic sings

***The Music Of Our Time***

such as

***Roy Orbison, The Platters, The Duprees, The Four Seasons, Elvis, Dion and many more.***



Be prepared to sing along as we revisit the days of leather jackets and Sha Na Na!  
 Be there or be square!!!! This is going to be a really fun night!

**Tuesday, February 14, 2023 -7pm**

**SCB • Doors Open At 6:15**

Advance reservations required. Payments will be accepted from January 16th to February 10th. Open to resident Funseekers' members and one guest per single resident through January 26th. Starting on Jan. 27th, member residents may sign up non-resident guests. Please put \$4.00 check per person (\$7.00 non-resident) into FUNSEEKERS mailbox, NCB. You must be a 2023 Funseekers Member to attend. Join for \$15 for the 2023 year. Please include your email address and phone number with your membership dues.

Questions? Call Lynn Collins **203.260.4644**

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

**BYOB AND MUNCHIES!**

# Oronoque Village Men's Club

## General Meeting For All OV Residents

**WE NEED YOU!**



✓ New Residents! ✓ Current Members  
✓ Old Residents! Not "old" but been here awhile!

**TO KEEP THIS GREAT CLUB GOING!**

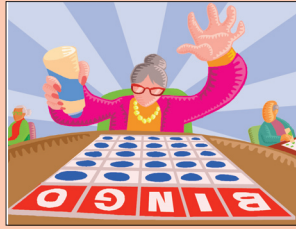
**Wednesday February 15, 2023**

**6-7pm** NCB Coffee and Dessert Served

***Without a good group of active members  
planning, attending, and helping at events, there  
will be no more mens club including Bingo!!!***

**New members mean new ideas!!!**

**BINGO IS AT SCB AT 7 P.M.  
ON THURSDAY, FEBRUARY 16**



**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.**

The book for March 3 is *Days Without End* by Sebastian Barry. A powerful and unforgettable novel chronicling a young Irish immigrant's army years in the Indian wars and the American Civil War. Moving from the plains of Wyoming to Tennessee, Author's latest work is a masterpiece of atmosphere and language. An intensely poignant story of two men and the makeshift family they create with a young Sioux girl. *Days Without End* is a fresh and haunting portrait of the most fateful years in American history and is a novel never to be forgotten.

**JOIN US FOR  
“IT’S 5’OCLOCK SOMEWHERE”  
ON THE FIRST FRIDAY  
OF THE MONTH  
AT NCB**

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

***Hosted by SAC***

**We hope to see you on February 3**



# Kickoff The Year With



# SAC presents a Super Bowl Party!

in conjunction with the men's club

## Sunday, February 12, 2023

Come join your neighbors for a fun time watching Super Bowl LVII on Sunday, February 12 in the North Clubhouse.

**FOOD, FUN AND SOME GREAT FOOTBALL ON THE BIG SCREEN.**

**Doors open at 6 p.m. - Game begins at 6:30 p.m.**

**\$23 p.p.**  
(non-refundable).

Admission includes super fun appetizers including *boneless wings, sliders, stuffed breads, and chips, salsa and guacamole*. Sweet treats at halftime and plenty of fun making your best guess which team will be the eventual winner and other important game milestones.

We'll provide the set-ups (soda, ice, cups),  
**YOU- Bring Your Own Beverages!**  
Food by The Cutting Wedge (in Ryder's Landing)

Attendees are asked to bring a nonperishable food item to collect for the local food pantry.



**Make your check payable to SAC and drop it off with this form in the SAC mailbox in the North Clubhouse no later than Tuesday, Feb. 7.**

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

Address and email \_\_\_\_\_

Total amount of check: \_\_\_\_\_



**Save the date: March 12 — Oscar Red Carpet Soiree** -Come dressed to impress and stroll the red carpet at our Oscar Party. Oscar movie trivia and prizes — stay tuned for more information in the Feb. 15 Villager!



# Coastal

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### *Our Commitment To You*



#### *Compassion*

Compassion is the cornerstone of everything that we do. Caring for our clients the way that we do is simply an extension of who we are. Patients become part of our extended family, and we become part of theirs... and we wouldn't have it any other way.



#### *Service*

Integrity is part of our DNA and delivering the highest level of service to our clients is important to us. It's one of our founding principles but it's also how we live our lives. Our commitment to integrity across every aspect of our business ensures that your journey to better hearing is an experience that is second to none.



#### *Convenience*

For our team "Hear... for you" is much more than just a tagline. From early morning appointments, to extended evening availability and Saturday hours, we are determined to work around your schedule to deliver an unparalleled hearing experience. In addition, our mobile division allows us to meet you wherever you are most comfortable. Our office, your office, your home or anywhere in between, your convenience is just a small part of your overall experience.

This February receive a **FREE 30-day in-home trial** and get **\$1,000 OFF** when you purchase or lease a pair of premium hearing instruments.\*

\*Offer is not available for third parties and third-party insurance

