

March 1, 2023



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Thank you to Monica McDonald for submitting the cover photo, which she took during a walk on the southside.

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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*More than 70 residents attended the SAC Super Bowl party on Feb. 12 at NCB.*



## SAC SUPER BOWL PARTY WAS ‘SUPER FUN’

**Story by Elaine Ficarra ~ Photos by Elaine Ficarra & Arline Walton**

On Sunday, Feb. 12, a rousing crowd of Villagers came prepared to enjoy what turned out to be a great evening of football, food and friendly rivalry at SAC’s Super Bowl party. With the big screen tuned to the “big” game, more than 70 folks joined in the fun to cheer on their favorite team, some wearing Kansas City Chiefs red or Philadelphia Eagles green. Guests helped themselves to an array of appetizers, including sliders (pulled pork, baked ham), mini-turkey sandwiches, boneless chicken wings and fresh-made guacamole and salsa — all from The Cutting Wedge in Ryder’s Landing.

Attendees were asked to bring a nonperishable food donation and our residents did not disappoint. By the end of the event, a weighty collection was ready for delivery to the Sterling House food pantry.

Many thanks go to event chair, Ginette Courtney,

and our loyal SAC volunteers, including Stephanie Fians, Pat Kelly, Letitia Laberee, Kathy Lukens, Pat Spodick and Ivy Tencer -- who helped with baking goodies, setting up, greeting guests at the door and cleaning up. Special thanks to Ginette’s husband, Tom, and Peter Tomosulo, Regina and Joe LaRocco and Kathy and Bo Piro for all their help.

Coming up:

- 5 O’Clock Somewhere on Friday, March 3, at NCB. Come mix and mingle with your neighbors and wear some green in recognition of St. Patrick’s Day.
- SAC welcomes you to a “Night at the Oscars” on March 12, 6 to 8 p.m. Come dressed to impress, stroll the red carpet, test your Oscar trivia knowledge and enjoy light fare — pasta and salad, wine and soft drinks. Tickets are \$18 and RSVPs are needed by March 7. We look forward to seeing you there!

**OV**



## STRATFORD LIONS CLUB INVITES RESIDENTS TO JOIN ITS MEMBERSHIP

By Joe Myers

Lions Club members are changing the world, one community at a time. We are 1.4 million men and women who believe kindness matters and when we work together we can achieve many goals.

In November 1929, the Stratford Lions Club began its journey of service. Our projects are many and varied. Over the years, we have provided physical and/or fiscal support to such projects as the building of Roosevelt Forest, the Town's Shakespeare Theater and Red Coat Band, as well as aided many other charities in our community.

We have created a trust fund to provide annual scholarships to high school graduates. This trust will continue even if the Club ceases to exit.

As we begin our 94th year, we look forward to new

members joining us and continuing the tradition of service to the community.

In addition to serving locally, we have taken on global challenges — such as eye health and vision services, diabetes, hunger and childhood cancer.

Our Lions Club International Foundation (LCIF) is a charitable organization that supports the Lions Club service by providing grant funding for local and global efforts.

We invite all of our neighbors at Oronoque Village to join us in serving the Stratford community.

Please contact me at 908-278-6764 or [jmyers2201@comcast.net](mailto:jmyers2201@comcast.net) if you have any questions or would like more information regarding the Stratford Lions Club.

(Information about the Lion's Club can be found online at <https://www.lionsclubs.org>.)

In closing, I'd like to share the Lion's Club toast: "Not above you, not beneath you, but with you." OV



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# ANNOUNCEMENTS



## CALL FOR ART: 'REFLECTIONS' SHOW

By Barbara Stewart

The theme for our spring Galerie OV show is "Reflections." This could be something reflected in a mirror or a landscape with reflections in water or a personal reflection on life. It will be fun to see what your entries will be for this theme!

All mediums are welcome. Please bring one or two pieces of original artwork to the front card room in the South Clubhouse on Friday, March 31, 10-11 a.m. As always, we will strive to accept at least one submission from each artist. Hanging art must be wired securely across the back; three-dimensional pieces will be displayed on a pedestal.

