



THE OFFICIAL

Heritage Hills Newsletter

JUNE 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

BOARD MEMBER ELECTION DEADLINE

By Anna Milani

Society Office Administrator

Wednesday, June 11, at 1 pm

Envelopes containing Ballots may be mailed or dropped off at the Activities Center **BALLOT BOX** and must be received no later than 1 pm on June 11. **Owner's name and unit number must be listed on the return envelope for proper validation.**

Winners will be announced on Wednesday, June 18, during the Annual Meeting, which immediately follows the 1:30 pm regular Monthly meeting in the Heritage Room.

MONTHLY AND ANNUAL MEETINGS

Wednesday, June 18, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend these back-to-back meetings. Both meetings 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. They 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.**

* * *

ON THE COVER

The photo of a Monarch Butterfly enjoying the nectar of a blue Lantana blossom is by Grace Bueti.

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 and Stephanie Szuch

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.

THEATRE MUSIC AND THE INFLUENCE OF LEONARD BERNSTEIN

A lecture-recital by Howard Kilik, pianist, composer and conductor

Tuesday, June 3, at 1:30 pm

Leonard Bernstein, acclaimed conductor, composer and pianist, earned a remarkable 16 Grammy Awards throughout his career. From leading the New York Philharmonic to composing the award-winning musical *West Side Story* with Stephen Sondheim, Bernstein's achievements are unrivalled.

THE RISE OF ARTIFICIAL INTELLIGENCE AND BITCOIN

A lecture by John Patrick, former Vice President for Internet Technology, IBM

Tuesday, June 10, at 1:30 pm

Dr. Patrick returns to update us on (1) Artificial Intelligence: its origin and growth, what it can do today, and what it will be able to do soon; and (2) Bitcoin: its origin, how it works, why people buy it, upsides and downsides.

A SHORT HISTORY OF FASHION PHOTOGRAPHY

A lecture by David Little, museum curator, educator, and senior advisor to the Board of Trustees at the International Center of Photography

Tuesday, June 17, at 1:30 pm

Explore the evolution and impact of fashion photography in the 20th Century on art and culture through magazines such as *Vogue* and *Harper's Bazaar*. Learn how innovations across photography, media, and the editorial process have changed our views of fashion, history, and culture.

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HEALTH & SAFETY COMMITTEE

Submitted by Arlene Hoffman

HEALTH, SAFETY, AND YOUR PET

Tuesday, June 3, at 6:30 pm in the Heritage Room

Calling all Heritage Hills pet lovers! At this presentation, Dr. Andrew Frishman, DVM, and staff will talk on veterinarian care and love. Bring your friends, even those without pets.

* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

SPRING LUNCHEON

**Wednesday, June 11, at 12:30 pm
at Four Brothers Restaurant in Mahopac**

Back by popular demand, the Women's Club invites you to enjoy a great meal together at Four Brothers Restaurant, known for its cozy atmosphere and yummy food. On the menu are Chicken Francaise, New York Strip Steak, or Salmon, with vegetables, a glass of wine or soda, coffee/tea, and dessert. Flyers are outside the Activities Office.

The price is \$50 for members; \$53. for non-members. Reservation information with checks should be placed in the Women's Club mail slot outside the Activities Office **by June 3**.

If you have any questions or need more information, reach out to Joan at 914-276-0488 or Rose at 914-276-4204.

Can't wait to see you there!

* * *

10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

June 4. Judge Erin O'Shea McGoey

Candidate for Westchester County Judge

June 11 Satish Gambhir E.E, PhD

Artificial Intelligence

June 18. Chet and Mary Edwards

Honor Flights

June 25 John Katzenstein - HH Resident

Alzheimer's Disease - Session 2

July 9 Beth Davidson

Candidate for Congressional District 17

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am. \$3 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.

CPR AND AED DEMONSTRATIONS

**Wednesday, June 4, between 6 and 8 pm
in the Heritage Room**

**Demonstrations take 10 to 15 minutes;
walk in any time.**

National CPR and AED Awareness Week is an annual event held in June to promote the importance of cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs). Rob Casasanta, Director of Security, will demonstrate Hands Only CPR and how to use an AED.



* * *



MEADOWLARK PARK COMMITTEE

Park in the upper parking lot, as the lower one in front of Park Place will serve as a pedestrian mall during the following events:

FOOD TRUCK THURSDAYS

By Pat Ploss



Thursdays from 5 to 7:30 pm

June 5. Sayit's - Greek

June 13. Graziella's - Italian

June 19. Road Grub Mobile - Burgers, etc.

June 26 Gyro Uno - Greek

THE INDEPENDENCE OUTDOOR CONCERT

By Karl Milde

Thursday, July 10, from 5 to 8 pm at Park Place

Rain date, Saturday, July 2



Bring your chairs and blankets and enjoy *The Independence* band - Hudson Valley's unique multi-generational eight-piece music ensemble - playing a great mix of America's best R&B, Pop, Rock, and Jazz favorites. Powered by a driving horn section and dynamic vocals, *The Independence* delivers an original sound while paying tribute to all the old favorites. Don't miss this feel-good, entertaining show that includes a bit of everything for everyone.



CIAO ITALIA

By Michael Lanotte

PETE CUSTODE

SINGER/ENTERTAINER

Friday, June 13

Pete Custode is back to amaze us with his incredible renditions of classic songs by legendary artists like Sinatra, Martin, Bennett, Presley, and Darren. He also brings the soulful vibes of Doo Wop! His remarkable musical talents have earned him a reputation, leaving audiences spellbound.

Members \$15, non-members 20. Obtain a flyer, which contains all the necessary information, outside the Activities Office or print one copy from the email notification. Complete the form at the bottom of the flyer. All forms and checks **must be submitted by Friday, June 6.**

SOCK HOP/BBQ

Saturday, July 12

Flyers will be available in the middle of June.

* * *

MUSICAL NOTES FROM
THE CONCERT SOCIETY

The best classical music value in Westchester and beyond!

By Teddi Meltzer

PIANIST LLEWELLYN
SANCHEZ-WARNER

Sunday, June 8, at 3 pm
in the Heritage Room

In a beautiful program culled from Mr. Sanchez-Warner's extensive repertoire of classical works, come and enjoy Hayden, Schumann, Beethoven, and Stravinsky. \$26 per person at the door for non-subscribers. If you have any questions, call Teddi Meltzer at 914-277-1418, but not before 9 am!

