



THE OFFICIAL

Heritage Hills Newsletter

JANUARY 2026



Volume 203

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**

Middy Trips - Reservations Required

To/From Activites 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 Tassell 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



Linda & Robert Kalman

PHOTO CLUB

By Sue Meola

PORTRAIT PHOTOGRAPHY

**Friday, January 9, at 2 pm,
in Activities Center Club Room 2**

Robert Kalman, a documentary portrait photographer, will present a selection of pictures and stories published in his new book of everyday Americans answering the question: What's it like for you to be an American?

For over 40 years, Mr. Kalman has been making formal, large format portraits of people he meets on streets across the globe.

Open to all. Non-members: \$5. Non-members must register **by January 7**. Registration forms available outside the Activities Office. For more information, contact Linda Carpentieri at lindacarp16@gmail.com / 914-227-3854, or Bill Ablondi at ablondi@marketmaps.net / 203- 984-2955.

* * *

10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

- January 7** **Rick DiNardo**
- New Route 100 Storage Facility
- Il Forno Restaurant
- January 14**..... **Serena Berger**
- Living with Arthritis
- January 21**..... **Resident Carl Grossman**
- Water Damage Cleanup
- Michelle McKearney,
Somers Receiver of Taxes
- January 28** **Steve Wilson**
- Strategies for Wealth Management

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, 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.

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



By Aimee Feerst

IT'S TRIVIA TIME

Sunday January 18, at 1 pm in the Heritage Room

Join us for an enjoyable afternoon of Jewish and generally stimulating trivia questions as teams vie for cash prizes. Light refreshments will be served.

Admission \$15 Watch your email for a flyer to be returned no later than January 14. Place all checks along with your name and phone number in our mail slot **by January 14**. If you wish to sit with friends place all reservations (up to 6 per table) in the same envelope. We will do our best to accommodate your requests.



IT'S FREE MOVIE TIME

THE LITTLE TRAITOR

**Sunday February 15, at 1 pm
in the Heritage Room**

Alfred Molina stars in this charming 2007 movie about the friendship between an Israeli child and a British army officer occurring during the period of transition as Palestine exerts its independence.

Watch your email for a flyer to be returned **no later than February 11**. Light refreshments will be served.

ON THE COVER

The cover image of a few units overlooking one of our frozen ponds was taken by Sue Shea.

WE OOPSED

On page 6 of the December issue, we erroneously indicated that during the month of November, ownership changed for 10 units. We should have indicated "October."

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TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, January 16, from 3 to 5 pm in the Heritage Room

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

Why Ukraine's Drone Attack on Russia Changes War Forever, by Ian Bremmer

The AI Arsenal That Could Stop World War III, by Palmer Luckey

This event is FREE for all residents. Light refreshments will be served. For further information, call Ami at 914-486-9677 or Karl at 845-545-1959.

* * *

MORNING DISCUSSION GROUP

By Ken Benjamin

ON BEING BLACK AND LIVING IN SOMERS SPECIAL FIFTH ANNUAL MARTIN LUTHER KING DAY EVENT

Monday, January 19, from 9:30 to 11 am in Rooms 2-3 in the Activities Center

Join Dr. Patricia Adams and other panelists in discussing their experiences living in Somers, and their reactions to more regional, national, and global events. Are we making progress or moving backwards? This is a special program you don't want to miss.

Call Ken Benjamin, 914-617-9817, for information.

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.

HEAR OUR STORIES

Hosted by Ami Stokhamer

CARRIE SEARS

President of the Environmental Group

Wednesday, January 26, 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.

* * *

AAA DRIVER SAFETY COURSE

Submitted By Terry Clifford

Saturday, January 31, from 9 am to 4 pm in the Heritage Room

AAA Northeast will once again conduct a "Driver Improvement Program" at the Activities Center. This is the New York State Department of Motor Vehicles-approved point and insurance reduction program.

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

- Bring lunch. There will be a one-hour break. If attendees decide to have a half-hour break, that will reduce the end time to 3:30 pm.
- Includes all materials and Certification of Course Completion.
- Submit a check for \$36 made payable to "AAA Northeast" - clearly printing your name, address, email address, and phone number - in an envelope in the mail slot marked "AAA Course" in the Activities center.
- Attendance is limited to the first 40 applications.

* * *

THE ANYTIME AT ALL BAND

By Dorinda Haskel

Saturday, March 7

The Any Time at All Band will bring Beatles favorites and more to the Heritage Room. Details to follow.



**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 November, ownership changed for 15 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.

**SUMMARY OF PORTIONS OF THE NOVEMBER 19
BOARD OF DIRECTORS MEETING**

Compiled by Susan Statkowski-Rivalsi

This is a summary of some portions of the meeting. Videos of these 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 December 17 Meeting.

Board members in attendance: Gloria Anderson, Gene Archer, Ralph Fatigate, Dorinda Haskel, Joe Kelly, Jack Mattes, Patricia Ploss, Bruce Prince, Deica Ruiz, Davis Stowell, and Brenda Zimmerman.

Absent: Denise Elliot, Ann Harper, Alan Tepper, and Jay Wright

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

FINANCE & BUDGET, COMMITTEE - JACK MATTES, CHAIR

Treasurer's Report

- **October Financials:**
Income..... \$ 553,215
Expenses..... (485,143)
Net Positive \$ 68,071

DISCUSSION TOPICS - GLORIA ANDERSON, FIRST VICE PRESIDENT

New Resident Contact Directory: In order to be included, **you MUST fill out and submit a form by January 15.** You will **NOT** be automatically included if you are in the former directory. Forms and a drop box are available in the Activities Center lobby [the form is in this issue on page 9].