During the opening reception for this show, on Sunday, April 16, at 4 p.m., the People's Choice Award will be presented for our winter show, "Happy Places," which concludes at the end of this month. Additionally, artists participating in the newly installed spring show will be invited to speak briefly about their submissions.

The summer show, which begins in June, has the theme "Winter in July."

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## DISTRICT 4 GATHERING

On Thursday, March 30, at 6 p.m. at SCB, District 4 will hold its Spring Neighborhood Gathering. District Rep Bob Krakovich will welcome attendees, followed by summary reports from Board members.

The featured guest speaker will be Doreen Jaekle from the "Friends of Boothe Memorial Park." She will give a video presentation about the historic homestead, clock tower, lighthouse, rose garden, windmill, blacksmith shop and the old Merritt Parkway toll booth — just to name a few of the 18 buildings located there.

Following her talk, pizza, salad, beverages and dessert will be served. All Villagers are welcome to attend. The cost for District 4 residents is \$5 per person (if dues are current), \$10 per person for all other attendees. Place payments, with names attending, in the District 4 mailbox located in the SCB lobby by Sunday, March 26. Call Bob Krakovich 203-752-6105 should you have any questions.

## A MESSAGE FROM MARK RHATIGAN, OUR NEW EXECUTIVE DIRECTOR

I want all of you, the residents of Oronoque Village, to know that I am privileged to take on the role of Executive Director. As Director of Maintenance for the last eight years, I know many of you already and look forward to getting to know those of you I've yet to meet.

There is a very exciting opportunity before me: to be at the helm and to be responsible for ensuring that this Village continues to be one of the finest residential condominium communities in Connecticut.

There are challenges ahead that will require hard work, collaboration and planning. Please be assured that I am ready and am fully dedicated to the success of our Village. Working with my team, our intention is to provide the service you both expect and deserve.

In large part, Oronoque Village's character is based on the wealth of volunteerism so many residents consistently offer. It is a strength that I respect and value. I look forward to working with all of you to make certain that our community continues to be an outstanding place for you to call home.

---

## OV RESIDENT IN LOCAL ART SHOW

OV resident Cheryl Comen is among the artists exhibiting in the Shelton Art League's Members Art Exhibit taking place at the Milford Public Library, 57 New Haven Ave., March 2-30. The exhibit is showcasing hanging artwork, craftwork and small paintings. Library hours are Monday, 10 a.m.-5 p.m.; Tuesday-Thursday, 10 a.m. - 8:30 p.m.; Friday, 1-5 p.m. and Saturday, 10 a.m.-5 p.m.

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## 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.





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# WEB INSIGHTS

## WORK ORDERS/SERVICE REQUESTS/ODD JOB FORMS

On the private side of Oronoquevillage.com, click on the Navigation Tab/Menu “Maintenance.” (See Image 1)

On the Maintenance Page, scroll down halfway and click on “Service Request/Work Order Form” or the “Odd Job Request Form.” (See Image 2)

Complete the requested information and click “Send” to submit your request to the Maintenance Department. (See Image 3)

Your request will be quickly acknowledged. If you have any questions, please call the Maintenance Department at 203-375-8853 or send an email to [ovmd@oronoquevillage.com](mailto:ovmd@oronoquevillage.com)

If you need website help any time along the way, call the Business Office (203-377-5313) for staff assistance or contact one of the Geek Group members. We are here for you.

OV

*Submitted by the Communications Committee,  
Mary W. von Ziegesar, Chair*



Image 1



Image 2

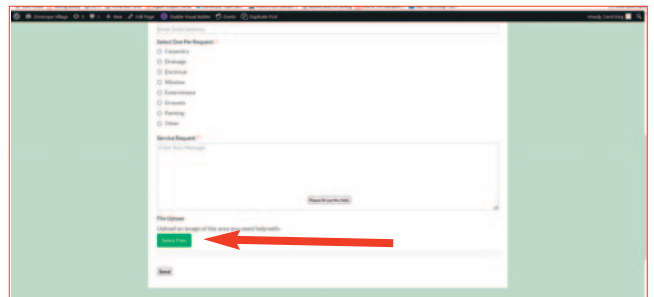


Image 3

# HUMOR

Gray hair and wrinkles might not feel like much to joke about, but when it comes to aging none of us are immune, so sometimes the best thing we can do is laugh.