* * *

Independent and Foreign Film Club



By Steve Klepner

AMELIE

(France, 122 minutes, 2001)

Sunday June 8, at 7 pm in the Heritage Room

Amelie is a fantasy in which a painfully shy woman makes a discovery where her life is drastically changed for the better. She then dedicates herself to helping others. This film is sassy and whimsical.

Because of the film's length, the evening will start promptly at 7 pm. A

discussion, led by Bill Costanzo, retired film studies instructor, follows the screening.

The next film will be screened on Thursday, July 13.

Schedule Change: Our last screening of the year will be on Sunday, December 14.

* * *

SINGLES CLUB

By Diane Purr

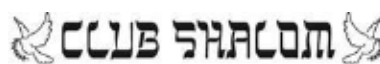
PIZZA AND GAMES!!

Wednesday, June 18, at 5 pm in the Heritage Room

BYOB and bring the game of your choice – Uno, cards, Rummikub, etc. – and join with friends for some good, old fashioned fun.

\$5 for members / \$8 non-members. Leave your check in our mail slot **no later than June 12.** Call Pat Caruso with any questions at 914-649-3232.

* * *



By Aimee Feerst

If you have any questions regarding the following events, call Alan Tepper at 914-42-3279 or email him at astepper@gmail.com.



IT'S COMEDY TIME

DATE CHANGE: Saturday June 14, at 7 pm
in the Heritage Room

Join us for an entertaining evening with Stand-up Comedian Steve Mittleman.

"Mittleman, laugh out loud funny" . . .
The New York Times.

"Mittleman is always funny" . . . Jerry Seinfeld, (with whom he has worked).

He has appeared on *The Tonight Show* starring Johnny Carson, *The Jay Leno Show*, *The Late Show* with David Letterman; and was seen in the movies *Roxanne* and *The Out of Towners*.

Sure to be a sellout, get your reservation in soon. Admission is \$15 per person. Auditorium seating. Watch your email for a flyer to be returned **no later than June 11.**

AN EVENING OF STEVEN SONDHEIM
with Alli West and Howard Kilik

Saturday, July 19, at 7 pm in the Heritage Room

Featuring a curated selection of his most iconic songs, this performance brings to life the brilliance that defines Sondheim's legacy. We are delighted to welcome back Alli, a Cantorial Soloist and Broadway performer, and Howard, her talented vocalist and accompanist.

Get your reservations in soon, we expect a big turnout! Admission \$15 per person. Cabaret seating.

Watch your email for a flyer to be returned **no later than July 16.**

FAMILY NETWORK GROUP

By Keri Reitman Schnapper

FREE MOVIE NIGHT IN MEADOWLARK PARK

Wednesday, June 18, at 8 pm

"Doors open" at 7:30 pm

Check the Family Network Facebook page for details.

* * *



TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, June 20, from 3 to 5 pm, in the Activities Center Game Room (next to the Library)

Note the room change! (Next month and from then on, we'll be back 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:

SPECIAL PROGRAM: A Primer in AI - How it works and what's expected in the future

Artificial Intelligence: The Good, the Bad, and the Ugly - Yaser Abu-Mostafa
OpenAI's Sam Altman talks ChatGPT, AI agents and superintelligence - with Chris Andereson, the head of TED

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, July 18.**

* * *

PHOTO CLUB

By Bill Ablondi



MASTERING SMARTPHONE PHOTOGRAPHY WORKSHOPS

Photographer Arnold Breistblatt (pictured) continues his series of workshops covering the following topic:

LANDSCAPE, STILL LIFE, AND NIGHT PHOTOGRAPHY

Friday, June 27, from 2 to 3:30 pm in Room 2 of the Activities Center

RETOUCHING, PRINTING AND EMAILING PHOTOS

Friday, July 11, from 2 to 3:30 pm in Room 2 of the Activities Center

FIELD TRIP (TBD)

Friday, July 18

Using all techniques learned during the workshops.

All residents are welcome, but space is limited, and **you must sign up 5 days before the workshop.** \$5 for members, \$10 for non-members. Sign-up sheets are located outside the Activities Office.

For more information contact Linda Carpentieri at lindacarp16@gmail.com or 914-227-3854, or Bill Ablondi at ablondi@marketmaps.net or 203-984-2955.

* * *



ENVIRONMENTAL CLUB

By Carolyn Sears

OUR ONCE AND FUTURE FOREST

Friday, June 27, from 4:15 to 5:30, in Rooms 2 and 3 of the Activities Center

Woodlands clean the air and water, enrich the soil, provide food and shelter for birds and wildlife, and add beauty to our lives. At this presentation, Jessica Schuler, Lasdon Park and Arboretum's Program Coordinator for Natural Resources, discusses what we can do for our woodlands.

* * *



COMMUNITY THEATRE

By Helen Berman

EXIT WHO

Friday and Saturday, June 27 and 28 at 7:30 pm,
and Sunday, June 29, at 3 pm in the Heritage Room

We are accepting reservations for our next play, *Exit Who?* Pick up a flier or get an email by the Activities Office. Reservations are \$15 per person for Community Theatre members and \$20 for non-members. Include your phone number, the number of reservations, and performance date with your check.

Looking forward to seeing you in our audience.

* * *



FRIENDS IN THE HILLS

By Deb Ferrara

MINGO - Musical Bingo Like You've Never Heard Before!

Friday, July 18, at 7 pm in the Heritage Room

Doors open at 6:30 \$20 PP

Get ready for an evening filled with music, laughter, games, singing, dancing and PRIZES! DJ Geri-Ann will spin clips of your favorite tunes while you mark the song titles or artists in your game board - each with a different genre, theme, or era. Enjoy surprise games, interactive fun, and plenty chances to win. You will not want to miss this!!

MEMBERS ONLY. \$20 per person. Put the sign-up sheet, along with your check (no cash) in the "Friends in the Hills" mail slot. If you have any questions, call Debbie at 914-924-3003 or Mary Ann at 914-318-1227.

**WHEN WALKING ON OUR ROADS, ALWAYS WALK
FACING TRAFFIC, SINGLE FILE, HUG THE CURB,
AND WEAR BRIGHT CLOTHING**

SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

WELCOME NEW OWNERS

By Anna Milani

Society Office Administrator

During the month of April, ownership changed for 11 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.

