



Springvale Senior Citizen Club

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

Meeting: June 10, 2019

Refreshment and Bingo after the meeting

Location: The Barn

Time: 1:00 pm Doors open 12:30

Refreshments & Bingo after the meeting.

*Our Pizza and Bingo was well attended.
Hope our next one will have even more
members attending!*

Future Events and Trips

*We will be holding a Tea Party on Sunday,
June 23rd @12:00 pm. No cost to members.
Hope everyone can make it.*

*June 27th is our trip to the Westchester
Dinner Theater.*

*July 18th is our trip to Resorts Casino.
Members and non members are invited. The
cost is \$25.00 for members and \$30.00 non
members. Please inform us if you are
attending by June 15th.*

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

**Luba: 914-393-8750
Madeline: 914-610-5698**

SHORT STORY GROUP

Monday, June 17, 2019

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

Book: The Revolt of "Mother"

By: Mary Wilson Freemon

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!!**

***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 so-
cialize. 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...*



Barn Information

You will not need a key to access
the space. The doors will now stay
open from 8am to 9pm.

You will need a key to gain access
to the Tai Chi room.

The door will be locked promptly
at 9:00 pm



The Springvale Management Team

Monetary donations to the Cat Fund
are always needed and appreciated.
No matter what the amount is the cats
appreciate it.

The Cat Funds
are used for food and
Veterinary expenses.
All donations for the
cats must be in cash.
The cats thank you...



Attention Springvale Residents (and employees)

Massage Therapist/Springvale Resident

It's time to garden, walk or sit outdoors. Get ready with a massage to loosen muscles, improve circulation/mood, decrease stress and more. Try it in your home or in my studio.

Resident Testimonial:

"What a delight to have Roberta here at Springvale. I saw her post in the Springvale Newsletter and called for an appointment. She is a great massage therapist. She listens to my mobility struggles. She is professional, flexible, kind, respectful and I can have massage therapy in my own home. I highly recommend Roberta. Next week will be my third massage."

Kathy Alexander, Grateful Springvale Resident

Call/text/email to set up your appointment. **Springvale Rates:**

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

Roberta Zakreski LMT, LMSW

Text/Call: 914-266-2921

mail: robertaz@hotmail.com

Face Book: Roberta Zakreski LMT, LMSW

MOVIE MADNESS: 6:00 pm "The Barn"

June 6th "Never Again"

Comedy takes a ribald yet compassionate look at two lovelorn fifty-something New Yorkers. Christopher (Jeffrey Tambor) is an exterminator-cum-jazz musician who, after years of one-night stands, begins to question his sexual orientation. Grace (Jill Clayburgh) is a divorcee looking to jump-start her life again. When a blind date for Grace goes bad, she ducks into a gay bar -- and meets Christopher. The circumstances are so wrong that the two are immediately drawn to each other.

June 20th "Snowden"

Disillusioned with the intelligence community, top contractor Edward Snowden (Joseph Gordon-Levitt) leaves his job at the National Security Agency. He now knows that a virtual mountain of data is being assembled to track all forms of digital communication -- not just from foreign governments and terrorist groups, but from ordinary Americans. When Snowden decides to leak this classified information, he becomes a traitor to some, a hero to others and a fugitive from the law.

June Schedule

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

All classes are on Saturday from 10 to 11am
Saturday, June, 1st, 8th, 15th, 22nd and 29th

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.

June 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</i> Yoga: Lower level 10am
2	3 Barn Activities		4 Barn Activities <i>Tai Chi: 1:00-2:00</i>	5 Barn Activities Watercolor 10 am	6 Barn Activities <i>Tai Chi: 1:00-2:00</i> Movie Night	7 Barn Activities	8 Barn Activities Yoga Lower level 10am
9	10 Barn Activities		11 Barn Activities <i>Tai Chi: 1:00-2:00</i>	12 Barn Activities Watercolor 10 am	13 Barn Activities <i>Tai Chi: 1:00-2:00</i>	14 Barn Activities	15 Barn Activities Yoga Lower level 10am
16 Happy Fathers Day	17 Barn Activities		18 Barn Activities <i>Tai Chi: 1:00-2:00</i>	19 Barn Activities Watercolor 10 am	20 Barn Activities <i>Tai Chi: 1:00-2:00</i> Movie Night	21 Barn Activities	22 Barn Activities Yoga Lower level 10am
23	24 Barn Activities		25 Barn Activities <i>Tai Chi: 1:00-2:00</i>	26 Barn Activities	27 Barn Activities	28 Barn Activities	29 Barn Activities Yoga Lower level 10am
30							