



THE OFFICIAL

Heritage Hills Newsletter

OCTOBER 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	Society Fee	
	914-277-8800	Financial Office.....	914-276-2509
Society Office.....	914-276-2908	Bus	914-276-2877
Activities Office.....	914-276-2636	Library.....	914-276-7655
		Fitness Center.....	914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building Daily, 9 am to 11 pm
Activities Office Weekdays, 9 am to 5 pm (closed holidays)
Society Office Weekdays, 9 am to 1 pm (closed holidays)
Fine Arts Center Group instruction and free time are scheduled by the Activities Office at 914-276-2636
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 Daily, 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

WEST HILL DRIVE CLOSURE

Week starting September 29

Access uphill on West Hill Drive from Warren Street will be closed while a rotten drainage pipe is replaced. For access to the West Hill, use the Fred's Way or Lovell Street entrances.

* * *

10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

October 1 Mike Lawler, Congressman, CD 17

October 8 Tom Lamb and Donald Flum,
Candidates for Somers Town Council

October 15 Flo Brodley
Medicare Update

October 22 Christine Sculti
Candidate for County Executive

October 29 Brett Freeman
Somers Record Editor in Chief

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 between 8:30 and 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.

* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

PIZZA PARTY

Wednesday, October 8, at 12 pm in the Heritage Room

Note that this event is scheduled for the second Wednesday of the month, rather than the customary third Wednesday. **MEMBERS ONLY**, the cost is \$15 per person. Table seating is for eight. Make your check payable to "Women's Club," and leave it in an envelope in our Activities Center mail slot **no later than October 3**. Soda, coffee, tea,

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, and Stephanie Szuch

and dessert are included. Flyers are available in the Activities Center.

Future events: 3rd Annual Harvest Luncheon is planned for November! Look for flyers in October.

For more information about our events, contact Joan Jendras at 914 276-0488. For membership, contact Alfreda Saverese at 914 617-2007.

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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.

CABARET: EMILY AND ROBBIE - SHARING THE SONGS WE LOVE A performance by musical duo Emily Bindiger and Robbie Kondor

Sunday, October 5, at 2 pm in the Heritage Room

Acclaimed musicians Emily Bindiger and Robbie Kondor return with another wonderful cabaret performance! Emily is a vocalist, songwriter, arranger and recording artist who has performed on Broadway as well as TV. Her husband Robbie is an Emmy award-winning musician, composer, and arranger. Together they will entertain us with a program focused on their favorite songs!

continued on page 4

OOPS!

On page 7 of the August issue, in the SOCIETY NEWS "Missing Person Found" item, it was erroneously indicated that the State Police found a resident that had been missing for 24 hours. She was actually found by members of our Security staff.

On page 7 of the September issue, it indicated ownership changed for 23 units in June. That actually happened in July.

ON THE COVER

Terry Clifford took this photo of the pond inside our main entrance, facing Condo 9.

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SOUTHERN GOTHIC LITERATURE

Two separate lectures by Maggie Seligman, Professor of Literature

Southern Gothic literature explores the legacies of the Antebellum South, including social and racial tensions, violence, cultural values, isolation, class and caste, obsession with the past, and "haunted" landscapes. Each lecture will analyze a specific example of this genre.

A STREETCAR NAMED DESIRE,
a play by Tennessee Williams

Tuesday, October 14, at 1:30 pm

THE BALLAD OF THE SAD CAFE,
a novella by Carson McCullers

Tuesday, October 21, at 1:30 pm

TRUMP 2.0 AND READING TEA LEAVES IN 2025

A lecture by Christopher Malone, Ph.D., Associate Provost & Professor of Political Science, SUNY Farmingdale

Tuesday, October 28, at 1:30 pm

He's back. Dr. Malone will focus on the first nine months of the second Trump presidency both in substance and in politics – and look to the State and local 2025 elections to see if there are any clues to the mood of the country going into next year's midterm elections.

THE 2025 AND 2026 ELECTIONS: LOOKING BACK AND LOOKING FORWARD

A lecture by Christopher Malone, Ph.D., Associate Provost & Professor of Political Science, SUNY Farmingdale

Tuesday, November 11, at 1:30 pm

With gubernatorial elections in New Jersey and Virginia over, as well as for New York City mayor, among other local races across the country, are there any clues to what next year's Congressional midterm elections might bring? Will all the redistricting matter? Other issues? We will find out!

* * *

HEALTH & SAFETY COMMITTEE

FLU CLINIC AND MEDICATION DROP

By Flo Brodley

Wednesday, October 8, from 9 am to 1 pm in Lake Lodge

Flu Clinic: Northern Westchester Hospital nurses will administer the shots and gather your health insurance information. Medicare beneficiaries will receive the injections without charge, and those with other health plans will pay \$20 and leave with a receipt to submit for reimbursement. We welcome Heritage Hills residents to this dispensary where you live!

There is no registration, just walk in and be sure to have your Medicare or other health plan identification with you.

Medication Drop: The Somers Police Department will collect old and unwanted medications.

WHAT IS ACUPUNCTURE?

Submitted by Eileen Plastino, R.N.

Thursday, October 23, at 1:30 pm in the Game Room

What is Acupuncture? What Are Qi, Meridians, and Acupuncture Points? Learn how acupuncture and holistic care can support your overall health and wellbeing.

This is an opportunity to learn, ask questions, and explore a time tested healing practice in the presentation by Dr Wei Song, a New York licensed Acupuncturist with over 15 years of clinical practice helping individuals manage pain, stress, and chronic conditions. Trained in traditional Chinese medicine and modern integrative techniques, he received a Master's Degree of Acupuncture from New York College of Traditional Chinese Medicine in 2012 and a degree of Medical Doctor in Public Health from Shenyang Medical College in 1995.

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SINGLES CLUB

By Diane Purr

BUCKAROO BBQ BONANZA

Wednesday, October 15, at 5 pm in the Heritage Room

\$45 for members / \$50 for non-members. BYOB. **RSVP no later than October 6** and indicate if you would like to sit with friends. If you have any questions, call Pat Caruso at 914-649-3232.

