



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

ConEd 800-752-6633

NYSEG..... 800-572-1131

Verizon 800-922-0204

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

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.

FAMILY EVENT IN MEADOWLARK PARK

Rock Painting for the Pollinator Garden

Tour the Garden Club's pollinator Garden and then help create hand painted plant labels to help identify our blooms.

Who: Children of all ages with their parents

Where: Pollinator Garden Meadowlark Park. **When:** June 3, 11:00 am

Rain Date June 4 11:00 am. See Family Focus information on page 15.

* * *

CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room.

INTIMATE LETTERS

Two music lectures by Michael Lankester, symphony conductor and fine arts educator

Tuesday, June 6 and Tuesday, June 13, at 1:30 pm

Chamber music is, perhaps, the most personal of musical forms. From Mozart's letters to his wife, Tchaikowsky's letters to his brother, to the music of Gilbert and Sullivan and the letters of Groucho Marx, Michael Lankester explores the innermost connection between certain private correspondence and the music that resulted.

Admission: \$10.00 per person, paid at the door.

If you have any questions, call Rosetta at (914) 277-5217.



* * *

10-A-MEN'S CLUB

By Mike McBride

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

June 7 – William Faulkner – Somers Town Councilman

June 14 – Peter Harckham – NY State Senator

June 21 – Bud Freund – On line SAFETY, passwords

June 28 – Judi McAnaw – Edward Jones – Financial Services

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.

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

ENJOY THE FRIENDS IN THE HILLS CLUB NIGHT AT THE RACES

By Deborah Ferrara

Friday, June 9 - Doors open at 6:30 pm

If you were not able to attend The Kentucky Derby at Churchill Downs this year, you can still enjoy the excitement at the "Friends in the Hills" Derby on. Bring your dollars and ladies feel free to wear your Fascinators or Fancy Hats. Coffee and dessert will be served. BYOB and snacks. Admission is \$10.00 per member and \$15.00 for non members and guests. **Make checks out to "Friends in the Hills" and deposit it in our mailbox by June 3.** Be sure to put your name, unit # and phone number on the envelope. *Come and enjoy the races!*

If you have any questions, please contact Deb Ferrara 914-924-3003 or Mary Ann Walrath 914-318-1227

"BACK BY POPULAR DEMAND, BINGO NIGHT"

Thursday, 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 for members and \$15 for non-members and guests. (2 guests per unit) Price includes 3 Bingo Cards/10 games. More will be available for purchase as well as Bingo Dot Markers. Checks must be received by July 7th. Please deposit in the "Friends in the Hills" mail-slot with your name, unit number and phone number. No walk-ins! Coffee and Cookies will be served. Make sure you're a part of another fun night! For more information call Deb Ferrara 914-924-3003 or Mary Ann Walrath 914-318-1227.

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ON THE COVER

Heritage Hills great outdoors.

Top left to right; Pickelball, Bocce,

Bottom left to right; Tennis, Pools.

Table of Contents

Activities/Classes/Clubs	18, 19
Classified	32, 33
Columns.	30, 31
Coming Events	3-5
Community News	6-13
Did You Know?.	16
Family Focus	15
Features.	20
Poetry.	23
Sports.	17

COMING EVENTS

CONCERT SOCIETY CLUB



The best classical music value in Westchester and beyond!

By Teddi Meltzer

**Sunday, June 11, 3 pm
in the Heritage Room**

Mark your calendars. Is it a holiday? Well, it's always a holiday when we welcome back one of our favorite artists, celebrated pianist Jenny Lin.



You can still purchase season tickets for 2023! *Want to be a Friend of the Concert Society?* For \$100 you can be, and have your name listed in the programme. Subscription Forms for our 2023 Concert Series are available at the Activities Center.

Four Sundays at 3 pm in the Heritage Room. Individual concerts are \$23 at the door. Questions? Call Raina Lefkowitz at 914-262-4407.

* * *

HEALTH & SAFETY COMMITTEE

By Flo Brodley

Vision and Lifelong Learning A Holistic Approach to Vision Care

Monday, June 12 - 1:00 pm in Rooms 2/3

Behavioral Optometrist, Dr. Samantha Slotnick explores the hidden signs and symptoms of Visual Stress in this dynamic interactive presentation.

- If you get sleepy when reading
- If you have a short attention span
- If you re-read material to understand it
- If you trip or brush door edges when walking

Learn how you can enjoy more efficient, effective use of your own vision, at any age.

* * *

HERITAGE HILLS WOMEN'S CLUB

Submitted by Phyllis Bradbury

Spring Luncheon

Wednesday, June 14, 12:30 pm at Jefferson on the Lake (formerly Vittoria Z)

The Women's Club Annual Spring Luncheon is scheduled for June 14. See our flyer in the Activities Office for details. Cost for the Luncheon is \$50.00 members, \$52.00 non-members. Checks should be made payable to "Women's Club". Indicate your entrée choice on the check. Reservation and check must be placed in the **Activity Office Women's Club mailbox by June 5**. If you are requesting group seating together at the luncheon, please submit all checks in one envelope. Table arrangements are for groups of 8. More information - call Joan at 914-276-0488 or Angela at 914-276-0056.

If you would like to know more about our club, please call membership chairperson, Alfreda Savarese at 914-617-2007.

SINGLES CLUB

IT'S ALMOST SUMMER SOCIAL!

Thursday, June 15, at 5:00 pm at Lake Lodge
BBQ catered by Ledley

Salad

Ribs, chicken, shrimp, vegetables, pasta,
fruit and dessert.

Sangria for your drinking pleasure.

Music provided by Jimmy Tate

\$45.00 per member/\$55.00 per guest

RSVP no later than June 9. Put checks in slot at Activity Center

* * *



CIAO ITALIA CLUB

Members Only 30th Anniversary Dinner

FRIDAY, JUNE 16, - \$55.00 per person - Doors Open at 6:30 pm

This is a MEMBERS ONLY event. You need to either pick up a flyer outside the Activities Office (containing all the information) or print a copy from the email blast, then fill out the form at the bottom and place in the Ciao Italia mailbox by **Friday, June 9**, along with your check made out to Ciao Italia. Write "30 Anniversary" on outside of envelope.

