

OCTOBER 2017
VOL. 1 ISSUE 6

THE FALLS FORUM

THE FALLS
HUDSON, NEW YORK
BI-WEEKLY NEWSLETTER

ISSUE HIGHLIGHTS



NEW FITNESS CLASSES WITH LIVE INSTRUCTORS



PET PERSONALITIES: MEET LUCY



BEAUTY & THE BEAST, NIGHTMARE ON ELM STREET & MORE!



THE FALLS OCTOBERFEST

REMINDERS!

If you spill or break something, please alert a staff member. If after hours, please submit a maintenance request. Thank you

Please keep your animals on a leash and clean up after them at all times. We've been experiencing excessive waste on the grounds as well as unfriendly altercations amongst our furry friends.

WOLFE'S CLEANING



FREE basic cleaning!

All new residents receive 1 free basic cleaning. Contact Christina at:
518.240.8004 Ext. 101
to schedule your cleaning.

THE FALLS WIFI



NAME: Falls Public
PASSWORD: welcome158

MAINTENANCE REQUESTS 101

Leaky faucet?

Need access to storage
unit?

Did you know that you
can submit
maintenance requests
online?

Please note that
requests are reviewed
Monday through Friday
from 9:00 a.m. to 5:00
p.m., except for
holidays.

SUBMIT REQUEST

Sign up for access to
the online portal by
contacting your
property manager.



FALLS FILMS

GET OUT (R)

Friday, Oct 6
7:00 pm

BEAUTY & THE BEAST

Saturday, Oct 7
3:00 pm

NIGHTMARE ON ELM STREET (R)

Friday, Oct 13
7:00 pm

INSIDIOUS (PG-13)

Saturday, Oct 14
3:00 pm

EVIL DEAD (R)

Friday, Oct 20
7:00 pm

THE NIGHTMARE BEFORE CHRISTMAS (PG)

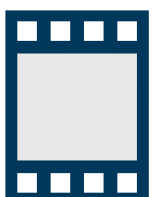
Saturday, Oct 21
3:00 pm

THE SILENCE OF THE LAMBS (R)

Friday, Oct 27
7:00 pm

HARRY POTTER & THE SORCERER'S STONE (PG)

Saturday, Oct 28
3:00 pm



Any movie recommendations?
Please email racquel@jmscollective.com.

RESIDENT UPDATES

Rent Checks

For all rent checks please make payable to THE FALLS IN HUDSON INC. We have added a Check Drop Box in our main lobby. It is located right by the front desk.

Guest Parking Pass

If having a visitor for 2 or more consecutive nights, be sure to pick up your Guest Parking Pass at the front desk. Guest parking is located to the right of the main entrance, near the Banquet Hall. This pass must be displayed on the front dashboard of the guest's vehicle. Please return pass to front desk after use.

Storage Unit Access

As of Friday, September 22nd all residents will have key fob access to the storage units! The storage units will be open 7am-7pm, Monday through Sunday. All access will be from inside the building, the far entrance in the West Wing on the first floor. It's the door located below the stairs, immediately to the right after the double doors. If you need access from the outside entrance, please submit a maintenance request.

Guest FOBs

Guest key fobs are available for purchase. If interested it costs \$25.00 per key fob. We need the following information for the visitor: Name, vehicle information, email address, and telephone number. It will be given "Guest Access" only. That means it allows them to enter only through the side door by our main entrance, next to the intercom. The hours for "Guest Access" are from 6am-11pm. They key fob will only work during these hours, seven days a week. We can either charge your account for the additional key fobs, or you can leave a check at the front desk.

Visiting Animals

If any resident has a guest that is bringing an animal during their visit to the building, please adhere to the following guidelines. For everyone's safety, we require the visiting animal's vaccination record along with \$100 non-refundable pet fee. The fee may be charged to your account online, or a check may be dropped at the front desk. Please make checks payable to The Falls in Hudson, INC. All information along with the fee must be received PRIOR to the animal's visit.