Save the date: Holiday Celebration on Thursday, December 4, at The Bistro on the Green in Heritage Hills. Details will be sent as the event nears.

* * *

ENVIRONMENTAL CLUB

By Carolyn Sears

MEETING JUST FOR TEENS

Friday, October 10, at 4:30 pm in Room 2/3 in the Activities Center

Hear about a possible springtime amphibian rescue, Earth Day planning, building a pollinator hotel, opportunities for volunteer hours, water quality studies, and more. Bring your ideas, too. Refreshments will be served.

For more information, contact Carrie Sears by email at carolynnsears@me.com or telephone at 914-522-3111.

PLASTICS ARE EVERYWHERE, INCLUDING IN OUR BRAINS. HOW DO WE GET OFF PLASTICS?

Friday, October 24, at 4:30 pm in Room 2/3 in the Activities Center

Come explore this topic, be inspired by Chrissanth Greene-Gross and her artwork, hear about the status of the New York State Packaging Reduction and Recycling Infrastructure Act (S1464/A1749), and take action at home. **FREE.**

FALL BULK PICKUP

Saturday, October 11 - Condos 1 thru 15
(except Condo 9)

Saturday, October 18 - Condos 16 thru 30

Place all items for pickup by your Condo trash bins the evening before the scheduled pickup.

The following items are **not accepted** for bulk pickup:

- | | |
|-------------------|-----------------------------------|
| Aerosol cans | Demolition/Construction materials |
| Appliances | Flourescent bulbs |
| Asbestos | Liquids |
| Batteries | Medical Waste |
| Chemical products | Propane tanks |
| Computers | Tires |

And, of course, hazardous, toxic, radioactive, corrosive, highly flammable, explosive, biomedical, or infectious waste are not accepted.

* * *



CIAO ITALIA

By Michael Lanotte

COLUMBUS DAY BUFFET DINNER

Saturday, October 18, in the Heritage Room
Doors open at 6:30 pm

Ledley will be catering, and Johnny Angel will provide music. Members pay \$35, while non-members pay \$40. Flyers are available outside the Activities Office, or you can print a copy from the email. Complete the form on the flyer and place it in the Ciao Italia mail slot along with your check(s) **by October 11.**



FUTURE EVENT DATES

November 14 (members and non-members), and December 7 early Christmas celebration (members only). Flyers will be available closer to the event dates.

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ANNUAL MEDICARE UPDATE

Co-sponsored by the Health & Safety Committee and 10-A-Men Group

Wednesday, October 15, at 10 am in the Heritage Room

You know all about Medicare...but do you? Each year there are changes in plans and benefits, and it's good to know about them before you commit to stay in the plan you now have or make changes due to changes in your health. Those who are turning 65 will hear from counselors who sell nothing but good information. Handouts on a variety of subjects will be available.



By Aimee Feerst

WHERE DO YOU COME FROM AND WHAT COMES NEXT? LIFE AFTER LIFE

Sunday, October 19, at 1 pm in the Heritage Room

Join us for a stimulating discussion on the topic of reincarnation. Rabbi Benjamin Newman, Co-Rabbi of the Pleasantville Community Synagogue, will explore GILGUL, the Jewish concept, dating from the 13th Century, that the soul can return for another lifetime! We will look at how this idea grew in Jewish thought and what it might teach us about legacy and living well today.

Admission is \$10 per person. Auditorium seating. Watch for the email flyer to be returned **no later than October 15.**

WELCOME BACK PETER CALO AND ANN CARPENTER

Sunday November 16 at 1 pm
in the Heritage Room

Paul Simon, Joni Mitchell, Carli Simon, and James Taylor are timeless songwriters whose music we look forward to hearing when this talented duo joins us once again for an afternoon performance.

Admission is \$15. Cabaret seating. Watch your email for a flyer to be returned **no later than November 12.**



* * *



TED TALKS

By Karl Milde

Friday, October 17, 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:

The Trashy Truth - Lisa Schwarz

Two Adults, Two Kids, Zero Waste - Bea Johnson

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, November 21.**



SOCIETY BOARD

MONTHLY MEETING

Wednesday, October 22, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend this meeting. It will be broadcast live on Comcast's channels 21 and 1070 and re-broadcast daily on those channels at 2 and 7 pm until the next meeting occurs on November 19. 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.

* * *

Independent and Foreign Film Club



By Steve Klepner

THE DUKE

(United Kingdom, 90 minutes, 2020)

Friday, October 24, at 1 pm in the Heritage Room

Note date and time change

A comedy/drama, this film is based on a 1961 theft of a famous painting. The thief is a social justice activist. Ransom notes are sent demanding license-free TV for the elderly. The film details the thief's eventual trial.

Even though the film is relatively short, the screening will start promptly at 1 pm. A discussion, led by Bill Costanzo, retired film studies instructor, follows the screening.

* * *

HEAR OUR STORIES

Hosted by Ami Stokhamer

BARBARA GARBER

Cabaret Singer and Animal Welfare Advocate

Wednesday, October 29, at 2 pm in the Heritage Room

Live interview. For every life, there is a story. This is a FREE event. Contact Ami at 914-486-9677 with any questions.

MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond!

By Teddi Meltzer

VIOLINIST NATHAN MELTZER ACCOMPANIED BY PIANIST UMI GARRET

Sunday, October 26, at 3 pm in the Heritage Room

The Heritage Hills Concert Society proudly presents acclaimed violinist Nathan Meltzer, accompanied by pianist, Umi Garret performing some of your favorite classical music.



And so we say "Toodle-oo" to the 2025 season of the Concert Society, but look forward to 2026, when we will welcome celebrated artists and continue our tradition of beautiful music on a Sunday afternoon here.

Tickets for non-members are \$26 at the door. If you have any questions, call Teddi Meltzer at 914-277-1418, but not before 9 am!