* * *



CLUB SHALOM

THE BIBLE AND BROADWAY TUNES

By Joyce Spector

Saturday evening June 17, at 7 pm in the Activity Center

Deborah Zecher (4 women 4 stories) is back! Her program this evening finds charming and clever connections between stories from the Bible and well-known Broadway tunes. For example, imagine if Abraham had responded to someone challenging his belief in God's presence in the universe by singing that God is "Someone to Watch Over Me?" Rabbi Deborah Zecher has combined beloved stories from the Bible and Midrash with familiar Broadway show tunes to create Broadway Bible, or as she likes to say, "Torah study from a completely different per-spective". No proof of vaccination is required; masks are welcomed. Light refreshments will be served. Admission is \$15 per person in the Activity Center. Please place your checks in our mailbox along with your name, phone number and email address **no later than June 12**. Walk-ins are welcome as space permits. Questions, call Alan Tepper (914)342-3279 or email to astepper@gmail.com.

SAVE THE DATE: Saturday evening July 15 at 7 pm in the Activity Center

* * *



SOCIETY BOARD MONTHLY AND ANNUAL MEETINGS

Wednesday, June 21, 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.

Immediately following the Board Meeting, Society's Annual Meeting will be held, at which time it will be reported that no one other than the five incumbents running for re-election have submitted an application to be listed as a candidate for the Society Board of Directors in the 2023 election. Therefore, the May 31 Candidates' Night has been canceled and ballots have not been mailed to unit owners. Instead, the incumbent directors will be elected by acclamation at the Board of Directors annual meeting on June 21. Their new terms will begin on July 1.

* * *



HERITAGE HILLS COMMUNITY THEATRE

Submitted by Bill Hoare

HARVEY

Friday and Saturday, June 23 and 24, at 7:30 pm and Sunday, June 25 at 3:00 pm in the Heritage Room

Revel in your spring fever with the hilarious Pulitzer Prize-winning play from Mary Chase about a friendship a man and a six-foot rabbit share.

Ticket prices are \$12 for HHCT members and \$15 for non-members. Checks may be left in our mailbox in the Activities Center. Remember to indicate the number of tickets, performance date and your email address or phone number. Space is limited in accordance with Society Rules. If you have any questions contact Muriel at 914-2778825 or Helen at 917-554-4417.

* * *



INDEPENDENT AND FOREIGN FILM CLUB

Sunday, June 25, 7:00 pm in the Heritage Room

"Dukhtar". Urdu with english subtitles. In the mountains of Pakistan, a mother and her ten-year-old daughter flee their home on the eve of the girl's marriage to a tribal leader. A deadly hunt for them begins. A look into a different culture. An engrossing thriller and drama. A discussion follows the screening. 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
More details to follow.

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

* * *

TRAVEL CLUB PRESENTS A CULINARY DELIGHT!

Submitted by Elaine Soliman

Thursday September 21, 2023



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

Bocuse 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 - 914-476-4295. 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.

**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 APRIL 19

SOCIETY BOARD OF DIRECTORS MEETING

Compiled by Deica Ruiz

Meeting commenced at 1:30 pm

Motions:

- To approve renewal of our insurance policy package with Gerelli Insurance for 2023/2024 – motion passed.
- To approve revised shuttle bus schedule, eliminating the 2:45 pm and 3:45 pm midday runs – motion passed.
- To approve the purchase of three new pieces of fitness equipment and the purchase of an operable window for the Fitness Center – motion passed.

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

Bylaw Amendment - Alan Tepper, Committee Chair:

- The results of the ballot vote on the Purchaser's Contribution Bylaw Amendment are as follows. Votes for approval – 894, votes for disapproval – 459, invalid ballots – 85. The amendment was approved.

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.

Gloria Anderson, 2nd Vice President:

- Once the bylaw passed, the Board of Directors agreed to adopt a policy to interpret the bylaw amendment for our community. The policy states that, effective July 1, 2023, the initial amount of the contribution is \$1,500, regardless of the size or model of the unit being purchased. The amount of the contribution will be reviewed annually in conjunction with the Board's annual budget review process and may be adjusted or increased based on budgetary considerations, at the Board's discretion.

Financial Report – Bill Harden, Treasurer:

- March income was \$522,722 and expenses were \$394,263. Keep in mind that the first 4-5 months of the year are when we develop a surplus. By 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.

Insurance Report - Bill Harden, Treasurer

- We are renewing our insurance policy with Gerelli Insurance for the year 2023/24; there is a 13% increase in premiums this year; we had budgeted a 9% increase. The premium of the new liability package policy is \$81,044.
- In addition to liability, we have other insurance policies; these include Directors and Officers policy at \$5,639, crime policy at \$1,518.75, cyber liability policy is \$1,054, and volunteer accident policy is \$300.
- Mr. Harden made a motion to approve the new insurance policy, which includes an umbrella policy of \$15 million. Ms. Ploss voted no for the umbrella reduction, yes for removal of flood and earthquake coverage; the motion passed.

Communications/Website/Newsletter – Annette Bensen, Chair:

- In keeping our website updated, we are requesting that Clubs and Condos submit updated contact information to the Activities office.
- **Newsletter:** The May issue is on schedule with information on Activities, Classes, and Clubs.

Welcome to HH Committee – Dorinda Haskel, Co-Chair:

- This year's event is scheduled for Saturday, September 9, 2023. New and old residents are welcome to attend.

Society Board Elections - Alan Tepper, Committee Chair:

- On a yearly basis, the Society Board has five (5) seats that are up for re-election.
- We've received a response from our incumbents, all of whom are running for re-election.
- We welcome and encourage residents to consider becoming involved.

