



THE OFFICIAL

Heritage Hills Newsletter

MARCH 2025



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
Society Fee
Financial Office 914-276-2509

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, Saturday 10 am to 1 pm
Fitness Center & Gym Daily 4 am to 11 pm
Lake Lodge 9 am to 11 pm
Meadowlark Park Dawn 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

Princess Guerra, 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, for appointments between 10:30 am to 2 pm
Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Mondays and Fridays, pickups start 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

VVNA Home Health Services, part of Northwell Health at Home

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

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845-208-8151 - freeman@halstonmedia.com - HalstonMedia.com
Contact Brett Freeman for advertising in any of our publications or online.

FOR INFORMATION ABOUT THE HOSTS OF THE BELOW EVENTS, SEE THE ACTIVITIES / CLASSES / CLUBS SECTION OF THIS NEWSLETTER. WHEN GUESTS ARE WELCOME, UP TO FOUR PER UNIT ARE ALLOWED



SOCIETY BOARD

SOCIETY BOARD CANDIDATE APPLICATIONS

By Anna Milani, Society Office Administrator

Now until April 1 at 1 pm

The Election Committee is now accepting applications from unit owners interested in running for the Society Board of Directors. All unit owners, spouses, and domestic partners may run for a three-year term commencing July 1, 2025.

An Application is on pages 9 to 11 of this issue. Applications are also available in the Activities and Society offices and on the Society Board website (<https://hhsociety.org/heritage-hills-society>). All Applications must be received in the Society office **no later than 1 pm on April 1**.

The Society Board of Directors is responsible for the operation and maintenance of the Heritage Hills assets that serve the entire community. Those assets include the Activities Center; Fitness Center; Lake Lodge; the Maintenance Yard; Meadowlark Park and Park Place; the Bocce, Pickleball, and Tennis Courts; the Pools; the Shuttle Bus Service; and "A" and "B" Roads and any "C" Roads that serve two or more Condos. The Society Board is comprised of 15 members who are elected by Unit Owners.

MONTHLY MEETING

Wednesday, March 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 Comcast's channels 21 and 1070 while in progress and will be rebroadcast daily on those channels 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. They will be discussed at the end of the meeting. **Provide your name and unit number on written correspondence.**

HERITAGE HILLS NEWSLETTER COMMITTEE

Chair/Editor in Chief: Susan Statkowski-Rivalsi
 Writers/Editors/Photographers: Patricia Adams, Rosetta Benson, Phyllis Bradbury, Dassi Citron, Terry Clifford, Karl Milde, Elizabeth Royston, Keri Reitman Schnapper

10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

- March 5** **Anne Gullen**
Keep Somers Beautiful
- March 12** **Rob Scorrano - Somers Town Supervisor**
- March 19** **Liz Anaya - Chase**
Wealth Management
- March 26** **John Katzenstein**
Alzheimer's Disease
- April 9** **Chet and Mary Edwards**
Honor Flights

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am. \$2 admission. Bagels and coffee are available until 9:45 am. Folks mingle and chat until 10 am, when the Pledge of Allegiance is said. That is followed by speakers and discussions until 11 am.

Come join us to meet your neighbors, ask questions, and find out what is happening in Heritage Hills and around Somers. As always, we respect, welcome, and listen to all.



By Barbara Pollack

ON THE COVER

A few years ago, Elizabeth Royston planted some Snowdrop bulbs in front of her unit. What you see on the cover greets her every March.

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WOMEN'S CLUB

Submitted by Phyllis Bradbury

SAINT PATRICK'S DAY EVENT

Wednesday, March 12, at 1:30 pm in the Heritage Room

Come and celebrate Saint Patrick's Day with us. There is sure to be Irish Soda Bread, plus cake and coffee. Enjoy a Celtic Women video as well!

This event is free for members, and the charge for non-members is \$5. A flyer is available in the Activities Center. Fill out the bottom of it – or put your name and phone number on a slip of paper – and put either in the Women's Club mail slot. If you are not able to get to the Activities Center, call Joan at 914-276-0488 or Alfreda at 914-617-2007.

* * *

CONTINUING EDUCATION

By Karen Baker

The following events will take place in the Heritage Room.

Admission is \$10 per event, paid at the door. If you have any questions, call Ann at 914-617-9434.

DEVOURING HISTORY

**Two separate lectures by Al Hunt,
Professor Emeritus of History, SUNY Purchase**

AN AGE OF EXPLORATION

Tuesday, March 18, at 1:30 pm

Professor Hunt will discuss how most human migrations, global trade, and conflicts have been caused by mundane crops such as sugar, rice, spices, tea, and potatoes more than by grander notions of ideology, democracy, or the desire for religious freedom. For example, sugar cultivation was unimaginable without the support of slavery.

AN AGE OF FRUSTRATION

Tuesday, March 25, at 1:30 pm

Since the beginning of the 19th century, Americans have been obsessed with creating a lifestyle nurtured by diets such as Dr. Kellogg's cereal which promised longevity, good looks, and good fortune. Professor Hunt will discuss how, unfortunately, our modern lives have stood in the way of this perpetual goal – in part because, as the saying goes, "you are what you eat." Today, we rely on science to deliver us from the purgatory of obesity.

ROBERT H. JACKSON: LEGACY OF JUSTICE

**A lecture by Kristen MacMahon, President,
Robert H. Jackson Center, Jamestown, New York**

Tuesday, April 8, at 1:30 pm

The mission of the Jackson Center is "to advance public awareness and appreciation of the principles of justice and the rule of law as embodied in the achievements and legacy of Robert H. Jackson, United States Supreme Court Justice and Chief Prosecutor at Nuremberg." This lecture will focus on Jackson's role in the Nuremberg Trials and

then trace the evolution of international humanitarian justice from 1945/46 to the present. It will include overviews of the special courts for Yugoslavia, Rwanda, and Sierra Leone; the creation of the International Criminal Court; and current mechanisms of justice around the world.

A CONCISE HISTORY OF WESTERN CLASSICAL MUSIC

**A lecture by Harold Rosenbaum, acclaimed Conductor and
Professor Emeritus at the University of Buffalo**

Tuesday, April 15, at 1:30 pm

This one-hour lecture/piano demonstration covers music from antiquity to the present: Medieval, Renaissance, Baroque, Classical, Romantic, and modern times. It will focus on the differing styles and the development of forms, such as opera, symphonies, and concerti; and will delve into the lives of the greatest composers, the times in which they lived, and their relationships to patrons, promoters, religious institutions, and the public.

* * *



By Aimee Feerst

If you have any questions regarding the following events, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

JEWISH HEROES

Sunday March 23 at 1 pm in the Heritage Room

Many Jews have achieved important milestones and fame in various aspects of life including science, the arts, politics, entertainment, and sports. Join us as radio raconteurs Susan and Art Zuckerman explore the many achievements, quirks, and the humorous aspects of prominent personalities including Christopher Columbus, Robert Oppenheimer, Moe Berg, Diane Von Furstenberg, Gertrude Ederle, Ralph Lauren, and even SUPERMAN!

