



The Greystone Connection

A Monthly Newsletter

Building the Greystone Community Together!

Since 2017

A Publication for the Community by the Community



March 2025

Published by Susan Schweitzer and Bill Naedler

March, Spring, and the Connection to Life at The Greystone

March is a special time of year because it brings the season of spring. This is when nature wakes up after the cold winter, bringing new life, warmth, and growth.

The change from winter to spring is like a symbol of life itself, showing how things can start fresh, grow, and become beautiful again.

The transition from winter to spring mirrors the ups and downs of life. Winter can feel cold and difficult, just like the hard times we all face. But no matter how tough things get, spring always comes, bringing new chances and fresh starts.

At The Greystone, the arrival of spring is especially noticeable. The windows open to let in the crisp, fresh air. Residents step onto their terraces, enjoying the warmth of the sun as they sip their morning coffee or read a book while looking out over the Hudson River. The view of the Palisades becomes even more breathtaking, with trees budding and the water shimmering under the bright sky.

This shift is also felt in the way people reconnect with neighbors, engage in seasonal activities, and embrace the joy that comes with brighter days. Someone who stayed inside during the colder months might now sit by the pool, while others enjoy the simple pleasure of opening their windows to welcome the season. The staff will be busy getting ready for the pool season, ensuring it is prepared for the warm days ahead and putting up the pool awnings.

A particularly exciting part of spring at The Greystone is the preparation of the community garden. Residents and staff work together to prepare the soil for planting, turning over the earth and planning what flowers, herbs, and vegetables will be grown. The garden

becomes a place of shared joy, where people connect over their love of nature and the satisfaction of watching something grow. Soon, bright flowers and fresh produce will fill the space, bringing beauty and nourishment to the community.

As the weather warms, many residents resume their favorite walks into Hastings-on-Hudson, enjoying the charm of the village, stopping by local cafés, or simply taking in the lively atmosphere. Others take advantage of the Old Croton Aqueduct Trail, walking along the historic path lined with budding trees and scenic views of the Hudson. These walks offer both exercise and a chance to appreciate the natural beauty that surrounds The Greystone.

Spring also brings a renewed sense of energy. The longer days and gentle breezes encourage people to spend more time outdoors, breathing in the fresh Hudson River air. Untermeyer Gardens nearby bursts into color, its pathways lined with blooming flowers, making it a perfect place for a peaceful afternoon visit.

March and spring remind us of the natural cycle of life. Trees lose their leaves in autumn, rest in winter, and bloom again in spring. This pattern teaches us patience and hope. No matter what happens, life continues, and there is always a chance for renewal.

In the end, March and spring show us that life is full of opportunities to grow and change. Just like nature wakes up and becomes full of life again, we too can find new beginnings and fresh energy to move forward. At The Greystone, spring is a time of joy, connection, and a reminder that every season brings its own kind of beauty.

Susan and Bill

DID YOU KNOW? March Fun Facts

March is named for Mars, the Roman god of war, because this was the time of year to resume military campaigns that had been interrupted by winter. In the early Roman calendar, March (or *Martius*) was the **first** month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February—which were added to the end of the Roman calendar around 700 BCE—instead became the first and second months around 450 BCE.

- **March 4 is Mardi Gras** (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.
- **March 5 is Ash Wednesday**, which marks the start of Lent.
- **March 8 is International Women’s Day**, which is a day that not only celebrates the achievements of women and the progress made toward women’s rights but also brings attention to ongoing struggles for equality around the world.
- **March 9** is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that day. If your area observes it, don’t forget to “spring forward” and set the clocks one hour ahead, or you may find yourself an hour late to everything!
- **March 15** is the **Ides of March!** Legend surrounds this ill-fated day. Beware the Ides of March!
- **March 17** is **St. Patrick’s Day**. According to folklore, folks wear a shamrock on St. Patrick’s Day because the saint used its three leaves to explain the Trinity.
- **March 20** brings about the **March equinox**—also called the **vernal** or **spring equinox** in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the **autumnal equinox** and the beginning of fall. On this day, the Sun stands directly over Earth’s equator.