While we're all destined to grow old (if we're lucky), maintaining a positive attitude can help our outlook stay fresh and youthful. Like George Burns once said, "You can't help getting older, but you don't have to get old."

Below are a few humorous quotes about aging.

"Age is something that doesn't matter unless you are a cheese."  
— Luis Buñuel, Spanish filmmaker

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better."  
— Ingrid Bergman

"The idea is to die young as late as possible."  
— Ashley Montagu, British-American anthropologist

"The secret of staying young is to live honestly, eat slowly and lie about your age."  
— Lucille Ball

"No one is as old as those who have outlived enthusiasm."  
— Henry David Thoreau

"You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police."  
— Joan Rivers

"My mother always used to say, 'The older you get, the better you get. Unless you're a banana.'"  
— Betty White

"I'm at an age when my back goes out more than I do."  
— Phyllis Diller

"Life is a moderately good play with a badly written third act."  
— Truman Capote

"My face carries all my memories. Why would I erase them?"  
— Diane Von Furstenberg

"I don't feel old. I don't feel anything until noon. Then it's time for my nap."  
— Bob Hope

"I have reached an age when, if someone tells me to wear socks, I don't have to."  
— Albert Einstein

"Anyone can get old. All you have to do is live long enough."  
— Groucho Marx

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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 March 15, is March 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.

## 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. 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 first 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 GROUP

- 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 Lapidés: [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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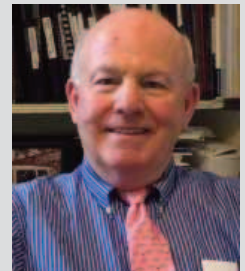
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# CALENDAR

**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/OVTD events  
C= Closed event**

## WEDNESDAY, MARCH 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. – Pool Social Group, SCB
- 5:00 p.m. – Sebastian's Poker, NCB
- 6:00 p.m. – Castle Poker, SCB
- 7:00 p.m. – Book Club, NCB

## THURSDAY, MARCH 2

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Quilting Group, NCB

- 10:00 a.m. – Zumba, NCB
- **10:00 a.m. – House Committee, SCB**
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Ladies Mahjongg & Cards, NCB C/R **(C)**
- 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, MARCH 3

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

## SATURDAY, MARCH 4

- 1:00 p.m. – Private Party, NCB **(C)**

## SUNDAY, MARCH 5

- 3:00 p.m. – Arts Guild Film Festival, NCB (Sold-out)

## MONDAY, MARCH 6

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- **11:00 a.m. – Communications Committee, NCB, B/R**
- 1:00 p.m. – Arts Guild Planning Committee, NCB, C/R **(C)**

## 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.*



• **6:00 p.m. – SAC Committee Mtg, NCB. B/R**

- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Bulls & Bears, SCB C/R

**TUESDAY, MARCH 7**

- 9:00 a.m. – Table Tennis, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 10:00 a.m. – House & Garden Brd Mtg, NCB, B/R (C)
- 2:00 p.m. – Writer’s Group, SCB, C/R1
- 7:00 p.m. – Funseekers Brd Mtg, SCB, C/R2 (C)
- 7:00 p.m. – Card Game/Brosowsky, SCB, C/R1(C)

**WEDNESDAY, MARCH 8**

- 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. – Castle Poker, SCB
- 

**THURSDAY, MARCH 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
- 6:00 p.m. – Table Tennis, SCB

**FRIDAY, MARCH 10**

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB, C/R
- 6:00 p.m. – Friday Night Pool, NCB, Billiards Rm (C)
- 6:00 p.m. – Movie: *Angry Neighbors*, NCB

**SATURDAY, MARCH 11**

- 2:00 p.m. – Private Party, NCB (C)

**SUNDAY, MARCH 12**

- 6:00 p.m. – SAC Oscar Night, NCB

**MONDAY, MARCH 13**

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 1:00 p.m. – House & Garden Club event, SCB
- **4:00 p.m. – Bylaws Committee Mtg, SCB, C/R2**
- **4:00 p.m. – Maintenance Committee, NCB, B/R**
- 6:30 p.m. – Drop-In Bridge, NCB

**TUESDAY, MARCH 14**

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

**WEDNESDAY, MARCH 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: *Angry Neighbors*, SCB
- 5:00 p.m. – Sebastian’s Poker, NCB, C/R
- 6:00 p.m. – Castle Poker, SCB

**THURSDAY, MARCH 16**

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Quilting Group, NCB
- 10:00 a.m. – Zumba, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Ladies Mahjonn & Cards, NCB C/R (C)
- 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
- 7:00 p.m. – Men’s Club Bingo, SCB
- 

**LIBRARY AT NORTH CLUBHOUSE SEEKS LARGE-PRINT BOOKS**

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.