Light refreshments will be served.

Admission is \$15 per person. Watch your email for a flyer to be filled out and placed in our mailbox with your check **by March 19**.

WEST POINT MILITARY ACADEMY JEWISH CHAPEL CHOIR.

Sunday, April 27, at 2 pm in the Heritage Room

Join us for an entertaining performance by The West Point Jewish Chapel Choir. This Cadet Group of men and women has performed at synagogues, Jewish cultural centers around the country, and even THE WHITE HOUSE! Part of their mission is to make people aware that there is Jewish life at the Academy.

The Choir members look forward to conversing with you after their performance. Passover refreshments will be served.

Admission is \$5 per person. Auditorium seating. Check your email for a flyer to be filled out and placed in our mailbox with your check **by April 22**.

SINGLES CLUB

The Singles Club Board

MOVIE (TBD) AND SNACKS

Thursday, March 20, at 6:30 pm in the Heritage Room

Save these dates:

BINGO

Wednesday, April 23, in the Heritage Room

LUNCH AT IL VILLAGGIO ON LAKE BOULEVARD

Thursday, May 15

PIZZA AND GAMES

Wednesday, June 18, in the Heritage Room

More information will be sent out as the events near. If you have any questions, contact Pat Caruso at 914-649-3232

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TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, March 21, from 3 to 5 pm in the Heritage Room

Join hosts Ami Stokhamer and Karl Milde, both Heritage Hills residents, as they lead open discussions after viewing each of the following insightful, thought-provoking videos:

- Why we should end animal agriculture* – by Jacy Reese Anthis
- How the teddy bear taught us compassion* – by Jon Mooallem

This event is FREE for all residents. Light refreshments will be served. For further information, call Ami at 914-486-9677 or Karl at 914-342-3068.

The next TED Talks event will be held on **Friday, April 18.**

* * *

Independent and Foreign Film Club



By Steve Klepner

GHOSTLIGHT

(United States, 115 minutes, 2024)

Sunday April 15, at 7 pm in the Heritage Room

In this first screening of our 2025 season, when a construction worker unexpectedly joins a local theater production of Romeo and Juliet, the drama onstage starts to mirror his own life. A real family portrays the film's principal characters.

Because of the film's length, the evening with start promptly at 7 pm. A discussion, led by Bill Costanzo, retired film studies instructor, follows the screening.

The annual fee is \$20 for nine monthly films, April thru December. To join, place your check (no cash) – with your name and unit number– in our mail slot in the Activities Office. If you have any questions, call Steve at 845-297-7066.

* * *



CIAO ITALIA

By Michale Lanotte



ANALYZE THIS FREE MOVIE NIGHT

Saturday, April 26, in the Heritage Room

This movie stars Robert De Niro and Billy Crystal.

MEMBERS ONLY. Pick up a flyer, fill out the form at the bottom, and submit it so we know how many are attending. Refreshments will be served.

See you at the Movie!

* * *

AAA DRIVER SAFETY COURSE

By Terry Clifford

Saturday, May 3, from 9 am to 4 pm in the Activities Center

AAA Northeast will once again conduct a "Driver Improvement Program," The New York State Department of Motor Vehicles-approved point and insurance reduction program. Attendance is limited to the first 40 applications.

A flyer will be in the Activities Center and sent by email if you subscribe to the Heritage Hills Website (HHSociety.org).

- There will be a one hour break for lunch. Bring lunch. If attendees decide to have a half-hour lunch, that reduces the end time to 3:30 pm.
- The course includes all materials and a Certification of Course Completion.
- Write a check for \$34 made payable to "AAA Northeast" and print clearly your name, address, email address, and phone number and place that information and the check in an envelope in the mail slot marked "AAA Course" in the Activities Center.

Contact Terry Clifford at tcperson3@gmail.com for more information.



SOCIETY BOARD NEWS
WELCOME NEW OWNERS

By Anna Milani
Society Office Administrator

During the month of January, ownership changed for 8 units .

If you're a newcomer, you should have received a *New Resident* folder when obtaining your photo ID in the Activities Office .The folders are also available in the Society Office, open Monday through Friday from 9 am to 1 pm .

* * *

SECURITY

By Rob Casasanta, Prosegur Security

JANUARY SECURITY CALL REPORT

During the month of January, our Security staff received and responded to a total of 249 calls including the following matters:

Service84	(37 lift assists, 8 welfare checks, 8 persons locked out, 11 battery change, and 20 other)
Medical77	(1 Security EMT, rode in ambulance to hospital)
Security	41	
Open Garage Doors	20	
Police9	(6 Somers, 5 State)
Maintenance9	
Fire Calls4	(0, automatic fire alarms, 2 smoke/CO2 alarms, 2 fire)
Parking Violations	2	(in handicapped spaces, fire lanes, A roads, or B roads)
Motor Vehicle Accidents2	(both property damage, no injuries)
Burglar Alarms0	

If you have any Security questions or concerns, feel free to reach out to me directly either by phone at 914-276-2592 or by email at *Robert.Casasanta@prosegur.com*.

* * *

COUNCIL OF CONDOS

By Terry Clifford

The January meeting was attended by the following condominiums 2, 3, 6, 8, 11, 15,16, 17,18, 19, 20, 21, 22, 27, 28, 29, and 30 .

Willow Wood Gun Club Update: Jack Stein, Treasurer of Condo 22, reported on his ongoing efforts that the Town of Carmel to acknowledge wrongful permits for the Willow Wood Gun Club .He recorded forty gunshot blasts in four minutes which exceeded the Carmel Towns sound limits .Environmental concerns include lead shots polluting the ground .Willow Wood has failed to do any mitigation, and Jack is determined to pursue this with all the news media .These violations

impact Heritage Hills, Mahopac homeowners on Union Valley Road, and Green Briar residents .

Corporate Transparency Act (CTA) Implementation: Continues to be on hold .It is up to each individual condominium to determine how to proceed .

Capital Projects: Heritage Hills Condos have diverse ways to address Capital Projects .Some boards use a contractor to evaluate the proposed project like roofing and then send out proposals to several contractors for bids .Others hire an engineering firm to complete the evaluation and identify specifications and the full scope of work to be completed, which is then sent to several contractors for bids .The engineering firm may also be hired to inspect the project as it commences to be sure it is completed as indicated in the specifications .One Condo hired a work supervisor to be sure specifications were followed .While some Condos have all their roofs completed at once, many of our older Condos are roofing their third time, which requires the other two roofs to be completely dismantled and replaced with one new roof .This added expense sometimes requires new roofs to be replaced on a portion of the Condo each year .

The Council of Condos invites at least one member of the thirty Heritage Hills Condo Boards of Managers – a representative or president – to attend our meetings on the third Wednesday of each month at 7 pm in the Activities Center .An agenda and previous month's minutes are sent with the invitation to attend the meeting .