Bistro on the Green: The restaurant will be open Tuesday through Sunday starting at 4 pm. They will transition to also serve lunch, as well as brunch and early bird specials. They have enlisted two residents to make delivery of food here in Heritage Hills. For reservations, call 914-276-1000.

FITNESS CENTER COMMITTEE - JOE KELLY, CHAIR

- **October Usage:**
- Exercise room: 3,901 swipes by 595 residents
- Gymnasium: 793 swipes by 161 residents
- **Free Fitness Consultations:** Certified Personal Trainers Mary and Jonathan did 14 of these.
- **Equipment Replacement:** Two treadmills will be replaced in 2026.
- **Trainer Retirement:** Certified Personal Trainer Jonathan is retiring. We thank him for his service, and we wish him the best of luck. We are seeking a replacement.

PAT PLOSS - MEADOWLARK PARK COMMITTEE

- **Gazebo:** Will be in the vicinity of the playground. Installation will begin in the spring.
- **Trails:** [See WINTER WALKING on page 6].

COMMUNITY AFFAIRS COMMITTEE

JACK MATTES

Toys-For-Tots [See pages 19 to 22.]

DORINDA HASKEL

Beatles Cover Band performance [See page 4.]

SECURITY - RALPH FATIGATE, CHAIR

Rob Casasanta explained that the standing-room-only presentation at the 10-A-Men meeting included two members of the State Police (a sergeant and an investigator) covered phone, email, internet, and AI scams. For those of you who didn't have the opportunity to attend, there will be another one in the spring, in the evening.

PROPERTY MANAGER REPORT - JOHN MILLIGAN

- **New West Hill Signage:** Whereas there is adequate signage to get folks to units, there aren't many signs to get folks out of the community. So, we're going to put a few strategic signs on the West Hill indicating the exits out to Lovell and Warren Streets.
- **Speed Humps:** We have painted them yellow again, to help them be more visible.
- **Tennis and Pickleball Courts:** Nets will be up on tennis courts 6 and 7 and the pickleball court. We don't shovel or put salt on the courts, but if the courts are free of snow and ice, feel free to play all winter.
- **Activities Center Deck Construction:** It will take two or three months to construct it, so hopefully it will be available for use by the summer.
- **Tech Equipment:** We have computers, sound boards, sound systems, digital cameras, Wi-Fi modules, stage lighting, projectors, screens - all kinds of high tech A/V and tech equipment. Fortunately, we have Andrew Kaplan, who heads up our IT department, with Giani, and De-shawn. We now have a sound system at Lake Lodge. We will upgrade the Wi-Fi in the Activities Center, and will increase the internet speed in both Lake Lodge and the Fitness Center.
- **Heritage Room:** Black-out shades have been installed for a much better experience when using the screen for movies and presentations.

SECURITY

By Rob Casasanta, Prosecur Security

NOVEMBER SECURITY CALL REPORT

During the month of November, our Security staff received and responded to a total of 261 calls including the following matters:

Table with 2 columns: Category and Count/Details. Includes Service (111), Medical (46), Security (60), Police (10), Open Garage Doors (18), Parking Violations (6), Fire Calls (4), Maintenance (3), and Motor Vehicle Accidents (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@prosecur.com.



THANK YOU, FLO BRODLEY HEALTH & SAFETY COMMITTEE CHAIR

At the November 19 Society Board Meeting, President Gene Archer offered the following:

Flo has been Chair of this Committee for more years than I can probably count on my fingers and toes. She has served this community so well. She's brought in professionals from the outside to educate us on various topics, and she's cared so much about the community - our quality of life, our wellbeing - and it's so appreciated. She's decided to step down as Chair at the end of this year, and she's going to be missed. Thank you, Flo, for your years and years of service to the community.



COUNCIL OF CONDOS

By Terry Clifford

The November 19 meeting was attended by representatives of the following Condos: 4, 5, 6, 8, 11, 14, 15, 16, 17, 18, 19, 21, 22, 23, 24, 25, 27, 28, 30.

Somers National Golf Club Follow Up - Bistro on the Green opened for dinner on November 26 and will be open for dinner going forward, from Tuesday through Sunday. Plans include brunch and unique events. The Bistro's reservation phone number is 914 276-1000.

Condos have reported that golf course management has taken broken windows seriously by installing high nets in specific areas and considering changing direction of the holes to prevent accidental property damage.

Insurance Update - Jason Schiciano, President of Levitt-Fiurst, our insurance broker, suggested \$25 million umbrella coverage is sufficient, since the cost of Liability Insurance has escalated this year.

How do Condos deal with Non-compliant Unit Owners or Residents

- New Owner Orientation to review rules.
Update rules to include new by-law information.
Letters are sent to those who are non-compliant, which may result in monthly fines.
Newsletters offer "rule refreshers" throughout the year.

Condo Forms of Communication - Email, printed Newsletters, List of Condo contacts, recap of board meetings, Cluster Captains as a conduit to the Board and for communicating to unit owners.

Children Playing Outside of Units - Condos stress parental supervision and safety when communicating with parents or grandparents about the use of shared common property for play.

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 at 7 pm.