Digital Records Retention - Jay Wright, Committee Chair:

- Society's historical records, files that we are to "retain permanently," are under a review process to transfer over to a digital format.
- We anticipate the auditing process will take 3 months to complete.

Meadowlark Park – Patricia Ploss, Chair:

- **Trails:** This month our landscaper will determine the measurements and costs for the extension of one of our trails.

- **Park Place:** You can now find board games at Park Place. Joe Rocha and Marcus Lovell have built a terrific bookcase for storage of children's books and games. We are happy to accept donations.

Landscaping:

- Our generator located outside of the AC will be receiving shrubbery to screen it from view.

Community Affairs Committee – Jack Mattes, Chair:

- The April 4, Food Drive was a success thanks to our wonderful HH community. The Somers Food Pantry received over 80 bags of donated items and over \$1,000 in monetary donations.
- There is a school board election on May 16 and there are four (4) candidates running to fill two (2) open positions.
- The primary election will take place on June 27 here in the HR.

Emergency Preparedness 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.

Library – Deica Ruiz, Chair:

- For the month of May we are adding 16 new books, including titles by David Baldacci, Walter Mosley, and John Sandford.
- Please remember the library is now open from 10 am to 3 pm, Monday through Friday, thanks to our wonderful volunteers. You may call us at 914-276-7655 to reserve a book and leave the name of the book and your contact information. The full list of books can be found at hhsociety.org, under the library tab.

Pool Committee – Joan Sotille:

- We are currently in the process of pool sticker distribution.
- Guest policy changes have been submitted to the Society Board, please keep a look out for any updates.
- Water Aerobics classes will be held Monday through Friday at 9 am at pool 4 during July and August.
- Residents must present their ID with a 2023 pool sticker to gain entrance. Junior ID card holders will also require a pool sticker.

Security - Dave Jacobsen, Prosecur Supervisor:

- March stats: 26 security calls, 55 medical calls, 9 fire alarms/CO detectors, 44 service calls, 15 maintenance emergencies, 3 parking violations, 1 car accident; a total of 154 for the month, year to date 528. Calls to the Security office should be for security, medical and safety related emergencies only.
- We had two fires this month, one fire occurred at the stove, please do not walk away while using your stove. The second fire was in the kitchen garbage can due to a lit cigarette.
- The water main break that occurred on Easter overwhelmed the Security phone lines with over 200 calls preventing any emergency calls from getting through. We have one dispatcher in the office. **Please contact Veolia directly when experiencing a water main break.**
- **When to call 911** – If you have a Police, Fire Dept or EMS emergency, your first call should be to 911.

Operations Report – John Milligan, Property Manager:

Expenses Discussion

• 2022 utilities expenditures, totaling \$290,000:

- NYSEG: 78 invoices monthly totaling \$115,000, of which \$39,000 is streetlights. Using LED lights does help with costs and has been installed throughout Society's buildings, pools, and equipment
- Heating oil – \$76,000
- Veolia Water and Sewer - \$36,000
- Communication (Comcast/Verizon/Verizon Wireless) - \$34,000
- Propane - \$28,000.

• Building related expenditures:

- Activities Center - \$80,000
- Fitness Center - \$43,000
- Lake Lodge - \$36,000
- Maintenance Yard - \$22,000
- Park Place - \$9,500

• Pools - \$56,000 (utility expenditures)

Shuttle Buses

- The Board has decided to condense midday bus service to 6 runs, eliminating the 2:45 pm and 3:45 pm midday runs effective May 1.

NYSEG

- NYSEG has already begun their final infrastructure replacement work on Condos 18 and 23 which are almost complete.

Pools

- Pool #4 has a structure issue and is leaking. The pool has been drained and walls will be sealed to minimize leakage for this pool season. At some time in the future Pool #4 will have to be closed for much of, if not all of the pool season for major structural repair.

Tennis

- The initial reconditioning of our 4 turf courts is scheduled for the week of May 1. The lights at the platform tennis courts are very old and need to be replaced.

Fitness Center

- The Fitness Center Committee has made recommendations to purchase three machines and recommended installing an operable window to introduce fresh air. These total \$17,488, within the \$20,000 allocated in the 2023 budget.

Miscellaneous

- The honeybees have arrived via the U.S. Postal Service and have been installed in the hive, and a 12 volt fence has been installed to keep away the bears. A couple of education sessions concerning the importance of honeybees to our environment may be held.

* * *

Dream Kitchens And Baths

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HOULIHAN LAWRENCE

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

#1

**AGENT IN
SOMERS &
HERITAGE HILLS**



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

COUNCIL OF CONDOS

By Terry Clifford

The April 19 meeting was attended by Condos 1, 4, 5, 6, 7, 8, 11, 12, 13, 15, 17, 18, 19, 20, 21, 23, 25, 27, 28, and 30.

Guest speaker – Jason Schiciano, President of Levitt-Fiurst Insurance spoke about what should be included in a “Variance” package required when unit owners hire a contractor or other vendor to complete work in their unit. He distributed sample Unit Owners Indemnification and Insurance Agreement forms, Contractor’s Indemnification agreement, and Certificate of Liability Insurance. These agreements protect the unit owner and the Condo from litigation in the event the contractor’s workers injure themselves. The New York State Scaffold Law allows workers to find the Condo and unit at fault in the event of an on-the-job accident. Therefore, adding the sample documents to the Variance provides litigation protection for the Condo.

If a contractor has poor insurance Jason recommends, they seek good insurance from either State Farm, Allstate, or Progressive insurance companies. These companies will provide contractors with \$1 million dollars in good general liability coverage with **no exclusions**.