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COMMUNITY THEATRE

By Muriel Millstein Weiss

CABARET

Saturday, November 2, at 7:30 pm and Sunday, November 3, at 2 pm in the Heritage Room

The Heritage Hills Community Theatre Board of Directors extends a hearty thank you to the many talented people who auditioned for our November Cabaret. If you feel nostalgic thinking about the Sixties, you will not want to miss the fun.

\$20 per person for theatre members, \$25 per person for non-members. Place checks payable to "HH Community Theatre" in the HH Theatre mail slot outside of the Activities Office or mail them to:

HH Community Theatre
8 Heritage Hills
Somers, New York 10589

See you at the Cabaret! For more information, call Helen at 917-554-4417 or Jo at 914-276-3248.

* * *



FRIENDS IN THE HILLS

By Deb Ferrara

THE FABULOUS JERSEY TENORS

**Saturday, November 15, at 7:30 in the Heritage Room
Doors open at 7 pm SHARP**

Back by popular demand and performing a new showcase of tunes. Expect to rock in your seats as well dance in the aisles. Oh, what a night it will be! There will be a 50/50 and refreshments at this **MEMBERS ONLY** event.

\$30 per person. Place checks payable to "Friends in the Hills" along with a sign up flyer in our mail slot (no cash).

If you have any questions, call Deb Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.



By Terry Clifford

**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.

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



SOCIETY BOARD NEWS

WELCOME NEW OWNERS

*By Anna Milani
Society Office Administrator*

During the month of August, ownership changed for 12 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.

NEW BOARD MEMBER BREN ZIMMERMAN

The Society Board of Directors is pleased to announce the appointment of Bren Zimmerman. Bren will fulfill the term of office recently vacated by Karl Milde. Bren is a member of the Fitness Center Committee. Please join us in welcoming Bren to the Board. [Bren ran for a position on the Board this year. You can read her biography on page 23 of the May issue of this *Newsletter*.]

SUMMARY OF PORTIONS OF THE SEPTEMBER 17 BOARD OF DIRECTORS MONTHLY MEETING

Compiled by Susan Statkowski-Rivalsi

This is a summary of some portions of the meeting. Videos of these Monthly Meetings in their entirety are posted on the Society Board website the day after the meeting occurs, hhsociety.org. The minutes of this meeting will be published after they are approved at the October 20 Monthly Meeting.

Board members in attendance: Gloria Anderson, Gene Archer, Denise Elliot, Dorinda Haskel, Joe Kelly, Jack Mattes, Karl Milde, Patricia Ploss, Bruce Prince, Deica Ruiz, Davis Stowell, Alan Tepper, and Bren Zimmerman]

Absent: Ralph Fatigate, Ann Harper, and Jay Wright

Also attending: John Milligan, Heritage Management Services; and Rob Casasanta, Prosegur Security

SOMERS NATIONAL GOLF CLUB UPDATE - GLORIA ANDERSON

The three new owners met with the Society Board Executive Committee and seem really eager to work with our community.

Special Events: It looks like their first one will a Halloween event for children.

Golf Course: They plan to meet with the Presidents of the 30 Condos to see if there are any issues to be worked out, they're going to clean out the ponds, and clarify boundaries.

Restaurant and Banquet Hall: The "Bistro on the Green at Somers Pointe" restaurant and "Jade Hill at Somers Pointe" banquet hall will be run by Winnie and Michel, a couple who ran the restaurant there

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about ten years ago. They hope to open by October 1 (are awaiting their liquor license). At first, they'll just offer dinner, and eventually offer lunch and weekend brunches. There will be take-out and delivery and "Sunset Dining" (an early bird menu at a reduced price), as well as a children's menu. If there are items you'd like to see on their menu, send your suggestions by email to society@hhsociety.org, and we'll forward them. To book an event, call Michelle Hansen at 203-233-4602.

FINANCE & BUDGET, COMMITTEE - JACK MATTES, CHAIR

Treasurer's Report

August Financials:

Income..... \$ 544,679.503
Expenses..... (547,097.70)
Net Negative \$(2,418.20)

For August, our income was \$50,491 over budget, and year-to-date it's \$287,000+ over budget.

ACTIVITIES COMMITTEE - DENISE ELLIOTT, MEMBER

Pickleball Instructor. The Committee and Society Board approved a new certified instructor Alfredo Possante.

FITNESS CENTER COMMITTEE - JOE KELLY, CHAIR

August Usage:

- Exercise room: 3,749 swipes by 617 residents
- Gymnasium: 469 swipes by 120 residents
- **Welcome to Heritage Event:** 50 Individuals visited the table there and Mary subsequently gave tours to some couples.
- **New Rule re Aides:** Health aides must stay with the residents who hired them and they may not use the fitness equipment
- **Free Fitness Consultations:** Certified Personal Trainers Mary and Jonathan did 15 of these.
- **Yellow Jacket Infestation:** A monstrous nest in the attic was removed.

MEADOWLARK PARK COMMITTEE - PAT PLOSS, CHAIR

- **Gazebos:** We hope to install two of them, one near the playground to provide shade..
- **Benches:** Every year we add a few along the trails.
- **Trails:** We hope to make a connection between two existing trails. to provide a less strenuous wall to the north section of the park.

LANDSCAPE COMMITTEE - PAT PLOSS, CHAIR

- **Fall Plantings:** Will be going in soon.
- **Lake Lodge:** We're going to replace the birch tree we lost and find different grasses that will thrive there

POOL COMMITTEE - ALAN TEPPER

Usage for the season:

-21,704 resident visits
-2,953 guest visits
312 visits per day, average

COMMUNITY AFFAIRS COMMITTEE

JACK MATTES

- **Annual Art Show.** We had more than 500 attendees this year viewing more than 300 pieces of art created by our residents [see the centerfold of this issue for a full report and a sampling of the artwork]. After 17 years of chairing this show, Carolyn Kelly will be taking over as Chair next year.
- **Toys-For-Tots.** is scheduled to take place on Saturday, December 6 at 2 pm. We'll have Santa and some elves for the children. The Woodcraft Club will be making toys to contribute. Boxes for collection of donations will likely show up this month.