Lobby Carts

We are happy to now provide 3 hotel carts to assist with moving items from groceries, deliveries, heavy items, etc., located by our front desk in the main lobby. As a reminder, we ask that when you do use the cart to please RETURN TO THE FRONT DESK.

Locked Out?

We have installed an emergency key box in our main entrance by the postal boxes. Call/text the first number and you will receive a code to enter the building. Please remember this is for emergency lockouts ONLY. We suggest taking these steps before using emergency box:

1. Call the front desk (518)719-1600 ext.130. If during business hours we are always happy to help.
2. "Buzz your Bud"- Have a friend in the building you can call if you get locked out or forget your fob.

MEET LUCY!

Age: 3.5

Owner: Allison

Favorite food: Grated parmesan cheese on her food

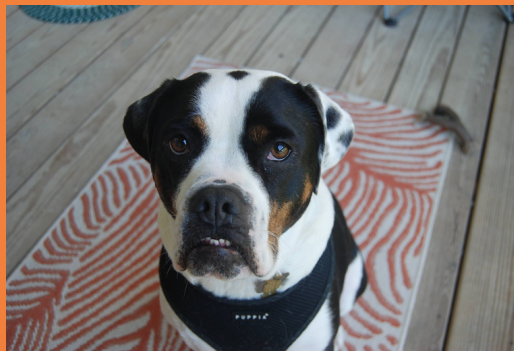
Nicknames are: Goose, Goosey Dog, or Gooby.

Favorite activity: Lounging in the sun on my deck (you can see her doing so on most weekends) and watching people walk by.

Fun facts: She is half bulldog (25% English, 25% American) and half total mixed breed, according to a DNA test. She's likely part boxer because of her giant chest and tiny butt.

She is a rescue and lived with a family before me, but they had to give her up due to a child's medical needs. I adopted her after a long-term relationship ended and I moved out on my own. She's been my partner in crime ever since.

She has a loud bulldog bark but don't be alarmed, she just wants attention/to play.



PET PERSONALITIES

We are happy to be a pet-friendly community here at The Falls. Welcoming cats, dogs, turtles, and more. In an effort to introduce these less seen family members, we seek to begin our "Pet Personalities" section of the newsletter. We would like it to feature a new pet each volume, along with a photo and brief profile of the pet.

If interested please email racquel@jmscollective.com, with the pet's photo attached, and answers to the following questions:

1. Pet's name
2. Age
3. Owner
4. Favorite Food
5. Favorite thing to do



SPA HOURS

Check out our new Spa Hours! You asked, and we delivered.

WEDNESDAY
2:00 - 8:00 pm

THURSDAY
2:00 - 8:00 pm

FRIDAY
2:00 - 8:00 pm

SATURDAY
9:00 - 5:00 pm



In order to access The Spa, our waiver must be signed and submitted to the Front Desk. Waivers may be picked up at the Front Desk. After receiving your signed waiver, we will activate your personal key fob and you can enter during Spa hours. We hope you all are enjoying this beautiful space we've worked so hard on. The Spa features a heated sitting pool, sauna, steam room, and pink Himalayan salt room. *Proper footwear and attire must be worn at all times. Plastic water bottles are encouraged as well. Please don't forget to put your shoes on when exiting The Spa.

“REFER A FRIEND”

We continue to offer a \$250 referral fee, the form of a rent credit, to any resident who refers a new tenant to the building. The referral must sign a lease and move into The Falls for the credit to be valid. One of our residents has already received their credit, you could be next! We like to think of The Falls community as a family and see no better way to grow our family than from within.