Nominating Committee – A Council of Condos Election Committee was formed to evaluate and provide candidates for officers for our organization within Heritage Hills Condominiums. Jack Mattes, Betty Morales, and Renee Celentano agreed to serve and presented a slate of officers without any additional candidates. Therefore, the Secretary moved to cast one vote for the slate. The officers will begin their term at the May meeting. Officers are:

Louise Squitieri, President
Terry Clifford, Vice President
Dorinda Haskell, Treasurer
Linda Grassia, Secretary

Willow Wood Gun Club – Condo 21 President presented updated information on the Willow Wood Gun Club expansion now before the Carmel Town Planning Board. Several Condo presidents, Society Board members, the Somers Town Supervisor, Somers Land Trust members, and other property owners gathered to discuss legal remedies to prevent the expansion and to mitigate environmental impact of their activities. The initial outlay of \$5000 would be required for an attorney to gather information. Further litigation could cost upwards of \$15,000 dollars.

The “Council of Condos” is not incorporated and therefore cannot bring legal action. The question then becomes which condos will contribute, who would hold the funds, and which entity or condo will be named for the legal action. The Gun Club could counter sue whoever brought the legal action causing further monetary hardship. The Town of Somers is also involved with this issue and may present further discussion and/or legal action with the Gun Club on behalf of the Somers Land Trust’s environmental issues. These questions and other concerns leave Heritage Hills Condominiums in a quandary with little recourse.

The next meeting of the “Council of Condos” is Wednesday, June 21 at 7 pm at the Activities Center. We hope to see a Condo Board member or representative from every Condo in attendance. Your input is important to our organization.

* * *



JUNE 2023 EVENTS AT THE SOMERS LIBRARY

Register on our online calendar at www.somerslibrary.org in order to have access to this meeting. Our programs are supported by the Friends of the Somers Library through our patrons’ generous contributions.

Natural Solutions to Eliminate Pain

In Person, Saturday, June 3rd, 10:30 am - 11:30 am

Are you experiencing pain? You are not alone. Dr Edward Markowitz, D.C., CFMP, will discuss the following topics:

- Spinal Disc decompression • Acupuncture • Therapeutic massage
- Anti-inflammatory diet • Postural correction

Nutritional, exercise and lifestyle advice to help reduce pain and inflammation without medication or surgery will be discussed.

Presenter: Dr. Edward Markowitz of Advanced Wellness and Injury Center has utilized a unique combination of customized nutrition, electrical acupuncture and hands on therapy to successfully help thousands of patients with their health issues, and has lectured extensively on natural solutions to health problems for more than 35 years.

Healthy Living for Your Brain and Body: Tips from the Latest Research

In Person, Friday, June 9 , 1 pm - 2 pm

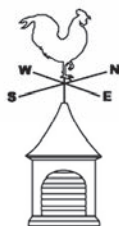
Presented by the Alzheimer’s Association. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas associated with healthy aging: Cognitive activity, exercise, diet/nutrition and social engagement. Drawing on the latest research, this program explores steps to take to improve or maintain overall health in each area. Please register.

continued on page 11



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Natural Solutions to Reduce Anxiety and Depression

In Person, Saturday, June 17, 10:30 am - 11:30 am

Ever wonder about natural solutions to reduce anxiety and depression? Join us for this interesting presentation. Dr Edward Markowitz, D.C., CFMP, will discuss the following topics:

- Optimizing nutrition
- Balancing hormones and brain chemistry
 - Reducing inflammatory foods
 - Increasing anti-inflammatory foods
- Improving digestion and,
 - Stress reduction techniques

Presenter: Dr. Edward Markowitz of Advanced Wellness and Injury Center has utilized a unique combination of customized nutrition, electrical acupuncture and hands on therapy to successfully help thousands of patients with their health issues, and has lectured extensively on natural solutions to health problems for more than 35 years.

* * *

HH LIBRARY BOOK CLUB

By Sheelagh Kaplan

The Heritage Hills Library Committee has proposed sponsoring a HHL Book Club for residents, to be held on the first Monday of every month at 3:30 pm. If this is an activity in which you would be interested, please send an email to Sheelagh Kaplan at sheelaghk1@aol.com. Sheelagh is a member of the Library Committee and the Library Volunteer Coordinator; she will facilitate the activity. If there is interest and the activity is approved, we would anticipate starting sometime in June.



* * *

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Library COMMITTEE SATURDAY HOURS

HHLibrary is pleased to announce that starting Saturday, June 3, the Library will be open on Saturday mornings from 10 am to 1 pm. The Library is staffed by volunteers, and occasionally we may have a gap in coverage. Please call the Library at 914-276-7655 to ensure that it is open before stopping by. During the week, the Library is open Monday through Friday from 10 am to 3 pm.

OUR GROWING COLLECTION

For those who enjoy historical fiction, Alison Weir's novel, *The King's Pleasure* (about King Henry VIII), may be a good choice. Ms. Weir started her writing career as a historian before she moved onto fiction. Her novels, therefore, are well researched. Jeff Shaara turns his attention to Theodore Roosevelt in *The Old Lion*. He is best known for his Civil War and World War 2 novels, particularly his sequels to his father Michael Shaara's book, *The Killer Angels*.

The Library has a number of Scandinavian noir mysteries. This month, we are adding books by two well regarded authors, Jo Nesbo (Norway) and Arnaldur Indridason (Iceland).

NEW ADDITIONS TO OUR COLLECTION IN JUNE

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

Fiction

Boyle, T.C. *Blue Skies*
Frazier, Charles *The Trackers*
Isaacs, Susan *Bad, Bad Seymour Brown*
Sittenfeld, Curtis *Romantic Comedy*
Shaara, Jeff. *The Old Lion*
Steel, Danielle *Wedding Planner*
Weir, Alison *The King's Pleasure*

Mystery

Constantine, Liv *The Senator's Wife*
Indridason, Arnaldur. *The Girl by the Bridge*
Nesbo, Jo *Killing Moon*
Smith, Martin Cruz. *Independence Square*
Winspear, Jacqueline *The White Lady*

Non-Fiction

Attia, Peter *Outlive*

* * *



ROUNDTABLE SOMERS SCHOOLS BUDGET DISCUSSION

By Michael J. McBride P.E.