DORINDA HASKELL

Event Planning

- **Welcome to Heritage Hills:** There were 38 different clubs and activities visited by at least 50 new residents and many current ones.
- **Halloween:** We will not be having a Trunk-or-Treat event this year because there was not enough interest from residents. I was happy to hear the new golf club restaurant is planning a Halloween event for children.
- **Children's Theatrical Event:** I'm working with one of our resident's sons to try to make this happen in December.
- **Suggestions Welcome:** If you would like to suggest special events for all ages here, send an email to society@hhsociety.org.

SOMERS TOWN UPDATE - BRUCE PRINCE

Town Planning Board Chairman John Curry has retired and being replaced by Heritage Hills resident Vicky Cannon.

LIBRARY COMMITTEE - DEICA RUIZ, CHAIR

- **Volunteer Reception:** In September, the Committee hosted a breakfast for our 20+ volunteers to express how much the community appreciates their service. We could not run the HHLibrary without them.
- [See pages 10 and 34.]

PROPERTY MANAGER REPORT - JOHN MILLIGAN

- **Pools 1 and 2:** The inside coating, overdue to be replaced, has been replaced.
- **Pool 1:** We've done prep work for swiping to enter the two pool gates, which will open automatically, touch-free. You'll still need to register with the lifeguard.
- **Pool 3:** We hope to get approval to replace the aged mechanical equipment soon.
- **Light Replacement:** We continue switching out fluorescent bulbs with new high-efficiency LED bulbs. NYSEG picks up 70% of the materials cost and reimburses us for labor. Our electric bills will go down and replacement will be much less frequent. The brightness lights are adjustable, so lights can be softer or brighter, as needed.
- **Lake Lodge HVAC Upgrade:** Replacement of the oil heating system with heat-pump split systems, originally anticipated would

take three years, will most be completed this year, eliminating the cost of replacing the oil heater and oil.

- **Pickleball Court Repair:** The crack is scheduled to be repaired the week of Monday, October 6, depending on the weather.
- **Repaving:** Will take place this month, weather permitting.

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POST-MEETING DISCUSSIONS

First Resident

A member of the Pool Committee, she was concerned that the Board did not take the Pool Committee's advice this year to leave two pools open for two weeks after Labor Day. She stated she thought at least there would be one. She found the reasons given [in the email blast announcing the closures] to be unreasonable. She said that the Committee is going to come up with some creative suggestions she hopes the Board will consider in regard to this issue for next year.

[When asked, Board President Gene confirmed that the decision was made by the Board, not just the Executive Committee.]

Second Resident

She suggested the East Hill speed bump yellow lines need repainting.

Third Resident

As President of the Environmental Committee, she recommended that the Board apply for a "Green Jobs Green New York Energy Study" from NYERTA. She said the Committee commends the Board for its efforts with heat pumps [at Lake Lodge] and replacing fluorescent lights, and this program would continue to build on those efforts. As a non-profit organization, Heritage Hills outside of the [Condos], qualifies for a \$500 or less study to identify potential utility incentives and low-cost financing options. The Environmental Club encourages the Society Board to take advantage of this program.

Fourth Resident

She inquired about having a salt water pool. John Milligan advised that it's been looked into in the past, it would be very expensive. He indicated it will be revisited from time to time.

Fifth Resident

She complained that the speed humps on West Hill Drive – how they're so high they're gouged out by vehicles, and expressed concern about the impact on emergency services vehicles, such as ambulances.

Sixth Resident

First, she asked that Somers Senior Services be notified about the upcoming West Hil Drive road closure, as they will need to schedule medical pick-ups around that.

She then asked if the entire Board voted to not have pools open after Labor Day. Gene said he didn't "remember what the vote was, but it was a majority." She requested that pools being closed in September not happen from now on.

She then asked John Milligan how lifeguards are hired. He mentioned the use of the somersmoms website. She then said that Iona College here in Westchester County has a pool with men and women teams

that might be a source, since certified students could be hired not just for September weekends, but also for the entire summer. Gene said "That's one resource we can look at. Thank you for that."

* * *

SECURITY

By Rob Casasanta, Prosegur Security

AUGUST SECURITY CALL REPORT

During the month of August, our Security staff received and responded to a total of 325 calls including the following matters:

Service	122	(62 lift assists, 6 welfare checks, 16 persons locked out, 8 smoke alarm battery changes, and 30 others)
Medical.....	79	
Security	38	
Open Garage Doors	32	
Police	19	(11 Somers, 8 State)
Maintenance.....	19	
Parking Violations.....	10	
Motor Vehicle Accidents	3	(property damage)
Fire Calls	2	(1 automatic fire alarm, 1 CO2 alarm)
Burglar Alarm.....	1	

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 August 20 meeting was attended by the following condominiums:1, 3, 4, 5, 6, 8, 12, 16, 17, 18, 19, 21, 22, 25, 26, 28, 30.

Society Board President: Gene Archer, President of Heritage Hills Society, spoke to refresh us about the responsibility of the Society. There are fifteen members on the Society Board. Every year five seats are up for election and voted on by Heritage Hills Unit Owners. Each newly elected member serves a 3 year term.

The Society is responsible for the Activities Center, Fitness Center, Security, Gymnasium, Lake Lodge, Park Place, Meadowlark Park, five pools, six tennis courts, four bocce courts, four pickleball courts, the maintenance yard, the Heritage Hills Bus, maintenance of the A roads and the B Roads which interact with one or more Condos. While these roads belong to our Condos, Society is responsible for maintaining those roads including paving and plowing and mowing ten feet of grassy areas beside those roads. Society is also responsible for the storm drains and drainage ponds on and near those roads. Roads with lines down the middle are A and B roads. All other roads are maintained by their respective Condos.

