



Heritage Hills Newsletter



JULY 2023



Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television..... Channel 21

CONTACT INFORMATION – EMAIL

Society society@hhsociety.org

Activities Office..... activities@hhsociety.org

CONTACT INFORMATION – TELEPHONE

Security 914-276-2592

Bus..... 914-276-2877

Society Office 914-276-2908

Library..... 914-276-7655

Activities Office..... 914-276-2636

Fitness Center 914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building.....9 am to 11 pm

Activities Office.....9 am to 5 pm

Society Office.....9 am to 1 pm

Fine Arts Center.....Group instruction and free time are scheduled
by the Activities Office at 914-276-2908

Library.....Monday thru Friday 10 am to 3 pm

Fitness Center & Gym...Daily 4 am to 11 pm

Lake Lodge.....9 am to 11 pm

Meadowlark ParkDawn to Dusk

Park Place.....Dawn to Dusk

Bus Service – Weekdays Only (except holidays) – 914-276-2877

Goldens Bridge MetroNorth Station Trips

Morning to/from: (out only) 5:15, 5:45, 6:45, and 7:45 – **Reservation Required**

Evening **PICK-UPS ONLY:** 4:45, 5:35, 6:35, 7:35 and 8:35 – **No Reservation**

Midday Trips – Reservations Required

To/From Activities Center, Lake Lodge, Meadowlark Park, and off site,
including Goldens Bridge MetroNorth Station

Outbound, hourly 8:45 am to 12:45 pm

Inbound, hourly 9:10 am to 1:45 pm (last train station pick up 12:45 pm)

To/From Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 1:45 pm

From: Hourly from 9:10 am to 2:10 pm

UTILITIES CONTACT INFORMATION

Comcast 800-934-6489

NYSEG..... 800-572-1131

Water/Sewer (Veolia)..... 877-426-8969

ConEd 800-752-6633

Verizon 800-922-0204

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

- At Van Tassel House – **Free Transportation Available**
Monday thru Friday at noon
- Delivered to home-bound, Monday thru Friday
Meals leave Van Tassel House for delivery starting at 11:30 am
Suggested contribution: **\$3** per meal

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm

Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Monday and Fridays at 10 am

Suggested round-trip donation: **\$2**

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

Medicare - 800-633-4227 and medicare.gov

Medicare Rights Center – 800-333-4114

EPIC - 800-332-3742

New York State Senior Prescription Reduction

Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305

Social Services: 914-995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 914-949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 914-995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 914-242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 914-941-1654

Long- and short-term registered nurses.

Hospice - 914-666-4228 - Visiting Nurse Association State-certified program
providing home health care and emotional support for terminally ill
patients and their families

Project Time Out / Jewish Community Services - 914-761-0600 - Provides
in-home respite services matching families with trained sitters/companions.
Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

American Cancer Society Road to Recovery program. 800-227-2345

Transportation for Disabled Residents - County Office of Transportation 914-813-7777

Para-Transit - 914-995-7272 provides modified vans with ramp for curb-to curb
service. Fare \$5 each way. Medical pre-authorization required. For eligibility call
914-995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 914-241-0112

Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749

Monday through Friday 8 am - 4 pm

Visiting Nurse Association of Hudson Valley

914-666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition
consultation

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MASKS ARE RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS, AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

10 A MEN'S CLUB – JULY 5 THRU AUGUST 2 MEETINGS

All Adult Heritage Hills Residents are Welcome to the 10 A Men's Club.

July 5 — is OPEN – Self introductions & open discussion.

July 12 – Daniel Griffin – Veterans Administration Benefits. This presentation is co-sponsored by the Health & Safety Group, Flo Brodley. Women, as always, are welcome and encouraged to attend.

July 19 – Mary Edwards – Honor Flights

August 2 – Peter Harckham – NY State Senator

Congressman Mike Lawler was at Town Hall May 30th. Mike McBride invited him to attend a 10 A Men's meeting. His staff will try to put us on the schedule.

Doors open at 8:30 am. Bagels and coffee available until 9:45 am. Pledge of Allegiance at 10:00 am; then speakers and discussions to 11:00 am.

Come join us to meet your neighbors, ask questions and find out what is happening in Heritage Hills and around Somers.

* * *

JULY 2023 EVENTS AT THE SOMERS LIBRARY

Programs for Adults

Hybrid, Monday, July 10, 6:30 pm - 7:45 pm

Somers Library Classic Book Group meets in person and virtually to discuss William Wilkie Collins' "The Woman in White"

A close friend of Charles Dickens, Collin was one of the best known and loved Victorian writers; "The Woman in White" is the first and most influential of the Victorian Gothic horror novels, including sinister intrigue, questions of identity and insanity, Victorian psychology and the Victorian social scene.

Somers Library Classic Book Group discusses classic titles recommended by the group, identified by surveys, and facilitated by Diana Cunningham, Librarian. Group meets on Monday nights, bimonthly. Meetings are via Zoom. Meetings are open to all interested Somers residents. Copies of the current title to be discussed are available at the circulation desk. Join us!

HERITAGE HILLS NEWSLETTER CONTRIBUTING THIS MONTH

Editor in Chief: Bill & Ann Harden; Graphic Editor: Annette Bensen
Writers/Editors/Photographers: Phyllis Bradbury, Dassi Citron,
Terry Clifford, Cindy Kennedy, Keri Reitman Schnapper

Author Talk: Once We Were Home by Jennifer Rosner Virtual, Thursday, July 20, 7 pm

Join us for a book discussion with author Jennifer Rosner as she discusses her latest book. "An engrossing story inspired by the postwar lives of Jewish children who were hidden during the war. Fans of Jewish historical fiction will be moved." - Publishers Weekly.

About the Author: Jennifer Rosner is the author of the novels *Once We Were Home* and *The Yellow Bird Sings*, a finalist for the National Jewish Book Award. She has also authored the memoir *If A Tree Falls: A Family's Quest to Hear and Be Heard* and a children's book, *The Mitten String*, which is a Sydney Taylor Book Award Notable. Jennifer's writing has appeared in the *New York Times*, *The Massachusetts Review*, *The Forward*, *Good Housekeeping*, and elsewhere. She lives in western Massachusetts with her family.

This is a shared program with the following libraries: Warner, New Rochelle, Lewisboro, Yorktown and Somers.

Programs for Children

Stuffed Animal Sleepover

In Person, Tuesday, July 18, 5:30 pm - 6 pm

Come in your pajamas and bring a favorite stuffed animal. We'll share some stories and songs together and then tuck our stuffed animals in for the night. Return the next day and see pictures of what your pets got up to in the night! Children under age 10 must be accompanied by an adult.

* * *

ON THE COVER – Photo by Joanne Meder

The photo was taken on June 3, 2023 of one of our resident amphibians in the Meadow Pond.

It is an American Bullfrog, which is the largest species of frog in NYS.

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Heritage Hills Co-sponsored Event:

HEALTH & SAFETY COMMITTEE AND 10-A-MEN'S CLUB

By Flo Brodley

Wednesday, July 12, 10:00 am

Dan Griffin of the Westchester County Service Agency, a veteran who was honored by the New York State American Legion as a Service Officer of the Year will be at the 10-A-Men's gathering.

He will speak on the work done by his office to assist Westchester County's veterans and their dependents to receive the maximum benefits from the federal Department of Veterans Affairs and other agencies at all levels of government, including clarity for the sometime confusion of Medicare and VA health plans.

All are invited.

* * *

FRIENDS IN THE HILLS CLUB

By Deborah Ferrara

REMINDER FOR BINGO NIGHT

Friday, July 14 at 7 pm in the Heritage Room.

