



## ***Springvale Senior Citizen Club***

President: Eileen Griffin - 788-7141  
 Vice President: Florence Carvallo  
 Secretary: Catherine Reyes  
 Treasurer: Ljubica Nikic

### **Meeting: April 9, 2018**

Refreshment and Bingo after the meeting

**Location:** The Barn

**Time:** 1:00 pm Doors open 12:30

### **Activities for 2018**

Monday, April 9th  
 Easter Bonnet Contest  
 Prizes, food and fun!

Lunch at **EATalia Restaurant** in Croton..  
 Cost: \$5:00/members

**There will be no transportation provided**  
**Date will be announced at the meeting.**

We ask that all members please try to come to the meetings!

We need everyone who is a member to participate so we can plan more activities for the club.

We also welcome new members with fresh ideas. Dues are only \$7.00

### ***Happy Birthday..***

Virginia Juliano and Katherine Lewis  
 Happy Holidays to all members..

*Sincerely, Eileen Griffin*



***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 option.*

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

## ***Painting Classes***

**Day:** Wednesdays

**Time:** 10:00 am to 12:00 pm

**Location:** The Barn

**Cost:** \$60.00 per 10 week semester or \$35.00 per 5 week semester

Robert Heinrichs, Instructor  
 (914) 293-0288 Please call to register.



## **BARN NOTICE:**

**THE LOCK HAS BEEN CHANGED ON THE BARN DOOR AS OF APRIL 1ST!**

**PLEASE COME TO THE OFFICE TO PICK UP A NEW KEY. PLEASE BRING YOUR OLD KEY WITH YOU WHEN YOU COME IN TO PICK UP THE NEW ONE.**

### ***WHITE ELEPHANT SHOP IS OPEN:***

***Days: Wednesday, Friday and Saturday***

***Hours: 11:00-2:00***

***Donations: Please call Eileen: 788-7141***

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

Location "The Barn"

Tai Chi is an ancient Chinese style of exercise, meditation and self-defense that works to improve stiff joints while enhancing balance & flexibility.

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



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, April 16th 2018**

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

**Story:** Desiree's Baby  
The Story of an Hour

**Author: Kate Chopin**



### ***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.

### ***Nutrition Program:***

An on-site and home delivery service that provides persons age 60+ with a nutritious and well-balanced noon-time meal. Those needing or knowing of individuals needing the Home Delivered Service must call for eligibility requirements or for procedure to have lunch at the Muriel H. Morabito Community Center. The contribution for seniors who attend the Nutrition Program is \$3.00 and for Home Delivered Meals is \$4.00. For Home delivered meals call (914) 528-8377

## **MOVIE MADNESS: 6:00 pm**

**Location: The Barn**

**Date: Thursday, April 12th**

### **Running Wild:**

When her husband dies unexpectedly, California socialite Stella Davis learns that he had secretly mortgaged their ranch and she has 90 days before creditors show up to take the property away from her. Inspired by her great grandmother's stories of the hardships endured to acquire the land, Stella determines to keep it, with the help of her ranch manager, Brannon. When Stella finds a herd of sickly horses grazing on her land, Brannon informs her that it's a federal crime to take care of them.

**Cast: Sharon Stone**

**Thursday, April 26th**

### **Saving Mr. Banks:**

When Walt Disney's daughters were young, they loved a little book about a magical (and slightly sadistic) nanny named Mary Poppins. He promised them that he would someday make a movie out of the series, and 20 years later, he delivered. But it was no easy task, which is what the upcoming film *Saving Mr. Banks* is all about.

**Cast: Tom Hanks, Emma Thompson**

***Celebrate Earth Day with a hike and discover the beauty of Cortlandt  
Saturday, April 21st***

**McAndrews Estate**

(Cortlandt St. at Oscawana Island Park entrance)

Explore the ruins and history of this fascinating 19th century estate

Tour led by Wes Pomeroy, Executive Director of the  
McAndrews Estate Preservation Society

Hike begins at 10:00am (Approx. 2 hours)

Hike difficulty-Moderate

***Due to the educational nature of this hike,  
sign up in advance is strongly recommended***

**RSVP– Supervisor’s office (914) 734-1002 or JudiP@townofcortlandt.com**

**Sponsored by the Town of Cortlandt Green Team**

**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.



**April 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. 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: April 7th

SATURDAY: April 14th

SATURDAY: April 21st

SATURDAY: April 28th

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

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>1</b>	<b>2 Barn Activities</b>	<b>3 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00	<b>4 Barn Activities</b> Watercolor class 10am <b>White Elephant Shop</b> Open: 11:00 –2:00	<b>5 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00	<b>6 Barn Activities</b> <b>White Elephant Shop:</b> Open: 11:00-2:00	<b>7 Barn Activities</b> Yoga 10:00 am Lower level of the Barn
<b>8</b>	<b>9 Barn Activities</b> <i>SSCC 1:00 Pm</i>	<b>10 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00	<b>11 Barn Activities</b> Watercolor class 10am <b>White Elephant Shop</b> Open: 11:00 –2:00	<b>12 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00 <b>Movie night : 6:00</b>	<b>13 Barn Activities</b> <b>White Elephant Shop</b> Open: 11:00-2:00	<b>14 Barn Activities</b> Yoga 10:00 am Lower level of the Barn <b>White Elephant Shop:</b> Open: 11:00-2:00
<b>15</b>	<b>16 Barn Activities</b> <b>Short story group:</b> <b>Bldg. 23 next to the</b> <b>Laundry room.</b>	<b>17 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00	<b>18 Barn Activities</b> Watercolor class 10 am <b>White Elephant Shop</b> Open: 11:00 –2:00	<b>19 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00	<b>20 Barn Activities</b> <b>White Elephant Shop</b> Open: 11:00 -2:00	<b>21 Barn Activities :</b> Yoga 10:00 am Lower level of the Barn <b>White Elephant Shop:</b>
<b>22</b>	<b>23 Barn Activities</b>	<b>24 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00	<b>25 Barn Activities</b> Watercolor class 10 am <b>White Elephant Shop</b> Open: 11:00 2:00	<b>26 Barn Activities</b> <i>Tai Chi:</i> 1:00-2:00 <b>Movie night: 6:00</b>	<b>27 Barn Activities</b> <b>White Elephant Shop</b> Open: 11:00-2:00	<b>28 Barn Activities</b> Yoga 10:00 am Lower level of the Barn <b>White Elephant Shop:</b> Open: 11:00-2:00
<b>29</b>	<b>30 Barn Activities</b>					