

Country Village News



June 2025

250 Theodore Drive, Coram, NY 11727

Happy Birthday



01 Gene Flynn
09 Jim Smith

09 June Tamillow
11 Tony Scott

12 Anthony Christian
Marge Rothwell



Happy Anniversary



PMI Gold Coast Properties

To contact PMI (our management company)
CountryVillage@PMIGoldCoast.com 631-621-2150

After-hours/weekends/emergency 800-549-3568
An operator will take your call and relay the message to the management team.

Phone: 631-621-2150 Fax: 631-406-4941
409 Lake Avenue, Saint James, NY 11780
Website: www.pmigoldcoast.com

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Co-Editor:	Sandy Bakofen
	Debbie Buscaglia
	Marie Palagonia
Treasurer:	Francine Leiboff
Email:	cvenews@yahoo.com

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Jackie Bromberg
Francine Davino
Sandy Bakofen
Betsy Burbige
Carol Fox

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Debra Dougherty

COUNTRY VILLAGE NEWS

Enjoying Our Community

- Monday: Exercise "Walk Away the Pounds" **9am**, Water Aerobics **10am**, Mexican Train Domino's **1pm**, Woman Cards **1pm**, & Bunco 2nd Monday of each month **7pm**.
- Tuesday: Exercise "Walk Away the Pounds" **9am**
- Wednesday: Exercise "Walk Away the Pounds" **9am**, Knitting Group **1pm**, Ladies Game Day **1pm**, & Bingo **7pm**.
- Thursday: Exercise "Walk Away the Pounds" **9am**, Water Aerobics **10am**, Men's Club **11am**, Chair Yoga **4pm** & Mahjongg **7pm**,
- Friday: Exercise "Walk Away the Pounds" **9am** & Left Right Center 3rd Friday of each month **7pm** (unless there is an event on Saturday then moved to next Friday).

Entertainment Committee Future Events:

- July 19 Horse Races
- September 20 Chinese Luncheon
- October 25 Halloween Party
- November 11 Veterans' Day Celebration
- December Holiday Part

HEALTH And WELLNESS

This month "Diagnosed with ADHD – at 65"

Water Aerobics

Starting Thursday July 3rd 10:00am. It will be twice a week, Monday and Thursday. Instructor Angela Dellacqua

BUNCO

If you would like to play BUNCO please contact Linda Bily, games start at 7:00p.

Exercise

"Walk Away the Pounds" - Every day at clubhouse at 9:00am, YouTube classes. 15-minute 1 mile walk.

Mahjongg

Interested in playing contact Doreen McCrystal or Sandy Bakofen

POOL RULES

- **SWIM DIAPERS BE WORN BY BATHERS WHO ARE INCONTINENT, LACK TOILET TRAINING, OR OTHERWISE LACKING VOLUNTARY CONTROL OF EXCRETORY FUNCTIONS.**
- **THE DECK SHALL BE UNOBSTRUCTED FOR AT LEAST (5 FT) FIVE-FOOT WIDTH AROUND THE ENTIRE POOL DECK.**
- **ALL TABLES & CHAIRS MUST BE KEPT AT LEAST 5 FT FROM POOL FENCE TO AVOID VIOLATION & FINES.**
- **THE DOOR LEADING FROM THE POOL AREA TO THE RESTROOMS SHOULD BE KEPT CLEAR FOR EASY ACCESS.**
- **ALL DOORS LEADING FROM THE CLUBHOUSE TO THE POOL AREA WILL BE LOCKED WHEN THE POOL IS CLOSED**
- **IT IS REQUIRED BY THE DEPARTMENT OF HEALTH THAT BATHERS MUST SHOWER PRIOR TO ENTERING THE POOL. SHOWERS ARE PROVIDED IN THE CLUBHOUSE.**
- **POLLUTION OF THE SWIMMING POOL IS PROHIBITED. NO URINATING, DISCHARGE OF FECAL MATTER, EXPECTORATION, OR BLOWING THE NOSE IN THE SWIMMING POOL IS PROHIBITED.**
- **COMMUNICABLE DISEASE. NO PERSON HAVING SKIN LESIONS, SORE OR INFLAMED EYES, MOUTH, NOSE, OR EAR DISCHARGES SHALL BE RESTRICTED FROM USING THE POOL.**
- **NO PETS ARE ALLOWED IN THE POOL OR POOL AREA.**
- **HEAD FIRST DIVING FROM THE POOL DECK IS PROHIBITED IN WATER DEPTHS LESS THAN EIGHT FEET.**
- **ALL ADDITIONAL REGULATIONS REQUIRED NOW OR IN THE FUTURE BY THE SUFFOLK COUNTY DEPARTMENT OF HEALTH SHALL BE OBEYED BY ALL MEMBERS.**
- **MANAGEMENT HAS THE RIGHT TO ASK ANY HOMEOWNER AND GUEST TO LEAVE FOR NONCOMPLIANCE WITH THE ABOVE RULES.**