MAY 7 CANDIDATES NIGHT AND MAY 21 SOCIETY BOARD MEETING VIDEOS

The May 21 Society Board meeting took place after this issue of the *Newsletter* went to press, so the summary of that meeting will be in the July issue.

Videos of the May 7 Candidates Night and the May 21 Society Board meeting (and subsequent resident inquiries/responses, if any) can be seen on the Society Board's website and on Comcast's channels 21 and 1070 daily at 2 and 7 pm until the June 18 meeting occurs. The full transcript of the May 21 meeting's Minutes will be posted on the website after approval at that June meeting.

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.

SECURITY

By Rob Casasanta, Prosegur Security

APRIL SECURITY CALL REPORT

During the month of April, our Security staff received and responded to a total of 276 calls including the following matters:

Medical.....	86	(1 Security EMT rode in ambulance to hospital)
Service	85	(44 lift assists, 10 welfare checks, 8 persons locked out, 8 battery changes, and 15 other)
Security	51	
Open Garage Doors	34	
Parking Violations.....	8	(in handicapped spaces, fire lanes, on A or B roads)
Police	6	(4 Somers, 2 State)
Fire Calls	3	(1 automatic fire alarm, 2 smoke/CO2 alarms)
Maintenance.....	2	

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 April meeting was attended by the following Condos 2, 4, 5, 6, 8, 11, 12, 14, 15, 17, 18, 19, 20, 24, 25, 28, 29, and 30.

Dominic Rubino, Society Board President, announced his retirement in May. The Council of Condos awarded him a "Certificate of Appreciation" for his dedication and leadership on behalf of the Heritage Hills Community.

Tree Removal - Using Forestry Company vs Tree Removal Company: Davis Stowell from Condo 15:

- New York State has programs whereby a state-employed forester provides a free assessment.
- Many Condos were hesitant to concede to deforestation of our community,
- Others thought we should investigate the matter once Davis explained there should be at least ten feet between trees for tree health and a "healthy forestry program."

Landscaping / Summer/Winter: Other than Capital Projects, Landscaping is one of the largest components of each Condo budget. The landscaping contract includes plowing, shoveling, salting, mowing communal areas, pruning, and spraying trees, gutter cleaning, fertilizer, weed and seed applications to lawns, mulching, and some stonework. Condos communicate unit owner responsibilities for maintaining landscaping around their units via their newsletters.

continued on page 8

Dog Matters: Picking up dog excrement is the responsibility of whomever walks the dog. Dogs must be kept on a leash and owners must have complete control of the animal.

Council Officer Election: Thanks to Jack Mattes for chairing the committee, and to the committee members, Flo Brodley and Dortha Cooper. The Committee opened nominations to the Council members. In the absence of new candidates, Jack asked that the current slate be nominated, and the Council Secretary cast one vote to re-elect existing officers for a term of one year. Council members approved the motion with one abstention. A suggestion was made to consider changing the By-Laws so officers would serve staggered three-year terms.

Bathroom Vents: Louise suggests that Council members remind unit owners to clean the bathroom fan vents, since they get dusty and may result in a fire.

The Council of Condos invites at least one member from each of the thirty Heritage Hills Condo Boards of Managers to attend meetings.

* * *

2024 UNIT SALES DATA

By Susan Statkowski-Rivalsi

In 2024, ownership changed for 132 units here. Here's the actual count, by month:

January..... 10	May9	September.....10
February..... 11	June12	October.....15
March 8	July11	November12
April 14	August.....13	December7

* * *

ANNUAL RESIDENT ART SHOW

By Terry Clifford

SHOW DATES: Saturday, September 13, from 10 am to 4 pm
Sunday, September 14, from 10 am to 4 pm

We encourage artists of all ages to share their talent in ceramics, drawing, digital art, fiber, jewelry, mixed media, needlecraft, painting, photography, printmaking, sculpture, silk painting, weaving, and woodcraft. We receive close to three hundred pieces of resident artwork each year. We want to see yours.

Obtain an Exhibitor Application from the Activities Office or at the hhsociety.org website. Guidelines are attached to the application. Participating artists must comply with the guidelines. **Application deadline is Friday, August 15.**

If you any questions or would like to volunteer to help (set-up is Friday, September 12), contact the Activities Office by email at activities@hhsociety.org or call 914 276-2636.

Hlibrary



AUTHORS NEW TO OUR COLLECTION

This month, we are adding several books by perennial favorite authors such as Isabel Allende, Alison Weir, Michael Connelly, and Ron Chernow. Also included are works by authors new to our collection. *The Imagined Life*, Andrew Porter's contemporary novel, centers on the complexities of father and son relationships. Mary Alice Monroe's multi-generational saga, *Where the Rivers Merge*, is set in rural South Carolina.

In a nod to the 100th year anniversary of *The Great Gatsby's* publication, mystery writer Claire Anderson-Wheeler recasts its iconic characters in her murder caper, *The Gatsby Gambit*. When Greta Gatsby, Jay's younger sister, spends the summer at Gatsby Mansion in West Egg, unexpected things happen.

BOOK REVIEW

For a review of *Three Days in June*, by Anne Tyler, see page 35. The contemporary novel was added to our collection this spring.

NEW ADDITIONS TO OUR COLLECTION IN JUNE

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

Fiction

Allende, Isabel	<i>My Name Is Emilia del Valle</i>
Backman, Fredrik	<i>My Friends</i>
Lamb, Wally	<i>The River Is Waiting</i>
Monroe, Mary Alice	<i>Where the Rivers Merge</i>
Porter, Andrew	<i>The Imagined Life</i>
Weir, Alison	<i>The Cardinal</i>

Mystery

Anderson-Wheeler, Claire	<i>The Gatsby Gambit</i>
Connelly, Michael	<i>Nightshade</i>
Deaver, Jeffery	<i>South of Nowhere</i>
Horowitz, Anthony	<i>Marble Hall Murders</i>
King, Stephen	<i>Never Flinch</i>
McFadden, Freida	<i>The Tenant</i>
Penner, Sarah	<i>The Amalfi Curse</i>
Rose, Jeneva	<i>The Perfect Divorce</i>

Non-Fiction

Chernow, Ron	<i>Mark Twain</i>
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Basia's
Hair Salon

249 Route 202, Suite #2
Somers, NY 10589

914-276-1234
www.basiahairsalon.com

Sun-Mon Closed
Tues-Wed 9:30 - 5:30
Thurs-Fri 10:00 - 6:00
Sat 9:00- 5:00



"Right at Home Mt. Kisco gave my family a second chance with my dad."