GREYSTONE COMMITTEES, ACTIVITIES, EVENTS

GREYSTONE HELPING HANDS COMMITTEE

During challenging times, it’s important to know you’re not alone. If you need a helping hand, whether it’s someone to talk to, a friendly check-in to see how you’re doing, or practical support with everyday tasks like filling out forms, grocery shopping, or running errands, we’re here for you. Don’t hesitate to reach out—we’re ready to provide the care and



assistance you need to make things a little easier.

New Volunteers: If you have a talent or skill you would like to share in assisting someone, please send an email to Bill at greystone1085bill@gmail.com. All requests are confidential and will be matched with any services needed.

SOCIAL EVENTS COMMITTEE

Valentine Bingo

On Sunday, February 16, the events committee held a Valentine's Day themed bingo in the Community Room. It was a fun time, with special treats contributed by residents, and on the dreary, cold and rainy afternoon, the community room was filled with warmth and cheer and laughter. We hope that more residents will join us on our next Greystone event. Remember, kids of all ages are welcome!

St. Patrick’s Day Pot O’ gold Party!

Get ready for an afternoon of fun, laughter, and friendly competition!

Join us on **Sunday, March 16th**, at **4 PM** in the **Community Room**.

Bring your lucky charms and Gather your friends and neighbors for an afternoon of singing, refreshments and games.

See you there!

GREYSTONE LECTURE SERIES

info provided by Sharon Olang



Downsizing and Decluttering: You Can’t Take It with You—

When: Saturday, March 22

Where: Community Room

Time: 4:00 PM

Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!

GREYSTONE COMMUNITY GARDEN

Info provided by Rita Walton



The Garden Committee met in late February to discuss getting ready for spring planting and other issues. We hope to get a head start on planting by using the plant light for seedlings donated by Michael Sabatino. Several of us would like to get a tutorial on how to use the plant light.

We have several new gardeners this year that we hope to accommodate. Please note that we still have a few

containers available for gardening, but we have no more garden beds available for the spring 2025 season. If you are interested in container gardening or are interested in getting on a waiting list for a garden bed, please email ritajeanwalton@gmail.com.

Thank you!



Next Open Board Meeting
Monday, April 14th at 7:00 PM
In person and Zoom
The link will be emailed to you.

SKETCH AND SNACK

Info provided by Minda Finklestein



The Sketch and Yak group will be meeting on Thursday, March 6th in the Library.

ALL ARE WELCOME!

THE GREYSTONE READERS' CIRCLE

Info provided by Diane Rosen



Meeting on:

DATE: Tuesday, March 18th

TIME: 7:30 PM

PLACE: Community Room (if it's too

cold, move to library)

BOOK: How Beautiful We Were

AUTHOR: Imbolo Mbue

Set in Africa, the book "is a masterful exploration of what happens when the reckless drive for profit, coupled with the ghost of colonialism, comes up against one community's determination to hold on to its ancestral land and a young woman's willingness to sacrifice everything for the sake of her people's freedom."

Readers' Circle is in its eleventh year here at the Greystone. Discussion is always informed and interesting. All Greystone residents are welcome.

LIBRARY

Info provided by Diane Rosen



The Greystone Library Is a cozy, friendly space. It has been a busy place this winter. On days when cold winds blew, temperatures dropped, and our Community Room became too cold to meet in, meetings and

activities moved to the (slightly warmer) Library. Sketch and Snak, Spanish classes, Orientation, committee meetings and meditation all took place in there. As the weather warms up many of these activities will return to the Community Room.

In addition to an eclectic collection of fiction and non-fiction books, there are cookbooks, art books, children's books and more. You will also find the current week's newspapers and a variety of magazines. In addition, the Puzzle Table is back. Bring your own puzzle to share or choose from one of the many found on the book cart in the back of the room. The Puzzle Table is a community effort that anyone can participate in.