POOL RULES

- **USE OF THE POOL AND RECREATION FACILITY WILL BE RESTRICTED TO HOMEOWNERS AND THEIR GUESTS WHO WILL BE ACCOMPANIED BY A HOMEOWNER AT ALL TIMES.**
- **HOMEOWNERS WILL BE HELD RESPONSIBLE FOR ALL ACTIONS OF THEIR GUESTS IN THE POOL AREA AND CLUBHOUSE.**
- **WHEN THERE IS ONE PERSON IN THE POOL THERE MUST BE ANOTHER ADULT ON DECK.**
- **BATHERS MUST WEAR APPROPRIATE SWIM ATTIRE.**
- **TO AVOID ACCIDENTS, SHOES MUST BE WORN AT ALL TIMES IN THE CLUBHOUSE.**
- **PLEASE DO NOT ENTER THE CLUBHOUSE WITH DRIPPING BATHING SUITS.**
- **CHILDREN UNDER THE AGE OF 16 MUST BE ACCOMPANIED BY A HOMEOWNER OR PARENT. NO FOOD AND BEVERAGES IN THE POOL EXCEPT WATER IN PLASTIC CONTAINERS.**
- **NO SMOKING IN POOL AREA.**
- **ANY PERSON SUSPECTED OF BEING UNDER THE INFLUENCE OF ALCOHOL OR DRUGS SHALL BE PROHIBITED FROM ENTERING THE POOL.**
- **NO DIVING OR JUMPING INTO THE POOL.**
- **NO RUNNING OR HORSEPLAY ON THE DECK AREA.**
- **NO PERSON WILL MAKE UNNECESSARY NOISE OR BEHAVE IN ANY OBJECTIONABLE MANNER IN THE POOL OR RECREATION AREA.**
- **NO FLOATS, BALLS, OR TOYS ARE PERMITTED IN THE POOL EXCEPT NOODLES.**
- **NO TOWELS OR ARTICLES OF CLOTHING WILL BE HUNG OVER THE FENCE.**
- **FIRST AID SUPPLIES ARE AVAILABLE AT THE DOUBLE-DOOR ENTRANCE TO THE CLUBHOUSE .**
- **MANAGEMENT HAS THE RIGHT TO ASK ANY PATRON TO LEAVE FOR NON-COMPLIANCE WITH THE ABOVE RULES.**



**BACK BY
POPULAR
DEMAND!**



AN EVENING AT THE RACES!

Saturday, July 19, 2025, at 6:00pm

Only \$7 for hero's, soda, water

**LADIES AND GENTLEMEN PLACE YOUR \$1
BETS ON YOUR FAVORITE HORSES.**

Sign-up sheet will be in the Clubhouse.

Cash payment will be accepted at the Club House on Wednesday, July 9, 2025, between 10:00am - 11:00am and 6:00pm - 7:00pm.

SHANAGEGANS SOCIAL EVENTS

On Saturday May 17th the ladies went to The Gateway Theater to see 42nd Street. Everyone loved the show, and they had a fantastic time afterwards.



SHRED-A-THON

The Shred-A-Thon was a great success, thank you Clair Laface and Karen Orrach for bring this to CVE.





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GOLDEN GIRLS

Everyone had a wonderful time, so many laughs, it was hilarious. Golden Girls Mystery Maud's Birthday Bash, great entertainment, the murder of Phill MacCrack.