As the fairly new Heritage Hills 10-A-Men's Club President I have been invited to participate in the six-person panel on the yet to be voted on 2023/2024 Somers Schools Budget.

Amanda Bergin of the Somers Schools had been newly assigned as the liaison to set up this yearly meeting including Superintendent Raymond Blanch, his Assistant, Chris Platania, Councilman Anthony Ciriaco, Tom Newman of Somers Education Fund, Brian Schnapper PTA, and myself as a Heritage Hills resident.

I had prepared for this meeting by viewing the 5-minute budget video Amanda sent me, reading the full-page Somers Record public notice ads re what the propositions and who the candidates are. All four candidates were invited to present at the 10-A-Men. And Dr. Blanch had spoken and will again talk at the 10-A-Men before the vote.

As a retired State employee, whose son attended PEARLS in Yonkers, I was always interested and involved in government and school activities and local youth sports clubs. As my son, now at 34 years old, still says, "Dad, you read everything."

The proposed budget, per the SCSD mailing and the notices and news articles would raise the average Townhouse, Condo Unit yearly cost by approximately \$70.

Dr. Blanch explained, with frequent additional details provided by Chris Platania, about the student enrollment, present and future anticipated numbers.

There are approximately 170 eligible Universal Pre-K children in Somers. Next year the lottery will provide 84 positions to be covered by 100% state funding. This funding by the state is expected to increase thus increasing the number of available seats in the future.

Special Education was discussed at length and the differences of opinion on this very sensitive topic was discussed. One in five students in Somers receive some type of additional instructional help. Many of us have children or friends who have greatly benefitted from this help.

Facilities, costs, purchase contracts and inflation impacts, along with tax certiorari, were reviewed with Councilman Ciriaco leading some of the discussion of potential impacts regarding the Old IBM and Pepsi properties. There is a partial reserve fund as per Dr. Blanch to ameliorate any refunds that may be ruled in claimants' favor.

As a frequent grandparent user of Reis Park, I see the school busses bringing the school's tennis teams to the Reis courts for practice. Approving the building of tennis courts at SHS would have many benefits, team morale, reduced bus, and driver costs. And an unintended consequence would be more Reis time/ courts for pickleball use.

I enjoyed my opportunity to meet and discuss issues with all.

* * *

HONORARY DOCTOR OF LETTERS (L.H.D.) PATRICIA ADAMS

On Sunday morning, May 21 at 9:00 am, Hobart & William Smith Colleges (HWS) in Geneva, NY conferred on me an honorary Doctor of Letters (L.H.D.) for my assistance over the past few decades that culminated last month in the dedication of the HWS Alger Adams Intercultural Center. Dad was the colleges' first African American graduate in 1932 and over the years has served as an inspiration to many HWS students. The conferring of honorary degrees was within the first 30 minutes of the program.



Pat has been a resident in Heritage Hills since 2007 after leaving her childhood home in Hastings, NY. We are very proud of her.

* * *

MEADOWLARK PARK REPORT

By Pat Ploss



The Park is getting a little busy...

1. June is Pollinator Month and our Pollinator gardeners are planning an event for June 3. In connection with their goal to offer educational events to benefit our residents, they will host a tour of the gardens for children 8 years and up and then have the children create labels for the various plants. This will be led by long-time educator Dassi Citron and expert art teach Wendy Podell, both residents and members of the Garden Club's Native Pollinator Garden group. It is scheduled for 11 am on Saturday, June 3. (June 4 at 11 am rain date.) Register by emailing dassicitron@gmail.com.
2. Marti Lowenfeld of our committee is working with beekeeper Thom Mittag to arrange one or two talks about (what else?) our bees. Details to come.
3. We are waiting for the price to extend the Warren Trail about 300 feet. If the budget will allow, we're looking at extending the Heritage Trail about 120 feet to connect two existing cart paths. Looking forward, we have plans for another approximately 200 feet that would connect the Challenge Trail to the Heritage Trail.
4. And briefly: The fountain is in; the electrical meter at the south end of Meadow Pond is screened; at Park Place, the pachysandra is out, grass seed is in; the Park Place signs are up, and the awning is installed.

* * *



The Raccoon in my backyard photo by Richie Gettinger



This is the first hummingbird spotted for 2023 photo by Susan Williams

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FAMILY EVENT IN MEADOWLARK PARK

Rock Painting for the Pollinator Garden

Have you walked by the Pollinator Garden in Meadowlark Park? Are you interested in plants, flowers, birds, bees, and butterflies? Do you like to paint?

Tour the Garden Club's pollinator Garden and then help create hand painted plant labels to help identify our blooms. See page 13 for additional information.

Who: Children of all ages with their parents

Where: Pollinator Garden Meadowlark Park. Up the Hill from the Playground

When: June 3, 11:00 am Rain Date June 4, 11:00 am

RSVP to dassicitron@gmail.com by June 3.



THE FABRIC OF OUR COMMUNITY

Submitted by Margi Forrest

Coldwell Banker Realty located in the Bailey House (near Somers Pharmacy) has opened their recently renovated space to house an art exhibit.

Each artist lives in Heritage Hills and has generously shared their work. There will be artistic paintings, quilting, silk painting, and needlepoint for everyone's enjoyment.

The show is being curated by our Heritage Hills artistic expert, Fran Schultzberg.

The exhibit is free to the public and open through June 30, Monday – Friday from 10-4:00 pm, and will have special events on weekends. For information, call their office at 914-277-5000.

NOW YOU KNOW!



Quilt by Marie Sugar



Pettipoint by Margie Forrest

SOMERS SENIOR SERVICES

Submitted by Barbara Taberer, Director

For information on services in addition to the following, see page 2 or call 914-232-0807.

