



***Springvale Senior Citizen Club***

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

**Meeting: May 18th, 2019**

Refreshment and Bingo after the meeting

**Location:** The Barn

**Time:** 1:00 pm Doors open 12:30

Refreshments & Bingo after the meeting.

*The Dinner Theater trip is now closed. The bus is full. You will be picked up at your bus stop so be sure to be there by 10am.*

**Up Coming Events and Trips**

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

**Cost: \$5.00**

**On Thursday, July 18th**

We will be going to Resorts Casino. The trip is for members and non members. Cost for members is \$25.00 & non members is \$30.00 per person. Please let us know if you are coming by June 15th.

*Our Breakfast at the Barn went very well and everyone had a nice time.*

*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**

**SHORT STORY GROUP**

**Monday, May 20th , 2019**

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

**Book: A Simple Heart**  
**By: Gustave Flaubert**

**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 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...*



**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

The offices will be closed on **Monday, May 27th for Memorial Day** and will re-open on Tuesday, the 28th at our regular business hours.

If you should have an **Emergency** please use the after hours number.  
**914-403-0679**

**HAPPY MEMORIAL DAY!**

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](mailto:robertaz@hotmail.com)

**Face Book:** Roberta Zakreski LMT, LMSW



**May Schedule**

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

All classes are on Saturday from 10 to 11am

Saturday, May 18th      Saturday, May 25th



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"**

**May 9th Mud**

*While exploring a Mississippi River island, Arkansas boys Ellis (Tye Sheridan) and Neckbone (Jacob Lofland) encounter Mud (Matthew McConaughey), a fugitive who needs their help. Though Mud killed a man in Texas and has bounty hunters on his trail, he is most concerned about reuniting with Juniper (Reese Witherspoon), the love of his life. Ellis, who is suffering the pangs of his first crush, agrees to help Mud. He and Neckbone do all they can to protect Mud and help him reunite with Juniper*

**May 23rd The Devil's Double**

*An army lieutenant and former school companion of Saddam Hussein's son, Uday Hussein, is violently coerced into becoming Uday's body double. He gives an insider's look into the life of the Iraqi tyrant.*

**MAY 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>
			1 Barn Activities Watercolor 10 am	2 Barn Activities Tai Chi 1:00-2:00 Movie Night: 6:00 pm	3 Barn Activities	4 Barn Activities No Yoga
5	6 Barn Activities	7 Barn Activities Tai Chi: 1:00-2:00	8 Barn Activities Watercolor 10 am	9 Barn Activities Tai Chi: 1:00-2:00	10 Barn Activities	11 Barn Activities No Yoga
12 <i>Happy Mother's Day</i>	13 Barn Activities	14 Barn Activities Tai Chi: 1:00-2:00	15 Barn Activities Watercolor 10 am	16 Barn Activities Tai Chi: 1:00-2:00 Movie Night: 6:00 pm	17 Barn Activities	18 Barn Activities Yoga: Lower level of the Barn 10:00-11:00
19	20 Barn Activities	21 Barn Activities Tai Chi: 1:00-2:00	22 Barn Activities Watercolor 10 am	23 Barn Activities Tai Chi: 1:00-2:00	24 Barn Activities	25 Barn Activities Yoga Lower level of the Barn 10:00-11:00
26	27 Barn Activities Memorial Day. Offices closed.	28 Barn Activities Tai Chi: 1:00-2:00	29 Barn Activities	30 Barn Activities	31 Barn Activities	