The winners who figured out who killed Phill were - 1st prize bottle of wine, Jean (June's daughter) and Kathy (Sandy Bakofen sister) won 2nd prize bag of popcorn.

The dating game was hilarious, Dave Summers, Tony Scott & Del Delmonico were the men Maud had to pick from. The winner of the Mauds Dating Game was Tony Scott.

Congratulations to Marie Lacorte winning the 50/50.





FREE CONCERTS

Tiki Joe's Smith Point Beach Club Music Schedule Wednesday through Saturday 6:30-9:30 and Sunday 6-9 unless otherwise listed.

JUNE

- 01 JUNE 6:00 PM - 9:00 PM Common Ground**
- 06 JUNE 6:30 PM - 9:30 PM Van Hagar (Van Halen Tribute)**
- 07 JUNE 6:30 PM - 9:30 PM Dance Party Explosion**
- 08 JUNE 6:00 PM - 9:00 PM Nichols Road**
- 13 JUNE 6:30 PM - 9:30 PM Crystal Ship**
- 14 JUNE 6:30 PM - 9:30 PM Panic**
- 15 JUNE 6:30 PM - 9:30 PM Doobie Others**
- 20 JUNE 6:30 PM - 9:30 PM Half Step**
- 21 JUNE 6:30 PM - 9:30 PM Radio Flashback**
- 22 JUNE 6:00 PM - 9:00 PM Decadia**
- 25 JUNE 6:30 PM - 9:30 PM Soapbox Messiah**
- 27 JUNE 6:30 PM - 9:30 PM Zeppelin Complete**
- 28 JUNE 6:30 PM - 9:30 PM Warped Tour Band**
- 29 JUNE 6:00 PM - 9:00 PM Mean Machin**

JULY

- 01 July 6:30 pm - 9:30 pm La Elegancia De La Salsa**
- 02 July 6:30 pm - 9:30 pm Skeedle Brothers Trio**
- 03 July 6:30 pm - 9:30 pm Legendary Murphys**
- 04 July 6:30 pm - 9:30 pm Freebird**
- 05 July 6:30 pm - 9:30 pm That 70's Band**
- 06 July 6:00 pm - 9:00 pm In the Groove**
- 08 July 6:30 pm - 9:30 pm Salsa Revolution**
- 09 July 6:30 pm - 9:30 pm Modern Justice**
- 10 July 6:30 pm - 9:30 pm Stagecoach**
- 11 July 6:30 pm - 9:30 pm The Allmost Brothers**
- 12 July 6:30 pm - 9:30 pm Go Rogue**
- 13 July 6:00 pm - 9:00 pm Panic**
- 15 July 6:30 pm - 9:30 pm La Elegancia De La Salsa**
- 16 July 6:30 pm - 9:30 pm Skeedle Brothers Trio**
- 17 July 6:30 pm - 9:30 pm Southbound**
- 18 July 6:30 pm - 9:30 pm Shoot 2 Thrill**
- 19 July 6:30 pm - 9:30 pm Peat Moss and the Fertilizers**
- 20 July 6:00 pm - 9:00 pm O El Amor**
- 22 July 6:30 pm - 9:30 pm Salsa Revolution**
- 23 July 6:30 pm - 9:30 pm Killer Joe**
- 24 July 6:30 pm - 9:30 pm Ladies of Country**

FREE CONCERTS

Tiki Joe's Smith Point Beach Club Music Schedule


25 July 6:30 pm - 9:30 pm Legendary Murphys (A Tribute to Farm Aid)
26 July 6:30 pm - 9:30 pm Warped Tour Band
27 July 6:00 pm - 9:00 pm The Max
29 July 6:30 pm - 9:30 pm La Elegancia De La Salsa
30 July 6:30 pm - 9:30 pm Skeedle Brothers Trio
31 July 6:30 pm - 9:30 pm Southbound