* * *

MAIN ENTRANCE TRAFFIC LIGHT BEST PRACTICE

By Susan Statkowski-Rivalsi

Have you had this happen when attempting to exit the main entrance by car? The traffic light changes so quickly that not all vehicles waiting to exit get to do so before that happens – even if there are just two vehicles there .

At a February 10-A-Men meeting, resident Mike McBride explained why that happens .

At that location (as well as the intersection of West Hill Drive and Warren Street) there are sensors to trigger light changes .When a vehicle arrives, the sensor “tells” the light to change to green, allowing that vehicle to exit .If there's a vehicle behind that first vehicle and it doesn't move forward fairly quickly, the sensor “thinks” there are no more vehicles and “tells” the light to change to yellow, then red .

So, every vehicle needs to move forward *as soon* as the one in front of it pulls away .In order for that to happen, drivers *must be fully attentive* while waiting for the light to change .If they even briefly take their eyes off the vehicle in front of them (to adjust the heat / AC or radio or to text (which is illegal even while idling), etc), they will probably miss their opportunity and have to wait for the next light change .



By Stephanie Carillo



Paper Quilling by Suzanne Carpinelli



Pinecone Succulent Garden by Stephanie Carillo

Our Club began meeting in April 2024 to bring crafters together, share traditional crafts, and explore new media. During our first year, we worked on several projects including paper quilling, decoupage, wreath making, and even a few art therapy exercises. Unique workshops are offered throughout the year. For instance, fused glass, pottery, and candle making.

Each month, we meet on the second Wednesday from 10 am to noon and the fourth Wednesday from 6 to 8 pm. At alternate Wednesday morning meetings, we do "Paper Crafting," where crafters work independently on paper projects. All sessions are open to Club members. Non-members are welcome if space permits.

The Club doesn't have an annual membership fee. Some crafts and workshops have a nominal fee to cover supplies.

Do you know a craft you would like to share with the Club? If you're interested in joining and sharing your crafting knowledge with others, email craftclubhh@gmail.com.

* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

MEMBERSHIP

We are still accepting membership renewals. The cost is just \$12 for the year. New members are always welcome. If you have any questions, our Membership Chair, Alfreda Savarese, is always ready and willing to talk with you. She can be reached at 914-617-2007.

MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond!

By Teddi Meltzer

It's so cold now that even hibernating bears are wearing woolies. But even if "March comes in like a lion" and "April showers come your way," start thinking about "the flowers that bloom in May" and, of course, the Heritage Hills Concert Society 2025 season.

On **Sunday, May 4, the Claremont Trio** – featuring violin, piano, and cello – opens our spring season.

On **Sunday June 8, pianist Llewellyn Sanchez-Werner** graces our impressive Heritage Room venue.

On **Sunday, September 7**, we present cellist **Raman Ramakrishnan**.

On **Sunday, October 6**, our fourth and final 2025 concert will feature **violinist Nathan Meltzer**.

Annual subscriptions are \$90 per person, or pay \$26 per person, per concert at the door. Subscription Forms are available at the Activities Center.

Looking forward to spring and our 2025 season. If you have any questions, call Teddi at 914-277-1418 – but not before 9 am!

* * *

EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

The 2025 golf season is just around the corner. Time to get your clubs ready . . . AND to join the East Hill Men's Golf group.

Don't let the club name fool you. We play on the beautiful Somers National course on Heritage Hills' West Hill. It can't get more convenient than that! And no, you don't need to live on the East Hill either. All Heritage Hills men are welcome!

Before moving into Heritage Hills five years ago, I'd hardly played golf at all. I joined to get to know people here, found that I enjoyed golf, and have made lots of friends. The club is a real Heritage Hills treasure.

Our season begins Thursday, April 3. We play 9-hole rounds Tuesday and Thursday mornings weekly, April through November. You can play as much or as little as you want. We welcome members at all skill levels. Our handicap system makes for friendly competition where everyone has a chance to win, even duffers like me. And best of all, it's a fun group.

While a range of Somers National Golf Course seasonal memberships are available, you don't need to be a member to play on its course with our group. A discounted daily rate is available for our group members for our Tuesday and Thursday morning rounds.

If you're interested in joining our group or have any questions, please reach out to the club's Membership Chair, Sandy Lieberman, at golfer61345@gmail.com or 914-438-6762. You'll be glad you did!



COMMUNITY THEATRE

By Muriel Millstein Weiss

We have read, we have voted, and the wait is over. Our selection for June is a spy thriller, *Exit Who*, by Fred Carmichael. Carmichael is one of our favorite playwrights because of his witty dialogue, humor, and talent.

Exit Who has plenty of intrigue, laughs, confusion, and surprises, bringing farce to new heights.

Save the dates: Friday June 27, Saturday June 28, and Sunday June 29. Performance times and reservation prices will be posted later along with information regarding audition times and places.

Look for our flyers in the Activities Center Office and Lake Lodge and our poster in the Activities Center. Be on the alert for email blasts, which Andrew will be sending out. For more information, contact Helen at 917-554-4417 or Antonia at 914-617-9329.



TENNIS NEWS

By Dena Goldstein

The Tennis Committee hosted their annual Winter Mixed Tennis Social on Saturday Night, January 18 at Chestnut Ridge Racquet Club in Mount Kisco. Delicious food was catered by DeCicco's. Raffles were won by Paula Genovesi and David Chestnut. A great time was had by all.

Mark your calendars for the 2025 Tennis Season as below:

- Saturday, May 17 - Spring Mixed Round Robin**
- Saturday, June 21 - Mixed Tennis Tournament**
- Saturday, July 26 - Women's Tournament NEW THIS YEAR**
- Saturday, August 25 - Men's Tournament**
- Saturday, September 20 - Fall Mixed Round Robin**

Looking forward to a great tennis season.

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: HHillsNewsletter@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.

HLibrary



POPULAR AUTHORS' NEW BOOKS

This month, the Library is adding new books by several authors who are popular with HLibrary readers. Pulitzer Prize winner Anne Tyler's latest novel, *Three Days in June*, centers on marriage and family. *We All Live Here*, by Jojo Moyes, is the British writer's latest take on contemporary life. Marie Benedict's newest historical fiction, *The Queens of Crime*, depicts 1930s women crime writers challenging their male counterparts in London.

New books by favorite mystery writers also have been added to our shelves. Suspense writer Jo Nesbo's latest Nordic thriller, *Blood Ties*, features two brothers and a community in crisis. In Jonathan Kellerman's *Open Season*, psychologist Alex Delaware and Detective Milo Sturgis reprise their roles. Fan favorite mystery authors C. J. Box, J. D. Robb, and Lisa Unger round out the mix.