BOARDING DOGS

Bonnie: Your Pet Nanny (of Hudson and Beyond)

By Dale Stewart

518.821.5325

boko4sho@gmail.com

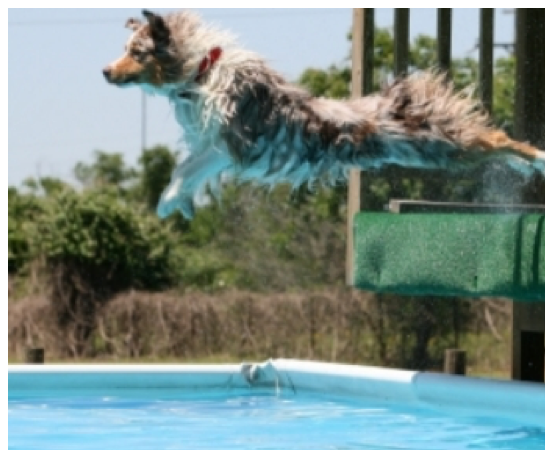
Bonnie: Your Pet Nanny provides a “your house, but better” atmosphere for your four-legged darling. Owner Bonnie Kovacs provides overnight stays at your place or hers, and while at either place your pet gets snuggled and walked and spoken to just like you would to them. (Kovacs also has a secret life as a singer in a comedic burlesque troop.) “I’m all about enhancing your pet’s life when you can’t be there with walks, companionship, and affection. It’s my job to make sure you don’t worry while you’re away from your pet.” As a bonus she sends texts about your pooches before bedtime. “When dogs are here it’s like a cocktail party. I make sure that your babies leave feeling serene and peaceful.” (Prices vary and are available by request.)

Ledgewood Kennels

639 Smithfield Rd., Millerton NY 12546

518.789.6353

“As one of the Hudson Valley area’s premier boarding, day care, grooming, and training facilities, we cater to the needs of dogs and their families by providing an enriched environment for dogs of all types and ages, including hard-to-find, unique experiences such as animal aquatics (our famous Dock Diving Dog Pool). Ledgewood Kennel is located on 75 acres of wooded farmland.



Camp Crate Escape- Dog Walking & Boarding in Hudson, NY

A unique approach to dog walking & dog boarding. What makes us different from your average pet care company? Boutique dog walking-hiking & boarding company, individualized care, Rated Five Stars on Yelp-Google-Facebook, reliable, experienced, educated walkers, bonded and insured, client references galore, and over 13+ years in the Pet Care Industry. “The owner of TCE wanted to put her money where her mouth was and decided to do 4 months of training before she even opened her doors. For 3 months she trained with the now famous Cesar Milan in California learning the art of pack training and behavioral therapy. Next up she volunteered 1 month at the renowned Monks of New Skeet facility and honed in on energy training as well as voiceless communication.” We provide service in the towns of Hudson NY - Red Hook NY - Tivoli NY - Germantown NY and Catskill NY-Saugerties NY

HUDSON HAPPENINGS

17th Annual Ghostly Gallop Fall Classic

Benefitting the Hudson Area Library
October 22

5K Run - This will be the third time this course has been contested. With a gain/loss of 170', much of the course is closed to traffic. Ample parking at the start/finish area.

Walk- One Mile: This is an out and back flat route. If you shop at a mall, you have already done a mile of flat walking. Gone to the County Fair? You walked farther than a mile at that event.

3.1 Miles: The full 5K route. Several hundred people did this last year and you can accomplish this feat. Walk it. It's not a race, it's about challenging yourself, about feeling good about setting and achieving a goal. You can do it. These events start at 11:30am sharp, located at Hudson High School.

The Club at Helsinki, 405 Columbia St, Hudson, NY

Black Uhuru
October 6
(\$25-\$35/ticket). Doors open at 6pm, show starts at 9pm.

"With roots in Jamaica's reggae scene dating back to the early 1960s, Black Uhuru is one of the few bands that can claim continuity throughout the near-60 years of reggae history. Still led by founder Derrick "Duckie" Simpson, the group's music maintains the original countercultural aspects of reggae, criticizing social injustice and economic materialism and extolling Rastafarian values such as Afrocentrism and social equality, combined with reggae's deep, funky dance grooves."