The maintenance and upkeep of the buildings, parks, roads, pools, and tennis, bocci, and pickleball courts require major upkeep and repair on an ongoing basis. All Unit Owners pay for these major projects with their

continued on page 10

monthly fees to the Society. The Society's Budget is available on the Heritage Hills website or in the Society Office for unit owners to review.

Gene also noted that some residents have informed us about not receiving some of the informational emails sent out by Society to inform them of ongoing events and emergency information. If you have not received emails from the Heritage Hills Society concerning upcoming events, please contact the Activities Office.

The Insurance Advisory Committee (IAC) the IAC members will continue to meet with Jason Schiciano, President of Levitt-Fiurst Insurance ahead of Condo's budgeting season. The IAC was briefed on insurance issues such as the enormous claims across the country for wildfires, floods and storms. Insurers are leaving some markets due to high regional demands. The CEO of Greater NY Insurance, the major carrier for all 30 Condos in Heritage Hills, met with the IAC and stated her company was committed to not raising rates for the 30 Condos in Heritage Hills for more than 15%. Last year's increase rates were 20 -30%. The IAC will create an in-depth presentation for Council after our September Meeting.

Community Association Institute (CAI) is a worldwide organization for Condos, HOAs and cooperative residential properties regarding policies and laws that impact our communities. They provide guidance for issues and laws that impact our community. They suggest we become aware of Immigration and Customs Enforcement (ICE) personnel who are showing up at Condo offices and management companies to gather formation on employees, residents and contract workers. Communities like Condos have a responsibility of confidentiality in this area and are not required to give this information to anyone unless there is a judicial warrant on specific individuals. A PDF with this information will be sent to Condo Presidents.

We encourage Council members to invite their Boards to attend a FREE CAI Expo and educational event in Newburgh in September. The event provides educational information focused on governance, leadership, conflict resolution and operations. A flyer was sent to all Presidents to register for the event.

Code of Conduct: The document received by all Presidents should be discussed with all Boards to determine the need to implement something similar.

The Council of Condos invites condo Presidents from all thirty condo boards and/or a representative of each board to attend Council meetings at the Activities Center on the third Wednesday of each month.



BRIDGE IS BRAIN CANDY

By Marie Sugar

Studies have shown that mentally stimulating activities like card games can help maintain cognitive function, improve memory, and even delay the onset of age-related decline. Bridge is a workout for the mind. It offers a perfect blend of social interaction, strategic complexity, and memory challenge.

The Duplicate Bridge Club invites you, whether you are an experienced player or just thinking of getting back into a leisurely game. We offer

you the opportunity to join Social Bridge on Wednesday mornings at 10 am at Lake Lodge, or, for a more challenging game, join us on Mondays or Thursdays at 12:30 pm at the Activities Center for an ACBL-sanctioned game of Duplicate Bridge in the Heritage Room. For more information, call 914-277-4266.



Hlibrary



NEW BOOKS BY PROLIFIC AUTHORS

This month the Library is adding several new books by popular, prolific writers.

Ken Follett, author of *The Pillars of the Earth* series, turns his attention to the building of ancient Stonehenge in his new novel, *Circle of Days*. A master of historical fiction, Follett crafts an intriguing story around one of the world's greatest mysteries.

The Da Vinci Code, Dan Brown's 2003 block-busting novel, featured the character Robert Langdon, a symbologist. Reprising his role in Brown's latest book, *The Secret of Secrets*, Langdon encounters a project that combines futuristic science with mystical lore.

J. K. Rowling, best known for authoring the *Harry Potter* books, writes mysteries under the pseudonym Robert Galbraith. *The Hallmarked Man* is the latest in the crime series featuring private detective Cormoran Strike.

BOOK REVIEW

For a review of *The Names*, by Florence Knapp, see page 35. The British author's novel was added to our collection last month.

NEW ADDITIONS TO OUR COLLECTION IN OCTOBER

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

Fiction

- Adrian, Emily.....*Seduction Theory*
- Follett, Ken.....*Circle of Days*
- Hamilton, Jane.....*The Phoebe Variations*
- Hilderbrand, Elin.....*The Academy*
- Krueger, William Kent.....*Apostle's Cove*

Mystery

- Brown, Dan.....*The Secret of Secrets*
- Deaver, Jeffery, and Maldonado, Isabella.....*The Grave Artist*
- Galbraith, Robert.....*The Hallmarked Man*
- George, Elizabeth.....*A Slowly Dying Cause*
- McFadden, Freida.....*The Surrogate Mother*
- Richter, Morgan.....*The Understudy*
- Robb, J. D.*Framed in Death*

Non-Fiction

- Dasal, Jennifer.....*The Club: Where American Women Artists Found Refuge in Belle Epoque Paris*
- Elmhirst, Sophie.....*Marriage at Sea: A True Story of Love, Obsession, and Shipwreck*

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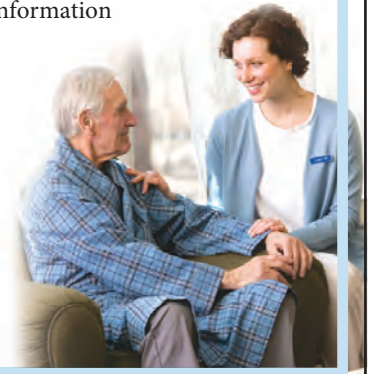
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- Added experienced Somers police personal, expanded nutrition programs, supported a highway paving plan and the construction of a new and larger salt storage shed enhancing winter road maintenance
- Coordination of town, county and school government to reduce costs
- Implemented for emergency preparedness plans and high service levels
- Leadership in fighting substance abuse, vaping and addressing the mental health crisis
- Successfully demanding reliable and improved utility service for electric and cable
- Partnerships with local community leaders, state legislature and law enforcement
- Defending Home Rule by opposing Battery Energy Storage, Putnam Gun Club expansion and NYS mandate for Transit oriented Development zoning
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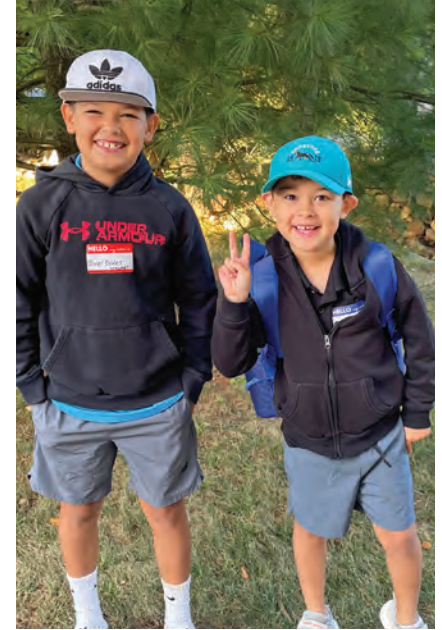
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By Katie Frattarola



