

2019



APRIL



Springvale Senior Citizen Club

President: Madeline Jessiman
Vice President: Florence Carvallo
Secretary: Catherine Reyes
Treasurer: Ljubica Nikic

Meeting: April, 8, 2019

Refreshment and Bingo after the meeting

Location: The Barn

Time: 1:00 pm Doors open 12:30

Refreshments & Bingo after the meeting.

We will be going to the Westchester Dinner Theatre on Thursday, June 27th to see "On Your Feet" the Gloria Estefan Story.

All are welcome to come.

Cost: \$61.00 (members)

\$70.00 (non members)

Up Coming Events and Trips

Breakfast at the Barn on Thursday, April 18th @ 10:30 am.

Cost: \$7.00

On Thursday, May 9th @ 12:00 we will be holding a Pizza & Bingo afternoon at the Barn.

Cost: \$5.00

July we will be going to **Resorts Casino** the Date and time will be determined. The trips are for members and non members.

We would like to thank all of our members for attending our meeting and those who have brought their friends to join.

Luba: 914-393-8750

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**

SHORT STORY GROUP

Monday, April 15th , 2019

Time: 1:00 Location: Club room
Bldg. 23 next to the laundry room

Book: Babylon Revisited

By: F. Scott Fitzgerald

Led by

Rhoda Pearlman 914-734-2939

Tuesday : 1:00-2:00

Thursday: 1:00-2:00

Location "The Barn"



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.

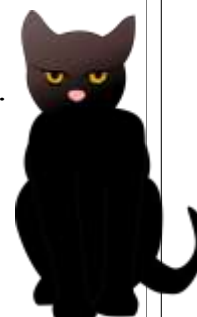
The Cat Fund

Funds are used for food and

Veterinary expenses.

All donations for the cats must be in cash.

The cats thank you...



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...

Attention Springvale Residents (and employees)

**Chase away those winter blues with a relaxing MASSAGE
in your home or my studio!**

Dark dreary winter days are tough, but research shows that a massage can decrease pain, anxiety and depression and improve mood. I'm a NYS licensed and insured **Massage Therapist and Springvale resident** and I'm offering relaxing massage in your home or my studio. Please call /text/email to set up your relaxing massage today at the contact addresses below.

Springvale Rates Apply in either location:

- **\$45/30 minutes**
- **\$80/hour**

Roberta Zakreski LMT, LMSW

Text/Call: 914-960-0854

Email: robertazlmt@gmail.com

Face Book: Roberta Zakreski LMT, LMSW

STUDIO LOCATION

**2149 Albany Post Rd.
Montrose, NY 10548**

(between Coles Market and Fulgum's)
Plenty of free parking.

APRIL Schedule

for Yoga: Patricia Nye **Location: Lower level of the Barn**

All classes are on Saturday from 10 to 11am

Saturday, April 6th

Saturday, April 13th

Saturday, April 20th

Saturday, April 27th



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.

MOVIE MADNESS: 6:00 pm "The Barn"

April 4th 6:00 pm (Machine Gun Preacher)

Sam Childers (Gerard Butler), a former biker, decides to go to East Africa to help repair homes destroyed by civil war. Transformed by the horrors he sees, Sam ignores the warnings of more experienced aide workers and breaks ground for an orphanage in the heart of territory controlled by a brutal renegade militia. But establishing a shelter is not enough; determined to save as many lives as possible, Sam leads armed missions into enemy territory to rescue kidnapped children

April 18th 6:00 pm (The Frozen Ground)

A teenage escapee (Vanessa Hudgens) provides a critical break in the case, as an Alaskan detective (Nicolas Cage) hunts a serial killer who has been preying on women for 13 years.

April 2019 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>
	<i>1 Barn Activities April Fools Day..</i>	<i>2 Barn Activities</i>	<i>3 Barn Activities Watercolor 10 am</i>	<i>4 Barn Activities Tai Chi 1:00-2:00 Movie Night: 6:00 pm</i>	<i>5 Barn Activities</i>	<i>6 Barn Activities Yoga Lower level of the Barn 10:00-11:00</i>
<i>7</i>	<i>8 Barn Activities SSCC Meeting</i>	<i>9 Barn Activities Tai Chi: 1:00-2:00</i>	<i>10 Barn Activities Watercolor 10 am</i>	<i>11 Barn Activities Tai Chi: 1:00-2:00</i>	<i>12 Barn Activities</i>	<i>13 Barn Activities Yoga Lower level of the Barn 10:00-11:00</i>
<i>14</i>	<i>15 Barn Activities .Bldg. 23 Short Story Group Tax Day!!!</i>	<i>16 Barn Activities Tai Chi: 1:00-2:00</i>	<i>17 Barn Activities Watercolor 10 am</i>	<i>18 Barn Activities Tai Chi: 1:00-2:00 Movie Night: 6:00 pm</i>	<i>19 Barn Activities</i>	<i>20 Barn Activities Yoga: Lower level of the Barn 10:00-11:00</i>
<i>21 Happy Easter</i>	<i>22 Barn Activities Earth Day...</i>	<i>23 Barn Activities Tai Chi: 1:00-2:00</i>	<i>24 Barn Activities Watercolor 10 am</i>	<i>25 Barn Activities Tai Chi: 1:00-2:00</i>	<i>26 Barn Activities</i>	<i>27 Barn Activities Yoga Lower level of the Barn 10:00-11:00</i>
<i>28</i>	<i>29 Barn Activities</i>	<i>30 Barn Activities Tai Chi: 1:00-2:00</i>				