## ARTIST OF THE MONTH: JOSEPH BOLOGNA

Joe Bologna's interest in photography dates back to his formative years. His father enjoyed taking pictures and Joe watched as his dad not only took photos, but developed them as well. At the age of 13, Joe purchased his first camera with the intent of photographing life extensively so that he could "freeze time."

As he grew into his teens, Joe recognized that there were three things that piqued his interest: photography, reading about worldwide travel and music. He pursued his interests in all three; he honed his photography skills while embarking on a career as a rock-and-roll performing artist. As he toured the country, opening for name acts, he used his camera to capture the events of life.

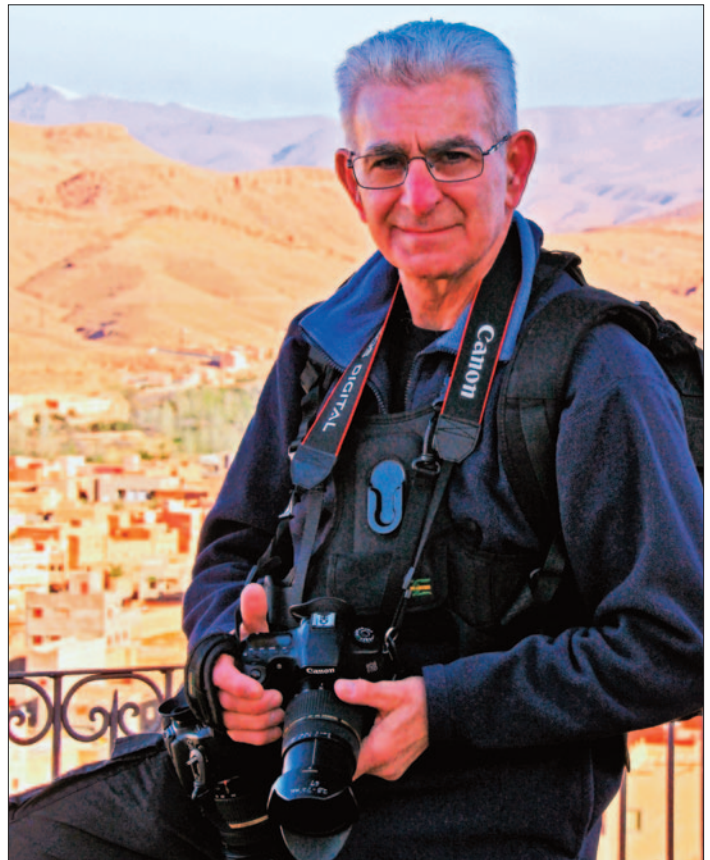
When he became a father, Joe's pursuit of photography became more aesthetic as he chronicled his children's activities. "I embraced a system of image-making that captured a more intimate portrait that was very detail-oriented," he says. "People in the community began to notice my work."

As a result of the attention his photos received, weddings, portraits and various community-sponsored events became a part of his resume. Joe became an event photographer for the local schools and he was appointed as the official photographer for Boy Scout Housatonic Counsel. He also taught photography classes.

In 2005, he began traveling around the world as a photographer. He was meticulous in his approach to his art form, learning the lay of the land, people's interests, cultural norms, and etiquette. "I loved the people I met," he says. "The stresses of everyday life would disappear as I engaged in the photo shoots, capturing the spirit of those who I met during my travels."

To date, Joe has visited 26 countries and has taken over 90,000 photos. Early on, he had a gallery on National Geographic's Your Shot, which is National Geographic's online photography community. His work has been used in travel magazines and by private companies and businesses. As a philanthropist, Joe has donated many pieces from his catalog to various fundraising organizations.

