



Springvale Senior Citizen Club

President: Eileen Griffin - 788-7141
Vice President: Florence Carvallo
Secretary: Catherine Reyes/
Rose Mary Van Valen
Treasurer: Ljubica Nikic

Meeting: August 14, 2017

Refreshment and Bingo after the meeting
Location: The Barn
Time: 1:00 pm Doors open 12:30

At this meeting we will be discussing future trips and activities. Please bring your suggestions with you to the meeting.

Our Luncheon on Sunday, July 16th was a big success and again many thanks to all who participated!

If you wish to join us and be a part of the Senior Club please come to the meeting. We would love to have you! If you would like to speak with someone from the club for more information you can call Eileen (President) @788-7141

*Happy Birthday to you!
Rene Fox and Steven Arena*

Springvale Apartments Co.

Leasing-737-6954
Maintenance-737-6687
After Hours Emergency-403-0679

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:

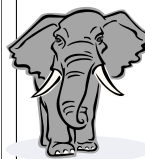
Exciting News:

*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*

"Don't Sit Home Alone"

On the 1st and last Monday of the month a group of tenants get together at the Barn for some fun and socializing. We bring our lunch and have coffee/tea. Bring a new game and your ideas for all of us to share.

*This is open to everyone!
11:00 am to 2:00 pm*

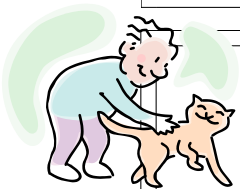


White Elephant Shop

Please note that the White Elephant shop is closed as of July 31st and will re-open Wednesday, September 6th.

If you should have any items that you would like to donate please call Eileen Griffin @788-7141

Check your newsletter for updates.



Monetary donations to "The Cat Fund" are needed! Any donations no matter how small are greatly appreciated.

The checks should be made out to cash so they can go directly into an account for cats. Be sure to indicate "The Cat Fund" in the memo section.

Funds are used for food and Veterinary expenses.

Lights, Action, Movie!

We are on again for Thursday, August 17th @ 6:00 pm at the Barn!
We would love for you to come and join us.

Refreshments will be served! You can either call the office @ 737-6954 or email Tina@Springvaleapts.com to reserve your seat.



Featured movie: Lion

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

The ***FILE FOR LIFE*** is a magnetic pocket made to be attached to your refrigerator. This FILE contains a form you can fill out with all your emergency contacts and medical information. In the event of an emergency, medical workers would have all of your information at their fingertips. The Ambulance Corps urges everyone, but especially anyone with a medical condition, to have one of these files. Stop by the Rental Office to pick one up. There is no charge for this



PLEASE MAKE AN APPOINTMENT:

If you wish to meet with someone in the Rental, Maintenance or Management offices to discuss any concerns or issues that you might have we ask that you please make an appointment. Please do not just walk in.

Why do we request an appointment?

- 1) An appointment allows us to focus on your need.*
- 2) It gives us some time to prepare for the meeting resulting in a better outcome.*
- 3) It will result in a more efficient office operation. You may make an appointment by calling the Rental Office (914) 737-6954 and they will direct your call to the appropriate department.*

Thank you, Springvale Management:
Please call: 737-6954

2017 Town of Cortlandt

Concert & Movie Series FREE
(Opening act begins at 6:00 pm and food will be available for purchase)

Thursday, August 10th
Hometown Sounds
(Joe Duraes, Heather LaRose & Haley Jane Rose)

Movie Dates:

8:30 pm

Thursday, August 10th
The Lego Batman Movie

Location:

**Cortlandt Waterfront Park
77 Riverview Ave., Verplanck, NY**

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.

Springvale Needlework Club

There will be no meeting this month.

If this should change all of the Needle workers will be notified or for more information you can call:

Luba @ 402-4083



Mondays: 2:30-3:30
Fridays: 2:30-3:30

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.

This gentle and easy form of movement is one that all seniors can enjoy. Resolve to expand your well-being.

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



SHORT STORY GROUP

Led by Rhoda Pearlman

Monday, August 21, 2017

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

Book: *The Company of Wolves*

By: *Angela Carter*

Painting Classes

Robert Heinrichs, Instructor

Come and relax with us. It helps to keep one in the moment. Just bring yourself, your supplies and have FUN! You can start on any Wednesday.

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 and for a list of supplies.

Walking Springvale:

*If your doctor has advised you to begin an exercise program and has recommended walking, Springvale is a very good place to live. The well-kept sidewalks that wind around the buildings form a trail that encourages long pleasant strolls. You do have to watch for cars where **Springvale Rd. splits the grounds at Bldg. 7** but otherwise if you choose that's the only time you have to worry about traffic. Starting at any given point if you walk the entire length of the complex, making sure to go out of your way to take the woodsy back paths, you can easily wander for an hour.*

Also, there are plenty of benches along the way if you want to take a break. A great destination is the Overlook at the Office where you have a panoramic view of the surrounding hills and the Hudson River. And the many resident gardeners give you ample opportunity to smell the flowers.

As you know, these days almost all articles on healthy living recommend some form of daily exercise. We are told it prevents, heals or mitigates most diseases because: it strengthens our immune system, keeps our heart and lungs strong, helps our arteries function, strengthens our bones, aids our digestion and fights arthritis. And it does all this without tasting bad!

To get the full benefit of this amazing prescription the usual advise is to do some form of aerobic exercise like brisk walking for thirty minutes a day at least five days a week and in addition twice a week to do exercises such as weight lifting or Tai Chi that help to maintain muscle strength and good balance. Remember, though, these articles always advise you to consult your doctor before you start a walking program then begin by going short distances, taking your time starting out and staying well within your comfort zone.

Tai Chi is at the Barn for the taking and you can get your weights at Dick's, but the byways of Springvale are there the moment you step out your front door.

By the way, I have absolutely no medical training. My only credentials for all this talk is that I walk the walk.

Henry Webb, tenant and author to the novel, With the Children

August 2017 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 Barn Activities | 2 Barn Activities <i>Watercolor class 10am</i> | 3 Barn Activities | 4 Barn Activities <i>Tai Chi 2:30</i> | 5 Barn Activities |
| 6 | 7 Barn Activities <i>Tai Chi 2:30-3:30</i> | 8 Barn Activities | 9 Barn Activities <i>Watercolor class 10am</i> | 10 Barn Activities | 11 Barn Activities <i>Tai Chi 2:30</i> | 12 Barn Activities |
| 13 | 14 Barn Activities <i>Tai Chi 2:30-3:30</i> <i>SSCC Meeting 12:30</i> | 15 Barn Activities | 16 Barn Activities <i>Watercolor class 10 am</i> | 17 Barn Activities | 18 Barn Activities <i>Tai Chi 2:30</i> | 19 Barn Activities |
| 20 | 21 Barn Activities <i>Tai Chi 2:30-3:30</i> <i>Short Story group:</i> <i>Men's club Bldg. 23</i> <i>Senior Citizen Day!</i> | 22 Barn Activities | 23 Barn Activities <i>Watercolor class 10 am</i> | 24 Barn Activities | 25 Barn Activities <i>Tai Chi 2:30</i> | 26 Barn Activities |
| 27 | 28 Barn Activities <i>Tai Chi 2:30-3:30</i> | 29 Barn Activities | 30 Barn Activities <i>Watercolor class 10 am</i> | 31 Barn Activities | | |