



JULY 2018



Springvale Senior Citizen Club

Vice President: Florence Carvallo
Secretary: Catherine Reyes
Treasurer: Ljubica Nikic
Aide to the VP: Madeline Jessiman

Meeting: Monday July 9th, 2018
Refreshment and Bingo after the meeting
Location: The Barn
Time: 1:00 pm Doors open 12:30
Pizza will be served after the meeting for members.

We are presently reorganizing the Springvale Senior Citizen Club to offer more trips and activities. All Springvale residents are welcome to join. So we extend an invitation to come and join us with some new ideas.
Dues: \$7.00

We are also planning a trip to Resorts World in the Catskills:
Date and information to follow.

The **White Elephant shop** is open and if you have any donations please call
Luba@914-402-4803 or
Madeline@ 914-610-5698.



Please keep in mind!
WE ACCEPT
MONEY ORDERS AND
CHECKS!
CASH WILL NOT BE
ACCEPTED.

*Credit card & debit card
Payments are available
Through the tenant portal.
* **subject to Convenience fee**

Dear Tenant:

Exciting News:

*You can now pay your rent online!
Choose to pay by Credit Card or
E-Check anytime, anywhere.
Additionally, where available, there
is an Electronic Cash Payment op-
tion.*

**Please call and speak with Susie in
the bookkeeping office for more
information. 914-737-2801**

A Note of Thanks:

*To the members of the SSCC for all your
good wishes. Tina for taking the time out of
your busy day to make delicious waffles.
Luba & Madeline for the lovely cake and for
always being there to lend a hand,,
Paula for 12 years of working in the kitchen
and making the best coffee ever....*

See you all at the meeting! Eileen Griffin....

Tuesday : 1:00-2:00
Thursday: 1:00-2:00



Location "The Barn"

Weather permitting the classes will be held
outside on the deck by the Rental Office.

Please join us! This is something that
Springvale Management offers to the
Tenants at the complex at no charge!!

To all of the Springvale Residents, friends and family!

A group of us meet on the 1st, 3rd and last Monday of the month at the Barn. We get together for some fun, bring your games, cards, puzzles or just come to socialize. We bring our own lunch and have coffee, tea and dessert. Bring new games and ideas for all of us to share. Hours are from 11:00 am to 2:00 pm.

Come and join us and plan to have some fun...



Monetary donations to the Cat Fund are always needed and appreciated. No matter what the amount is the cats appreciate it.

Please be sure to indicate on the check
“ The Cat Fund”

The checks should be made out to cash and in the memo section indicate The Cat Fund. Funds are used for food and Veterinary expenses.



SHORT STORY GROUP

Led by Rhoda Pearlman

Monday, July 2nd, 2018

Time: 1:00 Location: Men's club
Bldg. 23 next to the laundry room

*Books: A Continuity by Julio Cortazar
The Open Boat by Stephen Crane*



Town of Cortlandt Shopping bus:

Eligible Cortlandt Seniors would be picked up at their home to go to the Cortlandt Town Center every Thursday and to the Jefferson Valley Mall on the 3rd Monday of the month.

The contribution for the shopping bus is \$3.00. 3rd Monday of Month Jefferson Valley Mall - 10:00 A.M. - 2 P.M. Thursday Cortlandt Town Center, Rt. 6 - 10:00 A.M. - 2 P.M.

Call 914-528-8377 for reservations and information. *Some restrictions apply. In order for shopping bus to operate, a minimum of 7 seniors are needed.

White Elephant Shop

Please note that the White Elephant shop is open! Days listed below:

*11:00-2:00 Wed, Fri and
Saturday!*

If you should have any items that you would like to donate please call

***Luba: 402-4803
Madeline: 610-5698***

Painting Classes

Day: Wednesdays

Time: 10:00 am to 12:00 pm

Location: The Barn

Come and join the class.



MOVIE MADNESS: 6:00 pm “The Barn”

Thursday, July 12th @6:00 pm

Shape of Water:

Elisa is a mute, isolated woman who works as a cleaning lady in a hidden, high-security government laboratory in 1962 Baltimore. Her life changes forever when she discovers the lab's classified secret -- a mysterious, scaled creature from South America that lives in a water tank. As Elisa develops a unique bond with her new friend, she soon learns that its fate and very survival lies in the hands of a hostile government agent and a marine biologist.

Thursday, July 26th @6:00 pm

The Ottoman Lieutenant:

A strong-willed woman, frustrated by ongoing injustice at home, leaves the United States after meeting Jude, an American doctor who runs a remote medical mission within the Ottoman Empire -- a world both exotic and dangerous, and on the brink of what is about to become the first World War. There, she finds her loyalty tested to both Jude and the mission's founder when she falls in love with their perceived enemy, a lieutenant in the Ottoman Imperial Army.