Joe has been peer-awarded over 9,000 times and is considered a Top 10 Popular Photographer in the Viewbug (www.viewbug.com) photographer community, where his



*Artist of the Month Joseph Bologna pictured in Erg Chebbi, Morocco.*

images reach a worldwide audience. He has held that position since his enrollment as a member in 2016.

Accolades for his work include receiving Viewbug's Summer 2020 People's Choice Award, the 2020 Top Shot, and the Elite Award. In 2021 he earned the Member Selection Award, Hero Award and Legendary Award. In 2022 Joe was selected for the Zenith Award.

Joe and his fiancée, Donna Martire Miller, have co-authored several books, including "The View From Within: Spiritual Pathways to Happiness" and "Finding Unshakeable Happiness."

Currently, Joe is collaborating on a three-book series featuring selected photographs with original writings and a children's book series.

Joe and Donna arrived in Oronoque Village in April 2022. Since their arrival, Joe has become involved with the Writers Group and the Arts Guild and participated in the recent BRAVO production of "Burlesque Oronoque-Style."

Commenting on his work, Joe refers to his favorite quote from Diane Arbus: "I've never taken a photo I intended. They're always better or worse."

Joe's photographs are on display in the front and rear hallways of the North Clubhouse through the end of March.

OV

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# RESIDENT POETRY

## SHOPPING FOR WORDS ON A WINTER EVENING

By Joe Epstein

Whose words these are I think I know  
That from a wizened hand do flow.  
There is no stopping, write, keep writing  
And, let words fill pages just like snow

My little Mac must think it queer  
There's typing and no Google near.  
Between the lines the "prompt" will be  
Alive and true so do not fear!

Good words are treasures worth their keep  
Whether simple, sad or deep.  
So, I'll not stop, I'll keep on writing  
Words, more words before I sleep.

*Homage to Robert Frost  
"Stopping By Woods On A Snowy Evening"*

**Submitted by on behalf of the OV Writer's Group**

## GOODBYE TO WINTER

By Jerry Brown

When I look out my window at the snow so white  
And I think of what I see  
I say a prayer each and every night  
Asking for this season no longer to be

It's been so long and so bitter cold  
I shiver and shake every day  
Maybe it's because I am so old  
That makes me feel that way

How much more time before I can say

The words that are deep inside:  
Goodbye to winter and every cold day  
And the time when in house I hide

The time is near when I'll shed this gloom  
When the sun will shine warm and bright  
And I'll see all the flowers in full bloom  
And Spring will be at it's height

So hopefully this season will go fast  
And the warmer seasons will flow  
And finally I can say at long last -  
Goodbye to the winter and snow.

**Submitted by Barbara Brown**



# FITNESS & OLDER ADULTS

## COMBINING AEROBIC & RESISTANCE EXERCISES CAN BOOST BRAINPOWER



By Ed Genga, M.A., CSCS

A combination of aerobic and resistance exercises can significantly boost the brainpower of the over 50 population, as found in the most comprehensive review of the available evidence to date.

Physical exercise for older adults is seen as a promising means of warding off or halting a decline in brain health and cognitive abilities. Yet the evidence for its benefits is inconclusive, largely because of the overly restrictive inclusion criteria in the reviews published to date, say the researchers.

In a bid to try and plug some of these gaps, they systematically reviewed 39 relevant studies published up to the end of 2016 to assess the potential impact of varying types, intensities, and durations of exercise on the brain health for those over 50.

They included aerobic exercise; resistance training (such as weights); multi-component exercise, which contains elements of both aerobic and resistance training; tai chi; and yoga in their analysis.

They analyzed the potential impact of these activities on overall brain capacity (global cognition); attention (sustained alertness, including the ability to process information rapidly); executive function (processes responsible for goal oriented behaviors); memory (storage and retrieval); and working memory (short term application of found information).

Pooled analysis of the data showed that exercise improves the brain power of seniors over 50, irrespective of the current state of their brain health.

Aerobic exercise significantly enhanced the cognitive abilities while resistance training had a pronounced effect on executive function, memory, and working memory.

"The evidence is strong enough to recommend pre-

scribing both types of exercise to improve brain health in the over 50 population," say the researchers.