WINTER WALKING IN MEADOWLARK PARK

Text and photo by Karl Milde



Although our walking trails in Meadowlark Park are "left to nature" in the winter (they're not plowed or "salted"), since the asphalt is black, and black absorbs heat, a few sunny days can do the job of clearing the way.



COMMUNITY THEATRE

By Muriel Millstein Weiss

It's a new year and a new beginning, and we are working on new ideas, formats and vehicles for 2026.

Now is the perfect time to renew your membership (if you have forgotten) or to join us if you are a first time member. There are two categories: Angels \$25, and Donors \$10. We welcome and thank all our donors and Angels for their support.

Checks payable to "H.H. Community Theatre" may be placed in the Community Theatre mail slot outside the Activities Office at the Activities Center, or mailed to us at: H.H. Community Theatre 8 Heritage Hills Somers, New York 10589

We look forward to working together and making 2026 the best year ever! If you have any questions, call Helen at 917-554-4417 or Muriel at 914-277-8825.

WOMEN'S CLUB

Submitted by Phyllis Bradbury

Annual Charitable Contributions

The Women's Club continues its tradition of giving by donating \$1,800 to several local non-profit organizations and charities. This is made possible through the ongoing support of our club members, which allows us to assist those in need within our community.

2025 Monthly Activities

In 2025, the club organized a variety of events for our monthly meetings. Highlights included a wine and cheese party, a festive St. Patrick's Day celebration, Bingo, and two luncheons that were particularly well attended. These gatherings provided opportunities for members to be entertained, munch on goodies, and enjoy each other's company.

Holiday Wishes

The Board of the Heritage Hills Women's Club extends warm wishes for a happy and safe New Year to all. We look forward to seeing everyone at our next meeting in February!

* * *



By Phyllis Bradbury

HLibrary



NYTIMES BEST 2025 BOOKS

Several of the books we added to HLibrary's collection last year were cited in the *New York Times Best Books of 2025* list. Among the novels listed were *Buckeye*, by Patrick Ryan; *These Summer Storms*, by Sarah MacLean; *Shadow Ticket*, by Thomas Pynchon; and Chris Pavone's urban thriller, *The Doorman*.

Our collection's non-fiction titles also are well represented in the best-books list. They include Rick Atkinson's *The Fate of the Day*; *Mark Twain*, by Ron Chernow; and *A Marriage at Sea*, by Sophie Elmhirst.

BOOK REVIEW

For a review of *Be Ready When the Luck Happens*, by Ina Garten, see page 35. The celebrity chef's memoir was added to our collection last year.

NEW ADDITIONS TO OUR COLLECTION IN JANUARY

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

Fiction

- Boyd, William *The Predicament*
- Cornwell, Bernard *Sharpe's Storm*
- Desai, Kiran *The Loneliness of Sonia and Sunny*
- Evans, Virginia *The Correspondent*
- Gaige, Amity *Heartwood*
- Goodman, Allegra *Isola*
- King, Lily *Heart the Lover*
- Packer, Ann *Some Bright Nowhere*
- Szalay, David *Flesh*

Mystery

- Cook, Robin *Spasm*
- Lewis, Beth *The Rush*
- Mina, Denise *The Good Liar*
- McDermid, Val *Silent Bones*
- Patterson, James *Return of the Spider*

Non-Fiction

- Atwood, Margaret *Book of Lives: A Memoir of Sorts*
- Summerscale, Kate *The Peepshow: The Murders at Rillington Place*



By Joan Defrancesca



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2026 HERITAGE HILLS RESIDENT DIRECTORY

DEADLINE: JANUARY 15, 2026

Yes, I authorize the publication of the following information in the Heritage Hills Resident Contact Directory.

PLEASE PRINT

NAME(S)

UNIT #

HOME NUMBER

MOBILE NUMBER

EMAIL ADDRESS

SIGNATURE

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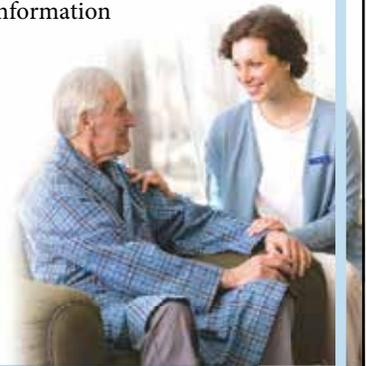
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GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

A complete list of Society-approved Activities/Classes/
Clubs is available online at hhsociety.org/activities

Produced by the Activities Office

Phone: 914-276-2636. Email: activities@hhsociety.org

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's 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. **On hiatus until spring.**

CRAFTERS IN THE HILLS: Wednesdays in the Activities Center's Lower Level Studio B from 10 am to noon / first week of the month from 6 to 8 pm. No fee to join; some sessions are free (you supply materials) and other sessions have a fee based on materials. Email to join and 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 Club 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 evemusart@comcast.net.

SKETCH WORKSHOP: Wednesdays from 9:30 to 11:30 am in the Activities Center's Studio A. Portraits, figures, still lifes. Bring your choice of paper, pens, pencils, watercolors, pastels, etc. Models are welcome to pose for 20 minutes (clothed!). No fee, no teacher, but guidance available.

WOODCRAFT CLUB: The shop on the Activities Center's Lower Level 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 the month from 2 to 3:30 pm in the Activities Center's 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 take place in Lake Lodge's Upper Level and 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. Class is periodically full, joining is up to the discretion of the instructor due to class size. 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 condition. \$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.

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*.

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*.