When we needed help the most, Right at Home was there - day and night, 24/7. From the moment we met Head Nurse Kerry, we knew we were in caring hands. The entire team- from the dedicated caregivers to the extraordinary office staff made us feel heard, supported and truly cared for. We are forever grateful from the bottom of our hearts...

~ Sarah B.

RELIABLE - PROFESSIONAL - COMPASSIONATE CARE

914-864-0588

Available 24/7



Right at Home

In Home Care & Assistance

MT. KISCO

Anna's
WORLDWIDE CHAUFFEURED TRANSPORTATION

30th
ANNIVERSARY

★★★★★
SERVICE

**\$10 OFF Any One Way Airport Ride or
\$20 OFF Any Round Trip Airport Ride**

Must mention code "Heritage 2025" at time of booking, Exp 12/31/25

**AIRPORTS | PIERS | PROMS | WEDDINGS
NIGHT OUT | CONCERTS & MORE**

Sedans, SUV'S, Transit Vans, Mini Buses, Sprinters, Coach Buses

JOIN OUR LOYALTY FREQUENT RIDER PROGRAM

CALL TODAY FOR RESERVATION

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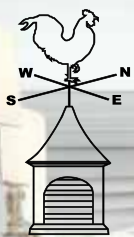
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GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

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: Mondays at 11 am in Room B. 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. On hiatus until the Fall.

CRAFTERS IN THE HILLS: Wednesdays from 10 am to noon and the 4th week of the month from 6 to 8 pm in the Activities Center's Lower Level Studio B. Each week we explore new crafts or work on current projects. The Monthly crafts are open to club members first and when space is available, we open the session up to non-members. Some crafting sessions are free (you supply your own materials), and other sessions have a fee based on materials. For more information and to register email craftclubhh@gmail.com.

NEEDLECRAFT GROUP: Charitable Group that meets Wednesdays at 12:30 pm in the Game Room. All skill levels are welcome. \$20 annual dues. 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: Second Friday of each month at 2 pm in Room 2 of the Activities Center. All are welcome regardless of photography experience. Meetings will include speakers, field trips to various photo shows, photo shoots and contests. For more information, contact Linda Carpentieri at 914-227-3854 or lindacarp16@gmail.com or Bill Ablondi at 203-984-2955 or ablondi@marketmaps.net.

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 from 9:30 to 11:30 am in Studio A in the Activities Center. 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 on the Lower Level 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: First Tuesday of each month from 2 to 3:30 pm in the Activities Center. For more information contact Myra Hopper at myrahopper@gmail.com or 520 390-5523.

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 other's 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, contact Barbara Gangemi at 914-617-9037.

DANCE

FRIDAY NIGHT SOCIAL DANCE: 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.

ENVIRONMENTAL CLUB: This Club's primary objective is to foster a culture of environmental responsibility within Heritage Hills. Meetings take place on the second and fourth Friday of the month from 4:15 to 5:30 pm in Rooms 2 and 3 of the Activities Center. All are welcome, including teens. Watch for announcements and postings about special events and field trips. No fee. For more information contact Carrie Sears at carolynnsears@me.com or 914 522 3111.

EXERCISE CLASSES

WATER AEROBICS AT POOL 4: 9 to 10 am starting Tuesday, July 1. \$10 per class. Space is limited so pre-registration is highly recommended. Do so directly with the instructor. Mondays and Tuesdays with Theresa Masin, zumbawithme@aol.com. Wednesdays, Thursdays, and Fridays with Linda Zeiss, labzeiss@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.

ENERGY HEALING FOR SELF, FAMILY, FRIENDS AND PETS WITH MELANIE GAMBINO: First Wednesday of the month at 7 pm Lake Lodge's Room 3. \$20 per class. Preregistration required. For more information and to reserve your place, call, text, or email Melanie at 914 588 2450 or melaniegambino1@gmail.com.

CONTINUUM/FLUID FORM MOVEMENT, MINDFULNESS, AND MEDITATION WITH MELANIE GAMBINO: Fridays at 9 am in Lake Lodge's Room 3. \$15 per class. Preregistration required. for more information and to reserve your place, call, text, or email Melanie at 914 588 2450 or melaniegambino1@gmail.com.

MOVE AND GROOVE WITH THERESA: Fridays at 9:45 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.

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: Second and fourth 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 by email her at carellis14@yahoo.com.

SPANISH CONVERSATION GROUP: First 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.

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 1 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.

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 (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 one 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.

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

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.

LET'S TALK SENIOR CARE: Second Friday of the month at 1 pm. Stephanie Roberti, MHA, will introduce different senior care topics to help educate us on this important subject. For more information, Stephanie Roberti at 914-357-3049 or 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.

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.

SOCIAL CLUBS

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.

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.

RAINBOW CONNECTION CLUB: A social group for LGBTQ members and their families, friends, and neighbors. All are welcome. Meets the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Teresa Duffy at 914-617-9785.

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.

WOMEN'S CLUB: 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.

YACHT CLUB ("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.

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

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: 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: All resident men and women are invited to meet and chat with their neighbors at 8:30 am Wednesday mornings in the Heritage Room. Coffee and bagels are available until 9:45 am, followed by speakers / presentations until 11 am. Admission is \$3. 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 on the first Thursday of the month 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!

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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THE GAZEBOS AND PERGOLAS OF HERITAGE HILLS

Text by Karl Milde, photos by Cheryl Milde

Heritage Hills was designed and built with you in mind. Sprinkled throughout the area are three gazebos and eight pergolas with benches where you can relax and contemplate the wonders of nature. Have you seen them all? If not, we invite you to go out and explore. Here are photos of them and their locations.

GAZEBOS



Between Lake Lodge and the two ponds, this one was recently refurbished by the Society.



In Condo 25, alongside Pondview Drive, this one was recently refurbished by Condo 25.



In Condo 11, near the 312 to 319 Cluster, this one is a little smaller than the others.