Doors open at 6:30 pm

There will be cash prizes and a 50/50 raffle. Admission is \$10.00 for members and \$15.00 for non-members and guests. (2 GUESTS PER UNIT) Price includes 3 Bingo cards/10 games. More will be available to purchase. Checks must be received by July 7th. No walk-ins! Please deposit your check in the "Friends in the Hills" mail-slot with your name, unit number and phone number. Coffee and dessert will be served. BYOB. Make sure you're a part of another fun night! If you have any questions, Please contact Deb Ferrara 914-924-3003 or Mary Ann Walrath 914-318-1227.

WE WILL BE HOSTING A NIGHT OF "TRIVIA" AND "MAKE YOUR OWN ICE CREAM SUNDAE"

Friday, August 11, at 7:00 pm in the Heritage Room.

Doors open at 6:30.

Enjoy a night of fun with your friends at "Trivia Night" and "Make Your Own Ice Cream Sundae" There will be prizes and a 50/50 raffle. 8 to a table. Coffee and water will be served. BYOB. \$10.00 for members and \$ 15.00 for non-members Checks must be received by August 4th. Make check payable to "The Friends in the Hills." Be sure to put your name, unit # and phone number on the envelope. If you have any questions, please contact Deb Ferrara 914-924-3003 or Mary Ann Walrath 914-318-1227

* * *



ACCENTUATE THE POSITIVE – A Cabaret Performance by Alli West

Saturday Evening July 15 at 7 pm in The Activity Center

A journey through songs and memories that shaped the identity of one curious Jewish girl from Westchester. Enjoy a vivid and heartfelt selection of music from the great Jewish Songbook to traditional and contemporary Broadway. Allie West has served the Westchester Community as a Cantorial Soloist for over 15 years and enjoyed a career as a professional actor, appearing in plays and musical in NYC and at some of the top regional theaters nationwide. Club Shalom will no longer be requiring proof of vaccination; masks are welcomed. Light refreshments will be served. Admission is \$15 per person. Please place your checks in our mailbox along with your name, phone number and email address no later than July 10th. Walk-ins are welcome as space permits. Questions, call Alan Tepper (914)342-3279 or email to astepper@gmail.com.

MY YIDDISCHE MOMME – A Cabaret Performance by Peter Muir

Saturday Evening August 19 at 7 pm in the Activity Center



Peter Muir, PhD, a World-Class musician, vocalist, and educator whose performances Newsday has praised as "terrific", will present "My Yiddische Momme" in which he explores the unique impact Jewish people and culture have had on American popular song in the period 1890-1923. It will feature the music of composers such as Irving Berlin, Jerome Kern, Richard Rodgers and George Gershwin. Club Shalom will no longer be requiring proof of vaccination; masks are welcomed. Light refreshments will be served. Admission is \$15 per person. Please place your checks in our mailbox along with your name, phone number and email address no later than August 14th. Walk-ins are welcome as space permits. Questions, call Alan Tepper (914) 342-3279 or email to astepper@gmail.com.

* * *

INDEPENDENT AND FOREIGN FILM CLUB

Sunday, July 16, 7 pm, Heritage Room

"Portrait of a Lady on Fire". French with English subtitles. Set in France in the late 18th century, the film tells the story of a lesbian sexual affair between an aristocrat and a painter commissioned to paint her portrait. A discussion follows the screening. The film is 121 minutes long so it will start PROMPTLY at 7 pm. See the ACTIVITIES/CLASSES/CLUBS section of this Newsletter for Club information. Masks are optional but recommended.

* * *

WELCOME TO HERITAGE HILLS SAVE THE DATE!

September 9, 2023 in the Heritage Room

Newcomers and Residents are all invited to this informational event
see page 12 for details.

For Volunteer Opportunities, contact Dorinda – dhp623@gmail.com

* * *

TRAVEL CLUB PRESENTS A CULINARY DELIGHT!

Submitted by Elaine Soliman

Thursday September 21

Join the travel club for a Classic lunch at the Culinary Institute on Thursday September 21. We will be lunching at the famous French Bocus Restaurant.

Bocus brings a new style of casual yet sophisticated service, and offers breathtaking architectural interior design and classic French cuisine.

Our menu includes Lyonnaise Style Frisée Salad, Coq Au Vin, and for desert, Crème Brûlée.

Following lunch we will go behind the scenes of the CIA and get an inside tour we then will have time to explore the gift shop and visit the bakery.

Cost is \$142.pp. Make checks payable to The Heritage Hills Travel Club - include phone number and unit number with your check and place it in the Travel Club mail slot. **Payment is due by August 28, 2023**

Our bus will depart the Lake Lodge parking lot at 10:15 am and return by 5:30 pm. For reservations contact Pam Arena - 914-276-4295. Flyers are available in the activity office.

The cancellation policy of this trip is set by Friendship Tours.

Cancellation policy: There are no refunds once final payment is received unless a substitute is provided.

* * *

HERITAGE HILLS WOMEN'S CLUB

Submitted by Phyllis Bradbury

The Women's Club is on hiatus for the months of July and August, but the Board is working on next year's events, and we hope you join us. If you have any suggestions for future meetings, please contact one of the Board members or leave a comment in the Women's Club box in the Activity outer office.

Hope everyone has a happy and safe summer.

If you have any membership questions, please contact Alfreda Savarese at 914 617-2007.

SINGLES CLUB

By Diane Purr

We are taking a vacation for July and August but will be back for a September 21 event (TBD) and a BBQ on Friday, October 20 at Lake Lodge.

Details will be sent when the event nears so save those dates.

The Board would like to wish everyone a healthy and happy summer.

* * *

SOCIETY BOARD MONTHLY MEETING

Wednesday, July 19, at 1:30 pm in the Heritage Room



All unit owners are welcome to attend the meeting in person. It will be broadcast on Channel 21 while in progress and rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs. It can also be viewed on the Society website at hhsociety.org; go to Heritage Hills Society, then choose Board Meetings & Documents.

Owners are welcome to raise matters of concern in person at the meeting Residents who cannot attend may send an email to society@hhsociety.org, call 914-276-2908, or mail them to Society Board, 8 Heritage Hills, Somers, New York 10589. If not covered during the meeting, they will be discussed at the end of the meeting. Provide your name and unit number on written correspondence.

* * *

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably Word) or by hand or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.



EMAIL ADDRESS: HeritageHillsNewsletters@gmail.com.

When Submitting Photos:

If using your phone instead of a camera, please use the highest resolution. Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and if the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

We cannot use anything taken from the internet without authorization from the source.

**WHEN WALKING ON OUR ROADS, ALWAYS WALK
FACING TRAFFIC, SINGLE FILE IF IN A GROUP
HUG THE CURB • WEAR BRIGHT CLOTHING**



SOCIETY NEWS

VIEWING SOCIETY BOARD MEETINGS

SUMMARY OF PORTIONS OF THE MAY 17
SOCIETY BOARD OF DIRECTORS MEETING

Compiled by Deica Ruiz

Meeting commenced at 1:30 pm

Motions:

- To approve Veolia Agreement allowing HH residents to continue to use the Garden Area – motion passed.
- To approve Veolia Agreement to allow Veolia to utilize a small space at HH Maintenance Yard for debris – motion passed.
- To approve Purchaser's Contribution Policy as written – motion passed.

Board members in attendance: Gloria Anderson, Gene Archer, Annette Bensen, Bill Harden, Dorinda Haskell, Jack Mattes, Karl Milde, Patricia Ploss, Dom Rubino, Deica Ruiz, Art Singer, Alan Tepper, Jay Wright. Ann Harper and Bruce Prince were absent. John Milligan and Dave Jacobsen were also in attendance.

Willow Wood Gun Club – Gloria Anderson, 2nd VP

The WWGC has applied to the Carmel Planning Board to install additional shooting stations. At a public meeting regarding this application, HH residents expressed reservations and objections concerning increased noise and potential water pollution. According to the Secretary to the Planning Board, the Carmel Planning Board will approve the application at its May 24, 2023 meeting.