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

YOGA WITH STACEY: Mondays at 11:30 am at Lake Lodge with Stacy Goodman, RYT-200. A gentle, slow-flow yoga class to strengthen, lengthen, calm, and expand body, mind, spirit within. \$15 drop-in. Email *Resorationyoga@hotmail.com*.

CHAIR YOGA WITH SATISH: 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 four 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 Center Club 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); 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.

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 Rooms 2 - 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 3 pm 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@comcast.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 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.

Happy New Year!

— a note from the publisher of The Somers Record

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Happy New Year!
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Cheers to 2026! May it bring bold moves, beautiful moments, and exciting new beginnings.

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TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS

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TOTAL SOLD	123	109	155	139
	\$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 – 12/15/2025

ONEKEY/ HGMLS DATA AS OF 1/1/2025-12/15/2025

ONE BEDROOM

MODEL NAME	PRICE	MODEL NAME	PRICE
Amherst	\$525,000	Radcliffe	\$599,000; \$604,000
Franklin	\$399,000; \$420,000; \$435,000	Guilford	\$485,000; \$512,000; \$516,000

TWO BEDROOMS

MODEL NAME	PRICE	MODEL NAME	PRICE
Armonk	\$642,000; \$645,000; \$660,000	Monroe	\$519,000
Berkshire	\$610,000; \$720,000	Princeton	\$750,000
Cambridge	\$625,000	Ridgefield	\$610,000
Canaan	\$550,000; \$625,000	Salem	\$675,000; \$680,000; \$730,000
Concord	\$534,500; \$540,000; \$552,000	Stanford	\$760,000
Dartmouth	\$675,000	Stratford	\$666,000; \$715,000; \$720,000
Fairview	\$600,000; \$610,000; \$625,000	Syracuse	\$710,000
Hamilton	\$510,000	Wellesley	\$599,000
Katonah	\$570,000; \$600,000		
Madison	\$415,000; \$465,000		

THREE BEDROOMS

MODEL NAME	PRICE	MODEL NAME	PRICE
Columbia	\$1,225,000	Sherman I	\$825,000; \$910,000
Croton II	\$680,000	Sherman II	\$887,000; \$947,000; \$1,200,000
Jefferson (with carport)	\$625,000; \$700,000	York	\$575,000; \$675,000



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Source: OKMLS 1/1/25-12/15/25, total dollar volume of single family homes and condominiums sold by Agent, Somers school district. OKMLS 1/1/25-12/15/25, total dollar volume of Condominiums sold, Town of Somers, in Heritage Hills, by agent.



TOYS FOR TOTS EVENT

By Terry Clifford and Jack Mattes

On Saturday, December 6 in the Heritage Room the following happened:

- The Heritage Hills Woodshop Elves crafted 50 wooden toys for the event. Some Elves worked on design, some on the woodworking, and some elves painted the toys. The result was unique, fun toys.
- Children made snowflakes with the assistance of artist Judika Lieberman, who artistically works with adults and children in and around Heritage Hills.
- Santa and his Elf (Frank and Toni Collura) appeared promptly at 3 pm to welcome the children and families attending the event, giving gifts to the children who were enthralled with Santa Claus.

- Deet Choka and Karl Milde displayed their wonderful train sets for all to admire.
- The "Night Before Christmas" and the "Night Before Chanukah" were read to the Children and adults.
- Chanukah Gelt, Red and White Candies, and Candy Canes were on the tables.
- Reno served Eggnog along with Homemade Cookies to everyone.
- Holiday music was in the background.

Thank you to all who donated to the 16 cartons of toys and the many checks for the "Toys for Tots" program.

Thank to our Heritage Hills Staff and volunteers who put the program together.



Toys made by our Woodcraft Club Elves.

continued on pages 20 - 21



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Owner Hannah Melchner and her colorful Barkin Bubble Bus bring stress-free, one-on-one grooming right to local driveways / PHOTO COURTESY HANNAH MELCHNER

A grooming salon on wheels

Meet the animal lover behind the Barkin Bubble Bus

Local residents may have spotted a colorful, dog-themed bus rumbling through neighborhoods in recent weeks. That cheerful vehicle is The Barkin Bubble Bus, a fully renovated mobile grooming salon created by animal lover and entrepreneur Hannah Melchner, who set out to make pet care more convenient — and far less stressful — for dogs and their owners.

Melchner launched the service with a simple idea: bring the groomer directly to the customer. But behind that concept is a deep well of experience and an unmistakable passion for animals. A licensed wildlife rehabber and lifelong animal enthusiast, Melchner works with pets of all ages, sizes and temperaments. Her approach centers on calm, one-on-one grooming sessions designed to put nervous, senior, or special-needs dogs at ease.

“Pets are family, and I wanted to create a service that gives them the same care and comfort you’d expect at a luxury salon,” Melchner said. “But I also know how busy life can get. By coming right to the customer’s driveway, we take away the stress of travel for both dogs and their owners.”

Inside the bus — equipped with a stainless-steel bathing station, high-velocity dryers, instant hot water, climate con-

trol, and professional grooming tools — dogs are treated to a full spa experience. Each appointment includes a warm bath, blow dry, nail trim, ear cleaning, coat conditioning, and, for a finishing touch, a spritz of cologne.

The mobile setup is completely self-contained. No water hookups, electrical access, or outdoor space are required — just a safe place to park the bus. And unlike a traditional grooming salon, it’s fully cage-free. Each dog receives individualized attention from start to finish.