PERGOLAS



This Garden Club pergola is the only one not actually on Heritage Hills property.



Near the three-way stop intersection of Heritage Hills Drive and West Hill Drive, this was recently rebuilt by the Society after a large tree limb nearly destroyed the previous pergola.



Near the top of the highest hill in Heritage Hills, this one is above Recreational Area 2 (Pool 3 and Tennis Court 5).



In front of the Bocce Courts at the Activities Center, this one has been in place since Day 1 of Heritage Hills.



In Condo 12, in the 349 to 351 cluster.



In Condo 17, alongside West Hill Drive opposite the 507 to 511 cluster.



In Condo 18, near the 570 to 571 units.



In Condo 24, alongside Pondview Drive, uphill from the 547 to 557 cluster.



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EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman



Newest members Richard Smacchia, Larry Pirinea, Tom Brier, Brendan Ielpi, and Pete Larson

The 2025 season got off to a rousing start. After membership declines the past couple of years, five new members joined in 2025, bringing us back up to 39 members, thanks to the *Heritage Hills Newsletter's* great awareness-building coverage. And it's a hungry group, based on the turnout for the April 16 season-opening breakfast.



28 happy golfers after a tasty season-opening breakfast

After a string of early April showers, which did bring beautiful May flowers but rained out most "pre-season" rounds, delightful golf weather followed the breakfast. Here are the results of those weekly Tuesday and Thursday tournaments (Standard Stroke Play unless indicated otherwise):

April 10

Low Net: Ray Ormerod, 2nd – Howard Weiner

April 17 Opening 4-Man Team Scramble (Mixed A* and B** Flight Teams)

Low Net Team: Bob Briganti, Ray Ormerod, Pete Larson, Frank Gallo

2nd Low Net Team: Tom Reca, Bill Glass, Nick Stanton, Jack O'Hanlon

April 22

A Flight: Low Gross – Bob Slotoroff; Low Net – Tom Reca, 2nd – Yogi Santa-Donato

B Flight: Low Gross – Ray Ormerod; Low Net – Pete Larson, 2nd – Bill Ablondi, 3rd – Jim Haggerty

April 24

A Flight: Low Gross – Bob Briganti; Low Net – Bob Slotoroff, 2nd – Howard Weiner, 3rd – Frank Servidio

B Flight: Low Gross – Ray Ormerod; Low Net – Bob Kenney, 2nd – Ed Sottile, 3rd – John Mahoney.

April 29

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

B Flight: Low Gross – Pete Larson; Low Net – Frank Gallo, 2nd – Ed Sottile

May 1

A Flight: Low Gross – Joel Greenspan; Low Net – Yogi Santa-Donato, 2nd – Tom Reca, 3rd – Frank Servidio

B Flight: Low Gross – Rich O'Brien; Low Net – Jack O'Hanlon, 2nd – Pete Larson, 3rd – Jim Haggerty

* Our best golfers ** The rest of us

PICKLEBALL

LET THE GAMES BEGIN!

Text and photos by Fran Boemio

Spring has sprung and the pickleball courts are bustling with happy players! We have so many events and competitions happening.

Round Robins: Players of all skill levels rotate through different partners and opponents in each game. This allows new people to meet others in a fun way.



Round Robins - Pam Arena, Captain, and Rich Talan, Timekeeper

ACES for Intermediate and Advanced players: Players of similar skill levels are matched with a partner using Ace, King, Queen, and Jack cards from a playing deck. Depending on the results of the game, you either move up or down a court. Sometimes you get to stay on the same one (for example, Jacks). This competitive scramble yields final results where two players are winners of the ACE court.



*Intermediate ACES:
Jane Ceraldi (runner up),
Sal Ceraldi (winner),
Deb Montalvo (winner),
Annie Pasquerello (runner up)*



*Advanced ACES:
Robert Oksman (runner up),
Andrew Miller (winner),
Tom Cash (winner),
John LoBello (runner up)*

Upcoming competitive events will include Ladders, which is a ranking system where players compete to move up or down a list based on their wins and losses. The goal is to climb to the top of the ladder, which typically reflects the highest skill level.

We're also looking forward to bringing back the Pickleball League that we've run for the past three years. This league consists of 32 men and 32 women, divided into 8 teams competing against each other for 1st, 2nd, and 3rd place.

We celebrate the winners and all players that have joined in on the fun!

* * *



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Source: OKMLS, 1/1/24-12/31/24, total dollar volume of single family homes and condominiums sold by Agent, Somers school district. OKMLS, 1/1/24-12/31/25, total dollar volume of Condominiums sold, Town of Somers, in Heritage Hills, by agent.

VARIOUS UNITS SOLD BY MLS AGENTS FROM 1/1/25 – 5/15/2025

MODEL NAME	PRICE	BEDROOMS
Franklin	\$352,000	One
Guilford	\$420,000; \$440,000;	One
Guilford	\$455,000; \$460,000	One
Radcliffe	\$604,000	One
Armonk	\$559,000; \$579,000	Two
Berkshire	\$720,000	Two
Canaan	\$625,000	Two
Concord	\$552,000; \$540,000	Two
Dartmouth	\$675,000	Two
Fairview	\$560,000; \$610,000	Two
Fairview	\$625,000	Two
Katonah	\$570,000	Two
Madison	\$415,000	Two
Monroe	\$519,000	Two
Princeton	\$750,000	Two
Ridgefield	\$610,000	Two
Salem	\$675,000	Two
Stanford	\$760,000	Two
Stratford	\$560,000; \$615,000	Two
Stratford	\$631,000; \$715,000	Two
Syracuse	\$710,000	Two
Wellesley	\$599,000	Two
Sherman II	\$755,000; \$887,000	Three
York	\$575,000	Three

ONEKEY/ HGMLS DATA AS OF 1/1/2025-05/15/2025

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RAIN

By Elizabeth Zivian

With a window ajar or a glass sliding door
 Listening at home to a downpour of rain on my window pane
 The sound of rain pounding on the floor
 Hearing rumbling
 Tumbling
 of distant thunder
 In wonder of Mother Nature's might at my door
 in my core I find it
 Soothing
 Calming
 Tranquilizing
 Hypnotizing
 Mesmerizing
 Watching droplets cascading down the glass pane
 Cozy in my chair with a warm soft throw
 A cup of tea
 Serenity
 Feeling sleepy safe and secure
 I really can't ask for more