JUNE SHOPPING TRIPS

MONDAY

June 5Target
June 12Danbury Mall
June 19No Trip
June 26Dollar Tree (*Mahopac*)

FRIDAY

June 2.....Trader Joe's
June 9.....Acme (*Cortlandt*)
June 16.....ShopRite
June 23.....DeCicco's
June 30.....Top's



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EAST HILL MEN'S GOLF GROUP

by Ken Freeman



Ed Yee
President



Al Longhitano
Vice-President



Bob Slotoroff
Secretary



Jack O'Hanlon
Treasurer

The 2023 season is off to an active, fun start. Despite unseasonably cold, wet weather during the second half of April and early May, we got in 8 of our weekly Tuesday and Thursday morning rounds between April 6 (the season opener) and May 4 on the beautiful Somers National course, with just one round rained out. For any Heritage Hills residents still interested in joining our group, it's not too late. Our season runs until November, and we always welcome new members.

The winners of the season's first 8 rounds (all standard stroke play unless indicated) are detailed below:

April 6

A Flight*: Low Gross – Yogi Santa-Donato;
Low Net – 1st Dan Lanza, 2nd Ed Yee

B Flight:** Low Gross – Vin Marrone;
Low Net – 1st Bob Kenney, 2nd Howard Weiner, 3rd Ed Sottile

April 11

A Flight: Low Gross – Ed Yee;
Low Net – 1st Joel Greenspan, 2nd Yogi Santa-Donato

B Flight: Low Gross – Vin Marrone;
Low Net – 1st Howard Weiner, 2nd Ed Sottile

April 13

A Flight: Low Gross – Yogi Santa-Donato;
Low Net – 1st Joel Greenspan, 2nd Bob Briganti, 3rd Ed Yee

B Flight: Low Gross – Howard Weiner;
Low Net – 1st Nick Stanton, 2nd John Mahoney, 3rd Jim Haggerty

April 18

A Flight: Low Gross – Bob Slotoroff;
Low Net – 1st Dan Lanza, 2nd Joel Greenspan

B Flight: Low Gross – Charlie Kravetz;
Low Net – 1st Ed Sottile, 2nd Vin Marrone

April 20 – 4-Man Team Scramble (teams include a mix of A and B golfers)

Team Low Net: 1st – Frank Servidio, Charlie Kravetz, John Mahoney, Nick Stanton; 2nd – Bob Slotoroff, Ed Sottile, Frank Gallo, Rob Plouffe; 3rd – Ed Yee, Dan Lanza, Ken Freeman, Rich O'Brien

April 25

A Flight: Low Gross – Yogi Santa-Donato;
Low Net – 1st Tom Recca, 2nd Bob Briganti

B Flight: Low Gross – Vin Marrone;
Low Net – 1st Rich O'Brien, 2nd Ed Sottile

May 2

A Flight: Low Gross – Joel Greenspan; Low Net – Ed Yee

B Flight: Low Gross – Vin Marrone;
Low Net – 1st Nick Stanton, 2nd Howard Weiner

May 4

A Flight: Low Gross – Bob Slotoroff;
Low Net – Frank Servidio

B Flight: Low Gross – Jim Haggerty;
Low Net – 1st Vin Marrone, 2nd Howard Weiner

**our better golfers **the rest of us*

* * *

PICKELBALL GROUP

On May 1, the Pickleball Committee kicked off their first Tournament Games of 2023! While the competition was fierce, it is also a social event. Every Monday for 8 weeks, each team will play against a different team to determine the winners. There will be a celebration at the conclusion where the Gold, Silver and Bronze teams will be announced.

There are 64 players on the 8 teams, half men and half women. Team members were selected by the League subcommittee based on player self-rated levels to balance the teams. The games start with the best of three women's doubles, then three men's doubles, and finish with mixed doubles. Some of the players started their pickleball play with lessons at Heritage Hills!

Heritage Hills residents who are, or want to be, pickleball players can email the Pickleball Committee at PickleballHH@outlook.com. Please include your unit # and phone #, and join this growing fun group, get lessons, and participate in their well-attended, and enjoyed, social events.

See you on the courts!

* * *



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.

TWO GUESTS PER UNIT LIMIT

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. Keep an eye out for flyers and email blasts for upcoming events.

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.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com/HeritageHillsFamilyNetwork) 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 in Lake Lodge (we now have room for a few new members – Thursday preferred. Contact Rebecca Fierro at 914-669-5328.

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 at 1:30 pm the second Wednesday of the month, except for January, July, and August. The Board meets the first Tuesday of the month in the Activity Center. We welcome new members! Membership dues for renewals and new members are just \$12 for the year. Place your check in an envelope; include your name, unit number, and phone number, and insert it in the Women's Club mail slot. For membership information, call Membership Chairperson, Alfreda Savarese at 914-617-2007. See the COMING EVENTS section of this *Newsletter* for specific upcoming event details.

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.

THE BONSAI

By Geri Moran

I was very curious when I received a package boldly marked “Live materials – open immediately.” I laughed wondering did someone send me a pet. When I opened the box, I saw it was a gift from my good friends Bill and Sue. At first, I thought it to be a nice little plant but when I got it fully opened, I found a bonsai tree. It was perfectly beautiful, verdant, and graceful in form. And it came with instructions – the kind only a botanist would be able to follow. I wondered if it heard the first toll of its death knell right then.

Bill has a great sense of humor, so I called him up and told him I got their lovely gift.

“Isn’t it cool?”, he said. We gave them to a few of our friends.”

“You might as well have given me a puppy, I said. Did you see the instructions?”

Bill laughed as I knew he would, and said he was sure if we all just followed the simple instructions that it would be ok.

I am convinced there was never a house built with the proper amount of changing light for that plant, and the requirements of spritzing, proper watering, and feeding would rival the attention needed to care for a human baby. But I was determined to keep it alive, and thought I could succeed since I already, in fact, had kept a human baby alive all the way to adulthood.