Masquerade: An Auction of one-of-a-kind Masks & Costumes

October 13, 6-10PM

"A pre-Halloween fashion show and auction of one-of-a-kind masks and costumes to benefit Animalkind. Artists and designers from all over the world have created unique handmade masks, which are paired with costumes and modeled on the runway. Each ensemble will be accompanied by a gift certificate from Hudson's finest restaurants or merchants, including Fish & Game, Dish, Red Dot, Steiner's, and Mutiny, as well as vacation stays in Costa Rica and Provincetown. The ensembles will be auctioned off by the celebrated MC Girlgantua and given to the winners during the show, so guests can become part of the evening's masquerade. By the evening's end, the room will be filled with an eclectic mix of masked characters! Animalkind is a nonprofit shelter and adoption center for stray, abused, and abandoned cats. All auction proceeds will benefit homeless felines."

Medicinal Foods with Wild Gather

October 16, 3:30-6PM

"Join us for an afternoon of kitchen magic and herb infused cookery in a three hour interactive intergenerational workshop. We will prepare nourishing and delicious medicinal foods focusing on the fall season. Together we will chop, decoct, eat and sip while we discuss and explore food as medicine. All ages are welcomed to participate!" To register for class call 518-828-1792 ext. 101, email: smcintosh@hudsonarealibrary.org, or stop by the Hudson Area Library 51 N 5th St Hudson, NY.



Photo by Jersey Walz

Due to the feedback we have received from residents, this month we would like to offer additional fitness classes with live instructors!

CYCLING WITH ALEX

Every Wednesday at 6pm (Oct. 4th, 11th, 18th, & 25th)

***BEGINNER YOGA WITH OLIVIA GRIMSLAND**

Saturday October 7th at 12pm

OLIVIA GRIMSLAND

"With over a decade of experience teaching Hatha yoga, I've logged hundreds of hours training strength, endurance and crossfit athletes. Combining strength and conditioning with consistent mobility training will improve both your current fitness level AND your athletic longevity. Yoga will increase your range of motion, create body awareness and help unleash your full athletic potential.

Yoga is a disciplined practice, but I encourage laughter and fun to create a welcoming, relaxed environment. One of the beautiful things about yoga is that there is a pose for everyone -- classes can be modified whether you are a seasoned Yogi or someone who has never seen a yoga mat!

If you are a pure Yogi looking to enhance your practice, my emphasis on bodyweight strength will help you gain more confidence in your arm balancing and inversions. Learn to be comfortable in your handstands and arm balancing transitions -- take your practice to the next level!

- Yoga is a full bodied practice, targeting all muscles with a core abdominal focus.
- The challenging full body aspect will strengthen and tone your muscles.
- By learning to control your breathing and focusing your balancing poses, you can drastically reduce stress and anxiety.

No matter what your goals are, adding yoga as part of your weekly routine will help get you feeling and looking your best!"



***Must RSVP to class, no later than 10/5/2017. If not enough people RSVP, we will be forced to cancel class. Email racquel@jmscollective.com to ensure your spot for this amazing yoga class!**

THE FALLS "OCTOBERFEST"

Sunday, October 22

5-8pm

*Location to be determined.

We will be hosting our second "Meet & Greet" event for our lovely residents. Please join us for beverages and lite fare, catered by Season's Catering. Come meet your neighbors, enjoy some good food, and all in the comfort of your home! *If weather permits, we will be hosting event outdoors. If on the day of the event there is rain, we will move it inside to our Banquet Hall.



Resident Recommendations

Interested in ordering The New York Times?

Currently, they will not deliver to our building. We are trying to see if we can reach the minimum requirement for delivery services. In an effort for them to deliver to our building we are collecting a list of residents interested in ordering The New York Times. Please email rentals@jmscollective.com.

CAN'T GET ENOUGH OF THE FALLS?

Don't forget to follow us on social media for the latest news, events, announcements and fun!



Email: rentals@jmscollective.com

Phone: 518.719.1600

JMS Collective

158 Union Turnpike, Hudson, NY 12534