Melchner’s emphasis on comfort begins at the very first appointment. She meets with the owner, reviews the dog’s needs, and ensures the pup feels at ease. After that initial visit, clients can take advantage of no-contact appointments, making grooming even more convenient for busy households.

Early customers say the difference is immediate. One client raved, “It’s amazing. My dogs came back looking and smelling incredible, and I didn’t have to load them in the car or wait around at a salon. Hannah is wonderful with them.”

For Melchner, caring for animals extends beyond the grooming table. A portion of every appointment supports her nonprofit wildlife rescue, helping provide medical care,

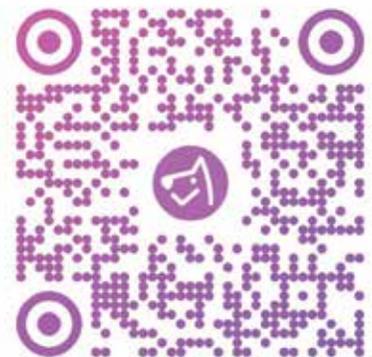
shelter, and rehabilitation for injured and orphaned wild animals. “When you book with The Barkin Bubble Bus,” she explains on her website, “you’re not just treating your dog — you’re making a meaningful difference in the lives of local wildlife.”

Even her service dog, River — a fully trained, loyal companion who loves hiking, boat rides, and soaking up the sun — is part of the Barkin Bubble story. Melchner says River’s enthusiasm for the bus reflects the experience she strives to provide to every pet that climbs aboard.

The business also plans to deepen its ties to the community. Melchner is offering discounts for first-time customers and hopes to partner with local rescues for adoption events and fundraising efforts.

And about that catchy name? Melchner laughs when asked. “I wanted something fun and memorable. Dogs bring so much joy and energy into our lives, and I think The Barkin Bubble Bus captures that spirit.”

With the bus now serving neighborhoods across Putnam, Dutchess, and Westchester counties, Melchner’s mission remains simple: keeping pets relaxed, cared for, and sparkling clean without the stress of traditional grooming.



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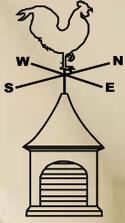
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MEET YOUR NEIGHBOR FRAN BOEMIO

Text and photo by Rosetta Benjamin

Both Fran and her husband Mike Boemio grew up in Co-Op City in the Bronx. It's where they met and where they wed 45 years ago. They moved to Heritage Hills in December 2016, and in February 2018 Fran retired after working for thirty years for the New York City Department of Education as an Administrator for Special Education, Compliance and Instruction. The Boemios have two sons: Christopher, a Vice President of PCSB; and Jason, a music teacher in the Troy School District,

Meeting Fran for the first time two days after Thanksgiving, I immediately suspect that this modest, but gregarious, new Chairperson of Pickleball is an extremely happy retirement resister.

Many of her Christmas decorations are already up, and she has notes in hand in preparation for our interview. She exudes confidence, organization, and enviable energy. (She never misses an opportunity to play Bocce or go bowling!) All that, plus her natural desire to serve others (For the past seven years, Fran has served as Secretary for her Condo.) bodes well for the future of Pickleball.

I ask Fran to talk, first, about Pickleball itself – as a sport and a social activity – and, second, to explain what a Pickleball Chairperson's role is. (1) She is aware of Pickleball's reputation for being very social. However, she seriously defends its *raison d'être*: It is a sport and it supports multi-level competitions. (2) Pickleball here currently has 477 members, but it continues to welcome newcomers. While many who join have previous experience, perhaps in tennis, experience is not required. Pickleball here offers free lessons to beginners; and as they progress, advanced lessons are available for a nominal fee by certified trainers. (3) When a member comes to play, he/she places his/her paddle on the paddle rack on the fence. Play groups of four are 'picked' by paddle order, regardless of the players' varied levels of skill. I interrupt her because I find this one of the most welcoming, inclusive traditions of Pickleball. It speaks highly of its members – people willing to help others improve and calling it fun.

As for the Chair's role, (1) it is to lead and supervise the Committee and subcommittees formed to arrange competitive play through leagues, Round Robins, and Aces – Intermediate and Advanced – as well as social events: karaoke nights; luaus, holiday parties; (2) to serve as Liaison between the Society and Activities Office; and (3) to oversee efforts to reach out and "give back" to the community, one effort being its highly successful food drives.

Somehow, I knew by the easy way Fran gets things done, the two of us would be able to select a single photograph we both really liked at the end of the interview. But Fran's singular reason for the choice was especially poignant: "It shows the necklace and pendant Mike gave me.

A WINDOW WITH A VIEW

Text and photos by Bren Zimmerman

About a year ago a friend moved from here to an Atria facility with her two senior cats. The cats, Daisy and Ginger, had been accustomed to sitting in their Condo unit window napping or watching the world go by, but in their new home the usual stepping aides were no longer there.

After some measuring and creative thinking I drew stringers on some plywood and built a 5-step stairway. Now the cats again have access to a window with a view!



SINGLES CLUB

WINTER WONDERLAND HOLIDAY CELEBRATION

Text and photos by Diane Purr

Our annual holiday dinner at the newly opened *Bistro on the Green* was a great success. We hosted 90 members and guests for a night of prizes, food, drinks, and music. The prizes were perfect, the food was fabulous, the drinks delicious, and the music marvelous.



We had a "Guess how many Kisses in the jar" contest. It was a close contest, but there was only one winner.