Financial Report – Bill Harden, Treasurer

- April income was \$463,286 and expenses were \$422,055, leaving a surplus of \$41,231. The first 4-5 months of the year are when we build a surplus. Pool season, June, July, and August are when we run deficits, and major projects happen toward the end of the year.
- At the end of the year, we will be able to pay back our savings account the funds that were borrowed to balance this year's budget.

Communications/Website/Newsletter – Annette Bensen, Chair

- Updating of our website is in progress, we are requesting that Clubs and Condos continue to submit updated contact information to the Activities office.

Fitness Center – Annette Bensen, Chair

- Preventative maintenance and a thorough cleansing has been performed throughout the facility.
- Appointments for introduction to the equipment are still active, please see staff for an appointment.

Activities Committee – Dorinda Haskell, Co-Chair

- We continue to request updated contact information from our Clubs and Activities groups. Please submit forms to the Activities office.

Digital Records Retention - Jay Wright, Committee Chair

- Society's historical records are under a review process to transfer over to a digital format. Our committee is auditing and renaming each file of approximately 27 boxes for proper storing.
- We plan to finalize the contract with a vendor who will do the digitization.

Resident ID Card System Committee – Gene Archer and Dorinda Haskell, Co-Chairs

- The resident ID card system we now use is outdated, and we look forward to updating it with a new version.
- We are in the process of gathering information and vetting companies to see who can best provide us a new card system. The new ID cards will be phased in slowly, as we phase out the old.
- We have budgeted money for this large project.

Ad-Hoc Committee / Alternate Energy Committee – Energy Sources for Society facilities – John Milligan:

We are exploring alternate energy sources for Society facilities in the form of solar panels and, specifically for Lake Lodge, a geothermal or hydrothermal system. As more information becomes available, we will provide more details.

Audit Committee – Jack Mattes, Chair:

- Our Financial Audit is currently in progress and our CPA has provided us with a draft. We are working with their office and provide information as they request it. We are ahead of last year's schedule.

Society Board Elections – Alan Tepper, Committee Chair

- The application deadline to run for a seat on the Society Board of Directors was originally April 24, 2023, and was extended to May 1st. No new applications were received, therefore ballots will not be mailed and we will not have a candidates' night.
- At the June 21st Annual Meeting, our incumbents, all five of whom are running for re-election, will be elected by acclamation and their terms will be effective July 1st.
- We welcome residents to consider becoming involved and are hoping for some new interest next year.

Meadowlark Park – Patricia Ploss, Chair

- Marti Lowenfeld of our committee is working with beekeeper Thom Mittag to arrange one or two talks about bees. Details to follow.
- The fountain has been installed and the electrical meter at the south end of Meadow Pond is screened.
- At Park Place the pachysandra is out, and grass seed is in; Park Place signs are up, and the awning has been installed.

Landscaping – Patricia Ploss, Chair

- Pretty blue pots are in place at Lake Lodge and at the three-way stop; summer flowers have been planted.
- Evergreens have been planted at the Activities Center to screen the new generator.
- Plans are in place to enlarge the planting circle around the Meadowlark Park sign.

Community Affairs Committee – Jack Mattes, Chair

- The smoke alarm program with the American Red Cross is still active. Please contact the Activities office or the Red Cross directly (845) 673-1198 for an appointment.
- In addition, the Town is communicating with the Somers community regarding the smoke alarm program, with a PSA and an article in the Somers Record. There is a link on the Town website for appointments.
- The primary election to be held in the Heritage Room in June has been cancelled.

• Town News:

- Construction of a commercial storage unit facility is planned on Route 100. Current plans show a 2-story building with a residential façade and limited parking.
- The Tractor Supply store that is replacing the old Home Goods will soon have new signage.
- A proposal for construction of condominiums at the intersection of Mahopac Avenue, specifically in area by Tool Nut, has been submitted to the Town Planning Board.

Library – Deica Ruiz, Chair

- For the month of June, we are adding 13 new books, including ones by Danielle Steel, Susan Isaacs, and Jo Nesbo.
- The Library is open weekdays from 10 am to 3 pm. Call us at (914) 276-7655 to reserve a book. The full list of books can be found at hhsociety.org, under the library tab.

Health & Safety – Flo Brodley, Chair

- This year's first holistic program, Beauty and the Beast, on environmental estrogens and their effects on the body went extremely well and I was glad to see a few hardy male souls in the audience!
- Speakers on holistic topics offer a vision different from mainstream medicine (even though they may be regular M.D.s). The aim of these programs is to bring information forward that present new perspectives to common issues. It took many decades for chiropractic services and the benefits of vitamins to be accepted by the mainstream medical community and so may these topics we present today. We hope you'll attend these programs with an open mind to learn new ways of addressing established procedures.

- Blood pressure screenings will continue on the second Friday of each month by Nurse Ellie Eidam who always reminds us that you may bring your blood pressure machine with you for a quick checkup.

- As always, we encourage residents with health and safety backgrounds to contact me at flo613@comcast.net with their resume, if they wish to join our committee.

Security – Dave Jacobsen, Prosecur Supervisor

- April stats: 53 security calls, 67 medical calls, 1 car accident with injuries, 50 service calls, 4 parking violations, 11 maintenance calls including 1 water main break, 8 fire alarms for a total of 194 for the month, year to date 721. Calls to the Security office should be for security, medical and safety related emergencies only.
- When to call 911 – If you have a Police, Fire Dept or EMS emergency, your first call should be to 911. These dispatchers can map your call to your address in case of a lost call. Our security office does not have the capability to map your call to your location. Our office monitors all 911 calls and will be present as well for those emergency calls.

Operations Report – John Milligan, Property Manager

In earlier Board meetings we have highlighted expenses for insurance and for utilities. This month we are focusing on four of the largest budget categories. The Society budget is roughly \$6 million dollars a year, with 98-99% coming from Society fees.

- The costliest single budget item is the contract with Prosecur (Security and EMS) at \$1.2 million dollars per year.
- The second most costly budget category is salaries for the 19 Society employees, at \$907,000 annually.
- Third is the landscaping and snow removal contract with Westchester Properties Group, at \$770,000 annually.
- The fourth category is our pools at nearly \$400,000 per year to operate our 5 pools with a pool season of a little over 100 days. Much more is spent on pools alone than on paving, insurance, or utilities. Pool costs include lifeguard salaries, pool chemicals, electricity, propane, pool supplies, and repairs.

These four items alone represent over \$3 million dollars, half of our entire yearly budget.

Pools

- All 5 pools will soon be open 7 days a week, 10 hours a day. Last year, lifeguards cost us \$180,000; this year we will also have a gate attendant on weekends.
- Pool 4 received temporary repairs to get us through this season. An engineering firm has begun work on developing a repair strategy for Pool 4 which has consistently been leaking water.
- Furniture and cabanas are ready for use and adjusting the pool temperature is a work in progress with these very cool mornings.

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HOULIHAN LAWRENCE

#1

**AGENT IN
SOMERS &
HERITAGE HILLS**



*Considering selling your condo in Heritage Hills?
I can help!*

As we head into the spring market, it's a great time to list your condo. I would be happy to provide you with a complimentary market analysis for your condo.

With over twenty-five years of real estate experience and an unmatched devotion to each client, I make the transaction process easy.

Sellers are receiving multiple offers for their properties!

Connect with me for a copy of the Somers Market Snapshot for an overview of what to expect in our area.

DONNA O'CONNELL

Associate Real Estate Broker

M 914.263.9108 O 914.277.8040 Ext. 334

Doconnell@houlihanlawrence.com

donnaoconnell.houlihanlawrence.com

SOMERS BROKERAGE

104 VILLAGE SQUARE, SOMERS, NY 10589

Source: OKMLS, 1/1/22-12/31/22, total dollar volume of single family homes and condominiums sold by Agent, Somers school district

Tennis

- Several seams on Court #1 have come loose and will be addressed. Oval Tennis has determined a repair strategy, which will be scheduled as soon as possible. In the meantime Court #1 is unavailable for play.
- The platform tennis courts have been repainted and look beautiful. The old halogen lights, several of which were not functional, have been replaced with new LED fixtures. LED lights are much brighter, last longer, and consume less electricity, lowering our energy costs.

