



MERRY
CHRISTMAS
*and
Happy New Year*

Country Village News

December 2025

250 Theodore Drive Coram NY 11727

Happy Birthday:

Debra Dougherty	4
Teri Flynn	5
Felicia Paura	15
Marianne Abruzzo	26
Eileen Dall	30

Happy Anniversary

Otto & Nancy Schmidtmann 26



Greenvie Properties:

Greenvie Properties
P.O. Box 1573
New York, NY 10008-1573

Primary homeowner contact:

Assistant Property Manager: Renee Johnson 631-666-4040 ext. 122
RJohnson@greenvieproperties.com

After hours/weekends/emergency

Call 631-689-4040 – connects to after hours answering service
Call 631-666-4040 – Press 1 for emergency assistance, then option 3 for after hours service.

Additional management Team:

Property Manager: Jessica Haughey 631-666-4040 ext. 117
JHaughey@greenvieproperties.com

Accounts Receivable Representative: Brandon Feeley 631-666-4040 ext. 105
BFeeley@greenvieproperties.com

Country Village Website

Webmaster: Roland Diehl

Country Village Board Members

President: Phyllis Benanti
Vice President: Greg Williams
Finances: Ellen Forestieri
Secretary: Linda Bily
Director: Ed Tomaiuoli

Country Village Newsletter Team

Editor:	Kathie Diehl	Email: kathie.diehl@gmail.com
Co-Editors:	Sandy Bakofen Debbie Buscaglia Marie Palagonia	
Vendors:	Doreen McCrystal	
Treasurer:	Francine Leiboff	

Finance Review Committee

Gene Flynn Chairperson
Charlie Buscaglia
Mike Ellis
Greg Gasiewski
Bill Fischer

Country Village Entertainment Committee

Jackie Bromberg
Francine Davino
Sandy Bakofen
Betsy Burbige
Carol Fox

Social Director

Debra Dougherty

Meet The Board:

If you have concerns that you wish to discuss with a board member, you can come to the clubhouse on the first Saturday of each month at 9am. There will be board members there that will listen and try to help you. **There is no Meet the Board in December.**

The Boards Corner:

The Boards Corner can only be seen on the Country Village website. Each month if there is information regarding our community the Board will post that information. Please take a moment each month to check the website.

Tech Support:

Anyone in need of assistance to access the Country Village website please contact Roland Diehl. His number can be found in our community directory. Take a moment to check out Country Village's website. There is a lot of information and many pictures and videos of our community and events, in color!

Newsletter and Website:

Anyone who may wish to submit pictures of our community or events, articles or anything that you feel your neighbors may find interesting and you would like to share please feel free to send them to:

For the newsletter: kathie.diehl@gmail.com

For the Country Village Website: roland.diehl@gmail.com

Please note that pictures will only be in black/white in the newsletter, but they will be in color on our website.

FaceBook (FB) - Country Village Friends Group

Roland and Kathie Diehl will now be assisting as Administrators on our FB group. Anyone who wishes to join our group please make a request on FB. Please note this group is for Country Village residents **ONLY.**

Upcoming Events:

December 6 Holiday Gift Exchange
December 12 Holiday Party
December 20 Holiday Spectacular on Ice
January 6 Cardio Drumming

Bunco

If you would like to play Bunco please contact Linda Bily. Games are played on the 2nd Monday of each month and starts at 7:00pm.

Exercise:

“Walk away the Pounds” – Every weekday at the clubhouse at 9am, You Tube classes.

Mah-jongg:

If you would like to play please contact Doreen McCrystal or Sandy Bakofen

Bingo:

Please make note, due to Christmas and New Year's, there will be no Bingo on Wednesday the 24th and the 31st.

Chair Yoga:

There will be NO Chair yoga for December. Last class was Thursday November 20th. It will restart in the new year on Thursday January 8th.