By Tracy Giachetti

BUTTERFLIES

By Adelaide B. Shaw

butterfly bush
 a swallowtail lands
 before planting
 Russian sage
 cabbage whites
 fanning the air
 a new look
 for an old hat
 monarch landing
 summer garden
 a painted lady finds
 the red zinnias

* * *

MY ROAD

By William A. Colavito

I chose the road that was level not steep,
 I chose the road where all flowers smell sweet,
 I chose the road where ...mantras and people do...pray,
 I chose the road where to sing is OK,
 I chose the road where colorful birds ever fly by,
 I chose the road where there's nary a tear in one's eyes,
 I chose the road where a gentle brook does flow,
 I chose the road where the sun ever glows,
 I chose the road where time only slowly does pass,
 I chose the road where all love life and laugh,
 I chose the road where there's never the pain of a loss,
 And where there's never a cold windy day, not even a "FROST."
 Think of a world where all roads were my road.



By Alison Minton



ENVIRONMENTAL CLUB EARTH MATTERS: FROM SIMPLE FOOD CHAINS TO COMPLEX FOOD WEBS

By Carrie Sears

Traveling at 67,100 miles per hour around the Sun, the Earth has brought us fully into Spring. With the unfurling of multiple leaf buds and flowers, Mother Nature has spread a banquet. First to feast are usually the insects—aphids, caterpillars, beetles, plant bugs, weevils, grasshoppers, which in turn become tasty tidbits for birds, mice, skunks, fox and more.

In a simple food chain, the Sun's energy is captured by a plant, converted into simple sugars eaten by insects and converted a second time into proteins to be eaten by birds, frogs, fishes, mice, etc. Many food chains then weave together and create complex food webs.

There are no adequate substitutes for the Sun, the green plants, nor the insects. At this time, nature's food webs are seriously threatened by a declining insect population. What can Heritage Hills nature lovers, bird watchers, gardeners, and residents do to support local food webs? Here are a few tips:

- Replace white outdoor lightbulbs that lure insects to their death with yellow lightbulbs as insects are not attracted to the yellow color.
- Grow a few plants that are native to the northeast (e.g. native columbine, butterfly weed, black-eyed Susan, violet, evening primrose) as these plants feed local insect populations and support the food chains.
- Conversely, encourage your Condo Association to reduce invasive, nonnative plants (e.g. mugwort, oriental bittersweet) growing at the edges of woodlots as these plants are unfamiliar, not eaten by local insects, and crowd out the ones that form local food chains.

What we do matters!

* * *

HERITAGE HILLS - A LOOK BACK AND LOOK FORWARD

By Karl Milde

Happy Anniversary Heritage Hills! It has been *fifty-one* years since the start of construction in 1974. Prior to that, real estate brokers Jerry Billingsley and his partner John Harkins, both eventual residents of Heritage Hills, had convinced eleven Somers landowners to sell their vacant land to a developer, Henry Paparazzo. Henry proceeded to obtain town approvals and building commenced. It would take over thirty years to build out this development he called "Heritage Hills," a name and a vision he adapted from his hugely successful "Heritage Village" in Southbury, Connecticut.

Originally conceived as a high-end adult community with two golf courses and numerous tennis courts, swimming pools, and activities such as concerts, lectures, classes, and clubs, the lifestyle attracted residents from all walks of life. Areas within Heritage Hills were divided into thirty "Condos" for purposes of self-governance, with an overall governing body, called "Society," in charge of security and maintaining the activity buildings, tennis courts, pools, buses, and main roads which were used by all.

Heritage Hills was originally marketed to people over forty, i.e., mature and senior adults. This stipulation eased the Somers Planning Board approval, since the new community would support the tax base without over-burdening the school system. The community continued to increase in this way until 1987 when, as the result of fair housing legislation and a lawsuit, the age-restriction was eliminated.

Families with children started to trickle in. It wasn't a flood of children, as the early residents and the town government feared, but these young folk eventually began making their presence felt. Parents organized a "Family Network" with a group page on Facebook, and they authored a special "Family Focus" page for this Newsletter. Society did its part to erect play equipment in Meadowlark Park.

It took about twenty years, but Heritage Hills eventually became a truly intergenerational community with children, parents, grandparents, and great grandparents – quite a change from the "retirement community" of the 70s and 80s.

Which brings us to the present day and, importantly, to the future vision of Heritage Hills. The founders of this community and those in leadership positions have taken us this far. Through the years, Heritage Hills has been a community that thrives on balance: between preserving the traditions that make it special and embracing innovations that keep it strong.

From its earliest days as a serene retreat to the dynamic, multi-generational neighborhood it has become, Heritage Hills continues to evolve. To remain a vibrant community, Heritage Hills needs to continue the momentum built by those who have served before while embracing the opportunities that lie ahead. This will require good governance and effective leadership by both the Condo management and Society.



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HEALTH & SAFETY COMMITTEE EVENTS

CARFIT PROGRAM

By Sally Sotoroff

It was a rainy day, but that didn't stop Heritage Hills residents from attending the CarFit program on April 26th! The program was sponsored by the Health & Safety Committee with Mercy University Occupational Therapists, under the direction of Dean Kathleen Golisz.



Each resident drove to a designated spot in the lot at Meadowlark Park and stayed in the car while a pair of therapists discussed and measured things, such as: inches between the chest and steering wheel/air bag; testing the lines of sight through the windshield, side mirrors, and rear view mirrors; and adjusting the steering wheel's tilt and/or height and the head rest and seat belt positions, among others. For shorter participants, a cushion was used to accommodate sight over the wheel and the ability to reach pedals to ensure individual safety.



After each CarFit session, participants were asked for feedback, here are a few comments:

"I didn't realize I had blind spots. I was shown how to adjust my seat and mirrors for best advantage."

"Now I know where to find my emergency brake."

"I was shown an assisting tool (HandyBar) which attaches to the door bracket to give assistance when getting into or out of the car."

"My driver's headrest was readjusted so my head would be better supported."

"I didn't realize my steering wheel was too high, and now I know how to adjust it."

"If I sit more erect, I can see much better on all sides."

"I'm glad that I can use a wedge cushion to help my line of sight due to my height."