AUGUST

01 August 6:30 pm - 9:30 pm Us and Floyd
02 August 6:30 pm - 9:30 pm In the Groove
03 August 6:00 pm - 9:00 pm 1 Step Ahead
06 August 6:30 pm - 9:30 pm Killer Joe
07 August 6:30 pm - 9:30 pm Stagecoach
08 August 6:30 pm - 9:30 pm Echoes of Eagles
09 August 6:30 pm - 9:30 pm Panic
10 August 6:00 pm - 9:00 pm 20 Highview
13 August 6:30 pm - 9:30 pm Skeedle Brothers Trio
14 August 6:30 pm - 9:30 pm Southbound
15 August 6:30 pm - 9:30 pm Streetfighter
16 August 6:30 pm - 9:30 pm Slingshot
17 August 6:00 pm - 9:00 pm Nitework
20 August 6:30 pm - 9:30 pm The Upside Down Band
21 August 6:30 pm - 9:30 pm Ladies of Country
22 August 6:30 pm - 9:30 pm Sir Elton (Opening: Solo Joe)
23 August 6:30 pm - 9:30 pm Peat Moss and the Fertilizers
24 August 6:00 pm - 9:00 pm VHS Band
27 August 6:30 pm - 9:30 pm Skeedle Brothers Trio
28 August 6:30 pm - 9:30 pm Crash My Party
29 August 6:30 pm - 9:30 pm Gold Dust Woman (Stevie Nicks Tribute)
30 August 6:30 pm - 9:30 pm Warped Tour Band
31 August 6:00 pm - 9:00 pm That 70's Band

SEPTEMBER

01 September 6:30 pm - 9:30 pm Where Stars Collide
04 September 6:30 pm - 9:30 pm Southbound
05 September 6:30 pm - 9:30 pm Wonderous Stories
06 September 6:30 pm - 9:30 pm Radio Flashback
07 September 6:00 pm - 9:00 pm 70's Rock Parade
11 September 6:30 pm - 9:30 pm Stagecoach
12 September 6:30 pm - 9:30 pm Speedwagon/Bryan Adams (REO Speedwagon/Bryan Adams Tribute)
13 September 6:30 pm - 9:30 pm In the Groove
14 September 6:30 pm - 9:30 pm Dance Party Explosion



FREE CONCERTS

Tiki Joe's Cedar Beach Music Schedule

All music is from 6-9 unless otherwise listed

JUNE

- 01 June 6:00 pm - 9:00 pm Easy Street**
- 06 June 6:00 pm - 9:00 pm Soapbox Messiah**
- 07 June 6:00 pm - 9:00 pm Rock It**
- 08 June 6:00 pm - 9:00 pm B4 Dawn**
- 13 June 6:00 pm - 9:00 pm 1 Step Ahead**
- 14 June 6:00 pm - 9:00 pm Slingshot**
- 15 June 6:00 pm - 9:00 pm VHS Band**
- 20 June 6:00 pm - 9:00 pm Common Ground**
- 21 June 6:00 pm - 9:00 pm Fogerty Project**
- 22 June 6:00 pm - 9:00 pm Limewired**
- 24 June 5:00 pm - 8:00 pm Darlene Graham (Rockin Tots, kids music)**
- 26 June 6:00 pm - 9:00 pm Chain Reaction**
- 27 June 6:00 pm - 9:00 pm Radio Flashback**
- 28 June 6:00 pm - 9:00 pm Skeedle Brothers Amped Up**
- 29 June 6:00 pm - 9:00 pm The Electric Voodoo Dolls**

JULY

- 03 July 6:00 pm - 9:00 pm Jackie & the Rippers**
- 04 July 6:00 pm - 9:00 pm Slingshot**
- 05 July 6:00 pm - 9:00 pm NU Groove**
- 06 July 6:00 pm - 9:00 pm The Max**
- 10 July 6:00 pm - 9:00 pm Soapbox Messiah**
- 11 July 6:00 pm - 9:00 pm Peat Moss and the Fertilizers**
- 12 July 6:00 pm - 9:00 pm 1 Step Ahead**
- 13 July 6:00 pm - 9:00 pm Skeedle Brothers Amped Up**
- 17 July 6:00 pm - 9:00 pm Retroverse**
- 18 July 6:00 pm - 9:00 pm Limewired**
- 19 July 6:00 pm - 9:00 pm Modern Justice**
- 20 July 6:00 pm - 9:00 pm Common Ground**
- 24 July 6:00 pm - 9:00 pm Skeedle Brothers Amped Up**