NEW ADDITIONS TO OUR COLLECTION IN MARCH

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

Fiction

- Benedict, Marie *The Queens of Crime*
- Jenoff, Pam *The Last Twilight in Paris*
- Moyes, Jojo *We All Live Here*
- Puchner, Eric *Dream State*
- Tyler, Anne *Three Days in June*

Mystery

- Box, C. J. *Battle Mountain*
- Hendrix, Grady *Witchcraft for Wayward Girls*
- Kellerman, Jonathan *Open Season*
- Nesbo, Jo *Blood Ties*
- Robb, J. D. *Bonded in Death*
- Unger, Lisa. *Close Your Eyes and Count to 10*
- Whitaker, Chris *All the Colors of the Dark*

Non-Fiction

- Brooks, Geraldine *Memorial Days*
- Dawson, Kate Winkler *The Sinners All Bow: Two Authors One Murder, and the Real Hester Prynne*





Caregiver Staffing Service

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Lauren Stellwagen
Homecare Coordinator

(914) 714-9777

autumnoflifecgs@gmail.com

www.autumnoflifeathome.com



SOCIETY OF HERITAGE HILLS, LTD - NOMINATING COMMITTEE

APPLICATION FOR CANDIDACY FOR A POSITION ON THE BOARD OF DIRECTORS OF HERITAGE HILLS SOCIETY

If you are interested in applying for candidacy to serve on the elected Board of Directors of the Society of Heritage Hills, please complete the requested information and submit it to Heritage Hills Society, Ltd., 8 Heritage Hills Dr., Somers, NY 10589, Attention: Society Nominating Committee, or hand delivery to the **Society Office no later than 1:00 p.m. on April 1, 2025.**

NOTE: A CANDIDATE MUST BE A UNIT OWNER, SPOUSE, OR DOMESTIC PARTNER OF A UNIT OWNER.

Print or Type:

Name _____ E-Mail _____

Unit _____ Condo _____ Contact Number _____

I have lived in Heritage Hills for ____ years.

To attend meetings and to perform other duties for the Society I am available during the
 day evening both (Please check one box)

If you take temporary residency away from Heritage Hills, for what period are you away?

1. Please indicate your participation in any of the following areas, past or present. Indicate involvement and positions held.

A. Your Condo / The Council of Condos / The Society

B. Clubs or Associations in/or outside of Heritage Hills

C. Volunteer Activities in/or outside of Heritage Hills

2. Please give a brief outline of your education, business, and professional background

3. What special talents or expertise will you bring to the Heritage Hills Society as a member of its Board of Directors?

4. To assist the Nominating Committee in its deliberations, please give your principal reasons to serve on the Society Board

5. Please list Society Activities / Committees that interest you and the reasons

6. What are the priorities/goals you believe are important for Heritage Hills Society to consider?

7. Are you aware of any potential conflict of interest that could occur in holding a position on the Board? If yes, please explain

8. Any other comments

Brief Biography

Please provide a brief bio on a separate sheet limited to one page and not more than 300 words written in the first person. Your bio should reflect your application.

Signature _____ Date _____

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* * *

SOME SOMERS LIBRARY MARCH EVENTS

Compiled by Susan Statkowski-Rivalsi

Buses run from Somers Intermediate, Middle, and High Schools to the library during the school week. Parents must contact the school in advance to book this.

Children under 10 must be accompanied by an adult in the building.

NEIGHBORHOOD FOREST

Now thru Wednesday, March 15

The Somers Library is partnering with *Neighborhood Forest* to provide **free trees** for kids to plant during Earth Week (which starts Friday, April 18). Parents/guardians: to register your child, go to this site **by March 15**: neighborhoodforest.org/parent-registration/?school=98031.

Trees are set to arrive in time for Earth Day - Tuesday, April 22. We will contact you regarding when you can come and pick up your tree!

PAINT AND SIP - TEENS

Tuesday, March 4, from 5 to 6 pm in the Teen Room

We will be following a painting class tutorial to paint a starry winter night scene. Everything is provided including non-alcoholic beverages with fun tropical straws which you can take home. Come with your friends or make new ones while creating a masterpiece for your wall.

Capacity is limited to 10. To register, go to somerslibrary.assabetinteractive.com/calendar/teens-paint-and-sip/. If overbooked, you'll be wait-listed. Email reminders are sent 48 hours before the event.

NATIONAL OREO COOKIE DAY - TEENS AND KIDS

Thursday, March 6, from 3:45 to 4:45 pm in the Program Room

We will hold a blindfold tasting of the more unusual Oreo flavors to see who can identify the most varieties. We will also be making Oreo

cake pops and dipping Oreo cookies in chocolate and decorating them. This should be a fun event, and we won't forget the milk!

Capacity is limited to 15. To register, go to somerslibrary.assabetinteractive.com/calendar/teens-kids-national-oreo-cookie-day/. If overbooked, you'll be wait-listed. Email reminders are sent 48 hours before the event.

CRAFT & CHILL - TEENS

Fridays, March 7, 14, 21, and 28, from 2:30 to 4:45 pm in the Teen Room

Every week we will roll out the maker's cart with lots of craft supplies to make anything from diamond paintings to jewelry to journals and upcycled crafts. Drop in by yourself and relax or bring a friend and hang out in the teen area. We have a new table for programs and studying which we will reserve for crafting.

This is a drop-in program, no registration required.

BABYSITTING 101 - AGE 11 AND OLDER

Presented by Denis Schirmer

Saturday, March 8, 10:30 am to 1:30 pm in the program room
(Snow Date: March 15)

Attendees will be introduced to the world of babysitting by learning about the responsibilities of the sitter as well as of the parents of the children they are sitting for, emergencies and safety, infant care, playing, and how to secure a babysitting job. There will be a simple true/false test given at the end of the class. All participants will receive a certificate of completion.

Pizza lunch will be served. Not a pizza fan? Feel free to bring a nut-free, alternative lunch. Please remember a notebook, snacks and a drink.

Capacity is limited to 30. To register, go to somerslibrary.assabetinteractive.com/calendar/babysitting-101-2/. If overbooked, you'll be wait-listed. Email reminders are sent 48 hours before the event.

ROLLED WAX CANDLES - TEENS

Tuesday, March 11, from 3:45 to 4:45 pm in the Program Room

We will be making candles by rolling sheets of wax and decorating them. This is an easy but fun craft.

Capacity is limited to 10. To register, go to somerslibrary.assabetinteractive.com/calendar/teens-create-rolled-wax-candles/. If overbooked, you'll be wait-listed. Email reminders are sent 48 hours before the event.

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A WALK IN MEADOWLARK PARK

PART 3 of 3

Text and photos by Karl Milde



I walked slightly downhill and across the field, the grass under my shoes cushioning each step. In the middle, I paused to take in the beauty all around: tiny yellow flowers and red berries underfoot, the green expanse and fragrance of newly mowed grass,

the maple trees that lined the edges. The late day sun cast a golden glow in the nooks and crannies between the trees.