"Since no one is ever in the backseat, the back headrest can be removed because it was impeding my sight lines."

Everyone left smiling. All in all, a successful program for our residents!

FRIENDS & FAMILY CPR CLASS

By Flo Brodley



This April 6 course was filled with important instruction and quite a few laughs. At first, participants took their places on the floor to use their muscles and timing to assist the dummies – or "would be" victims – to breathe. Learning how to administer the AEDs, as well, gave them a well-rounded course to help adults in distress.

Next came the part of the course that dealt with coughing infants which took place on tables to help our seniors' comfort level at the same time.

Many thanks to Steve Pilla, Certified CPR instructor, who will conduct another session in the fall.



* * *

PHOTO CLUB

By Bill Ablondi



MASTERING SMARTPHONE PHOTOGRAPHY WORKSHOPS

During May, photographer Arnold Breistblatt (pictured) conducted the first three workshops on Mastering Smartphone Photography which covered.

- Setting up and navigating Smartphone cameras with techniques to enhance travel photography as the emphasis.
- Macro and close-up photography.
- Portraits, including children and groups.

The six-session workshop series will continue in June and July (see page 6).

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COZY DINING IN

By Patricia Adams

Did you know that around 50 Heritage Hills families participate in Somers Senior Services' Meals on Wheels program? Under the leadership of Senior Program Director Princess Guerra, the Town of Somers serves these meals daily to over 100 seniors over the age of 60 "who cannot cook, eat poorly, or don't have family close by," states Ms. Guerra. "Many are often homebound. Our typical customers are both singles and married couples."

Prepared at a facility in Yorktown and delivered to Van Tassel House daily, Somers deliveries occur Monday through Friday between 11:30 am and 1:30 pm. Menus always include an entrée – such as meatloaf, pork, fish, chicken, or pasta – along with gravy and sauces, and are accompanied by a green vegetable, potatoes, bread, and dessert. Desserts cover a wide range: puddings, pies, and fresh fruit. Those with allergies are accommodated. A \$3 donation per meal is suggested. That's fifteen dollars a week for a menu worth many times the amount.

"Our Somers program has a staff of ten drivers. We rely on volunteers to pack, serve, and complete the process. All our employees have been on staff for over ten years, so there's a relationship with the seniors we serve. One staff member has been with the program for over 30 years! Staff and volunteers build on these relationships by calling to see if people are okay if they don't answer the bell when meals are being delivered. Overall, we run a very seamless operation," said Ms. Guerra.

The Somers Meals on Wheels Program is looking for volunteers. Serving over 100 local residents, Guerra explains, "We couldn't operate without our devoted volunteers." Each route takes between 1 and 2 hours, starting at 11:30 am. If you think you can offer your time for one day a week or to substitute for others, call 914-232-0807.

For those seniors who are not homebound, congregate meals are offered weekdays at Van Tassel House, 98 Primrose St. Route 139, Katonah. Free transportation is available.

Ms. Guerra studied culinary arts and hospitality at SUNY and creates the energy behind the program, bringing a dedication and sense of community to her natural knack for nutrition and cuisine. "I truly love what I do," she emotes. Born in Harlem, she learned about nutritious cooking from her family's catering business. All her talents came together when she scored highly on civil service exams. Guerra reports directly to Robert Scorrano, Town Supervisor.

This program is partly funded by the Town, the United States Department of Health & Human Services, the New York State Office for the Aging, and Westchester County's Senior Programs and Services. Grants from Westchester County and the Town of Somers, and client contributions also support it. County guidelines must be met; it provides nutrition oversight with site visits, and creates comprehensive plans.

NOW YOU KNOW!

SOMERS SENIOR SERVICES

Submitted by Princess Guerra, Program Director

For information on services and classes in addition to the following, see page 2, or go to somersny.com and scroll down to "Senior Services," or call 914-232-0807.

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For this serene cruise on the Hudson River followed by a three-course lunch at Mariner's Harbor, our Coach Bus departs Van Tassel House at 8 am and returns at 4 pm. For transportation to/from your home, let us know when you sign up \$75 per person due when you sign up. Call Princess at 914-232-0807. Menu options – let us know at sign-up – chicken Francese, mashed potatoes and vegetables; or roasted pork, apple chutney, mashed potatoes and vegetables; or oven broiled cod with rice and vegetables; cheesecake or chocolate cake.

JUNE SHOPPING TRIPS

No more than four trips per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Bus pick-ups start at 10 am, you have 1 1/2 hours of shopping time, and you return home early-to-mid-afternoon. Bus drivers provide assistance onto and off of the bus using a stepstool and handling mobility devices or using the wheelchair lift. They carry your bags to your door. An aide can accompany the rider. To make your reservations, call 914-232-0807.

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June 9 Walmart
June 16 TJMaxx/Five Below
June 23 Dollar Tree
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FIT-BITS

By Mary Tedesco

THE EXERCISE "FARMER CARRY / FARMER WALK" BREAKDOWN

The "farmer walk," also known as the "farmer carry," is a very simple and extremely effective exercise. It mimics the process of carrying luggage or groceries. A lot of people are doing this exercise at the Fitness Center, so we get a lot of questions about the benefits.

What makes it so appealing is that it helps you to complete everyday tasks with more strength and balance.

To start, grab two dumbbells (both the same weight), one in each hand. You can choose to go light or heavy – we recommend more towards the heavy side.

With your shoulders back, arms at your sides, and a tight core, you simply walk in a straight line with your eyes straight ahead for as long a distance as you see fit.

Here are the benefits:

1. Improves posture – by engaging the muscles that support your spine and keeping the shoulders down and back.
2. Improves core strength – by engaging the core, you work the obliques, the abdominals, and the lower back.
3. Increases grip strength – it can help prevent injuries related to lifting objects, falls, and other daily activities because it strengthens the forearms and hands.
4. Increases stability – engages the whole body: quadriceps, hamstrings, core, erector muscles, and calves.
5. Helps in maintaining good balance.

* * *

HOW DOES YOUR GARDEN GROW?

GARDENING: DON'T CALL IT "THERAPY"

Text and photos by Karl Milde

This past March 26 I attended a lecture entitled "Therapeutic Horticulture" given by a registered horticultural therapist Anne Meore, LMSW. The program, arranged by Mona Moriber, a member of the Health & Safety Committee ("H&S"), was one of the most informative H&S offerings I've attended here at Heritage Hills.