Activities Parking

- All parking spaces on the island closest to the bocce and pickleball courts will be converted to handicapped parking spaces this summer.
- Parking in the rear of the Activities and Fitness Centers is not allowed. There are signs that indicate it is limited to service vehicles only, specifically our landscape, security, and maintenance staff vehicles. It is also used for deliveries of our oil, propane, and pool chemicals. There is also a Fire Dept. hookup at the rear of the Fitness Center. Please do not park in this area.

NYSEG/Veolia

- NYSEG is nearly finished with their multi-year, multi-million dollar infrastructure project in HH. They have done extensive re-seeding, including topsoil, throughout several condo areas where they completed work last fall, and restoration work in roadways, driveways, and lawn areas. If they haven't been in your condo, it means that you already have jacketed underground wiring in conduit that does not need to be replaced.
- Water main breaks and/or repairs: Repairs to water mains require digging 9 feet deep to inspect the issue and it can be difficult to predict exactly when water will be cut off and for what duration. Neither Society nor Security receive advance notice of repairs, nor do they receive updates as the work progresses. Calls to our Security office about these disruptions can prevent important calls from being answered. If there is no water, call the water company; if there is no power, call NYSEG. You are more likely to receive accurate information that way.

Fitness Center

- We are expecting delivery of three new pieces of equipment, installation of an operable window near the treadmills and replacement of the roof mounted AC units. A new massage table has arrived and is in place. The new pieces of equipment are a Hoist HD-3900 Pec Fly/Rear Deltoid Machine, an Octane XR6000 Seated Elliptical w/standard console, and a True Upright Bike w/Envision console.

Meadowlark Park

- Sometime after Memorial Day we will begin work to complete an extension of the Warren Street trail. When the Warren Street trail is extended, we intend to address the rather lumpy condition of the trail leading towards Warren Street, near the playground. As a reminder, dogs should be leashed and look for doggie stations for clean-up.

Activities Office

We are pleased to announce we have an assistant for the very busy Activities office. Her name is Catherine Fuller, although most people call her Cat. She works every day in the afternoons from 1 – 5 pm. If you get a chance, stop by, say hello and make her feel welcome.

There being no further business, a motion was made to adjourn the meeting at 2:23 pm. Motion passed.

The next Board meeting is on June 21 at 1:30 pm and will be followed by our Annual Meeting.

Secretary, Heritage Hills Society, LTD

* * *



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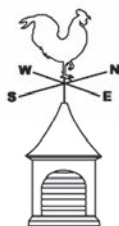
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COUNCIL OF CONDOS

By Terry Clifford

The May 17 meeting was attended by Condos 2, 3, 4, 5, 6, 7, 8, 11, 12, 15, 16, 17, 19, 20, 24, 25, 26, 27, 18, and 30.

Somers Town Supervisor, Robert Scorrano gave a "State of the town Report".

- 1% increase in tax rolls.
- Encourage State Police to remain in Somers. Somers currently has a part-time police force which allows the Town to save a great deal of money. Somers will acquire land near the current State Police Headquarters to have New York State build a larger State police headquarters. The final decision will depend on the New York State Budget.
- The PepsiCo Building on Route 35 is 30% occupied. The IBM building along Route 100 has been vacant for 8 years.
- The Town is planning to provide a pedestrian path at the Heritage Hills traffic light to allow safe crossing to enter the strip mall on the Heritage Hills side of the road.
- There are plans to provide some improvements to Bailey Park.
- Plans to build a 75 unit building on land located at the Baldwin Place Shopping Centre. This project will include a 5,000 square foot community recreation center with volleyball, pickle ball, as well as a dog park. Tractor Supply is moving into the vacant Home Goods space.
- Further development is proposed on Route 6 near the Tool Nut side of Mahopac Avenue. The developer will remove the abandoned Old Angle Fly development.
- Lake Lincolndale shopping center asked for rezoning for one acre behind the existing plaza at Lovell Street and Route 202 to build a two-story building using the shopping center parking so no additional parking is necessary. Sidewalks may be added to the area.
- A proposal to build a high-end storage building along Route 100 on the property near Froggies Deli.

- Mr. Scorrano indicated the Willow Wood Gun Club expansion impacts both Heritage Hills and Somers Town property. Water and soil samples were taken and tested by an independent lab. The samples tested positive for lead. Somers is addressing these issues with Carmel's planning board. This issue will take a while to resolve.

- Speeding in the Town of Somers has increased. Most of our roads are State owned. However, local roads may be getting stop signs.

Council Treasurer—Doris Simon was unanimously voted in as Treasurer due to the resignation of Dorinda Haskell.

Condo Communications—Our 30 condos have a variety of ways of communicating with their unit owners. Attending Board Meetings, Newsletters, attending a Board Meeting but leaving the meeting when their issue has been heard, and Board Meetings without attendees. One Condo mentioned Cluster Captains receive approved meeting minutes and welcome new unit owners.

Council Vendor Directory—A discussion took place about the usefulness and accuracy of the Directory and if it should be continued. Further discussion will take place at the June meeting.

We look forward to having all Condos representatives at the 7 pm, Wednesday, July 19 meeting at in the Activities Center Heritage Room.

* * *



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New to Heritage Hills?

Here is your chance to learn everything that Heritage Hills has to offer!

When: Saturday, September 9, 2023
Where: Activities Center, Heritage Room
Time: 3:00 p.m. – 5:00 p.m.

Space is limited...Please register
RSVP by September 1st at
SOCIETY@HHSOCIETY.ORG
or call 914-276-2908

ALL RESIDENTS ARE WELCOME!

Welcome To Heritage 2023



Activities/Club/Committee/Condo/Society Board Member Name:

Representative 1: _____ phone/email _____

Representative 2: _____ phone/email _____

Exhibit space request, please circle one:

TABLE

EASEL

PLEASE COMPLETE AND EMAIL TO SOCIETY@HHSOCIETY.ORG
by August 18, 2023

If you have any questions, please contact the Society Office at 914-276-2908.

Library COMMITTEE

MYSTERY BOOKS

July is a fine time to dive into a page-turning murder mystery. This month we are adding several new mysteries by fan-favorite authors, including John Banville and Ruth Ware.

LIBRARY HOURS

The Library is now open six days per week: Monday to Friday, 10 am to 3 pm; Saturday, 10 am to 1 pm. Be sure to visit the Library this summer.

NEW ADDITIONS TO OUR COLLECTION IN JULY

To reserve any of the books listed below, please stop by or call the Library at 914-276-7655.

Fiction

Allende, Isabel *The Wind Knows My Name*
 Benedict, Marie *The First Ladies*
 Davis, Fiona *The Spectacular*
 Hanks, Tom *The Making of Another Major Motion Picture Masterpiece*
 Henry, Emily *Happy Place*
 Hilderbrand, Elin *The Five-Star Weekend*
 See, Lisa *Lady Tan's Circle of Women*
 Verghese, Abraham *The Covenant of Water*

Mystery

Banville, John *The Lock-Up*
 Johansen, Iris *The Survivor*
 Patterson, Richard North *Trial*
 Sager, Riley *The Only One Left*
 Ware, Ruth *Zero Days*
 Woods, Stuart, with Brett Battles *Near Miss*

Non-Fiction

Draycott, Jane *Cleopatra's Daughter*

* * *



Committee Members from left to right; Dolores Saladino, Michele Kaplan, Pam Manna, Mary Ann Walrath, Jane Zucker, Gerri Gronbach, Barbara Muscente, Deb Ferrara

FRIENDS IN THE HILLS

By Deborah Ferrara

Committee Members of the Friends in the Hills showing off their hats and fascinators at the Heritage Hill Derby on June 9th. It was a huge success!