A Special Thank You

From all the cornhole lovers, we would like to give a big Thank You to Bill and Margaret Fischer. Bill and Margaret bought wood, built the new cornhole boards, and painted them. They also bought the mats, which protect the floors in the clubhouse. An offer was given to them to submit receipts for the supplies for reimbursement but they refused. Thank you for your generosity and skill in making the cornhole boards.



BOOK CLUB



Country Village Book Club

CALLING ALL CVE BOOK LOVERS

Hi,

I thought it would be nice to start a Country Village Book Club. We would meet once a month to discuss our chosen book, have a glass of wine or cup of tea, a few snacks, and spend some time socializing. If you would be interested, please give me a call or email. We can spend the time until the beginning of the New Year planning and organizing for our first meeting.

I look forward to hearing from you.

Santa Fogarty
631-846-3755
santafogarty@gmail.com





CYBER SECURITY

(This is the presenter that Jane Scott went to and has agreed to come visit us.)

Sign up sheet in clubhouse starting week of November 17th.

ZERO HACK

CYBERCRIME BOOT CAMP

Learn how social engineering can target you and your assets.

Understand criminal behavior to avoid victim behavior.

Tuesday, December 9th - 1:00-2:30 pm

Bring your cell phone with you!!!

Calling All Shenanigans

*Get ready for a great afternoon!
Come join your fellow Shenanigans at The Gateway Playhouse for their
HOLIDAY SPECTACULAR on ICE*

Saturday December 20th at 2PM'

Tickets are \$35 per person. Cash payment should be given to Debra Dougherty and is due by Monday December 8th. Debra will purchase the tickets.

There is a sign up sheet in the clubhouse.



Coming January 6th 11AM in the clubhouse

Understanding Cardio Drumming

Cardio drumming is a rhythmic workout that combines drumming with cardiovascular exercise. Participants use exercise balls, known as stability balls, and drumsticks to beat along with music or a rhythmic beat. The routine typically includes a variety of movements such as drumming overhead, to the side, and even between the legs, creating a full-body workout that enhances cardiovascular health, coordination, and balance.

Low Impact

Firstly, it provides a low-impact form of exercise that is gentle on joints, making it accessible to individuals of varying fitness levels. This aspect is crucial for seniors who may have mobility issues or chronic conditions such as arthritis.

Promotes Cardiovascular Health

If you are looking for the best exercises for boosting your heart health, cardio drumming is one of them. It promotes cardiovascular health by elevating heart rate and improving circulation. Regular participation can help reduce the risk of heart disease, stroke, and other cardiovascular issues commonly associated with aging. Additionally, the rhythmic nature of drumming enhances coordination and balance, reducing the likelihood of falls and injuries among seniors.

Stimulates Cognitive Function

Beyond its physical advantages, cardio drumming also stimulates cognitive function. The coordination required to synchronize drumming movements with music engages the brain, promoting mental acuity and agility. Studies have shown that activities combining physical exercise with cognitive stimulation can have a positive impact on memory and overall cognitive health in older adults.

Promotes Overall Well-being

Cardio drumming checks all the boxes by providing a stimulating workout that benefits both body and mind.

Adaptability

Another reason for its popularity is its adaptability. Cardio drumming can be tailored to accommodate individuals with different abilities and fitness levels, making it inclusive and accessible to a wide range of residents. Whether someone is a seasoned fitness enthusiast or new to exercise, they can participate and reap the rewards of this engaging activity.



Happy Holidays



merry
Christmas
happy
Hanukkah

Shenanigan's Friendsgiving at the Texas Roadhouse.

What a great time!!



*Hope everyone had a very
Happy Thanksgiving*



Some Snack Attack pics

On Friday November 14th we had our first Country Village Snack Attack. There was a great turn out. Everyone brought delicious snacks for sharing. Great food, great neighbors. And a Special Happy Birthday to Ann Silvestro. Looking forward to our future monthly Snack Attacks.





To everyone we hold dear, we wish you health and happiness in the coming year.

*Stay safe and be well.
Happy Holidays to All*

