



The Riverdale
YM-YWHA

FEBRUARY 2020

Newsletter



News from the Director

You can never be too prepared for an emergency. Staff recently reviewed all aspects of our emergency plan for internal emergencies, external threats, and weather related emergencies.

While we are working on keeping everyone safe while at the Y, I want to remind you to make sure that you are safe at home. Remember to change smoke alarm batteries, have a kitchen fire extinguisher within easy reach, and know your personal evacuation plan. Two recent fires in our community are stark reminders of the need to ensure your safety.

If you do not have a smoke alarm, the local chapter of the American Red Cross has started a program to install smoke detectors in people's homes. You can register for an appointment on the Red Cross of Greater NY website or ask our Social Worker, Lydia Ecker, to help you register.

There will be a general membership meeting this month where I will review what members need to know about our emergency plans and security procedures. Of course, we will also have time at the meeting to talk about programs, activities, lunch and more. Refreshments served.

Looking forward to seeing you at the Y.

All the Best,
Sharon Asherman, LMSW



Celebrating the New Year at the Center

New and Noteworthy at the Center

Tuesday, Feb 4: 10:15 am

Lecture & Slides: *The Life & Career of the Late American Actress & Singer Ava Gardner.* She was a sultry beauty, famous for playing femme fatale roles, and for her marriages to Frank Sinatra, Artie Shaw, & Mickey Rooney. Presented by Pierre Montiel, Film Historian.

Thursday, Feb 6: 12:45 pm

Concert: Musicians Alex & Alexey will play guitar & violin, featuring lively & uplifting tunes. Light Classics, Swing, & Tango.

Friday, Feb 7: 10:30 am

Interactive Discussion: Come celebrate & appreciate your uniqueness as we discuss the most important type of love--**Self-Love**. With Stephanie Ortiz, LMSW, Thrive NYC Social Worker.

Monday, Feb 10: 10:00 am

In Celebration of Tu B'shvat, New Year for the Trees. We will enjoy new fruit on this day.

Tuesday, Feb 11: 10:30 am

Law & Order Program: An Interactive Improvisation of a Courtroom Drama. A lot of fun. Presented by Aytan Adler, Recreational Therapist.

Tuesday, Feb 11: 11:45 am

Celebrating our Members' **February Birthdays** before lunch. Gifts, warm wishes, & song.

Tuesday, Feb 11: 10:30 am

Dancing with Bryan Lammers. Variety of music from the 50's, 60's, & 70's. Latin, Motown, & Mardi Gras music.

Wednesday, Feb 12: 10:30 am

Lecture: *Three Ways To Be Happy.* Presented by Mari Saunders, Psychologist, Ph.D., Center Member.

Thursday, Feb 13: 10:30 am

Blood Pressure Screening with Diane Holmgren. R.N.

Thursday, Feb 13: 10:30 am

Lecture: *Learn the 7 Secrets for Building Unstoppable Confidence.* Become More Powerful & Successful in Everything You Do. Presented by Morris Friedberg, Center Member.

Thursday, Feb 13: 11:45 am

Special Luncheon: Honoring Black History Month.

Thursday, Feb 13: 12:45 pm

Art Talk Honoring Black History Month: Collage Artist, Tony Wells, takes you for a gallery walk through Gallery 18 at the Y. We will see & hear about various works of art including collage, mixed media, acrylic, photographs, & oil. He will speak about the historical context & aesthetic qualities of these art pieces.

Friday, Feb 14: 10:30 am

Nutrition Lecture: *Valuable Health Resources in Your Spice Cabinet.* Presented by Julie Weiner, M.S.

Monday, Feb 17: 11:45 am

President's Day Program before lunch.

Tuesday, Feb. 18: 10:30am **Historical Trivia.**

Presented by Aaron Goldman. Center Member

Tuesday, Feb 18: 12:45 pm

General Membership Meeting: Meet with the Senior Center Director and Advisory Council Members for RYSC updates. Refreshments follow.

Wednesday, Feb 19: 12:45 pm

Health Talk: In honor of **Healthy Heart Month.** A clinician from Montefiore Medical Center, will discuss Nutrition and Life Style for a Healthy Heart. Dessert and coffee, and Giveaways.

Thursday, Feb. 20: 1:00 pm

Concert with Carol Daly, Vocalist. Singing Broadway Show Tunes. Sponsored by SelfHelp Community Services.

Friday, Feb. 21: 10:30 am

Concert: *Diva Rita & You.* Rita will sing Standards, Country, & Jazz tunes. With Rita Shapiro, Center Member.

Tuesday, Feb. 25: 10:30 am

New and Noteworthy at the Center

Wednesday, Feb. 26: 12:45 pm

Health Talk & Demonstration: *Joint Protection and Pain Management*. Presented by Monika Dworakowski, MS, OTR/L, Occupational Therapist from The Physical Medicine and Rehab Center in Riverdale.

Thursday, Feb.27: 10:30 am

Blood Pressure Screening with Diane Holmgren, R.N.