* * *

CONDO 8 BBQ/PICNIC

By Patricia Morgan, Condo 8 Board Director

On June 3, Condo 8 hosted a BBQ/Picnic on the Lake Lodge terrace to kick off the summer. Although the sky was cloudy and the air a bit cool, that didn't seem to hamper the festive spirit of unit owners enjoying the outdoors, good food and friends.



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EAST HILL MEN'S GOLF GROUP

by Ken Freeman

As I write this on June 6 (got to make that 6th-of-the-month press deadline!), it's still early in the season, which is shaping up great. While the rain started this morning just as we were about to tee off, the last 8 Tuesday and Thursday morning tournaments went off without a hitch. And scores are coming down too! Here are the results (all standard stroke play unless indicated otherwise):

May 9

A Flight*: Low Gross – Bob Slotoroff; Low Net – Bob Briganti

B Flight**: Low Gross – Vin Marrone

Low Net – 1st Rich O'Brien, 2nd Jack O'Hanlon,
3rd Ken Freeman

May 11 (2-Man Net Aggregate Tournament)

Team Low Net: 1st – Yogi Santa-Donato and Sandy Lieberman;
2nd – Bob Briganti and Rich O'Brien;
3rd – Bob Slotoroff and Howard Weiner;
4th – Frank Servidio and Ken Freeman

May 16

A Flight: Low Gross – Frank Servidio;
Low Net – 1st Ed Yee, 2nd Bill Glass

B Flight: Low Gross – Charlie Kravetz
Low Net – 1st Ed Sottile, 2nd Jim Haggerty,
3rd John Mahoney

May 18 (2-Man Team/4-Ball Match Play Tournament)

Winning Teams: Bill Glass and Nick Stanton; Bob Slotoroff and Sandy Lieberman; Yogi Santa-Donato and Rich O'Brien; Frank Servidio and John Mahoney; Bob Briganti and Ed Sottile; Tom Reca and Jack O'Hanlon

May 23

A Flight: Low Gross – Bob Slotoroff
Low Net – 1st Dan Lanza, 2nd Ed Yee,
3rd Yogi Santa-Donato

B Flight: Low Gross – Jack O'Hanlon
Low Net – 1st Charlie Kravetz, 2nd Ed Sottile,
3rd Rich O'Brien

May 25 (2-Man Team/Alternate Shot Tournament)

Team Low Net: 1st Ed Yee and Phil Glazer;
2nd Tom Reca and Charlie Kravetz;
3rd Rich O'Brien and Mike Flaherty;
4th Bob Briganti and John Mahoney

May 30

A Flight: Low Gross – Bob Briganti;
Low Net – 1st Mike Flaherty, 2nd Frank Servidio

B Flight: Low Gross – Phil Glazer
Low Net – 1st Vin Marrone, 2nd John Mahoney,
3rd Nick Stanton

June 1

A Flight: Low Gross – Frank Servidio;
Low Net – 1st Bob Briganti, 2nd Tom Reca

B Flight: Low Gross – Phil Glazer
Low Net – 1st Bob Kenney, 2nd Vin Marrone, 3rd Ed Sottile

* our better golfers

** the rest of us

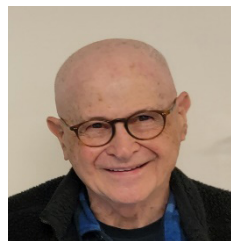
New Members 2023



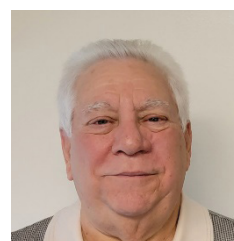
Mike Flaherty



Frank Gallo



Phil Glazer



Frank Servidio

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OPENING DAY AT THE BOCCE COURTS

New and former players came out to start the season on a very chilly morning. Eleven teams will play through the end of August, all hoping to be the league champion.

If you hear cheering, moaning and music near the courts on a Thursday, know that the game is on!

PICKLEBALL GROUP



Round Robin players – meet your neighbors' games! Picture by Kenneth Perry

The beautiful weather and the return of our resident snowbirds mean our pickleball courts are hopping! Between lessons and tournaments, players can learn pickleball, compete in a League or an ACES game, or social games at the Round Robins! Bi-weekly emails are sent to all residents on our email list. All residents are welcome – email your unit # and phone # to PickleballHH@Outlook.com.



Freedom is not free. There's a price to pay to have the right to the power or right to act, speak, or think as one wants without hindrance or restraint. As Memorial Day approaches, we want to give thanks and remember those who gave their lives and those who continue to fight for our country and the freedom we have. Our Pickleball Community came together to show support and gratitude to our veterans. *Thank you Sal and Jan Ceraldi for donating the flags. We stand together with you. Photographer: Sally Slotoroff*



Our ACES Kings and runners up, Baldissera Sorice, Mitch Schilkraut, Frank Kumpan and Alan Bergman. Picture by Fran Boemio



On May 12, pickleball players celebrated spring, hosted by our Social Director, Fran Boemio. 100 players with some guests danced the night away, participated in a 50-50 raffle, and played a game. A good time was had by all! *Picture by Kenneth Perry*

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Photos by Joanne Meder



Meadowlark Park for the Native Gardens Creativity, Community



Photo by Wendy Podell





*Rock Painting Event
was a day that combined
Art, Nature & Science*



MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to activities@hhsociety.org

Advance registration is required. To book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at activities@hhsociety.org or by phone at 914-276-2636.

ARTS & CRAFTS

I Love Art Class: After school ART in Heritage Hills for children ages K to 6. Hosted by Miss Judika, M.S. To register, call Judika at 914-438-6750.

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 in the Game Room. All skill levels are welcome. \$10 annual dues. Proof of vaccination is mandatory. For questions, or to register, call Linda at 914-277-2776 or Ginger at 914-617-9058.

Paint & Sip with Judika: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. Bring your creative spirit! To register, call Judika at 914-438-6750.

Sketch Workshop Group: Wednesdays 9:30 – 11:30 in Studio A. Portraits, still lifes. Bring your choice of paper, pen, pencil, watercolor, pastel, etc. Models are welcome to pose for 20 min. (clothed!). No fee, no teacher, but guidance available.

Silk Fabric Painting Class: Fee \$135. Must sign up for a full 4-week session. Space is limited. For more information, contact Evey at 914-276-0737 or email her at eveymusart@comcast.net.

Woodcraft Club: The shop is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed at 914-276-0671 or 914-552-2303.

CIAO ITALIA CLUB

If you wish to become a new member, dues are \$12 per person. Membership forms are available outside the Activities Office. You can also print a copy (at home) from an email blast.

CLUB SHALOM

You don't have to be Jewish to love Club Shalom. Our Club is dedicated to providing quality entertaining and educational Jewish cultural programs for the residents of Heritage Hills. Watch for information about upcoming events. All residents are welcome.

CONCERT SOCIETY CLUB

We present four classical concerts each year in May, June, September, and October on Sundays at 3 pm in the Heritage Room. We feature the best and brightest of classical music's rising stars. The annual subscription rate is \$80 per person or \$23 at the door per concert. Subscription forms are at the Activities Center. If you have questions, call Raina Lefkowitz at 914-262-4407.

CONTINUING EDUCATION CLUB

Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theatre, history, and politics on specified Tuesdays at 1:30 pm in the Heritage Room. For more information, see the COMING EVENTS section of this Newsletter or call Ann at 914-617-9434.

CULINARY CLUB

We meet for dinner in the Activities Center once a month on a Wednesday evening at 6. If you are interested, contact Barbara Gangemi at 914-617-9037.

DANCE

Friday Night Social Dance Group. The first Friday of every month from 7 to 10 pm in the Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677.