Yeah, that didn’t happen. It took only weeks before the death browning began. The funny thing is that it didn’t wilt or drop leaves, it just started browning with all the branches and leaves remaining in place. It was lovely to look at just as sculpture - even though it was distinctly not green and definitely done for. I finally gave up altogether and just left it alone.

I spoke to Bill fairly often but just could not bring myself to tell him that I killed their gift. When he asked how the plant was doing, I would just say something like – “Oh, it’s still right here on my desk.” Which it was, I just did not refer to its health, or it’s now completely dried out and coffee brown appearance. I lived in fear he would ask for a photo of it.

One day months later when Bill asked how the bonsai was doing, I again replied in my usual vague way.

“This is amazing, Geri. You are the only one who still has it. Everyone else we gave them to said theirs died pretty quickly.”

I burst out laughing – laughing so hard that Bill started laughing even though he didn’t know why.

“Bill,” I said, “that plant has been dead for months. I just didn’t have the heart to tell you. I am not lying when I say it is still on my desk, but it is brown and dead.” He thought it was hilarious that I kept up the pretense so as not to hurt their feelings, and I was relieved to find out I was not the only bonsai killer.

Fast forward to a month ago. My friend Jackie does not know Bill or Sue and had never heard the story. She kindly sent me a plant recently. Yes, a bonsai. This one is worse – it is a flowering one, allegedly a gardenia. I say allegedly because though there are buds, I suspect they will be on their way to the bonsai heaven before they flower. Ironically, she said that she saw the photo of it online and it looked so beautiful that she wanted me to have the live flowering plant, rather than cut flowers that would soon die.

“Oh yes, Jackie – the plant is right here on my desk.”

* * *



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By Crystal Keets

The Cherry Blossoms woke up today and said
Look the Forsythia have gone away
So here's our chance to make a display
Before the Azalea have their say

Don't worry, don't worry
There is no danger
It's a while before
We see the Hydranea

And don't worry if you feel
Something tickling your noses
It's a month before
We smell the roses!



* * *

TREES

By Ellen Reiss

Pine trees grow big and tall
Evergreens surround us all
It's great that all year round they are green
In the winter it's a beautiful scene
where I live they are all around
All week last week, I heard the loud sound

The trucks, the ladders and the snippers
Making the trees round with their clippers

Rounding little bushes is all right
But trees should grow to their own height
I wish they'd leave the trees to rest
For nature surely knows what's best



* * *

HAIKU FOR JUNE

By Suzanne Shea

Summer here at last
Splashing, enjoying the pool
Cooling off, refreshed





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2023 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD

HOULIHAN LAWRENCE • Somers		\$7.6M
WILLIAM RAVEIS • Katonah		\$3.6M
COLDWELL BANKER • Somers		\$3.2M
HOULIHAN LAWRENCE • Katonah		\$1.6M

Source: OKMLS, 1/1/2023 – 5/7/2023, Condominiums, total volume sold by office, city/town Somers, Heritage Hills complex

THE MANY PLEASURES OF GARDENING

Submitted by the Joanne Meder

Gardening can be a source of enormous pleasure and gratification. Those of us who love to garden do so for many reasons: the satisfaction we get from growing beautiful flowers to adorn our homes or give away; the ability to marvel over the wonders of nature as we observe pollinators at work and the magical evolution of seeds, bulbs, and seedlings into mature plants displaying bursts of color or revealing hints of a bountiful harvest to come; the opportunity to create our own farm-to-table dining experiences without visiting a highly acclaimed restaurant, knowing that food does not come any fresher than when just picked from our gardens to be turned into an extraordinarily flavorful and nourishing meal that very same day; and the ability to escape from every day pressures and temporarily tune out the rest of the world. By their very nature, gardeners must be optimists because they are always planning for the future, eager to try something new or continue to plant their favorite vegetables, herbs, and fruits based on a taste memory from the past.

In addition to those benefits, members of the Heritage Hills Garden Club also enjoy the camaraderie and generosity of fellow gardeners, as we cross paths in the Community Garden, share extra plants, exchange gardening tips, and also mingle at educational and social events. The maximum number of active gardeners is limited by the size of the Community Garden, which currently offers 140 gardening spaces. There is a long waiting list for one of those coveted spots; it still numbers several dozen residents after assigning all available gardens this year.

In addition to working together in a Community Garden, we also make contributions to the larger community. For example, the “seeds” for creation of a first pollinator garden in Meadowlark Park were initially “planted” by the Garden Club in late 2021. That concept came to fruition during 2022 with the establishment of a new garden at the top of the hill above the children’s playground designed and planted by the Garden Club’s enthusiastic Native Pollinator Garden group. Meadowlark Park now features three additional pollinator gardens created by the Garden Club, each with a slightly different focus.

The Garden Club also sponsors an outreach program for the purpose of sharing fresh produce with members of the larger Somers community who may have limited access to healthy foods. This program began many years ago and has continued to evolve under the dedicated leadership of a Food Pantry Committee. Each week from late June to late September, members of the Garden Club are asked to donate from their individual gardens any excess produce they are willing to share. We often grow more than we can eat by ourselves; collecting a little bit of excess produce from many gardeners can add up to a generous weekly donation. Members of the Food Pantry Committee also manage a garden that is planted solely for the purpose of raising crops for donation. Last year, the Garden Club donated over 200 pounds of fresh produce to the food pantries operated by the Community Center of Northern Westchester in Katonah and St. Luke’s Church in Somers. These donations included tomatoes, peppers, cucumbers, eggplant, squash, cabbage, lettuces, beans, carrots, butternut squash, beets, herbs, and even some colorful flowers. It is a great way to serve our community and extend our gardening activities beyond the fence!