FREE CONCERTS

Tiki Joe's Cedar Beach Music Schedule

JULY CON'T

25 July 6:00 pm - 9:00 pm Citi Lites
26 July 6:00 pm - 9:00 pm Slingshot
27 July 6:00 pm - 9:00 pm Bobby Nathan Band
29 July 5:00 pm - 8:00 pm Darlene Graham (Rockin Tots, kids music)
31 July 6:00 pm - 9:00 pm Joe Rock and the All Stars

AUGUST

01 August 6:00 pm - 9:00 pm Chain Reaction
02 August 6:00 pm - 9:00 pm Panic
03 August 6:00 pm - 9:00 pm Victims of Rock
07 August 6:00 pm - 9:00 pm NU Groove
08 August 6:00 pm - 9:00 pm Souled Out
09 August 6:00 pm - 9:00 pm Radio Flashback
10 August 6:00 pm - 9:00 pm 1 Step Ahead
14 August 6:00 pm - 9:00 pm Easy Street
15 August 6:00 pm - 9:00 pm Common Ground
16 August 6:00 pm - 9:00 pm Rock It
17 August 6:00 pm - 9:00 pm Where Stars Collide
21 August 6:00 pm - 9:00 pm Screamer of the Week
22 August 6:00 pm - 9:00 pm Skeedle Brothers Amped Up
23 August 6:00 pm - 9:00 pm In the Groove
24 August 6:00 pm - 9:00 pm Citi Lites
28 August 6:00 pm - 9:00 pm Bobby Nathan Band
29 August 6:00 pm - 9:00 pm Limewired
30 August 6:00 pm - 9:00 pm Slingshot
31 August 6:00 pm - 9:00 pm Victims of Rock

SEPTEMBER

05 September 6:00 pm - 9:00 pm Jackie & The Rippers
06 September 6:00 pm - 9:00 pm Modern Justice
12 September 6:00 pm - 9:00 pm Retroverse
13 September 6:00 pm - 9:00 pm Joe Rock and the All Stars
14 September 6:00 pm - 9:00 pm Bobby Nathan Band

**FREE
ADMISSION!**

2025 Nesconset Chamber Summer Concert Series

7:00PM Showtime At The Nesconset Gazebo!

**FOOD
TRUCKS
&
RAFFLES!**

July 8th - RAIDO FLASHBACK - Best Of 70s/80s

July 15th - BON JOURNEY

July 22nd - DECADIA - Ultimate 80s Experience

July 29th - THAT 70s BAND

Aug 5th - JD LEONARD & CO - Decades Of Country Music

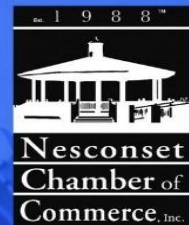
Aug 12th - WONDEROUS STORIES - Classic Rock & More

Aug 19th - SAVE THE DATE! TO BE ANNOUNCED!

Aug 26th - SAVE THE DATE! TO BE ANNOUNCED!

RAIN DATES WILL BE HELD ON THE FOLLOWING DAY

★SPONSORED BY LEGISLATOR LESLIE KENNEDY★



NOT FREE \$20
ADMITTION

Anthony's Live
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Ronkonkoma, NY
11779
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2025

UPCOMING EVENTS

25 JUNE	SUMMER KICK OFF DECADIA
02 JULY	IN THE GROOVE
04 JULY	FREEDOM FEST LIME WIRED SPINDERELLA & THE POSERS
05 JULY	Tribute to Luke Bryant CRASH MY PARTY
09 JULY	WONDEROUS STORIES
16 JULY	CHRISTMAS IN JULY VINYL REVIVAL
23 JULY	HAWAIIAN LUAU THAT 70'S BAND
30 JULY	STEREOMATIC

LIFE 6.0

Diagnosed With ADHD—at 65

Finally, an explanation for a lifelong way of thinking and doing

By JOYCE MAYNARD

THE REVELATION CAME a couple of months after my 65th birthday. My husband had died more than a year earlier following a brutal battle with cancer. In the aftermath, I returned to college, having dropped out after my freshman year, 46 years earlier. I loved being back at school, the same one where I'd started out. But as had been the case all my life, reading was hard. Three weeks into my first semester, I stayed up late to prepare for my French exam. I felt confident I'd do well. In class the next day, my teacher handed back my exam: D-.