The data also showed that tai chi improved cognitive abilities, which backs the findings of a number of previously published studies. However, the analysis was based on just a few studies, which caution the researchers, so there is a need to confirm these findings in larger clinical trials.

Nevertheless, they suggest it's an important finding because exercises like tai chi may be suitable for people who are unable to do more challenging forms of physical activity.

And in terms of how much exercise and how often, the data analysis showed that a session lasting between 45 and 60 minutes, of moderate to vigorous intensity, and of any frequency, was good for brain health.

The researchers did however point to some potential limitations of their review: their evidence was confined only to studies of supervised exercise sessions which had been published in English. Non English studies have not been reviewed.

Nevertheless, the researchers conclude: "The findings suggest that an exercise session programed with components of both aerobic and resistance type training, of moderate intensity lasting at least 45 minutes per session, on as many days of the week as possible, is beneficial to cognitive function in adults over 50 years of age." 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.*

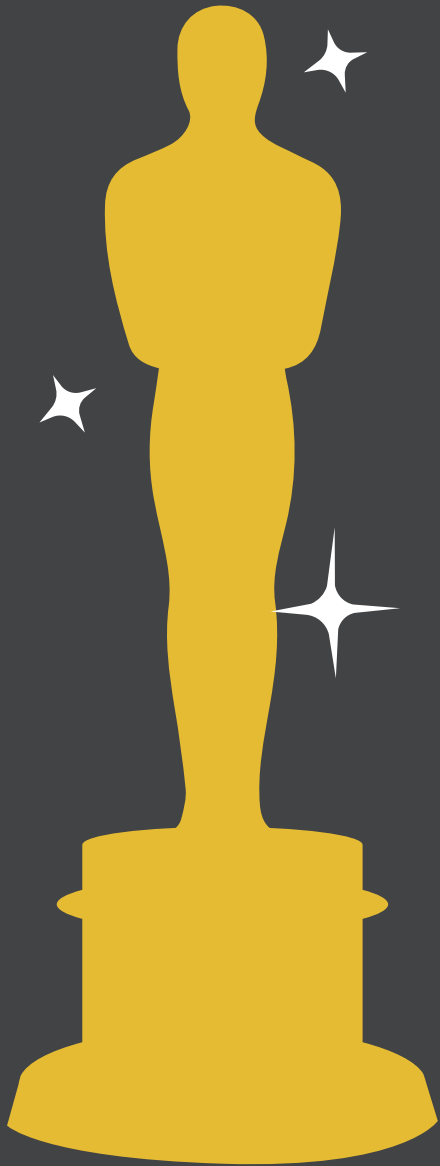
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*Find your representatives' contact information on  
[www.oronoquevillage.com](http://www.oronoquevillage.com).*

*Click on GOV'T ORGANIZATION and find all of the officers, representatives  
and committee chairs and members for OVCA and OVTD!*

SAC PRESENTS:

# A NIGHT AT THE OSCARs



**Come dressed to impress!  
Stroll the red carpet and  
have your photo taken**

**Test your Oscar trivia knowledge  
with prizes for winners!**

**Sunday, March 12, 2023**

**6:00 to 8:00 PM - NCB**

**\$18 PP includes light fare,  
wine and soft drinks**

**RSVP by March 7**

**Make checks payable to SAC and  
drop off this coupon with payment  
in SAC mailbox, NCB Lobby**

**QUESTIONS? CALL IVY TENCER AT 732-995-2840**

Attendee Name(s): \_\_\_\_\_

Email Address(es): \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_





**GOOD TIMES CLUB PRESENTS ...  
LANCASTER, PA, SHOW TRIP & DUTCH COUNTRY TOUR**

A 2-night, 3-day trip (June 19-21) includes motorcoach transportation and driver tip, lodging, 4 meals (2 breakfasts and 2 dinners), tickets to see *Moses* at the Sight & Sound Millennium Theatre, admission to a show at the Magic & Wonder Theater, a visit to charming and admission to *The Amish Experience* & *Jacob's Choice* at the F/X Theater. The cost is \$425 per person based on 2-person, double-occupancy.