EXERCISE

Tai Chi & Chi Gong with Master Ellen. Monday from 12:30 to 1:30 pm in the gym. \$70 per month. First class free. All levels welcome. Wear loose fitting, comfortable clothing. Contact heritagehilltaichi@gmail.com.

Vinyasa Yoga with Joe. Saturdays at 9:30 am in Lake Lodge's Upper Level. \$12 per class. Email Joe Ferrari at josephferrari@me.com to register.

Body Sculpting Class with Linda: Warmup low impact cardio, strength and balance abdominal exercises on the floor or in a chair, and stretch relaxation cool down. Monday thru Thursday at 8:30 am in Lake Lodge. \$10 per session or three classes for \$20. Call / email to register at 718-541-0861 / Labzeiss@gmail.com.

Pilates Barre Class with Linda: Monday and Thursday at 9:30 am in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or Labzeiss@gmail.com.

Gentle Yoga with Lisa. Monday at 1 pm and Friday at 10 am in Lake Lodge's Upper Level. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

Cardio/Strength/Stretch Class with Lori. Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch and breath work – all set to great music! Appropriate for all levels. Bring a resistance band to each class. Weights are available for use or bring your own. Tuesday and Thursday from 9:30 to 10:30 am in the gym. Fee: \$8 per class. Try the first class for free! Email Lori at lamb428@optonline.net.

Chair Yoga with Satish Class: Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind body connection. Live music. Practice every Tuesday from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$10 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

Chair Zumba/Toning with Theresa. Monday at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at zumbawithme@aol.com.

Getting Back on Track (15-15-15) with Theresa: Wednesday at 10:30 am at the Fitness Center and on Zoom. Light cardio and balance, functional strength and stretch, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at zumbawithme@aol.com.

Lyrical Arms Class with Theresa: Friday at 10:50 am at the Fitness Center and on Zoom. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at zumbawithme@aol.com.

Move and Groove with Theresa: Wednesday at 11 am in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow Beginner line dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

Zumba Gold with Theresa. Friday at 10 am in the Fitness Center and on Zoom, and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at zumbawithme@aol.com.

Water Aerobics Summer 2023. Classes will begin on Monday, July 3. All classes start at 9 am and take place in pool 4. The cost is now \$10 per class. All class registrations and payments will be handled directly by the class instructors. Space is limited so register asap by emailing the instructor of your choice. Monday classes registration with Michele Bertolino please email maltz413@gmail.com. Tuesday classes registration with Linda Zeiss please email labzeiss@gmail.com. Wednesday, Thursday, or Friday classes registration with Theresa Masin please email zumbawithme@aol.com.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email keri.reitman@gmail.com.

FRENCH CONVERSATION GROUP

Meets the last Friday of the month at Lake Lodge in room 1 from 10 to 11 am. Members should have a basic knowledge of French conversation but need not be fluent. Refresh your French language skills and laugh and learn with us. If you have any questions, call Sandy Wohlberg at 914-617-2063.

FRIENDS IN THE HILLS CLUB

Ours is a new club that is open to all adult Heritage Hills residents. Each meeting will be a night of fun and socializing with your neighbors. See the COMING EVENTS section of the Newsletter for event details. Email us at Friendsinthehills@aol.com with any questions or contact Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227

FUN & GAMES

Bridge—Duplicate Club: Monday and Thursday at 12:30 pm in the Activities Center—**vaccinated only**. For information, call Marie at 914-277-4266.

Mah Jongg Group: Monday at noon in Lake Lodge and Wednesday at noon in the Activities Center (space is available—contact Sue Furino 914-617-9110). Friday at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646). Tuesday and Thursday from 11 am to 1 pm. Please note we are at full capacity and are only taking waitlist at this time. Please call Rebecca Fierro @ 914-669-5328 for further clarification.

Ping Pong Group: Thursday at 10 am in the Game Room. Open to all residents. Come hang out and play!

Scrabblers Group: Casual Scrabble game play on Thursday from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. **Mask-wearing is voluntary**. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

Chess Club: We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! Wednesdays from 1 to 3:30 pm in Lake Lodge, Room 3. Bring your chess set, if you have one. Some playing pairs may choose to use a chess clock; bring this, also, if you have one. For more information, contact Pat Posluszny at patpugs@comcast.net or 914-276-6550.

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to hhgardenclubsecretary@gmail.com. If you would prefer to speak by phone, call Club President Joanne Meder at 914-318-5808 and leave a message.

HEALTH & SAFETY COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 9 to 11 am in the Game Room of the Activities Center. Your temperature may be taken. **Mask-wearing is voluntary. Do not come if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus or travelled to areas that have experienced high levels of the virus.** Contact Ellie at elliebob1@gmail.com or 914-617-2109 for more information.

Alzheimer's/Dementia Caregivers Support Group: Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meetings take place the first Thursday of the month at 12:30 pm in Lake Lodge, Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email ludwiglr@aol.com.

Spousal/Partner Bereavement Group: A support group that provides an opportunity to be with others who have lost a spouse or partner. Meetings take place on the second Thursday of the month at 12:30 pm in the Activities Center Game Room. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email ludwiglr@aol.com.

Senior Entitlements Program—Westchester County: Watch the COMING EVENTS section of this *Newsletter* for communications about upcoming monthly sessions.

HIKERS & WALKERS GROUP

Weekly hikes from September to June. Information and our schedule are available at hhsociety.org/ Activities / All Activities / Hikers and Walkers.

INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings in the Heritage Room, followed by a discussion. April thru December. \$20 for the series. Schedule is posted in the Activities Center and on the Society website. For information, contact Steve Klepner at 845-297-7066 or spk010@yahoo.com.

LIBRARY

Open Monday through Friday from 10 am to 3 pm. For information on the collection, visit the Heritage Hills Library webpage at hhsociety.org or call 914-276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Monday from 9:30 to 11 am in the Activities Center or by Zoom with closed captioning. For information, email Ken Benjamin at kenbenja@aol.com or call 914-617-9817.

RAINBOW CONNECTION CLUB

A group for LGBTQ members and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

SHAKESPEARE GROUP

Meets in person and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. We meet every Tuesday from 10 to 11:30 am in the Activities Center, Room 3. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SINGLES CLUB

If you were a member in good standing for 2022, the Board is waiving membership dues for 2023. If you are interested in joining the club as a new member, please contact Olga LaBoy at 914-960-9796 or laboyiolga@yahoo.com. Membership dues are \$12 per year. We will notify all our members of the next event as it nears.

SPORTS

Bocce Group: April through October: Wednesday and Saturday at 9:30 am.

Golf Group: Join the East Hill Men's Golf Group to enjoy weekly Thursday 9-hole casual competitions in a variety of formats, as well as Tuesday Stroke Play opportunities, from April thru November at Somers National Golf Club's course right here on Heritage Hills' West Hill. For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or rlkret@aol.com.

Pickleball Group: Pickleball on the outdoor courts is open play, no reservations required. The gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email PickleballHH@Outlook.com. See you on the courts!

Shuffleboard Group: October through March on Wednesday from 1 to 3 pm, and on Saturday from 9:30 am to noon, in the gymnasium.

Tennis Group: All Tennis reservations are now made via www.playtomic.io, or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group, call Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

10-A-MEN'S CLUB

Come to the Heritage Room Wednesday at 9 am and have continental breakfast for \$2. The meeting starts at 10 am.

TRAVEL GROUP

Our mission was designed for those who enjoy traveling, whether the trips are to nearby or far away destinations. All details are handled by the Group. Buses leave from and return to Heritage Hills. Information on our trips is available on flyers in the Activities Center, on TV, and in this *Newsletter*.

WOMEN'S CLUB

The Women's Club meets the second Wednesday of the month at 1:30 pm, with the exception of January, July, and August. Our regular meetings will resume in September. Enjoy your summer! Information about the Fall events will be in the August Newsletter. For more information, please call our membership chair, Alfreda Savarese at 914 617-2007.