Many door prizes were handed out to the delight of the guests.



Board member Nancy Albertson did a wonderful job with the table centerpieces, which were given away with a roll of the dice!



Dancing to the music.

WOODCRAFT CLUB FALL FEAST

Text and photos by Sally Slotoroff

We held their first ever Fall Feast on October 18 at Lake Lodge. President Ed Sottile and member Bill Christiano sang and played their guitars, providing entertainment during the cocktail/appetizer hour when over 15 different types of appetizers members prepared were served them.



The main course was a variety of delicious potluck dishes also prepared at home by our members and served buffet style. In addition, grill masters Paul and Lou manned the BBQ and delivered hamburgers and hot dogs. The dessert hour did not disappoint, serving up an assortment of cookies, cakes and other yummy choices.



As activities wound down, Ed played a few more tunes on his guitar and was accompanied by Lou and Tara Natole as vocalists. It was a successful Fall Feast for the Woodcraft Club, as members socialized with old friends and new members alike.

PICKLEBALL EVENT

Text by Fran Boemio and Denise Elliott, photos by Fran Boemio

On Wednesday, November 5, a very informative workshop “How to Prevent Pickleball Injuries” was held in the Activities Center.

Our presenters were our very own resident pickleball players Dr. Louis Bisogni and Linda Zeiss, back by popular demand!



Dr. Louis Bisogni, Chiropractor: Dr. Lou, as he is affectionately called, is a pickleball player who just retired after 46 years of practice in Westchester. He is a member of the Professional Baseball Chiropractic Society, an Executive Board member there for the past 12 years, and received a Lifetime Achievement Award in 2018. As a Certified Chiropractic Sports Physician, his clients included the New York Knicks (4 years), and the New York Yankees (26 years).

Dr. Bisogni has lectured on injury prevention throughout his career. He has treated some of the most elite athletes and world-class sports trainers! He shared his knowledge of caring for and teaching prevention of musculoskeletal conditions.



Certified Fitness Instructor Linda Zeiss has been teaching fitness classes for 33 years. After successfully running her hair salon, she has worked in many gyms as a certified fitness instructor. She has worked at Jack LaLane/ Bally’s Total Fitness, New York Sports Club, Equinox, Lifetime and other smaller gyms, senior centers, schools, country clubs, and now at Heritage Hills. She holds many certifications, including AFFA Primary Group, CPR, Pilates, Aqua Zumba, and Cycling.

We learned the most common pickleball injuries are ankle sprain, knee strain, meniscus irritation, calf strain, lower back strain, shoulder tendonitis / rotator cuff irritation, tennis elbow, wrist strain, and falls causing bruises or fractures (especially wrist or hip).

Ways to prevent injuries are (1) wear proper court shoes (not running shoes); (2) wear protective eye gear; (3) warm up with ankle circles, calf raises, and stretches; and (4) don’t backpedal - turn and run forward instead.

The audience was kept engaged as Dr. Lou demonstrated the human body using a model skeleton, and Linda had everyone up stretching and doing exercises.



ENVIRONMENTAL CLUB IT’S NOT TOO LATE FOR A NEW YEAR’S RESOLUTION!

By Carrie Sears

Here are easy, money-saving and eco-friendly habits anyone can try:

1. **Shift your shopping habits.** Cut down on consumerism by avoiding impulse buys, choosing secondhand, and repairing items instead of replacing them. Search for a nearby Repair Café, where volunteers will try to mend clothing, fix appliances, and more—for free.
2. **Make a shopping list.** Check the refrigerator, plan one meal a week around leftovers, and then make your shopping list. You’ll reduce food waste and your grocery bill! Spark new ideas with a quick online search for recipes that use two ingredients you already have.
3. **Add more plant-based meals.** Try one plant-based dinner each week – stir-fries, soups, and pasta dishes are easy starting points. Growing crops requires less energy, produces fewer pollutants, and uses far less land than animal agriculture, helping reduce deforestation and species loss. It’s also healthier.
4. **Choose products with less plastic.** Look for items packaged in glass, paper, or other sustainable materials.
5. **Group errands.** Consolidate trips to reduce mileage and save fuel.
6. **Run full loads.** A fully loaded dishwasher or washing machine saves water, energy, and money. You can also take advantage of NYSEG’s off-peak hours, when electricity is cheaper (typically 11:30 pm to 7 am).
7. **Compost your food scraps.** If it was food, it’s accepted – cooked food, bones, dairy, peels, and more – at the Food Scrap Drop-Off Site (Town Highway Department, 250 Route 100).
8. **Skip single-use items.** Say “No” to bottled water, paper napkins, and straws. Bring your own insulated cup – Dunkin’ and Starbucks will happily refill it. Switch to reusable options such as beeswax wraps, refillable pens, cloth napkins, and dishcloths. Move the paper towels to a less accessible spot and use rags instead. Combined, these actions will save a surprising amount every year.
9. **Use less-toxic cleaners.** Simple ingredients like vinegar, baking soda, and mild soap can replace many commercial cleaners. DIY recipes online are quick, inexpensive, and effective.
10. **Recycle more effectively.** Two categories of waste go into HH collection bins: nonrecyclables and recyclables. Nonrecyclable waste should be tied up in a compostable bag (for a lower carbon footprint)

or a plastic bag. All bagged contents are incinerated, converting trash to energy. Recyclable paper, plastic, metal, and glass items should remain loose. Loose recyclables go to a facility for sorting and reuse.