I spotted the Warren Trail at the base of the pasture near the lower right corner. I joined up and followed it to the left corner where it forked, one side going straight to nowhere (once a path for golf carts that ended at a tee box) and the other turning left in a direction parallel to the nearby Warren Street. I chose the left branch which skirted the side of the high hill I had climbed.



Although hidden in the trees and underbrush to my right, I knew a river – a big brook really – ran through the woods between the park and Warren Street. I also knew there was a bridge across it somewhere. I left the trail and walked over to see if I could find it.

All I saw at first were dense bushes that demarcated the side edge of the park closest to Warren Street. I looked for an opening, but



the bushes seemed to have completely taken over. If there were a way across the brook at one time, nature had filled it in with plant growth due to lack of use. That's what I thought, at least, until I found it. There it was: a narrow path through the brush leading to a wooden bridge.

I walked up to the bridge and stepped on it gingerly, not at all sure it was still structurally safe. It seemed strong so I walked a bit further and stomped on the surface. Satisfied that it was still sturdy, I walked all the way over and continued on through the woods until I reached Warren Street. Perhaps there was a time, I thought, when golfers could ride their carts between the eighteen-hole golf course on



the West Hill and the nine-hole golf course on the East Hill. I looked across the street and saw only a forest. If there were a path there at one time, it had long since disappeared. How fast nature works!

I turned around and recrossed the bridge, returning to the park. As I headed uphill toward the Warren Trail, I heard a “glug” from the nearby pond. Then “glug” again, this time in a different voice. Two frogs were singing to each other, probably unaware that I was there. How sweet the sound! I reached the Trail and looked down toward the water's edge, but the amphibians were nowhere to be seen. I continued on in the direction of the park entrance.



Looking ahead I saw the same grove of maples that caught my eye when I started my walk. They were just as lovely to look at from this opposite side. I snapped another photo.

Walking past the grove, the Warren Trail finally brought me back to the parking lot from which I

had started. As I climbed into my car I couldn't help noticing I was in a great mood. I remembered *Die Harzreise*, a book my German language teacher assigned us to read when I was in high school.

*I must agree with you
Herr Heinrich Heine,
A walking tour could not be finer.
When I think about
the many things I've tried,
My favorite is to walk the countryside.*

* * *



MEET YOUR NEIGHBOR, CAROLYNN (CARRIE) SEARS

Text and photo by Rosetta Benson

Carolynn (Carrie) Sears and her husband, Phil, moved here about fifteen months ago (2023) from Pound Ridge, where they had lived for thirty-eight years. They met at Marietta College in Ohio. She was studying biology and geology; his major was geology. She said, they “fell in love over fossils.”

After graduation, Phil’s career brought them to New York. Initially, they lived in Brooklyn where Carrie taught elementary science at a private school; however, as soon as their children, a daughter and a son, were nearing school age, they moved to Westchester where she taught at Fox Lane Middle School (part of the Bedford Central School System) for 30 years. After retiring she served on the Pound Ridge Conservation Board for ten years, five years as Chairwoman. In this role, she assumed responsibility for fund raising. And to her credit, she was successful in obtaining \$40,000 worth of grants for various projects aimed at

protecting natural resources such as soil, water, and woodland throughout the community. In addition, she is proud to have been one of the originators of Pound Ridge’s The Invasive Project. No cause had a more eager or knowledgeable activist. As a college student in the 60s, she was barely made aware of the impact of invasive species on America’s ecology. All that has changed dramatically – *negatively* – by the often-unsuspected introduction of invasive plants and insects.

In retirement Carrie also enrolled in the University of Connecticut (UConn) Master Gardener program in Stamford, Connecticut and became first a Master Gardner, and in the years that followed an *Advanced* Master Gardener. As such, from January through April each year, Carrie mentors a new class of Master Gardener students of various ages and backgrounds, organizing and supervising hands-on experiences to complement the formal classes taught by UConn professors. For example, graduates of the program become highly valuable resources to libraries and community agencies. They provide information and outreach services to farmers, walk-in plant clinics, and Cornell’s renowned telephone clinics.

With a background like this and a track record of “hitting the road running,” it is no surprise that as soon as Carrie moved here, she joined the Garden Club, working on its Pollinator Gardens in Meadowlark Park, and she hopes to form a new environmental club. Wow. How lucky are we, Heritage Hills, to have this tireless fighter for the environment among us! A good friend told me recently, “When you want to get something done, ask a busy woman!” Hear! Hear!



WINTER CULINARY CLUB RESTAURANT EXCURSION

*Text and photos
by Elizabeth Royston*

During the first dreary months of the year, the Culinary Club rests its spoons and ladles to go to a restaurant to experience other chefs’ offerings.

On January 29 this year, we had lunch at *Aquario*, a Portuguese / Brazilian restaurant in West Harrison. We were delighted with the menu and enjoyed a delicious meal.

Our three tables of five/six had a variety of fresh fish and meat dishes,

many with Portuguese influences, as well as the traditional *Pasteis De Nata* for dessert.

And now we are looking forward to our March monthly dinner!



*Rear: Pat Held and Louise Squitieri,
Front: Barbara Gangemi and Eleanor Usefof*

WINTER PICKLEBALL FUN

Text by Fran Boemio

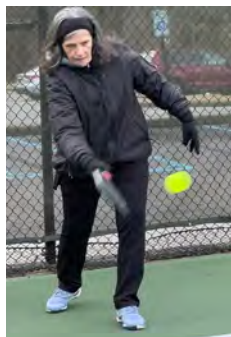


On January 17, 44 pickleball players traded in their paddles and had a blast bowling at Jefferson Valley Lanes. We ate plenty, laughed a lot, and cheered each other on. Thank you to Jean Scorzelli and Lin Crispinelli for your help making sure everything ran smoothly. We missed Joan Titus and Jane Ceraldi, also on our Social Committee, who helped behind the scenes.



Thank you also for your donations for the "Can in Hand" food drive for St. Luke's which was run by Jeri Bennett and Celia Stowell. (We missed Deb Montalvo who couldn't be there). 41 items were collected and delivered to the pantry.

On January 2nd we had our first Polar Bear Pickleball session! It certainly was cold out! Thank you, Eric Scorzelli who organized it and all the players that braved the very low temperatures!



* * *

SOLUTION TO OPENING NEW, SMALLER TWIST-TOPS: ODE TO THE NUTCRACKER

Text by Patricia Adams.

Photo by Susan Statkowski-Rivalsi



It felt like just another sign of aging when I discovered I could no longer open a simple juice bottle or milk carton cap until, upon closer investigation, it turns out the caps are about half as high as they used to be. When did this outrage get slipped in on us?

You know...those caps with the ridges all the way around to facilitate your hand grip when opening them? They are known as "gable" tops. Nowadays, carton and juice gables - likely the result of some brilliant employee's cost-cutting suggestion - are half-sized (a mere 1/4 inch tall instead of 1/2 inch). It was even announced on television news.

So, I went on a hunt for solutions. Even the internet did not suggest what I'm about to share with you!

