



Springvale Senior Citizen Club

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

Meeting: March 12, 2018

Refreshment and Bingo after the meeting

Location: The Barn

Time: 1:00 pm Doors open 12:30

Activities for 2018

Dues due

\$7.00

Phone books are ready!

Cost: \$1.50

Activities to be discussed:

Yonkers raceway Casino
 Lunch (where to be discussed)
 Pizza and salad @ the Barn
 Westchester Broadway Theater
 "Sister Act"

In case of bad weather the meetings
 will be canceled.

Eileen Griffin, President
788-7141



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**

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.

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!!

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.



White Elephant Shop

*Please note that the White Elephant shop
 will be opening on Wednesday, March 7th!*

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

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

Eileen Griffin @788-7141



Dog Walking with Love

Experienced, Friendly,
Honest and reliable dog
walker.

Mark croll

914-960-5122

To play, care and feed your dog!
Your dog will be happy!!!

markcc12345@gmail.com



References
upon request.

SHORT STORY GROUP

Led by Rhoda Pearlman

Monday, March 19, 2018

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

Story:

The Sheriff's Children
By: Charles Chesnutt



Monetary donations to the Cat Fund are
always needed and appreciated. No mat-
ter 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.



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.

MOVIE MADNESS: 6:00 pm

Location: The Barn

Date: Thursday, March 8th

Queen of the Desert

A chronicle of Gertrude Bell's life, a traveler, writer, archaeologist, explorer, car-
tographer, and political attaché for the British Empire at the dawn of the twen-
tieth century.

Stars: Nicole Kidman, James Franco, Damian Lewis

Thursday, March 22nd

Victoria and Abdul

Queen Victoria strikes up an unlikely friendship with a young Indian
clerk named Abdul Karim.

Stars: Judi Dench, Ali Fazal, Tim Pigott-Smith

Refreshments will be available..



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

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.



March 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: March 3rd

SATURDAY: March 10th

No class on Saturday, March 17th and 24th (vacation)

SATURDAY: March 31st

March 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 Barn Activities Tai Chi: 1:00-2:00	2 Barn Activities	3 Barn Activities Yoga 10:00 am Lower level of the Barn
4	5 Barn Activities	6 Barn Activities <i>Tai Chi:</i> 1:00-2:00	7 Barn Activities Watercolor class 10am White Elephant Shop Open: 11:00 –2:00	8 Barn Activities <i>Tai Chi:</i> 1:00-2:00 Movie night : 6:00	9 Barn Activities White Elephant Shop Open: 11:00-2:00	10 Barn Activities Yoga 10:00 am Lower level of the Barn White Elephant Shop: Open: 11:00-2:00
11 Daylight Saving Time Begins	12 Barn Activities SSCC Meeting	13 Barn Activities <i>Tai Chi:</i> 1:00-2:00	14 Barn Activities Watercolor class 10 am White Elephant Shop Open: 11:00 –2:00	15 Barn Activities <i>Tai Chi:</i> 1:00-2:00	16 Barn Activities White Elephant Shop Open: 11:00 -2:00	17 Barn Activities : St. Patrick's Day! Yoga 10:00 am Lower level of the Barn White Elephant Shop: 
18	19 Barn Activities Short story group Men's club Bldg. 23	20 Barn Activities <i>Tai Chi:</i> 1:00-2:00	21 Barn Activities Watercolor class 10 am White Elephant Shop Open: 11:00 2:00	22 Barn Activities <i>Tai Chi:</i> 1:00-2:00 Movie night: 6:00	23 Barn Activities White Elephant Shop Open: 11:00-2:00	24 Barn Activities Yoga 10:00 am Lower level of the Barn White Elephant Shop: Open: 11:00-2:00
25 Palm Sunday	26 Barn Activities	27 Barn Activities <i>Tai Chi:</i> 1:00-2:00	28 Barn Activities Watercolor class 10 am White Elephant Shop Open: 11:00-2:00	29 Barn Activities <i>Tai Chi:</i> 1:00-2:00	30 Barn Activities White Elephant Shop Open: 11:00-2:00 Good Friday	31 Barn Activities Yoga: 10:00am Lower level of the Barn Whit Elephant Shop: Passover