Thursday, Feb 27: 12:45 pm

Book Club: *Stay With Me*, by Ayobani Adebayo. **March's book** is *Asymmetry*, by Lisa Halliday. Facilitated by Adele Schwartz, Center Member

Friday, Feb. 28: 10:30 am

Sing-a-long: With Judah Goldman, Musician. Music from the 20's - 80's. Popular favorites such as Till There Was You, Que Sera, Sera, Good Night Irene, and more

Y Sponsored Paid Classes

DRAWING CLASS WITH

DANNY HAUBEN

THURS, 10:00 –11:30 AM

Y Classes for a Fee

Drawing With Danny Hauben

Thursdays for Eleven Sessions

March 19, 2020 - June 1, 2020 at 10:00 am

Please register at the Y reception desk in the lobby or with Vicki Matalon

INSTRUCTIONAL INTERMEDIATE LEVEL

BRIDGE CLASS

Instructional Bridge Classes

Beginners & Intermediate Levels

Thursdays for Eight Sessions

March 12, 2020 - May 21, 2020

Intermediate Class from 10:00 am - 12 noon

Beginners' Class from 1:00 pm - 3:00 pm

Eight or more participants needed for each class

Please see Vicki Matalon for more information

If interested, please register at the Y reception desk in the lobby



TAKE CARE OF YOUR HEART

NEW CLASSES AND PROGRAMS

BEGINNER MAH JONGG LESSONS

Instructional Mah Jongg Classes
Tuesdays for Eight Sessions
Starting Feb. 10th from 10:00 am - 11:45 am
Taught by an Experienced Center Member
Sign up with Vicki Matalon by Feb. 6th

CREATIVE WRITING CLASS

Thursdays for Eight Weeks
Starts February 6, 2020 at 10:00 am

For those who enjoy writing this is a class where you can practice your craft, and support other writers in their work. Class members can work in a variety of formats, including fiction, non-fiction, and memoir. Pre-register with Vicki by Jan 16th. Class is limited to 12 participants.

BEADING CLASS

Wednesdays for Three Sessions
Starts Feb 12th at 12:45 pm.

SIGN-UPS/SAVE THE DATE

Upcoming Open Sunday

March 22, 2020

Please join us for a day of fun activities and a hot lunch

Honoring Special Upcoming Holidays

Tu B'shvat -- A Jewish holiday occurring on the 15th day of the Hebrew month of Shevat which falls this year on Feb. 10, 2020.

In Israel, the day is celebrated as an ecological awareness day and trees are planted in celebration. There is a custom to eat a new fruit on this day, and we will distribute something special after lunch.

Black History Month

Special meal on Thursday, Feb. 13, 2020

The New York Legal Assistance Program (NYLAG) mobile van will be here on Thursday, February 20, 2020. Gather any legal questions you may have (Wills, Health Care Proxy, Power of Attorney, etc.) and see Lydia to make an appointment.

SERENDIPITY: THE STORY OF CARL AND ARIANA HOLBACK

In June of 1992 Ariana went on the Fit for Life diet. After losing about 10 pounds she wanted to learn how to cook some vegetarian meals. Her neighbor suggested a vegetarian cooking class that was being given at a yoga center on West 24th Street in Manhattan. Ariana registered .

Carl was working at Payne Whitney Psychiatric Clinic on East 68th Street. He had registered for this cooking class months before and they finally called him that morning, at the last moment. He had just finished an extra shift from midnight to 8 a.m. and was scheduled to return to work for his regular 3 to midnight shift. He had to turn right around and return to work after class.

Carl called the center and cancelled. He then realized that since he had been waiting so long for this class he should go. He stood on the #6 train platform and said to himself that if the uptown #6 train came first, he would go home to sleep, and if the downtown #6 train came first, he would go to the class.

The downtown #6 train came first. The rest is history. Imagine how a person's life is in the hands of fate. They never would have met if the uptown train had come first. They have spent the last 27 years happily in love.



NEIGHBORS: THE STORY OF REESE AND PHIL FRAM

In 1970 Reese and Phil were neighbors at the College Complex Apartments in Rochester NY. Phil was attending Rochester Institute of Technology and Reese was working. They each had three roommates and their apartments were next to each other. For six months Phil and Reese never bumped into each other. Reese only knew Michael, one of the men sharing Phil's apartment; Michael would knock on Reese's door on occasion to borrow kitchen supplies.

One day Michael invited Reese to come by his apartment. In walked this cute guy dressed in a red ESSO winter jacket, smelling of gas. It was Phil, who worked at a gas station to earn money to pay for college. Phil took a shower and came out smelling of Ivory soap. Reese thought, well, okay now. They talked for a while before Reese went home.

The next day someone rang the bell. Her roommates were gone so Reese opened the door and a 5 foot high icicle was leaning on the door. Turned out that Phil and his roommates, bored with studying for finals, had gone outside and brought back this icicle to play a joke on the girls. Reese, figuring out who put the icicle there, rang the boys' bell to return this "gift". Phil was home and he and Reese talked for a long time until it was dinner time. Reese invited Phil to come over for dinner. Turned out that Phil liked his burger rare, Reese liked hers well done. Reese remembers that after this shared meal she said to herself, "I'm going to marry this guy". They have been happily married for 48 years.




