FLU SHOTS ARE HERE – OCTOBER 15th

With the Fall season upon us, the cold and flu season is rapidly approaching. Protect yourself and your family with free flu shots in conjunction with Mount Sinai Beth Israel Medical Center and Co-op Village NORC. All East River residents over the age of 18 are welcome to participate.

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including: Pregnant women, Older adults, and Young children.

Chronic medical conditions can also increase your risk of influenza complications. Examples include: Asthma, Cancer or cancer treatment, Chronic obstructive pulmonary disease (COPD), Diabetes, HIV/AIDS, Kidney or liver disease, and Obesity.

Take advantage of this great program, no appointment is needed and details are as follows:
THURSDAY, OCT. 15 10 A.M. - 1:00 P.M., ER COMMUNITY ROOM, 477 FDR DRIVE
If you have any questions please call 646.395.4510.

EAST RIVER WOMEN’S CLUB

If you see some neighbors with playing cards or Mah Jong tiles heading for the Community Room in Building 4 on almost any evening, it’s a good chance they are members of East River’s Women’s Club.

The Women’s Club is one of East River’s longest running social organizations. The Club’s headquarters, a pleasant room located just past the entrance to the Community Room, is where its activities take place. On most evenings, members enjoy canasta or Mah Jong games, delicious snacks and of course lively conversation.

The Club offers an aerobics exercise program at its facilities. Classes are led by a qualified instructor on Monday and Thursday evenings from 6:30 to 7:30 PM. There is a $3.00 charge for each session to pay for the instructor. The club also maintains a lending library, where members can exchange books and magazines.

Club facilities are also utilized by East River’s NORC (Naturally Occurring Retirement Community), which sponsors Mah Jong games for seniors on Monday and Wednesday from 1:30 to 4:30 PM.

Each year, usually before the holidays, club members organize a Food Drive to benefit City Harvest. Cooperators are encouraged to support this worthy cause and should look for notices on the message boards by your mailboxes.

Annual membership dues are a modest $15. If you need information about the Club, please feel free to contact Mary Ann at 212- 475-4092.
Recycling at East River

Confused by recycling at East River and what to put in each bin? This shortlist should help you sort out how to sort your recyclables, and what you don’t need to sort. There are TWO categories. Please separate your recyclables according to the following categories: **Mixed Paper/ Cardboard AND Metal, Glass, Rigid Plastic and Cartons.**

**Category 1 - Mixed Paper & Cardboard - Place on wire racks affixed to the stone wall on the ground floor near the exits and laundry room.**

Recyclable Paper items include: Newspapers, magazines, catalogs, paper and bags, soft cover and paperback books.

Recyclable Cardboard items include: Cardboard egg cartons and trays, food and shoe boxes, tubes, file folders, pizza boxes, paper cups and corrugated cardboard boxes, flattened.

**Category 2 - Metal, Glass, Plastic & Cartons - Place in large blue hard plastic bins.** There is no need to further separate these items and they may be placed in any of the blue bins designated for category 2 recycling. Empty and rinse containers before recycling.

**Recyclable Metal** items include: Metal cans, aluminum foil wrap and trays, metal caps and lids, household metal such as wire hangers, pots, tools, and curtain rods. **Recyclable Glass** items include: Glass bottles and jars. **Recyclable Plastic** includes: Plastic bottles, jugs and jars, food containers, packaging such as “blister-pack” and “clamshell” consumer packaging, housewares such as flower pots, mixing bowls, and plastic appliances.

In addition, East River now has E-Cycle recycling for electronics items. Items may be in working or non-working condition for E-Cycling. For computers, mobile and cellular phones, please erase all data or remove and destroy memory chips and hard drives to eliminate the possibility of information theft. Your data can be restored from a non working computer and removing and destroying the hard drive and memory source will prevent this. Appliances, loose alkaline batteries and light bulbs are not accepted. E-Cycle containers are located in the back hallways of each building. Place your electronic items outside the containers, and our Maintenance personnel will handle them.

Published by The East River House Committee

The House Committee is a group of East River neighbors elected by shareholders to advise the Board and Management on quality-of-life matters. The committee meets monthly and publishes the quarterly Newsletter. We welcome your input, suggestions and questions. You may contact us at our email address: [ERHouseCommittee@aol.com](mailto:ERHouseCommittee@aol.com) or through the Management Office at 530 Grand Street. All written suggestions or concerns will be discussed at our meetings.

We are working on producing an e-news version of this newsletter. If you would like to receive a copy in your inbox, email us at the address above and let us know.

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Elections and Annual Meeting

**The Annual Shareholders Meeting and Board Elections will be held on Tuesday, December 1 at 7:30 P.M. at PS 134, 293 East Broadway in the auditorium.**

Interested cooperators are encouraged to run for one of the vacant seats. There are four spots open on the Board of Directors, and four spots open on the House Committee. Both Board and House Committee members are elected to 3-year terms.

Candidates for the Board of Directors or the House Committee must submit a completed candidate application and signed bio with a photo to the Management Office by Friday, October 23 at 4:00 P.M. Applications can be obtained from the Management Office. If you have any questions about the application process, please contact the Management Office at 212.677.5858.

If you are interested in running for election to the House Committee and have any questions about the position, please contact us at [ERHouseCommittee@aol.com](mailto:ERHouseCommittee@aol.com)