Remember those V-shaped nutcrackers alongside the dish of walnuts, almonds, pecans, and other vintage varieties of nuts in the bowl in the center of the living room table? All manner of holiday nuts required assistance from a nutcracker to open them. These vintage metal nutcrackers are sold online even today. I still have a bunch of Mom's.

Well, guess what else those metal implements can do? They can open the ridged gable tops with a single twist. There's no banging the container on countertops or running it under hot water. I just fit the nutcracker firmly around the ridges of the top, provide leverage by holding the container with my free hand, and twist the nutcracker in the opposite direction with the other hand. It does take a certain touch, but eventually you get the feel, and opening the gable tops becomes easier. These days, I leave one in the refrigerator.

Good luck - and pass it on!

* * *





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HEALTH & SAFETY COMMITTEE
HOW TO KEEP WARM IN THIS BITTERLY COLD WINTER

By Arlene Hoffman

Hello Heritage Hills Neighbors!

With the weather in mind, here are some ideas to consider in the following areas of your homes, making sure that all regular home maintenance is completed, including inspection of all pipes (insulating if necessary).

- **Seal up possible drafts**
 Make sure that all weatherstripping on windows and doors is secure.
- **Insulation**
 Check overall installation and consider installing thermal curtains on windows and doors. Have you thought of using a draft blocker at the bottom of the door?
- **Heat Management**
 Keeping the thermostat at a comfortable temperature may require a change of filters. Filters may need to be changed once every three months; smokers and/or pet owners may need to change them even more frequently. If your thermostats are old, you may want to consider replacing them with programmable one to be sure the thermostats are calibrating properly. A licensed electrician can assist you with this.
- **Air Circulation**
 Ceiling fans rotating in a clockwise rotation on a low speed may help to warm the room. Remember, if the ceiling fans are not properly installed, they can cause ceilings to collapse. Before purchasing/installing, a variance from your Condo board may be necessary when ceilings with heat panels (radiant heat) are involved.
- **Space Heating**
 When using the fireplace, ensure that it is properly maintained and vented. When using a space heater, make sure that you follow ALL safety instructions that came with it.
- **Unplug rarely used appliances**
 Ghost electricity charges are real.
- NEVER use your oven to heat your home!
- Consider dressing warmly indoors as well as outdoors.

Closing note: If you feel your electric bill is in error, contact NYSEG. Explore the NYSEG website for rebates, money saving tips, suggestions, etc. Consider asking for an Energy Audit through NYSEG or NYSEDA, if available.

Looking forward to warmer days ahead



EARTH MATTERS: STATEWIDE DROUGHT WATCH CONTINUES

ByCarolynn Sears

Watching and hearing our little streams run again provides such pleasure, but the drought watch continues for the entire State of New York.

The least severe of the stages, a “drought watch” is declared when a drought is developing. Despite increased rainfall and some snow, public water suppliers begin to conserve water, and residents are urged to reduce water use. Conserving water now helps to ensure an adequate supply if the drought continues, when the demand goes up in the summer, and for all emergency uses.

Loss of water can be addressed by repairing leaking pipes, fixtures, toilets, and faucets and by forming some new habits. Washing only full loads of dishes and laundry, taking showers instead of baths, and shutting the tap while brushing your teeth will cut down the amount of water used. What we do makes a difference!

An up-to-date map of New York State drought conditions and more information is available at the *DEC.ny.gov* website.

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GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

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Phone: 914-276-2636 or go to Activities at 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.

LEARN TO BEAD WITH ALLISON: Join us on Mondays at 11 am in Room B for our beading class. Each class is \$25 including materials fee. You go home with a piece of jewelry that you made for yourself or for a special someone. Come and join the fun. To enroll or for more information, contact Allison Rubin at 914-629-3655 or ahrubin521@yahoo.com.

CRAFTERS IN THE HILLS: Calling all crafters! Join us to explore new media, share traditional crafts, and meet other crafters. second Wednesday of the month from 1 to 3 pm and fourth Wednesday of the month from 6 to 8 pm. Email if you're interested in joining craftclubhh@gmail.com.

NEEDLECRAFT GROUP: Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels are welcome. \$20 annual dues. Proof of vaccination is required. For questions or to register, call Linda at 914-277-2776.

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.

PHOTO CLUB: Meets the second Friday of each month at 2 pm in Room 2 of the Activities Center. All are welcome to join regardless of experience in photography. For more information, contact Myra Hopper at 520-390-5523 or myrahopper@gmail.com.

SILK FABRIC PAINTING CLASS: Fee \$135. Must sign up for a full 4-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at evymusart@comcast.net.

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

WOODCRAFT CLUB: The shop at the Activities Center 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.

CONTEMPORARY FICTION BOOK CLUB: We meet on the first Tuesday of each month from 2 to 3:30 in the Activities Building. For more information contact Myra Hopper myrahopper@gmail.com or 520-390-5523.

CIAO ITALIA: Membership, open to all residents, is \$12 per person for the year. Fill out a Membership Form available outside the Activities Office and include it in an envelope with your payment. Watch for flyers and TV notices announcing upcoming events.

CLUB SHALOM: You don't have to be Jewish to love Club Shalom, a Club dedicated to providing quality entertaining and educational

Jewish cultural programs for residents. Watch for information about upcoming events. All residents are welcome.

CONCERT SOCIETY: We present four classical concerts – featuring the best and brightest of classical music's Rising Stars – in May, June, September, and October on Sundays at 3 pm in the Heritage Room. Annual subscriptions are \$90 per person or pay \$26 per person per concert at the door. Subscription Forms are available at the Activities Center. If you have any questions, call Raina Lefkowitz at 914-262-4407.

CONTINUING EDUCATION: Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theater, 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: Meets once a month to prepare, share, and enjoy dishes from many cuisines. We hope to increase our expertise and, in the process, enjoy each others' company. Our membership is limited by our facilities and is full at this time. However, there is a waiting list, and if you would like to add your name, please contact Barbara Gangemi at 914-617-9037.

DANCE

FRIDAY NIGHT SOCIAL DANCE: 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 Angela Viscogliosi at 914-393-8736.

EXERCISE CLASSES

MINDFULNESS & MEDITATION: Monthly Monday Morning Class at 9:30 am March 31 in Lake Lodge room 3. \$20 per class. Preregistration is required. Call, text, or email Melanie Gambino for more information at 914-588-2450 or melaniegambino1@gmail.com.

CHAIR ZUMBA/TONING WITH THERESA: Mondays at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at zumbawithme@aol.com.

GENTLE YOGA WITH LISA: Mondays at 11:30 am and Fridays at 10 am on Lake Lodge's 2nd floor. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

TAI CHI AND CHI GONG WITH MASTER ELLEN: Mondays 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 heritagehillstaichi@gmail.com.