"Have you ever been tested for learning differences?" she asked me.

The last time I was in school, the term "learning differences" didn't exist. If you did poorly, you were stupid, simple as that. As for me, I faked a lot. My reading difficulties had been my shameful secret. Even more so because I was a writer. How could a person write books if she had trouble reading them?

I'd open a book, and for a few paragraphs I'd be doing fine. Then a thought would come to me. Maybe I'd feel a sudden impulse to ride my bike, play a song, take out my oil pastels and draw.

I could hold on to images. It was words—the tools of my trade—that opened the door to a universe of distractions. At the campus Resource Office on Disabilities, I spent weeks being tested by a specialist. Her assessment was eight pages long. I scanned them in my usual

manner—eyes darting to the bottom of one page, then back to the top of the previous one and back again, with a quick glance out the window, to a bird at the feeder. I took in the words in the final paragraph: "Severe ADHD ... Reading comprehension level: 17th percentile."

A wave of relief washed over me.

I'd spent my entire life inventing tools to compensate. I got up early, before anyone else in the house, when fewer distractions called out to me. "Please don't talk to me yet," I'd say when interrupted. "I can only do one thing at a time."

My late-life diagnosis allowed me to finally understand why certain seemingly mundane tasks had always frustrated me: reading the directions on a new appliance or for a board game I bought for my children, studying a map. I also reflected on the many times when the condition I now knew to call ADHD had created problems—

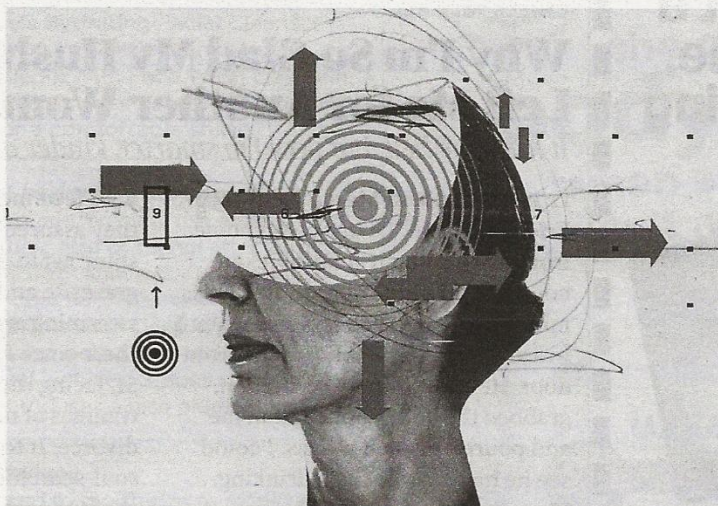
forms I had signed too hastily without reading the small print (sometimes with unfavorable consequences), letters from friends conveying crucial news that I had missed. I'd probably offended many people I cared about over the years without even knowing it.

But for all the challenges I'd experienced from living with my neurodivergent brain, I recognized ADHD as

a gift, too—one that's connected to what I view as my superpower, the ability to hyperfocus, to write with nearly unbreakable concentration.

In the end, I chose not to take a drug to address my ADHD. [See "If You Think You Have ADHD" for more on diagnosis and treatment.] I did not earn a diploma that second time around. I speak French well; I just can't read it. But there may be no more valuable lesson I gained at college this time than what I discovered about myself. I learned to love my odd brain. It serves me well.

*Joyce Maynard's two most recent novels, *How the Light Gets In* and *The Bird Hotel*, will be published in paperback this spring.*



IF YOU THINK YOU HAVE ADHD

Few people over 60 were screened for ADHD in childhood, but it's not too late to seek a diagnosis. Untreated, the disorder puts you at a higher risk for accidents, injuries, and other health issues. To get started:



Pay attention to symptoms.

Use resources like the Adult ADHD Self-Report Scale to assess your symptoms.



Look at your past.

Have you always been this way? If onset is recent, you might have another condition.



Get evaluated by a specialist.

Your primary care physician can refer you to an ADHD specialist.



Get more information.

To educate yourself, try chadd.org and other online resources. —Elise Ceyral