WRITERS WORKSHOP CLASS

Workshop on *Google Meet!* Monday at 1 pm and Saturday at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com.

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MRS. WEEKLY'S HOUSE

By Adelaide B. Shaw

In Mrs. Weekly's large pink house
the guests who come to stay
share the work which must be done
before they rest and play.

Mary Monday bakes the bread,
the cookies and the cakes.
Tina Tuesday tends the yard
with spades and hoe and rakes.

Willie Wednesday buys the food
when he goes into town.
Thurman Thursday cleans the house,
the upstairs and the down.



Freddie Friday cooks the meals
when it's time to eat.
Sue Saturday washes clothes
and keeps them clean and neat.

Sally Sunday loves to sing.
She'd rather sing than speak,
and she sings for everyone
at the end of every week.

* * *

MEMORIES, AN IMPERFECT GIFT

By William A. Colavito, 5/8/23

For memories should I thankful be,
Yes, for memories ... images ... of loved ones, again I can see,
But with memories come both joys and tears,
With memories sad emotions do appear,
Memories. , this blessing, this imperfect gift,
Brings not a touch of the flesh, nor a kiss of the lips,
Memories, this imperfect gift, can never, never, ever ,ever, fully bring
back, That which ... was ... that .. which we so much miss.

* * *

HAIKU FOR JULY

By Sue Shea

July means summer
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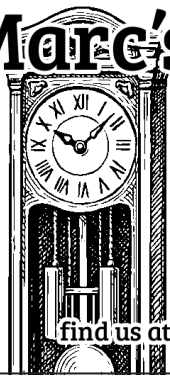
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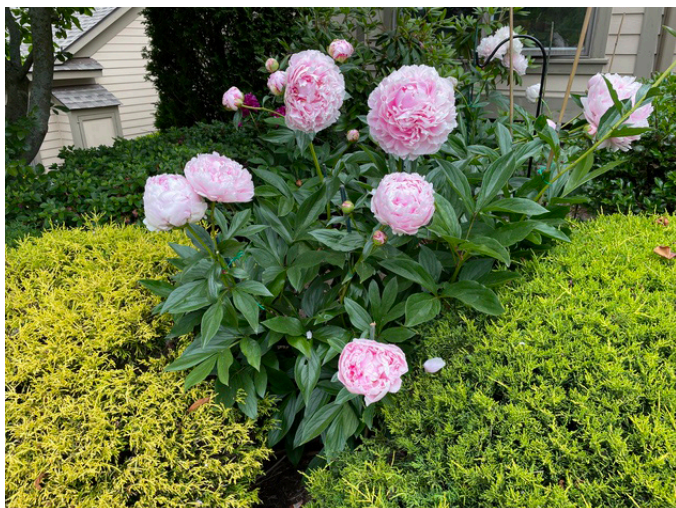
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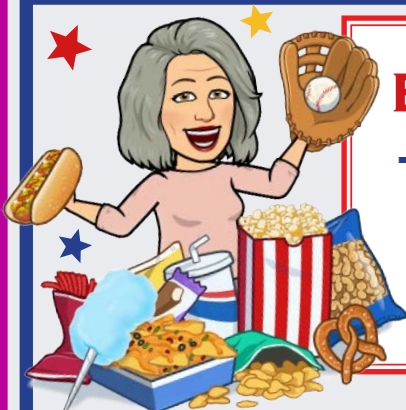
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HOULIHAN LAWRENCE • Somers		\$9.5M
WILLIAM RAVEIS • Katonah		\$3.6M
COLDWELL BANKER • Somers		\$3.2M
HOULIHAN LAWRENCE • Katonah		\$2.2M

Source: OKMLS, 1/1/2023 – 6/6/2023, Condominiums, total volume sold by office, city/town Somers

ART CLASSES AT VAN TASSEL HOUSE

Our artist in residence at Heritage Hills, Frances Bregman Schultzberg, has been exploring and teaching arts and crafts for the past forty years. She started as an easel painter, moved to pottery, sculpture, metalsmithing, jewelry fabrication, woodworking and, coming full circle, back to painting. Share her journey and find your own passion. She's offering classes at the Somers Van Tassel House. There's a minimum of six students per class and all classes are free, paid for by our tax dollars. Call Frances at 914-806-6696 or email her at fran_schultzberg@yahoo.com.

NOW YOU KNOW!

* * *

TEAM TUSKERS MENTORING PROGRAM

Mentoring is a powerful tool to help our youth. We are currently looking for new mentors.

TEAM Tuskers was created in 2012 under the auspices of the Somers Central School District. Our mission is to see how we as a community can increase the resiliency factors for students by providing relationships with a caring adult to improve students' social and emotional well-being.

We are looking for dedicated, committed adults to spend one hour each week during the school year to meet with a 3rd – 8th grade student in our schools. Meetings take place in a designated room that is equipped with games, puzzles, arts and crafts and sports equipment. Meetings are usually held before or after school. You will develop a relationship and help open new lines of communication while engaging in an activity or just chatting.

Starting Middle School can be a stressor for many pre-teens. They are worried about having multiple teachers, opening their lockers, changing classrooms and finding their way around a new school. Intermediate School has a different set of challenges including an increase in peer pressure and bullying. These students can benefit from having an experienced friend to help them navigate these challenges. Having an adult give them one hour of undivided attention is priceless! Mentors are quick to acknowledge that they benefit from the connections as much as the students.

Please consider volunteering for this great program. Together we can energize and motivate our youth. Mentoring does matter. A child will benefit from spending time with you!

For more information, please visit our web page on the Somers Central School District website at www.somersschools.org/Page/7356 or call the Mentoring line 914-481-2716. Applications can be downloaded from our web page and mailed to the school. All mentors are screened, fingerprinted and trained. We hope you will contact us today and join our team!

NOW YOU KNOW!

SOMERS SENIOR SERVICES

Submitted by Barbara Taberer, Director

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July 24Dollar Tree (*Mahopac*)
July 31Target

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July 7Trader Joe's
July 14ShopRite
July 21Uncle Guiseppe's
July 28Stop & Shop

NOW YOU KNOW!

* * *



Photo by Susan Williams: Turtles sunning themselves on West Hill Drive South in the pond opposite the Gazebo.



FIT-BITS

By Mary Tedesco

FITNESS FACTS AND MYTHS

1. THE MORE YOU SWEAT THE BETTER

Sweat is complicated. More sweat does not necessarily mean that you are getting a better workout. How much you sweat depends on factors such as gender, your weight and your genetic makeup.

2. NO PAIN, NO GAIN

The myth that your muscles must be feeling pain when working out or you are not working hard enough is not true. You do not need to feel pain when working out for it to be effective. Challenging yourself and meeting small goals works better than pushing your pain threshold and potentially hurting yourself.

3. STRENGTH TRAINING IS ONLY FOR BODY BUILDERS

Strength training is for everyone, young and old! Strength, balance and movement are all important at any age and even more important as we age. As we get older adjusting our own expectations are the key.

4. MORNING IS THE BEST TIME TO EXERCISE

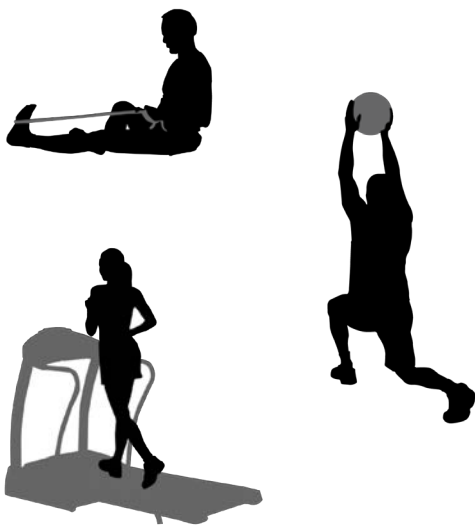
Simply put...any time is the best time to exercise! No excuses

5. YOU HAVE TO GO TO THE GYM

Some of the best exercises are outdoors such as hiking, biking and kayaking. If you tend to be an outdoor person exercise outdoors!