*(Add \$75 for single occupancy.)*

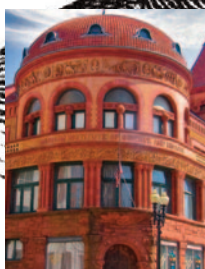


\$75 payment is due to RSVP. Please make checks out to "Good Times Club" and place in the box at NCB.



**Final/Full Payments Due: 4/9/2023**

For information, call Mary Ann Weaver  
at 203-530-9962.



Presents An Illustrated Program About  
**P.T. Barnum**  
His Life & Career

Mrs. Marian O'Keefe, a Barnum expert and museum docent for 25 years will present an illustrated program about P.T. Barnum's life and multi-faceted career—did you know he was a mayor and a four-term State legislator?! Barnum's many contributions to developing the city of Bridgeport will be discussed as well as the stories of the people he made famous.

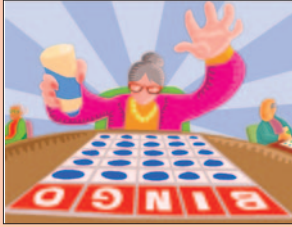
**Monday, March 13, 2023**

**1:00 pm SCB**

*Members free-guests pay \$5*

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

**BINGO IS AT SCB AT 7 P.M.  
ON THURSDAY, MARCH 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 April 5 discussion will be *The Common Good* by Robert Reich.

The author makes a powerful case for the expansion of America's moral imagination. Rooting his argument in common sense and everyday reality, he demonstrates that a common good constitutes the very essence of any society or nation.

Societies, he says, undergo virtuous cycles that reinforce the common good as well as vicious cycles that undermine it, one of which America has been experiencing for the past five decades. This process can and must be reversed. But first we need to weigh the moral obligations of citizenship and carefully consider how we relate to honor, shame, patriotism, truth, and the meaning of leadership.

## GOOD TIMES SOCK HOP

**SATURDAY, MARCH 18TH - 6:00 - 10 PM NCB**



**MUSIC AND DEDICATIONS PROVIDED BY: "PETER Z"**

**ADMISSION: 20.00 - BYOB & FOOD**

**SNACKS, SODA & DESSERT - INCLUDED**

**50'S, 60'S, 70'S, 80'S COSTUMES OPTIONAL**

**DOOR PRIZES & RAFFLES**

**QUESTIONS CALL: MARY ANN WEAVER - 203-530-9962**



Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Include all names with checks payable to GOOD TIMES. Drop check(s) & this form in GOOD  
TIMES mailbox at NCB before Sunday, March 12<sup>th</sup>.





# FUNSEEKERS PRESENTS



**AN ALL  
NEW  
SHOW!**

## Brian Kelly *Singer, Pianist, Trumpet Player*

Tuesday, March 14, 2022 SCB • Doors Open At 6:15

*You gave Brian a "5 stars review" and wanted him back!*

Brian is a multi-talented musician who has been performing for the past 16 years across New England. Whether its Sinatra, Motown, R&B, Jimmy Buffet or Ed Sheehan, Brian can perform it all!

### DON'T MISS THIS WONDERFUL SHOW!



Advance reservations required. Payment will be accepted from February 16th through March 10th. (No late reservations). Open to resident Funseekers' members and **one non-resident guest per single resident** through February 26th. **Starting on Feb. 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 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

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BYOB & MUNCHIES



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

Please join us for our next Karaoke/Dance Party on March 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!



# Giant TAG & BAKE Sale

## SATURDAY April 15, 2023 9-2 SCB

**RESERVE A TABLE -\$22 Per Table (OV residents only)**  
Fill out form below to reserve your table

### We Need Your Donations!

*Proceeds help beautify the village*

If you don't have enough items to reserve a table, PLEASE consider donating your goods to the HOUSE & GARDEN CLUB tag sale area by the stage. Your items may be dropped off at the SCB Stage on **Friday April 14 at 3pm**

\*Silver, pottery, china, crystal, boutique accessories: ( jewelry, purses, scarves, perfume, etc) housewares, small appliances, small furniture, paintings, lamps etc. *Please bring small and multiple items in a box*



➔ \*NO computers, clothing, odds and ends glassware, chipped or damaged items, books, CDs, DVD's or videos.