LINDA'S LAKE LODGE CLASSES: Body Conditioning: Tuesdays and Thursdays at 8:30 am. Rock & Roll Workout: Tuesdays at 9:30 am. Yoga Pilates: Thursdays at 9:30 am. Sports Conditioning: Sundays at 9 am. All classes are \$10 per class. Register at the start of the month for the classes you plan to attend. Contact Linda Zeiss instructor at Labzeiss@gmail.com or 718-541-0861.

CARDIO/STRENGTH/STRETCH CLASS WITH LORI: Tuesdays and Thursdays from 9:30 to 10:30 am in the Gym. 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. Resistance bands and weights available. No mats needed. Fee: \$10 per class. Try the first class for free! Class is also available on Zoom. Email Lori at eefyjig@gmail.com.

CHAIR YOGA WITH SATISH: Practice Tuesdays 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. Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind-body connection. Live music. \$10 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

BALANCE AND AGILITY FOR ACTIVE SENIORS: Wednesdays at 10:30 am on the 2nd floor at Lake Lodge. Navigate obstacles; strengthen balance; move better for walks, hikes, or pickleball. Learn from a master teacher with years of experience, Elena Remais. \$80 for 4 weeks \$25 for drop-in. Elenathetrainer@yahoo.com and 917-848-3174.

MOVE AND GROOVE WITH THERESA: Wednesdays 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: Fridays at 10 am in the Fitness Center and on Zoom, and Saturdays at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at zumbawithme@aol.com.

GETTING BACK ON TRACK (15-15-15) WITH THERESA: Fridays at 10:50 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.

VINYASA YOGA WITH JOE: Saturdays at 9 am in Lake Lodge's Upper Level. \$12 per class. To register, email Joe Ferrari at josephferrari@me.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.

FOREIGN LANGUAGE GROUPS

FRENCH CONVERSATION GROUP: Meets the 2nd and 4th Friday of the month in Lake Lodge's Room 1 from 11 am to noon. 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 Carole Ellis at 914-260-9182 or email her at carellis14@yahoo.com.

SPANISH CONVERSATION GROUP: Meets the 1st Thursday of the month in Lake Lodge's Room 1 at 11 am. Group is open to intermediate-through-fluent Spanish speakers. ¡Vengan! Contact Mike at elprofesor55@aol.com.

FUN & GAMES

BRIDGE - DUPLICATE: Mondays and Thursdays at 12:30 pm in the Activities Center. For information, call Marie at 914-277-4266.

BRIDGE - SOCIAL: Wednesday mornings from 10 am to noon at Lake Lodge. For information, call Marie Sugar at 914-277-4266.

CANASTA CLUB: Saturdays from 12:30 to 4 pm. Contact Doris Simon at 914-276-0111 or Doris1121@me.com, or Nancy Heilman at 914-224-7180 or Nancy.C.Heilman@gmail.com.

CHESS CLUB: Wednesdays from 1 to 3:30 pm in Lake Lodge's Room 3. We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! 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.

FRIENDS IN THE HILLS CLUB: Open to all adult residents. Each event will be a night of fun and socializing with your neighbors. See the COMING EVENTS section of this *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.

MAH JONGG: Mondays at noon in Lake Lodge (contact Sue Furino 914-617-9110); Wednesdays at noon in the Activities Center (Contact Carol Tocci 914-471-5689); Fridays at 1 pm in Lake Lodge, and Tuesdays and Thursdays from 11 am to 1 pm in Lake Lodge's Room 2 (Contact MaryAnne McMullen at 914-414-9116 or Terry Colomer at 914-342-3610).

SCRABBLERS: Thursdays starting promptly at 1 pm in Room 2 in the Activities Center. Casual Scrabble game play. Play 1 or more games. All levels of play, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

YACHT GROUP ("HHYC"): The HHYC is a fee-free social club of past and present water fans (swimmers, boaters, fishers, cruisers, surfers, whatever). At our monthly pot luck "dock parties" on the first Friday of the month in the Lobby at Lake Lodge, we share our experiences and plan future ones (theme parties, day trips/activities, or even cruises). For more information, contact Commadorable Susan at ciwhitestar@omcast.net or 914-617-9228.

GARDEN CLUB: For information, including questions on membership and use of the Community Garden, please send an email to hhgardenclubsecretary@gmail.com.

HEALTH & SAFETY COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings on the second Friday of the month from 9 to 11 am in the Activities Center's Game Room. Your temperature may be taken. Do not come if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus or traveled 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's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Psy.D. To register, call 914-617-9328 or email ludwiglr@aol.com.

Spousal Bereavement Group: Led by Linda Ludwig, PsD, we will resume meeting in the Spring.

HIKERS & WALKERS GROUP: Weekly hikes from September to June. Information and our schedule are available in the Activities Center mailroom.

INDEPENDENT AND FOREIGN FILM CLUB: Monthly screenings in the Activities Center's 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.

ACTIVITIES/CLASSES/CLUBS

LET'S TALK SENIOR CARE: Join us the second Friday of every month at 1 pm. Stephanie Roberti, MHA, will be introducing different senior care topics to help educate us on this important subject. For more information, Stephanie Roberti at 914-357-3049 or by email at Sroberti@Newbeginningsforseniors.com.

LIBRARY: Open Monday through Friday from 10 am to 3 pm and Saturdays from 10 am to 1 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. Meets Mondays from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at kenbenja@aol.com or call him at 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: Tuesdays from 10 to 11:30 am in the Activities Center's Game Room and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SINGLES CLUB: If you are interested in joining the club, contact Pat Caruso at 914-649-3232 or carusop515@comcast.net. Membership dues are \$12 per year.

SPORTS

BOCCE GROUP: Wednesdays and Saturdays (weather permitting) starting at 9:30 am. For more information contact Reno DiCristofaro at 914-500-5160 or Diane Purr at 914-617-9338.

EAST HILL MEN'S GOLF ASSOCIATION: 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 Sandy Lieberman at 914-438-6762 or golfer61345@gmail.com.

PICKLEBALL COMMITTEE: 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!

PING PONG: Thursdays at 10 am in the Activities Center's Game Room. Open to all residents. Come hang out and play!

SHUFFLEBOARD GROUP: October through March in the Gym on Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon.

TENNIS COMMITTEE: All Tennis reservations are 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.

TED TALKS: On the third Friday of the month, from 3 to 5 pm in the Heritage Room, hosts Ami Stokhamer and Karl Milde (residents) present two thought-provoking TED Talk videos, after which there is open discussion. Free event with light refreshments. For more information, see the COMING EVENTS section in this *Newsletter*, or call Ami at 914-486-9677 or Karl at 845-545-1959.

10-A-MEN CLUB: Come to the Heritage Room on Wednesdays at 9 am and have continental breakfast for \$2. The meeting starts at 10 am.

THRIVING IN YOUR PRIME: Join us every other week on Thursday at 1 pm in Room 3 of Lake Lodge to discuss relevant topics and learn strategies that will help those over the age of 50 navigate the challenges they are confronted with. Each time we meet we will discuss a new topic, and you will learn strategies you can implement in your own life. The investment in each gathering is one hour of your time and \$5!