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ANNUAL ART SHOW

By Terry Clifford

The more than 500 attendees at the resident Heritage Art Show left saying once again "what a beautiful event" and "what talented folks we have living in Heritage Hills." The artists presented their work in silk painting, oil and watercolor paintings, sculpting, jewelry making, woolen crafts, photography, pen and ink drawings, coloring, woodcraft, and computer graphics. There were over three hundred pieces of art.

We thank the many residents who participated in putting the event, together and those who assisted in taking it down, the pianist Kirk Ehrenreich, the Heritage Hills staff members who assist in making it happen, such as Andrew Kaplan, Marcus Lovell and the Activities Center maintenance staff, and Jack Mattes, who heads the event and is turning the event over to Carolyn Kelly for next year.

Next year the Art Show will be on Saturday and Sunday, September 26 and 27. We invite all Heritage Hills residents to participate, including resident children of all ages.



Photos by Terry Clifford and Susan Statkowski-Rivalsi

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WE'VE COME A LONG WAY...OUR WOMEN WOODCRAFTERS

By Susan Statkowski-Rivalsi and Patricia Adams

On display at each of our annual Resident Art Shows are Woodcraft Club items created by both men and women (see this issue's centerfold). Currently, ten of the Club's thirty members are women, which is in line with the fact that 30% of woodworkers in the United States today are women. Activities Office records indicate the Club has been in existence since 1999.

We recently visited the impressive woodshop, escorted on a tour by Club members Cathy Maye and Vin Ventura. In addition to four lathes, the woodshop includes various sanders which can smooth a piece of wood to within 1/64th of an inch. Another machine shapes wood into curlicues, and there are polishers. You can choose your own wood in the materials room, or bring your own. There are also specialty woods. Individual lockers provide safekeeping for your project. Throughout the rooms there are safety reminders and heavy plastic covers for twirling saws. And there's even an extensive library.

Longtime Club member Anita Voetsch wrote:

In 2012, I wandered into the Woodcraft Club Shop and saw the lathe, a machine which produces wondrous objects. I joined to learn how to use it. Cliff Wohlberg became my talented mentor. I kept busy learning to make pens and other beautiful, useful objects on many of the machines in a pleasant environment. At one point I became Secretary for six years.

Newcomer Barbara Senderoff wrote:

As an artist and painter, I was intrigued by the artistry of the pieces at the Art Show. I walked into the woodshop about a year ago, having absolutely no experience working with [any of the equipment there]... and was warmly accepted. I can't wait to go down to the shop each day. I never dreamed I would discover a new hobby at age 75!

Another newcomer, Sally Slotoroff, wrote:

I heard about the Woodcraft Club from another member, and after touring the woodshop I knew I was going to love it. I joined in July

2024. I was unfamiliar with most of the tools and machines. Long-time member Cliff Wohlberg introduced me to the lathe, and I started creating wooden pens under his tutelage.



By Sally Slotoroff

Probably my favorite creation is this chess table I made for my three-year-old grandson, measured to desk height for him now and adjustable as he grows, with a top which lifts to store pieces. I relied heavily on the watchful eye of experienced members' tips and advice.

The best part of joining are the members who welcomed me, shared their knowledge and expertise, and always offer encouragement. I feel so lucky to have joined this group where I have made many new friends.

Whether you're new to woodworking or a skilled crafter, the Woodcraft Club is open to resident women as well as men. We've come a long way!



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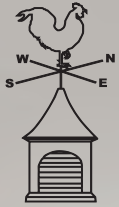
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GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

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 grades 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 the Activities Center Studio 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.

CRAFTERS IN THE HILLS: Wednesdays, from 10 am to noon and on the 4th week of the month from 6 to 8 pm in the Activities Center Studio B. Each week we explore new crafts or work on current projects. Monthly crafts are open to members and when space is available, we open the session to the HH community. Most crafting sessions are free (you supply materials) and other sessions have a fee based on materials. Email for more information: 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 are 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 four-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 Game Room. 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: Second and fourth Friday of the month from 3 to 4:30 pm in Rooms 2 and 3 of the Activities Center. This Club's primary objective is to foster a culture of environmental responsibility within Heritage Hills. 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

TAI CHI AND CHI GONG WITH MASTER ELLEN: Mondays from 1 to 2:15 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. All Classes take place upstairs at Lake Lodge.

CARDIO/STRENGTH/STRETCH CLASS WITH LORI: Class is periodically full, joining is up to the discretion of the instructor due to class size. 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! Email Lori at eefyjig@gmail.com.

SITNESS: Tuesdays from 12:30 to 1:15 pm in Lake Lodge's Upper Level. SITNESS is designed to improve your balance, strength, posture, and cardiovascular conditioning. \$15 per session. Your instructor is Killeen Rhodes, a certified Master Personal trainer, Senior Fitness Expert, and Fifth Degree Martial Arts Instructor. Contact Killeen at killeenrhodes2014@gmail.com.

BALANCE AND AGILITY FOR ACTIVE SENIORS: Wednesdays at 10:30 am on Lake Lodge's Upper Level. 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 in 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*.

LINE DANCING WITH THERESA: Wednesdays at 11 am in the Gym. Easy to learn and easy to follow line dances to all music genres taught in workshop format. Fee: \$10 per class. Email Theresa at *zumbawithme@aol.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*.