6. EXERCISE TAKES TOO MUCH TIME

The benefits of exercising for any amount of time far out way not exercising at all. Even if you set aside 20 minutes a day to walk outside, this is extremely beneficial to your body and mind. So whether you have 20 minutes or one hour get to it!



Submitted by Barbara Tepper

Adjunct Instructor of Information Literacy

The Culinary Club recently went to Savor Restaurant for a cooking demonstration and lunch.

The chef, Rick, showed us how he prepared stuffed pork loin.

The stuffing was baby spinach, garlic, fontina and grated Romano cheeses (lots of cheese).

Using a large knife, he cut a slit about 1/3 of the way up from the bottom of the roast along the long side. He flattened it out, and continued the slit about halfway up. He flattened the meat out, creating a rectangle of meat, about 1" thick.

He pounded it a bit to make it a little thinner, making the whole roast an even thickness. He spread the spinach filling evenly across the meat, then proceeded to roll it up like a jelly roll.

He used butcher's twine to hold it closed, pushing whatever stuffing fell out back in. He then roasted it until done.

I could see doing this with a beef roast, too, maybe adding more spices to the stuffing as beef has a stronger flavor than pork.

The stuffed pork loin was delicious, and the stuffing was soooo creamy and garlicky. Try it, you may create a new special occasion dinner!

Happy eating.



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CERTIFIED HOME HEALTH AIDE, seeking employment as a caregiver.
8+ years experience, diligent, caring and tenacious. Referrals on request.
Stephine (347) 859 9237, 508-332-0072

Newly arrived woman from Ukraine who speaks Ukranian, Russian or Polish looking for either (Certified) Home Health Aide or Child Care or Housekeeper/Cook positions for daily or 24/7. Speaks some English and does not drive. She is very compassionate and trustworthy.
Please call Marnie 914-424-8169.

BBQ GRILL CLEANINGS: Start with a completely clean & safe grill. 40+ years experience cleaning and servicing BBQ's.
Guaranteed results. Call for Heritage Hills special pricing 914-588-6811

CAT SITTER: Need someone to come to your home and take care of your 4-legged companion(s) while you're away? HH resident with 40+ years of cat experience can help you!
Call/Text Jackie at 917-596-3690.

For SALE
InvaCare Electric Hospital Bed with Alternating pressure mattress. Medicare will not cover. \$700.
New Quantum Edge3 electric wheelchair. -\$12,000. Now \$3,000.
Call Kathy - 914-649-2091

XG Renovation
Professional, 30 years experience.
Kitchen & bathroom renovation, Dry wall, Painting, Tile installation, Epoxy garage flooring, Decorative Venetian plastering.
Call Joe: (914) 240-4170

HELP AROUND THE HOUSE!
College Students will help with jobs around your home.
Outside - power washing, seasonal furniture. **Inside** – Electronic setup (ring doorbell, WIFI computer setup, smoke detector batteries, more).
House sitting. James Tibbetts & Michael Sugar 845 372-9770

Stunning NJ weekly summer rental available June/July/August on Forked River peninsula overlooking Barnegat Bay. Sleeps 10 and found between LBI and Seaside Heights beaches. Covid clean with inground heated salt water pool. Linens included. Refer to website "vrlbi.com" and listing #2763 for more pics/ info. **Call 914-424-8169.**

Coin collector, life long, living in Heritage Hills,
paying legitimate cash value based on date/condition.
Call for quote; Phil 914-762-6695.

Seeking Full-Time Live-In Position as an Aide/Companion:
Two aides are available for separate positions; Trusted, experienced, caring and trustworthy...your needs will be met - no driving.
Please contact Marlene (347-307-3409) or Grace (347-856-1137).

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

WE ALL HAVE A STORY . . .

Authors' names will be indicated. We cannot guarantee that every item will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably Word) or by email, hand or mail to the Heritage Hills Activities Office (activities@hhsociety.org) or Society Office (society@hhsociety.org) at 8 Heritage Hills, Somers, NY 10589.

ARE **YOU** READY FOR A FRESH START THIS SPRING?

*"I was worried because of
my short hair, but nobody
even sees them."*

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Receive One Miracle-Ear**MINI™** Hearing Aids at this Price for a Limited Time Only!

Offer valid on MEMINI™ 1 ITE only. Valid at participating Miracle-Ear locations. Limit one coupon per purchase. May not be combined with other discounts or offers and does not apply to prior sales. See store for details. Cash value 1/20 cent.

BUY ONE, GET ONE

50% OFF

Save on Our Full Line of Digital Hearing Solutions

Special offer applies to purchase of same Miracle-Ear make and model hearing aid. 50% discount applies only when first aid is purchased at regular list price. Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Offer valid on Level 5, 4, 3, 2 Solutions. Cash value 1/20 cent. See store for details.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. **If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within 45 days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. †Limited warranty, see store or miracle-ear.com/warranty for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.



MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350
email: mlowenfeld@houlihanlawrence.com

Total units sold by OneKey/HGAR MLS agents from 1/1/2023 to 6 /10/2023

	2023	2022	2021	2020
TOTAL SOLD	38 (\$320,000-\$810,000)	73 (\$276,000-\$785,000)	51 (\$305,000-\$725,000)	38 (\$249,500-\$670,000)

Various units sold by MLS agents from January 1 to June 10, 2023

1 BEDROOM

FRANKLIN \$350,000; \$340,000 GUILFORD \$370,000 RADCLIFFE \$540,000

2 BEDROOM

ARMONK \$640,000; \$429,900	HARVARD \$720,000; \$730,000	SALEM \$610,000
COLGATE \$475,000; \$549,000	KATONAH \$499,000; \$415,000	STRATFORD \$450,000; \$455,000;
CONCORD \$450,000	KENT \$532,500	\$750,000; \$649,000
FAIRVIEW \$500,000	LINCOLN \$376,000	STRATFORD II \$675,000
HAMILTON \$320,000	PUTNAM \$439,000	SYRACUSE \$649,000
HANOVER \$577,500	RIDGEFIELD \$455,000	WELLSLEY \$485,000

3 BEDROOM

COLUMBIA \$810,000	CROTON II \$680,000; \$680,000;	SHERMAN I \$715,000; \$700,000;
CROTON I \$650,000	\$760,000	\$612,500; \$740,000
	JEFFERSON \$580,000	

Buyers Still Want To Live In Heritage Hills

Our low inventory and the number of people looking to live in Heritage still shows that the demand for homes in our community is very high. Most units that are listed and are in good condition receive multiple offers. They go into contract quickly and close when it is convenient for both the seller and buyer. I love what I do and along with many other Realtors have buyers who want to live here. If you or anyone you know is thinking of selling, please do not hesitate to contact me.

I would be happy to provide you with a comparative market analysis (CMA) and answer any questions you have about sales for your particular model. Please feel free to call my cell phone at 914-420-1850 or text or send an email to mlowenfeld@houlihanlawrence.com

**Thank you,
Marti**

Heritage Hills Society, Ltd.
8 Heritage Hills
Somers, NY 10589

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~~\$999~~ \$849

Customizable Intro Program Includes:

- One of: Semaglutide, Tirzepatide, Sermorelin, or LipoLean shots
- Blood analysis by our Medical Staff
- Nutritional analysis and 3D body scan from our Functional Nutritionist
- Weight loss machine treatments. May include any of the game-changing Emerald Laser, Ultimate Contour, or Contour Light machines.
- Functional nutrition-only program also available

Call or Text **914-276-2202** for more information!

Use code: Summer Body