WOMEN'S CLUB: Meets the second Wednesday of the month, except for January, July, and August. See the COMING EVENTS section of this Newsletter for specific upcoming event details. We welcome new members! Dues are \$12 for the year. Insert your check in an envelope with your name, unit number, phone number, and email address, and put it in the Women's Club mail slot. Application forms are available outside the Activities Office. For more information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

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



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FIT-BITS

CELEBRATE NATIONAL NUTRITION MONTH WITH HEALTHY CHOICES

By Elisa Bremner, MS RDN CDN

March is National Nutrition Month, a time to focus on the power of food to enhance our health and wellbeing. Eating a balanced, nutrient-dense diet not only provides the fuel we need to feel our best, but it also plays a crucial role in preventing chronic diseases and promoting longevity. This year's theme, "Food Connects Us," highlights the important role food plays in bringing people together, fostering traditions, and strengthening communities.

The Benefits of Eating Well

Good nutrition is the foundation of a healthy life. By incorporating a variety of whole plant foods, we can support our vitality deliciously:

- **Cardiovascular Health:** A diet rich in fruits, vegetables, whole grains, and healthy unsaturated fats supports heart health by reducing cholesterol, lowering blood pressure, and improving circulation.
- **Cancer Prevention:** Antioxidant-rich foods such as berries, leafy greens, and cruciferous vegetables help protect cells from damage that can lead to cancer.
- **Diabetes Management and Prevention:** Choosing fiber-rich foods – such as vegetables, fruits, legumes, nuts, and whole grains – can help regulate blood sugar levels and reduce the risk of type 2 diabetes.
- **Brain Health and Alzheimer's Prevention:** Foods rich in omega-3 fatty acids, antioxidants, and vitamins support cognitive function and may reduce the risk of dementia.
- **Stronger Immune System:** Nutrient-dense foods provide essential vitamins and minerals that keep our immune system strong, helping us fight infections and recover more quickly from illness. Eat a rainbow of fruits and vegetables!

Make Nutrition a Priority and Enjoy It

This National Nutrition Month, consider making a small, meaningful change to your diet that can have a lasting impact on your health. Whether it's adding more vegetables to your plate or swapping beef with beans in a burger recipe, every bite counts toward a healthier future!

Embrace the joy of eating together and strengthening connections with loved ones through nourishing and delicious food. I wish you a happy and healthy month ahead!

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HOW DOES YOUR GARDEN GROW?

LEEKs

Text and photo by Karl Milde

Spring is coming! It's almost time to plant flowers and veggies in our gardens, but when and what should you plant? Few flowers can tolerate frost so it's best to wait until Mother's Day to avoid the danger of losing your beautiful bloomers. On the other hand, some vegetables actually thrive in the cold. Peas and beans are an example. Even so, it's best to plant their seeds indoors in an incubator and transplant them outdoors after they sprout.



There's another vegetable you may not have thought of that also tolerates the cold: *Leeks*. They are cold-hardy, easy to grow, and also nutritious. They have fiber, manganese, vitamin K, beta carotene, and iron.

My mother grew leeks in her vegetable garden to make leek-potato soup or "vichyssoise." Leeks are much like onions in flavor, but much milder. You'll find a recipe for vichyssoise in Elizabeth Royston's *Thought for Food* column on this page.

Now you've decided to plant leeks, here's what you do:

Leeks take a long time (about 120 to 150 days) to grow to maturity, so plant their seeds indoors by mid-March. Since leeks don't mind the cold, you can move them outside in mid-April. Plant the leek seedlings in fertile, well-drained soil in a sunny area of your garden. It's best to lay down some organic matter before planting. My mother added chicken manure which is high in nitrogen, phosphorous, and potassium. Plant the shoots in rows, three to four inches apart. The rows should be spaced one foot apart. Leeks love to be near celery, onions, garlic, and/or strawberries. They also like to be near your tomato plants.

Harvest your leeks when the width of the stem reaches one inch or more. They should have a white stem region about three inches long above ground. If you cut off the stems instead of pulling them out of the ground, the cut leeks will send up new growth. But be sure to water the roots.

Leeks can remain in the ground until the first frost. They do not go dormant in the fall, but continue growing slowly, so you can harvest them at any time. However, you should harvest your leeks as soon as you notice them starting to flower ("bolt") because once they do so, the center of the stem becomes tough and almost inedible.



Text and photo by Elizabeth Royston



POTATO LEEK SOUP OR VICHYS-SOISE - DELICIOUS BY ANY NAME!

In your soup repertoire you may have a delicious soup made basically from potatoes and leeks, the recipe for which you may have gotten from your family or from a renowned chef. There are lots of variations in these recipes, but they all have butter, potatoes, leeks, stock, milk/cream, and some herbs and spices. That's it! It's the proportions of each that determines the taste - and that you can only find by trying and tasting!

The name of the soup is also debatable. If the soup is served cold, it is Vichyssoise; if served hot, it's Potato Leek Soup (or so they say).

This recipe provides 6 to 8 generous servings. Admittedly it takes a while, but it can be done in parts, and it certainly is worth the extra effort. Also, it freezes well!

INGREDIENTS

- 2 dried bay leaves
- 6 sprigs fresh rosemary or 2 teaspoons dried crushed rosemary
- 4 sprigs fresh flat leaf parsley
- 1 teaspoon whole black peppercorn
- 3 tablespoons olive oil
- 4 tablespoons unsalted butter
- 4 stalks celery, cut into small dices
- 6 leeks, white parts only, washed well, thinly sliced
- 4 shallots, diced
- 6 cloves garlic, minced
- 2 1/2 pounds Yukon Gold potatoes, peeled and cut into 1-inch cubes
- 8 cups chicken stock
- 1 cup milk and 1/2 cup heavy cream (I use 1 1/2 cups regular half and half)
- salt and freshly ground pepper

PREPARATION

1. Make a bouquet garni: First wrap bay leaves, rosemary, parsley, and peppercorns in a piece of cheesecloth. Then tie with a piece of kitchen twine and set aside.
2. Heat olive oil and butter in a stockpot. Add celery, leeks, shallots, and garlic; cook on medium low heat until very soft, about 45 minutes, stirring only occasionally. Do not brown.
3. Add potatoes, stock and bouquet garni. Bring mixture to a boil and then reduce to a gentle simmer and cook until the potatoes are very tender, for about 40 minutes. Remove bouquet garni and discard.
4. Let the soup cool down.
5. Working in batches, pass it through a blender or a food processor to blend the soup. If you wish to have a more rustic soup, blend only half the amount and keep the rest with chunks.
6. Return the soup to the stockpot and warm it up again. Slowly stir in the milk and cream and season with salt and pepper.
7. Serve hot.

If you're a gardener and would like to try growing leeks, see Karl Milde's *How Does Your Garden Grow* column on this page.

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