ZUMBA GOLD WITH THERESA: Fridays at 10:30 am in the Gym. Low impact dance fitness class suitable for all fitness levels. Fee: \$10 per class. Email Theresa at *zumbawithme@aol.com*.

YOGA

CHAIR YOGA WITH SATISH: Practice Tuesdays from 10 to 11:15 am in Lake Lodge's Room 3 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*.

GENTLE YOGA WITH LISA: Fridays at 10 am on Lake Lodge's Upper Level. \$60 for 4 consecutive classes or \$180 to drop-in for a 75-minute class. *Lisaathomas@optonline.net* or 914-497-0243.

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 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 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 Heritage Room. For information, call Marie at 914-277-4266.

BRIDGE - SOCIAL: Wednesdays 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 in Activities Room 2. Contact Doris Simon at 914-276-0111 or *Doris1121@me.com*, or Nancy Heilman at 914-224-7180 or *NancyC.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 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's Room 3 (contact Sue Furino 914-617-9110); Wednesdays at noon in the Activities Center's Room 2/3 (Contact Carol Tocci 914-471-5689); Fridays at 1 pm in Lake Lodge's Room 3, 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 one or more games. All levels of players, 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 Club Garden, 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: Grieving the loss of a loved one can cause loneliness and profound sadness. The Spousal Bereavement group provides a safe and caring environment for everyone who shares similar experiences. Meetings take place on the second Thursday of the month at 12:30 pm in Lake Lodge's room 1. The fee is \$20 per session. To register, email Linda at *ludwiglr@aol.com*, or call 914-617-9328.

HEAR OUR STORIES: The last Wednesday of the month at 2 pm in the Heritage Room. Live interviews of Heritage Hills residents, hosted by Ami Stokhamer. **FREE.** Contact Ami with any questions at 914-486-9677

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 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 in the Heritage Room. Stephanie Roberti, MHA, will introduce different senior care topics to help educate us on this important subject. For more information, contact Stephanie at 914-357-3049 or Sroberti@Newbeginningsforseniors.com.

LIBRARY: 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. Mondays, holidays included, from 9:30 to 11 am in the Activities Center Room 3. Also, meets Thursday mornings from 9:30 to 11 am during the summer behind Lake Lodge under the trees – with fresh air and an enchanting view of two ponds, a gazebo, and a vast lawn – with lively conversation. For information, email Ken Benjamin at kenbenja@aol.com or call him at 914-262-6006.

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. Contact Alan Tepper at HHCLUBSHALOM@gmail.com.

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 group for LGBTQ members and their families, friends, and neighbors. All are welcome. Meets the first Thursday of each month in Lake Lodge's Room 3 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 Lake

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

TENNIS: 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.

THRIVING IN YOUR PRIME: This is a workshop, led by Beth Iacofano, that is held the first Tuesday of each month at 1 pm in Lake Lodge's Room 3. At each meeting, the group discusses common concerns related to getting older and receives tips and tools to help them overcome and thrive. Some topics discussed are mindfulness, navigating the stress and fear of getting older, effectively communicating, navigating the death of a loved one, overcoming guilt, and effectively shifting thoughts that aren't supportive. The investment is \$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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BOCCE LEAGUE FINAL COMPETITION RESULTS

Text and photos by Diane Purr

The 2025 Bocce League ended with a match between the two leading teams, making for a very exciting morning. After the match, a pizza party gave everyone a chance to reminisce about the weekly games that were always on the brink of a rain delay. It was a good season and over too quickly. We're all looking forward to next year.



First Place team, the Fabulous 10, captained by Susan Merritt: Janet Gallo, Karen Korman, Charlotte Sasloff, Hank Friedberg, Mary DeBellis, Ken Wexler, Susan Merritt, and John LoBello.



Second Place Team, the Jesters, captained by Lenny DeStefano: Reno DiCristofaro, Ann Carroll, Jim Doherty, Peter del Sol, Irene Milzoff, Cathy Ballerini, Tony Ferrara

PICKLEBALL

Text and photos by Fran Boemio

August had some amazing weather and was so busy for us. We kept cool and dry under our beautiful new canopy. Our fierce ACES competitions took place with so many spectators cheering everyone on.



Advanced ACES: Rob Oksman, Runner-up, Andrew Miller, Winner, Harrison Mellor, Winner, and John Zeiss, Runner-up



Advanced ACES: Debbie Zapakin, Runner-up, Laura Mellor, Winner, Christine Kumpan, Winner, and Carol Talan, Runner-up



Certified Coaches Mitch Schilkraut and Denise Elliott, left, have been holding Pickleball 101 classes for many newcomers to the sport.



On August 16, everyone was Cruising on the Love Boat at our Pickleball Social. People were dancing to the music of DJ Johnny Angel and enjoying a scrumptious spread by Ledley Caterers. We collected donations for St. Luke's Food Pantry, too.

We're looking forward to the cooler weather and our Doubles Tournament as well as Pickleball Whirl. See you in the courts!

TENNIS NEWS

Text and photos by Dena Goldstein

MEN'S DOUBLES TOURNAMENT



On Saturday, August 23, a beautiful day, there was a Great Men's Doubles Tournament. Heritage Hills has a group of terrific Men's tennis players. Put them together in a Doubles Tournament and WOW!

We had a Main Draw with a Winning team and Runners up. In our Consolation Round, there was a Winning team and Runners up as well.

All the teams enjoyed the great competition.



Main Draw Winners David and Jesse and Runners-up Ben and Frank



Consolation Round Runners Up Clint and Lou, and Winners Mel and Mime

EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

Who says you can't teach an old dog new tricks? As the season has progressed, scores have been coming down. Practice makes perfect. Some of the credit also goes to Somers National's Head Golf Professional, Rich Corsetti, whose lessons are clear, simple, and effective. A number of members have even crossed the threshold from our B group to the lower-scoring A group. Unfortunately, not this author! But our handicap/net scoring system makes our Tuesday and Thursday morning Standard Stroke Play rounds fun for everyone!