11. Adjust your thermostat. Lower it by 1 to 2 degrees in winter and raise it slightly in summer. A small change can cut heating and cooling bills by 5 to 10%.

12. Upgrade your lighting and electronics. Install LED bulbs and use smart power strips to reduce standby “phantom” energy use. LEDs consume up to 80% less energy than traditional bulbs. Smart power strips can save a household \$30 to \$100 per year.

13. Support pollinators. Chase away winter blues by browsing catalogues for colorful asters, coneflowers, and bee balm, and plan to add pollinator-friendly plants to your garden or containers in the spring.

COMMUNITY THEATRE’S 60s CABARET A SMASH!

Text by Patricia Adams, photo by Rosemarie Russo



Were you one of the lucky ones to secure a much sought-after ticket for the Community Theatre players’ 60s theme Cabaret the last weekend in November? Well, let me tell you, it was a show we will all be talking about and remember until the next one.

This year’s Cabaret was quite a production! A music director was hired and a mother/daughter team of local professional choreographers volunteered to work with the singers and dancers. There were announcers and “Sonny & Cher” emcees.

The individual precision of the players and the flow of singing and dancing had all of us snapping our fingers, tapping our toes, and generally caught up in the spirit of feel-good gaiety. What a bounty of talent, so perfect as a Thanksgiving celebration. This production was presented on the same level, with the round table set up. There was wine (red and white), water, and soda, and snacks on each table.

The show opened with all the players walking in from a side door in full 1960s regalia. There were tie dyed bell-bottom outfits and head bands, long earrings, and fringed suede vests. The players took their seats on floor level seats with their backs to the raised stage, so they were eye-level with the audience. Several numbers included performers stepping into the audience while singing, twirling their hair and sitting on laps and flirting outrageously with different audience members.

The audience cheered for unforgettable renditions of favorites like “Respect” and “Son of a Preacher Man.” The energy in the room soared as each act took the stage, with dazzling costumes and spot-on harmonies transporting everyone straight back to the vibrant era of the 1960s. There were over twenty solos accompanied by the emcees, announcers, and dancers, including Helen Berman, Jane Ceraldi, Sal Ceraldi, Frank Collura, Kim Constantine, Ken DeLuca, Pat Duquette, Ruth Froelich, Tonia Gisolfi, Terry Goldfischer, Sandi Green, Lisa Kilion, Mary Lawrence, Myra Linker, Paul Liteplo, Lorena Mann, Irene Milzoff, Jo Pearlman, Patti Rome, Dawn Savio, Jan Thornley, Muriel Weiss, and Linda Zeiss.

By the end of the night, the community was already buzzing about the next cabaret, grateful for the laughter, music, and shared memories that made this Thanksgiving pre-weekend truly special.

The Cabaret Committee –publicity, volunteers, lighting and sound, and box office – number too many to mention individually. Suffice it to say the entire company distinguished itself with excellence.

WINDOW AND SLIDING DOOR MAINTENANCE OPTIONS

By Susan Statkowski-Rivalsi

WINDOWS

- Depending on when they were built, units here have one of four types of windows:
- Casement, which open out using cranks and have inside screens which are easily removed.
- Glider, which slide open left or right, and have inside screens on one side which is removable, but some people may find doing so difficult.
- Double-hung, with upper and lower panes, which can open in one direction or both, and have outside screens.
- Fixed, which don't open and therefore have no screens.

SLIDING DOORS

Most (not all) units have one or two sets of sliding doors ("sliders") leading to the deck and/or patio. They slide open left or right and have exterior sliding screens which can be removed with a bit of difficulty.

MAINTENANCE

While some Condos leave it to the owner to take care of window and slider repair and cleaning, some Condos arrange for cleaning once

or twice a year; usually just the exterior. Some of the latter cover the cost, while others have the unit owners cover the cost or opt out. For an additional fee, paid by the owner, owners can arrange for the cleaners to clean their window / slider interiors and even remove the screens while they're there.

Leaving exterior screens in place through the winter can subject them to faster wear, as well as damage, and interior or exterior screens in place renders rooms darker. Most exterior screens can be removed from the inside. If that's not the case, removal can be done during fall cleaning, and they can then be replaced when the windows are again cleaned in the spring.

I recently replaced my 26-year-old casement (crank/interior screen) windows and sliders. My Condo no longer arranges or covers the cost of window/slider cleaning, so, last fall I had them (and their screens) cleaned by a professional company in less than an hour for \$80 - 4 double windows (2 large, 2 smaller), 2 single windows (one large, one small), and 2 large sliders. I had the dark mesh window screens and one slider screen removed and stored in my garage, rendering the rooms much brighter - a real joy in the dead of winter. I leave one slider's screen in place so I can open the door when the first warm days arrive.