TOWN OF CORTLANDT SENIOR PROGRAM INFORMATION:

To assist seniors with other agency program information. A social worker is available as needed. Call 528-8377 for a referral.

MEDICAL TRANSPORTATION This service offers transportation to area doctors and medical facilities and back home again to those eligible Town of Cortlandt Seniors. The Medical car runs on Monday, Thursday and Friday. Transportation available to the following areas: Yorktown, Jefferson Valley, Lake Peekskill, Peekskill, Cortlandt Manor, Buchanan, Verplanck, and Croton on Hudson. For advanced reservations and information call Becky Ferguson at 914-528-8377. The contribution for the medical car is \$5.00. *Some restrictions apply. Seniors must be independent and/or have a companion to ride/assist.



Health & Wellness

THIS IS SOMETHING THAT SPRINGVALE OFFERS TO THE TENANTS FOR FREE! BRING A FRIEND..

July Schedule for Yoga: Patricia Nye

Location: The Barn (Lower Level)

We will start @10:00 which would be the chair yoga and followed by the Gentle Hatha Yoga @ 11:00. **You can of course choose to do one of the classes or you can do both but that will be up to you. You are not expected to do both!**

Whether you are new to yoga or have been practicing for years, Gentle Hatha yoga is slow but a strong practice that will leave you feeling more grounded and energized for the rest of your day

DATES:

Saturday: 14th

Saturday: 21st

Saturday: 28th

GET OUT OF THE JULY HEAT and
Into the Air Conditioned Comfort of the Barn
and **LEARN SOMETHING TO BOOT!**

OPEN CLASSROOM for Springvale Residents only

Computers • Mobile Phones • Tablets
Every Thursday in July (7th • 13th • 20th • 27th)
11am-2pm

Bring in your questions or concerns
and Brad Lehrer will help you answer them.
First come first served.

If you have more immediate concerns
you may contact Brad at: 914-656-7067

Sponsored by Springvale



July 2018 Maintenance: 914-737-6687 Rental Office: 914-737-6954 Emergency # 403-0679

	<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
1	2 Barn Activities	3 Barn Activities <i>Tai Chi:</i> 1:00-2:00	4 Barn Activities <u>Rental/Maintenance and Management offices closed for the 4th of July.</u>	5 Barn Activities White Elephant Shop: Open: 11:00-2:00 Computer classes: 11-2:00	6 Barn Activities White Elephant Shop: Open: 11:00-2:00	7 Barn Activities: Yoga Lower level of the Barn 10:00-11:00/ 11:00-12:00 White Elephant Shop: Open: 11:00—2:00	
8	9 Barn Activities <i>Springvale Senior Citizen Club meeting will start at 12:30.</i>	10 Barn Activities <i>Tai Chi:</i> 1:00-2:00	11 Barn Activities Watercolor class 10am White Elephant Shop Open: 11:00—2:00	12 Barn Activities <i>Tai Chi:</i> 1:00-2:00 Movie night : 6:00 Computer classes: 11-2:00	13 Barn Activities White Elephant Shop Open: 11:00-2:00	14 Barn Activities: Yoga <i>Lower level of the Barn</i> 10:00-11:00/11:00-12:00 White Elephant Shop: Open: 11:00-2:00	
15	16 Barn Activities <i>Short story group will meet in bldg. 23 next to the Laundry Room.</i>	17 Barn Activities <i>Tai Chi:</i> 1:00-2:00	18 Barn Activities Watercolor class 10 am White Elephant Shop Open: 11:00—2:00	19 Barn Activities <i>Tai Chi:</i> 1:00-2:00 Computer classes: 11-2:00	20 Barn Activities White Elephant Shop Open: 11:00 -2:00	21 Barn Activities : Yoga Lower level of the Barn 10:00-11:00/11:00-12:00 White Elephant Shop: Open: 11:00—2:00	
22	23 Barn Activities	24 Barn Activities <i>Tai Chi:</i> 1:00-2:00	25 Barn Activities Watercolor class 10 am White Elephant Shop Open: 11:00 2:00	26 Barn Activities <i>Tai Chi:</i> 1:00-2:00 Movie night: 6:00 Computer classes: 11-2:00	27 Barn Activities White Elephant Shop Open: 11:00-2:00	28 Barn Activities : Yoga Lower level of the Barn 10:00-11:00/11:00-12:00 White Elephant Shop: Open: 11:00-2:00	
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