➔ **We need volunteers to help with the tag and bake sale areas**  
Call Irene Keating 203-377-3980

*Please make sure all used donated appliances are cleaned, such as toaster ovens etc*

**BAKE SALE:** Donations of baked goods are needed. Please drop off on April 14 & 15



**Doors Open At 7:30 A.M On April 15, To Set Up Your Table. ALL Unsold Items Must Be Taken With You When You Leave!**



Fill out form and drop in House & Garden Box

Table reservation questions call: **Merriless Leemhuis 203-378-8753**  
General Questions: Call **Debbie Grosso 203-380-2468**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# Tables ( per table) \_\_\_\_\_ \$ Amount \_\_\_\_\_

Please make check out to House & Garden Club

**Table reservation cut off is noon-Friday March 31, 2023**



**HADASSAH INVITES ONE AND ALL  
TO A CELEBRATION OF SPRING AT RED LOTUS IN SHELTON**



Haddasah will celebrate the beginning of Spring with a luncheon on March 15th, 12PM, at the Red Lotus Restaurant in the Shelton Square Shopping Center (872 Bridgeport Ave.)

Lunch will begin with soup or salad, then your choice of: chicken or steak teriyaki or crispy shredded beef or chicken & broccoli or General Tso's chicken or sauteed mixed vegetables.

Sides will be pad thai noodles, fried rice and vegetable tempura. Dessert included

The price will be \$27 PP. Please place checks made out to Hadassah in the box at NCB. Make sure to write your luncheon selection in the Memo line.

Please RSVP No Later Than March 10.

????s Carol Tepper 203-375-2101



The Movie Club Presents  
*Angry Neighbors*  
March 10, 7 p.m., NCB  
March 15, 2 p.m., SCB

This is the story of Harry March, a retired writer whose life starts to unravel when a multimillionaire begins building a mansion across from his quiet island home in the Hamptons.

Up until now, Harry has lived peacefully with his talking dog, Hector, a born-again Evangelical and unapologetic capitalist.

Ultimately, Harry concocts an elaborate scheme for revenge that is destined to go hilariously awry.

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

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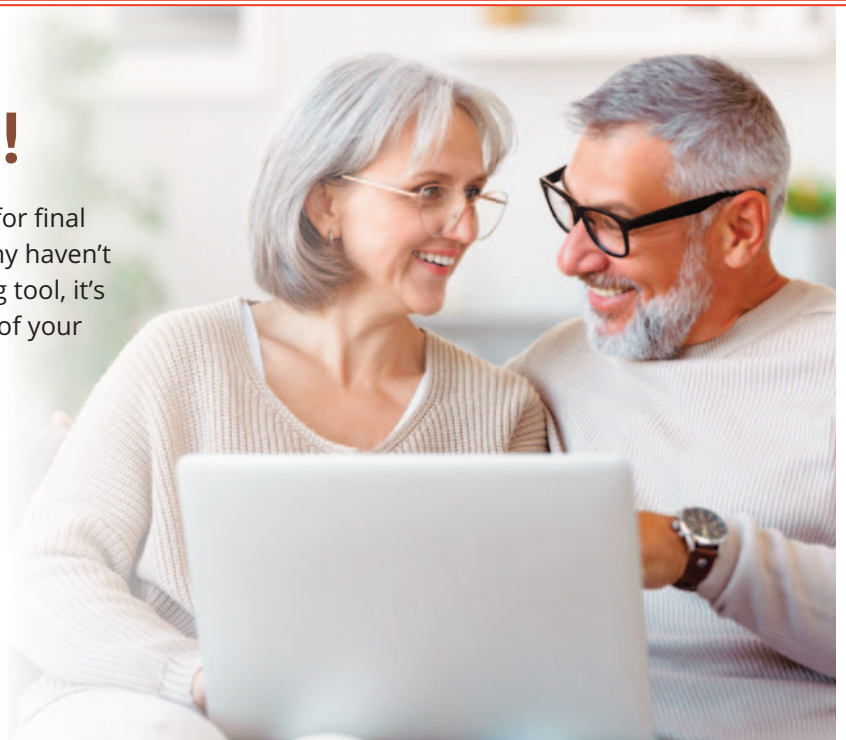
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