



September 2017
NEWSLETTER



Springvale Senior Citizen Club

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

Meeting: September 11, 2017

Refreshment and Bingo after the meeting

Location: The Barn

Time: 1:00 pm Doors open 12:30

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

“Trips”

Yonkers Casino

Date: Thursday, October 5th

Cost: \$30.00

Christmas Tree Shop

Thursday, Nov. 2nd

The details on these trips will be discussed at the meeting.

Wishing Happy Birthday to Luba Nikic

Sally Cooper and Nancy Breda

Springvale Apartments Co.

Leasing-737-6954

Maintenance-737-6687

After Hours Emergency-403-0679

Tag Sale

Location:

Overflow lot on Springvale Road

Look for the signs →

Date: Friday, September 22nd and Saturday, September 23rd

Time: 10:00am to 4:00 pm

If you are a tenant and you wish to participate you must reserve a table in advance.

You can call the Rental office@737-6954

Many Thanks and our sincerest gratitude go to our own Kitty Terwilliger who has volunteered to serve our Springvale community as our Librarian for the past 22 years. (Yes, it was Kitty who was responsible for keeping the reading material at the Barn organized and relevant!). Kitty's caring and diligence has always been GREATLY appreciated and we can only hope to be so fortunate with our next Springvale Librarian

Thank You

The Rental and the Maintenance offices will be closed on Monday, September 4th for Labor Day.

LABOR DAY



If you should have an EMERGENCY please call the After Hours Number: 914-403-0679.

Lights, Action, Movie!

We are on again for Thursday, September 21st @ 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: The Shack

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever!

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

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*

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.

SHORT STORY GROUP

*Led by Rhoda Pearlman
Monday, September 18, 2017
Time: 1:00 Location: Men's club
Bldg. 23 next to the laundry room
Book: Cathedral
By: Raymond Carver*

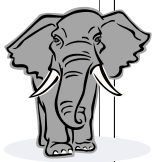
White Elephant Shop

Please note that the White Elephant shop will re-open for business on

Wednesday, Sept. 6th!

Hours: Wednesday, Friday and Saturday 11:00-2:00 pm

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



"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



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!!

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.



WHOLE FOOD PLANT-BASED LIVING-

A WFPB lifestyle aims to maximize consumption of nutrient-dense plant foods while minimizing processed foods, oils, and animal. Research shows that plant-based diets are a cost-effective, low-risk intervention that may lower blood pressure, HbA1C, and cholesterol levels as well as increase weight loss and reverse many chronic disease (diabetes II, high blood pressure, heart disease, certain cancers and autoimmune disease) as well as reduce the number of medications needed to treat chronic disease and lower heart disease mortality rates. Recommended watching the movie Forks Over Knives and Plant Pure Nation on Netflix.

Based on the movie Plant Pure Nation, their mission is to lead a new grassroots movement sharing the life-changing message that plant-based nutrition can not only prevent a broad range of diseases and illnesses, but also reverse some of the most dangerous chronic conditions. At the local level, groups are forming. These groups work together to spread the message of plant-based nutrition, as well as having fun and building friendships.

Locally, the group Westchester Plant Power (WPP) will be meeting at the Barn for a Pot-Luck dinner and a movie "Eating You Alive" on Sunday, September 24th from 2:00-6:00 pm.

They welcome new members (to learn more visit www.starchqueen.net or FB Plant Based-Westchester, NY). Contact Jeanne Schumacher, group leader @jschumacher.plantpure@gmail.com if you would like more information.

September 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 <i>Tai Chi 2:30</i> <i>Lower level</i>	2 Barn Activities
3	4 Barn Activities <i>Offices closed.</i>	5 Barn Activities	6 Barn Activities <i>Watercolor class 10am</i>	7 Barn Activities	8 Barn Activities <i>Tai Chi 2:30</i> <i>Lower level</i>	9 Barn Activities
10	11 Barn Activities <i>Tai Chi 2:30</i> <i>Lower level</i> <i>SSCC Meeting 12:30</i>	12 Barn Activities	13 Barn Activities <i>Watercolor class 10 am</i>	14 Barn Activities	15 Barn Activities <i>Tai Chi 2:30</i> <i>Lower level</i>	16 Barn Activities
17	18 Barn Activities <i>Tai Chi 2:30</i> <i>Lower level</i> <i>Short Story group:</i> <i>Men's club Bldg. 23</i>	19 Barn Activities	23 Barn Activities <i>Watercolor class 10 am</i>	21 Barn Activities	22 Barn Activities <i>Tai Chi 2:30</i> <i>Lower level</i> <u>Tag Sale</u>	23 Barn Activities <u>6:00 Whole Foods Pot</u> <u>Luck Dinner</u> <u>Tag Sale</u>
24	25 Barn Activities <i>Tai Chi 2:30-3:30</i> <i>Lower level</i>	26 Barn Activities	30 Barn Activities <i>Watercolor class 10 am</i>	28 Barn Activities	29 Barn Activities <i>Tai Chi 2:30</i> <i>Lower level</i>	30 Barn Activities

At the Senior Club Meeting we will be discussing Your Medications and will be covering the topics listed below!



1. Let's cut drug costs
2. Older Americans are selling prescription drugs to drug dealer to raise needed cash
3. An insiders guide to why drug prices are rising despite wide spread complaints

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

Handy Man Services

Need help with a small repair?
Or maybe a larger project?

Call Emilio 762-7767

A Springvale Resident serving the residents of our community.

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.**

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.



Get Ready for Grandparents Day 2017-September 10th

The official commemorative day is the Sunday after Labor Day. These resources can help with ideas on how to recognize, honor and celebrate your grandparents.

Share your unique Story:

The age-old tradition of passing down stories and family experience is a great way to help your people get connected to the important history that precedes them.

Family Tree:

Bring children and older relatives together to document family history and ties.

Cook together:

Nothing brings family together like grandmother's home cooked comfort foods .

Plant a Tree:

Place your legacy of your grand relationship into the life of an ever growing tree.