FIT-BITS

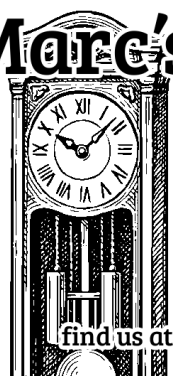
By Mary Tedesco

HOW TO ASSESS YOUR OWN FITNESS LEVEL

- 1) Walk one mile and take your heart rate before and after the walk. Is the difference great? If you are walking for just one mile your heart rate should increase no more than 20 beats. If your heart rate increases too much you will need to take it down a notch but keep going.
- 2) How many push ups can you do? You can try both a standard push up and a modified push up.
- 3) Take a measurement of your waist. ...what is the circumference?
- 4) While sitting on the floor, with your legs in front of you, how far can you reach forward?
- 5) How long does it take you to walk 1 mile or how long does it take you to run 1.5 miles?

Write down your answers and each week record your improvements. This will motivate you!

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Submitted by Barbara Tepper
Adjunct Instructor of Information Literacy

BRAISED RED CABBAGE

Last month the Culinary Club hosted a Viennese Table dinner. One of the outstanding dishes, prepared by Phyllis Wilson was Braised Red Cabbage. Easy to make, feeds an army!

Ingredients:

- 6 cups red cabbage, chopped
- 1 apple, peeled and sliced
- 1/2 onion, slivered
- 1/4 cup cider vinegar
- 3 tbsp white sugar
- 1/3 cup water, may need more
- 1/8 tsp cloves
- salt and pepper to taste

Preparation:

Combine all ingredients in a large saucepan. Bring to a boil, reduce heat to a low simmer and cover.

Cook, covered, for 90 minutes, stirring occasionally. Add more water if needed.

Season to taste with salt and pepper, serve warm.



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House Cleaning - Here at Preferred Services no job too big or too small. We offer detailed cleaning service keeping your home sparkling clean. Fully insured, 100% guaranteed. Owner oversees cleaning, 18 years experience. Free estimate. **Edna Oliverira (203) 948-2436**

FOOT DOCTOR - HOME VISITS - Gentle foot care available in the quiet comfort of your home. **Dr. Harry C. Prywes** - A seasoned podiatrist with extensive experience, serving Heritage Hills and Westchester residents for over 30 years. To schedule an appointment: **Call 914-723-0125.**

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Professional Organizer, Andréa Deinstadt for closet organizing, bill paying, downsizing, and estate clearing. Serving Heritage Hills for 10 years. Competent, reliable, caring. **914.391.8816** to arrange complimentary meeting. **www.OrganizingWisdom.com**

BREEZEMONT DAY CAMP (Armonk, NY) We are seeking adult-retired seasonal staff members for Summer 2023. Many roles are available. **Please call 914.367.1938 for more information.**

Male Companion Needed for an elderly man. We are seeking a friendly and dependable person who can keep him company, do some errands with him, pool etc. Flexible schedule. **Call 914-309-3538**

ONE HANDYMAN - Friendly & Dependable service. Miscellaneous Repairs and Homeowner Help. Insured / License: WC-23531-H10 / Free Estimates **Call Anytime: Bob Carpenter (H) 914-232-0501, (C) 845-664-2363**

HANDYMAN OF HERITAGE HILLS

Expert Painting and Carpentry. No job too small. Hang picture, drapes, repair walls. **FREE ESTIMATE. John (914) 299-0328 eaglepainting@gmail.com**

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WANTED TO BUY Costume Jewelry, Handbags, Watches, Religious Medals, Cufflinks, Perfume, Vintage Clothing, Powder Compacts, Sterling Silver, Coins, Books, Furs....**Cash Paid....Call Carol.... (914) 261-6464**

Exterior & interior painting, drywall install/repair, power wash decks. Free estimates, affordable prices. Insured **973 Route 22, Brewster, NY • Juan 914-882-9572** **Presently serving Heritage Hills**

R-EXTERMINATOR – If it bugs you I can help!
Ronnie Mosia – 914-216-1113 - Resident of Heritage Hills
 Ants, rats, mice, bees, roaches, crickets, beetles
 Over 35 years of experience!

English Speaking /Responsible, Reliable Young Woman
 Seeking Employment to Care for the Sick or Elderly, lives in
 Heritage Hills, has own car. Please call Sandy at **914-573-6090**. . .

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.

PRIVATE DRIVER AVAILABLE - Experienced driver available looking for repeat or steady customers. Doctor appointments, supermarket, post office, airport, bank, physical therapy, etc. Longer trips also available. Reliable car/suv, reasonable rates, pet friendly, courteous and prompt.
Call or text Chris at 914-653-3632.

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

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 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.**

Part-Time Admin Asst. - Hebrew Congregation/Somers
Flex 5-10 hrs /wk - mostly remote. 2 years exp pref.
 Strong computer and communication skills.
Submit resume: Koenig.jennifer@gmail.com

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).

Companion available M-F mornings or afternoons, drive to stores, doctor appointments locally (your car) prepare lunch, dinner.
Lives in Heritage Hills, excellent references.
Call Ruth 914-261-1165

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

Passionate, dependable, and trustworthy female caregiver with over 15 yrs experience in geriatric care seeking job to care for your loved ones. Please call Vivienne, 914-299-9745.

**To Place an Ad,
 Call Ann or Bill Harden
 at (914) 277-1122**

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 attachm ent 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.

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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 5/10/2023

	2023	2022	2021	2020
TOTAL SOLD	32 (\$320,000-\$810,000)	55 (\$276,000-\$785,000)	40 (\$305,000-\$719,000)	33 (\$249,500-\$670,000)

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

1 BEDROOM

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

2 BEDROOM

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

3 BEDROOM

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

Demand Still High For Homes In Heritage Hills

Our low inventory and the number of people looking to live in Heritage shows that the demand for homes in our community is still high. If you or anyone you know is thinking of selling, please do not hesitate to contact me.

If you have any questions or would like to know about sales for your particular model, call my cell phone at 914-420-1850 or text or send an email to mlowenfeld@houlihanlawrence.com

**Thank you,
Marti**

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Somers, NY 10589

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- 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