Here are the results of our August tournaments:

August 7 Par 3 (all holes reconfigured to between 100 and 130 yards)

A: Low Gross – Joel Greenspan (with a scorching 29, just 2 over par)

Low Net – Frank Servidio, 2nd Yogi Santa-Donato, 3rd – Ed Yee

B: Low Gross – Charlie Kravetz

Low Net – Jim Haggerty, 2nd – Bob Kenney, 3rd – Al Zaffiro,

4th—Rob Leone

August 14 Two-Man Alternate Shot Teams

Low Net – Ray Ormerod/Ken Freeman, 2nd – Bob Slotoroff/Bob Kenney,

3rd – Frank Servidio/Sandy Lieberman, 4th – Nick Stanton/Al Zaffiro



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FIT-BITS

By Mary Tedesco,
Fitness Center Manager

WORKING OUT SAFELY

When you are working out, it is not just about powering through the movement. It is about holding your body in the right positions the entire time. Your neck, wrists, legs, and core should stay steady even while your arms or other muscles are moving. For example your neck should remain neutral instead of jutting forward, your wrists should stay straight instead of bending, your knees should stay in line with your toes, and your core should stay engaged without sagging or arching. The exercise itself happens around these areas locked in positions, not at the expense of them.

Why does this matter? Because the moment those areas shift, you are putting pressure where it does not belong. A bent wrist can cause strain instead of building strength in your arms. A rounded back or loose core means your spine is taking the load instead of your muscles. Misaligned knees can leave you sore or, worse, injured for weeks. By keeping these anchor points fixed, you make sure the work is done by the muscles you are targeting, not by joints or weak spots compensating.

The key is to think of posture as the foundation. Throughout each rep, check in with yourself.

- Is your core still braced?
- Are your wrists and knees holding their line?
- Is your head neutral, not bobbing or tilting?

If you can maintain those checkpoints from start to finish, your workouts will be safer, stronger, and more effective. The movement may burn, but the posture should not waver. That is the real secret to building strength without breaking yourself down.

* * *



THE BOOK SHELF

By Cindy Kennedy

The Shakespearean character Juliet famously mused, "What's in a name? That which we call a rose/By any other name would smell as sweet." The intriguing premise of *The Names*, Florence Knapp's aptly titled new novel, is what parents choose to name their baby could determine the child's destiny.

The Names begins in 1987 at the London home of Dr. Gordon and Cora Atkin, soon after the birth of their first son. The couple also have a nine-year-old daughter named Maia. Gordon, a general practitioner, had met Cora when she was a promising ballet dancer from Dublin.

To his patients and their circle of friends, Gordon is well respected and charming. At home, however, he is a manipulative and abusive bully. Cora "lives not to set a match to Gordon's anger."

For Gordon, their baby son's first name is a foregone conclusion. Arkin men for decades have been named *Gordon* "because sometimes their need to please previous generations is greater than their need to love future ones." Cora dislikes the name Gordon, and she does not want the boy "to live in the shadow of his father and his father's father."

Reluctantly, Cora set off to the registrar's office to certify their baby's name. On the way, while wheeling the pram with Maia by her side, Cora discussed the baby's name with the girl. Maia, wondering why her little brother could not have his own name, asked Cora what name she would choose. After Cora responded that she liked the name *Julian*, Maia offered her own suggestion. "It's not a very normal sort of name," Maia said. "But I like Bear. It sounds all soft and cuddly and kind. But also, brave and strong."

Cora faced a dilemma: Which name should she choose? As *The Names* continues, three alternative versions of the boy growing up either as Bear, Julian, or Gordon are presented in alternating chapters. In each version of the story, spanning the next 35 years, Cora's choice of her son's name will affect the characters' relationships and careers.

Original and clever, the novel's fluctuating narrative structure at times feels a bit contrived. The weakest character is Dr. Gordon Arkin who remains one dimensional in all three versions of the story. Even so, *The Names* illustrates the power of fiction to engage readers in unexpected ways.

(*The Names* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at Heritage Hills Library, see page 10.)



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	\$315,000-\$900,000	\$320,000-\$885,000	\$276,000-\$876,000	\$275,000-\$750,000

VARIOUS UNITS SOLD BY MLS AGENTS FROM 1/1/25 – 9/15/2025

ONEKEY/ HGMLS DATA AS OF 1/1/2025-09/15/2025

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MODEL NAME	PRICE	MODEL NAME	PRICE
Franklin	\$399,000; \$423,000; \$435,000	Guilford	\$440,000; \$450,000; \$500,000
Radcliffe	\$599,000; \$604,000; \$615,000		

TWO BEDROOMS

MODEL NAME	PRICE	MODEL NAME	PRICE
Armonk	\$579,000; \$605,000; \$615,000	Madison	\$415,000
Berkshire	\$610,000; \$720,000	Monroe	\$519,000; \$555,000
Canaan	\$625,000; \$630,000; \$761,551	Princeton	\$750,000
Concord	\$534,500; \$552,000; \$651,000	Ridgefield	\$610,000
Dartmouth	\$675,000	Salem	\$675,000; \$730,000
Fairview	\$560,000; \$610,000; \$625,000	Somers	\$558,600
Hamilton	\$500,000	Stanford	\$760,000
Harvard	\$875,000	Stratford	\$650,000; \$715,000; \$725,000
Jackson	\$535,000	Syracuse	\$710,000; \$760,000; \$760,000
Jefferson	\$630,000	Wellesley	\$599,000
Katonah	\$519,750; \$570,000		
Lexington	\$650,000; \$700,000		

THREE BEDROOMS

MODEL NAME	PRICE	MODEL NAME	PRICE
Columbia	\$950,000	Sherman II	\$887,000; \$908,000
Croton II	\$685,000	York	\$575,000; \$623,000; \$700,000
Sherman I	\$675,000; \$775,000		



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