Ms. Meore (hereinafter "Anne") began by describing her success with what she called "Nature RX": occupational therapy programs she has provided for persons with special needs at the Good Samaritan Hospital in Suffern and for veterans at the Bronx Veterans Administration Hospital as part of the "Intervention Veteran Engagement Program." Such programs, she said, "create the opportunity for people-plant relationships."



These programs work, said Anne, because of what she called "biophilia" – the innate human tendency to cultivate plants. As she reminded us, our early human ancestors spent nearly all of their lifetime in green spaces outdoors and depended upon plants and animals for their survival. Hence our evolutionary need to connect with nature. "Nature impacts our wellbeing," she said.

After establishing these impressive bona fides, Anne went on to describe her programs in greater detail. Using outdoor spaces and gardening tools, her methodology encourages patients to promote people-plant propinquity (note the alliteration!) along with the particular purpose (alliteration again) of understanding why nature works this way.

At the end of the day, Anne hopes to fulfill certain needs of her patients: a feeling of belonging and a love of all living things. In this way they can hopefully reach their full potential as fully-functioning individuals.

This message was fascinating, and it held our lecture attendees spellbound, but there was more. She held up a small tray of "grass" which she called a "mini-farm of micro-greens."

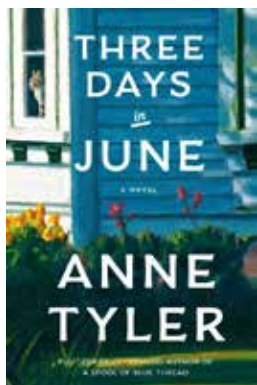


For the last half-hour of the program, Anne provided all the necessary materials and gave us a hands-on tutorial for making a mini-farm. We learned that micro-greens are young seedlings of edible vegetables and herbs. More nutritious than sprouts when harvested within two weeks of their germination, their stems and leaves provide beta-carotene and anti-oxidants, and are good sources of vitamins C, E, and K. Best of all, as a topping on any veggie or salad, they add color and flavor.



What fun we had! And as a bonus we had something to take home.

I can't wait for my mini-farm to grow so I can shave off the top and add herbs to my salad. You can't call this therapy. It's just *gardening*.



THE BOOK SHELF

By Cindy Kennedy

Prolific author Anne Tyler won the Pulitzer Fiction Prize 35 years ago for writing *Breathing Lessons*. Her novels center on family life and marriage. Several of her books, most notably *The Accidental Tourist*, have been made into successful movies.

Three Days in June, Ms. Tyler's 25th novel, takes place in Baltimore, a familiar locale for many of her works. As its title might suggest, the book's plot spans three days: the day before, the day of, and the day after the wedding of Debbie Baines.

Gail Baines, the bride's 61-year-old mother, is Assistant Headmistress at a private girls' school. The morning of the wedding rehearsal, Gail had a meeting with Marilee Burton, the school's Headmistress. When Marilee announces that she would be retiring in the fall, Gail assumes she would be in line for the position. Marilee, telling Gail that "social interactions have never been your strong point," said that a younger candidate was being considered for the role.

Returning home in a huff, Gail is surprised to see Max, her ex-husband, at her front door with a duffel bag slung over his shoulder, holding a cat carrier. Divorced for 20 years, they have maintained a cordial relationship for the sake of their daughter Debbie. Max, "a 65-year-old man who still believed human beings were capable of change," teaches at a school for at-risk teens in Delaware.

The bridal couple had invited Max to spend the weekend with them, but Kenneth, the groom, was allergic to cats. Max asked Gail if he could stay in her guest room. Reluctantly, she agreed. "The trouble with Max," Gail thought, "was that he didn't take things seriously. He had a tendency to wander off course halfway through a project, as if his life were a causal experiment."

A few hours before the church rehearsal, Debbie went to Gail's house to seek her parents' advice. That morning, Debbie discovered something troubling that Kenneth may have done, and she is thinking of calling off the wedding. Guiding Debbie through the crisis, Gail and Max confront the issues that had caused their own marriage to fail.

Anne Tyler's novels have sold over 13 million copies worldwide, and her fan base is loyal. Some critics, however, have disparaged her books for being "charming and cozy." *Three Days in June* might best be read sitting in a comfy chair with a cup of tea nearby. In these uncertain times, that would be a pleasant way to spend a summer afternoon.

(*Three Days in June* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at Heritage Hills Library, see page 8.)



Text and photo by Elizabeth Royston

SHORT CUT KING CAKE

New Orleans is well known for wonderful festivities in connection with Mardi Gras. One of these is the traditional KING CAKE – a yeast confection usually made with a complex and rich brioche dough and a wide array of fillings. It is topped with glaze and sprinkles, usually gold, green and purple.



Sometimes, it is "a good thing" to prepare this cake in a simple, easy way, and still enjoy it! Barbara Gangemi prepared the recipe below for the Culinary Club last month. It is a convenient way to enjoy the taste of the KING CAKE for breakfasts all year! This recipe serves 8.

INGREDIENTS

2 17.5 ounce tubes of jumbo cinnamon rolls with icing (each tube has 5 rolls)
2 ounces of cream cheese, softened
Sugar crystals in purple, yellow, and green

PREPARATION

1. Preheat oven to 350 degrees
2. Spray a Bundt or tube pan lightly with non-stick cooking spray.
3. Pop open the cinnamon roll tubes and remove the icing.
4. Line the bottom of the pan with the rolls, hiding a small plastic baby in one of the buns.*
5. Bake for 25 to 30 minutes.
6. Turn out on platter to cool.
7. Mix the contents of the two icing packets with the softened cream cheese until smooth.
8. Once the cake is cool, spread the icing on top and decorate with alternating sugar colors.

* To make a flakier dough, roll out the dough between wax paper layers, remove the top layer of wax paper, fold the dough in half and then in quarters. Replace the paper and roll out again. Repeat a third time.

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Audra was excellent to work with! We had an unusual situation, of simultaneously selling our condo, and buying a new one. Audra had incredible knowledge, about the real estate market in Somers, where we were looking. Her attention to detail, was impressive, with every part of this process, Audra was a pleasure to work this!



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