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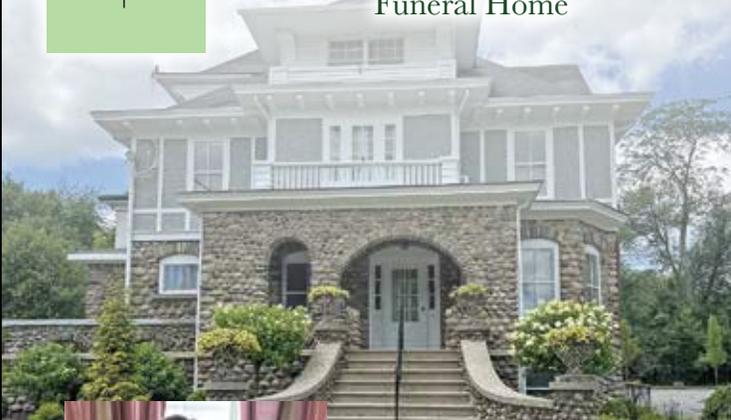
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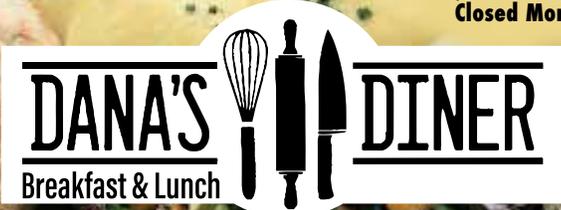
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By Mary Tedesco
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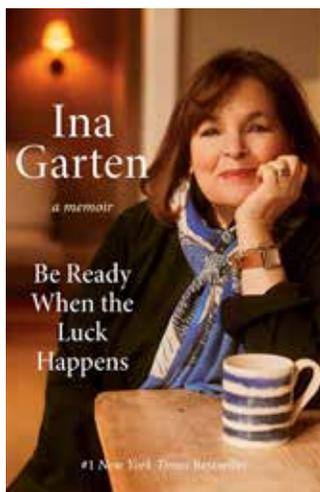



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THE BOOK SHELF

by Dassi Citron

Several years ago, I dug into a luscious, buttery, homemade chocolate chip cookie – the best I have ever had, and I've had a few! I asked my friend for the recipe. She replied, "You know, it's the one by Ina Garten, *The Barefoot Contessa*."

So, I was stoked to read her memoir, *Be Ready When the Luck Happens*. I heard the buzz shortly after it was published. I was looking forward to

learning more about the creator of those delicious cookies.

Be Ready When the Luck Happens chronicles Ina's journey from childhood to the present – detailing pivotal moments along the way. The strife and drama of her early years provided insights into her character, and drive. Through this storytelling, Ina searches for her authentic self as she evolves from her role as a nuclear energy analyst in Washington, DC, to her role as the Barefoot Contessa.

Her relationship with her husband Jeffrey is a primer on how to manage life's challenges and joys, with many unusual twists and turns.

Ina Garten brings an old-fashioned love of detail and flair to everything she does, and this book is no exception. These stories are full of her well-seasoned voice. You're in her many kitchens; traveling the world and taking a deep dive into the food industry.

Of course, there is also the food – on the road, in the restaurants, in her cookbooks, in her stores. You witness how this icon transformed over time, overcoming roadblocks, and later becoming the Food Network star we all know.

A sampling of what I loved about the book include chapter headings like "What Goes in Early Goes in Deep," "1,000 Baguettes and the Business End of a Gun," "Tokyo, How Hard Could That Be?" "Put My Jugs On the What?"

There are a few recipes to try, like the one for her famous Coconut Cupcakes, and the one for the Outrageous Brownies. Unfortunately, I'll have to find the recipe for those chocolate chip cookies elsewhere.

This is a memoir that satisfies. I suggest you find a comfy place to begin, crack open the book, and add a plate of her chocolate chip cookies.

(*Be Ready When the Luck Happens* is part of the Heritage Hills Library and Westchester County Library collections. For a list of new books at the Heritage Hills Library, see page 7.)



Text and photo by Elizabeth Royston

The November Culinary Club dinner had its focus on French Cuisine, with its many refined methods of preparing dishes. Elizabeth Zivian and Enid Lang prepared a dish that elevates the common "spud" to a new level. Lyonnaise Potatoes is not difficult to prepare but is beautiful in taste and presentation.



LYONNAISE POTATOES

Serves 6

Ingredients

- 2 pounds russet potatoes
- 2 tablespoons olive oil
- 4 onions, thinly sliced
- 4 tablespoons chopped garlic
- 1/2 cup butter
- Salt, per preparation instructions
- Ground white pepper, per preparation instructions

Preparation

1. Preheat oven to 400 degrees.
2. Peel potatoes and cut them into 1/2-inch slices. Place them in a pot and cover them with water. Bring to a boil and boil for two minutes. Drain and set aside.
3. Heat a large oven-proof skillet over medium-high heat. Pour in olive oil, then add onions. Sauté until lightly caramelized – 8 to 10 minutes. Stir in garlic and sauté until onions are deep brown and garlic is softer. Transfer mixture to a bowl.
4. Place the skillet back on the stove over low heat. Melt the butter, then cover the bottom of the skillet with 1/3 of the potatoes. Season with salt and pepper.
5. Cover the potatoes with 1/2 of the onion mixture.
6. Cover the onion mixture with 1/2 of the remaining potatoes. Season with salt and pepper.
7. Cover potatoes with the remaining onion mixture.
8. Top off with the remaining potatoes. Season with salt and pepper.
9. Bake in the preheated oven until potatoes are tender and browned on top – 10 to 12 minutes.
10. Transfer potatoes to a serving platter. Sprinkle with chopped parsley.

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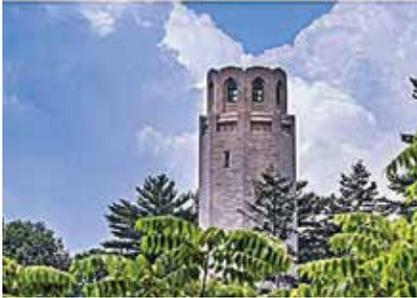
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