Limited book donations are being accepted. Please keep donations to ten or fewer books. Only books in good condition are accepted. **Please**, no textbooks, manuals, outdated travel guides, damaged books, coffee table books, magazines CK N' SKETCH ART GROUP

Info provided by Rita Walton

Welcome
Spring

ENVIRONMENTAL CONCERNS COMMITTEE

Info by Sue McAnanama



All are invited to the April 1st rescheduled pizza party sponsored by the Environmental Concerns team for all the residents of the Greystone!

More info to follow.... Save the date... April 1 - no fooling... turning trash into treasure at the Greystone.

For further inquiries regarding your garbage, recycling schedule or questions if your address is not currently listed under the collection schedule, please [email the Yonkers Problem Solver](#).

Send suggestions to suemcananama@gmail.com

Thanks for helping keep things clean and efficient!

IS YOUR CHECK IN THE MAIL?

Don't forget to check out the government website - NYS Comptroller's Office/Unclaimed Funds. Many of your neighbors have already claimed their unclaimed money and a check was mailed to them for funds that they didn't know they had. This money is from unused gift cards, insurance

payments, investment funds and many other sources that, for some reason, did not get to the owner and are waiting in Albany for you to claim. Just go onto the site, put in your first and last name and look to see if the Comptroller has any funds that belong to you. All you do is enter your information to prove your identity and in about 2-3 weeks a check, or checks, will arrive. It is as easy as that and legit! Hope you all find a sweet surprise waiting for you.



MARCH RELIGIOUS HOLIDAYS

- **March 1 - Ramadan begins, Islam**
A holy month of fasting, prayer and reflection for Muslims.
- **March 5 - Ash Wednesday, Christian**
Marks the beginning of Lent, a season of fasting prayer and good works.
- **March 13-14 – Purim, Jewish**
A joyous occasion that celebrates the salvation of the Jewish people from genocide in ancient Persia.
- **March 14 - Sikh: Hola Mohalla**
A Sikh festival featuring martial arts, poetry, and community gatherings.
- **March 25 – Feast of the Annunciation, Catholic**
- **March 31 – Islamic: Eid al-Fitr**
Marks the end of Ramadan, celebrated with a feast and prayers. On one of the most important Islamic holy days.



REMINDERS...

✓ **Railroad Elevator**

The RR elevator does not automatically return to G5. Please remember to send it back after using it. This small action can make a big difference for someone trying to catch or missing a train, and it's the most considerate thing to do.

Thank you for being a good neighbor!

- ✓ **All food waste must be securely tied in bags** before being disposed of down the compactor chute.
- ✓ Food waste should **not** be left in the recycling bins located in the compactor rooms.
- ✓ Your cooperation ensures a clean and hygienic environment for everyone. Thank you for your attention to this matter.
- ✓ As you are aware, our mailboxes are small and during holidays and other high volume mail periods our mailboxes fill quickly. It doesn't take much. Please pick up your mail on a daily basis so that the mail carrier does not have problems delivering to you. In addition, there are bundles of collected mail that were left with the doorman when residents were away, and this mail was never picked up. Please pick up any uncollected mail and/or packages being held by the doormen as space is very limited and we cannot continue to hold it. Thank you in advance for your cooperation.

Open Board Meeting Dates:

Community Room, 7:00 PM.

- April 14
- May 12 – Annual Meeting and Elections
- July 14
- September 8
- November 10

Although the open board meetings will be held every other month, at those times when there are special projects or the need to discuss issues with the shareholders, a special meeting for this purpose will be scheduled. In addition, if you have a question or issue or concern that you would like to discuss with the BOD, please email Bill at Greystone1085bill@gmail.com, who will be happy to bring it up at the next closed meeting or will meet with you personally to discuss it. Your voice is important to us and there are many opportunities for you to be heard.

If you want to share your unity and appreciation of the community that is "the Greystone" ...you can order a T-shirt with the motto "*Building the Greystone Community Together!*"



The shirts are all short sleeves, crew neck, and range from Small - 5X. Your choice of shirt color.

The cost is \$17.40, which includes tax and shipping. It takes several weeks to arrive.

Please find order forms at the front desk, or feel free to email Rachel at RachelLevine55@gmail.com