HOW I MET MY VALENTINE

MOTHER KNOWS BEST: THE STORY OF ANGELA AND JOSE NARANJO

Angela lived in Ecuador. Jose had emigrated to NYC. Jose's mother took a trip from NY to visit her friend in Ecuador. While staying at her friend's house, Jose's mother met Angela. Jose's mother was very impressed with Angela; they talked and got to know each other.

When Jose's mother returned to NY she spoke to her four sons. She told them all about Angela, how nice Angela was, and how she had a job while also attending college. Jose's mother told her sons that she would like Angela to be her daughter in law.


About a month passed when Jose's father went to visit Ecuador and Jose accompanied him. Jose worked in the family business, so he was able to take time off from work. Jose found his mother's friend's house and asked the friend for the whereabouts of the woman that his mother met when she visited.

The friend informed Jose that Angela was working during the day and then attended college at night. Jose waited all day to meet this woman his mother raved about. Angela knew nothing of this plan of Jose's mother. When Angela arrived home, she and Jose talked for a long time. Jose asked Angela to give him a tour of the neighborhood on Saturday. Angela told him she had to work. However, her mother's friend convinced Angela that she needed some fun time and that she never was absent from work so that she should take the day off. Luckily, Angela did just  that. Three months later Jose proposed. They have been happily married for 35 years.

BERSHERT: THE STORY OF BETTY AND ABRAHAM BAUMEL

It was 1950. In those days, one way to meet possible dates was to go to the Catskill Mountain hotels. Four of Betty's friends went to Klein's Hillside Hotel. Betty had a boyfriend at the time so she did not go to Klein's. Betty's friend Sylvia met her husband to be, Herb, on this trip. Herb was Abe's childhood best friend. Abe had arrived in the U.S. from Poland at the age of 3 and he and Herb were best friends until Abe's death.

Lots happened on this Catskill trip. Maddie, who was married to Abe's friend Irv, was also at Klein's, and she was the one who told Herb that Sylvia was the one for him so he should go for it. Maddie was right since Sylvia and Herb have been together since then.

Now it was 1951 and Betty and her boyfriend had broken up. Sylvia told Abe that she had a wonderful friend for him to meet. Herb and Sylvia did get married and it was at their wedding that Betty met Abe. Bershert means "destined soul mate". Betty says that when she met Abe it was bershert, she and Abe were a perfect fit, like gloves on a hand. They were engaged in  six months and married within a year. They spent 62 years together, hand in glove.

Donations-Your Dollars at Work

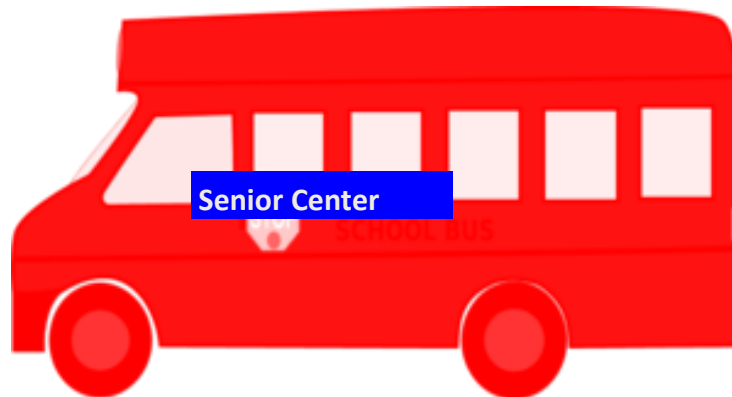
Thank You for Your Recent Donations

Donations help support the programs and services of the Senior Center. Checks can be made payable to the Riverdale Y Senior Center and given to Sharon or Toby. For Information on planned giving, or to make a Legacy donation, please contact Rick Lund 718-548-8200 X233.

PEARL WONG: Thanks to the Riverdale Y Senior Center for all they do for the Seniors.

RIVERDALE Y BUS TRANSPORTATION

Door to door round trip service to the Y is \$4.50 (\$2.25 suggested contribution each way). If you wish to be picked up on a specific day call (718) 548-8200, ext.**225** before 8:00 AM and leave a voice message with your name, pick-up address, and phone number. Our drivers will call back when they are ready to pick you up.



SENIORS ON THE MOVE

Advance registration is required for all trips and special events. Trips are in the Center's passenger van unless otherwise noted. Popular trips may require last minute transportation changes, including the use of a school bus. If you have special needs regarding transportation, please alert staff when you register. Registration is at the Welcome Desk or call Vicki at (718) 548-8200 X204.

Thursday, March 12, 2020

Shopping Trip in Hartsdale, N.Y.

Visit a variety of stores on North Central Avenue in Hartsdale (Trader Joe's, Michaels, Christmas Tree Shops, Best Buy, Marshalls, & Starbucks). We'll leave the Y on our van at 12 noon and return by 4:00 p.m. An early lunch will be available at 11:00 a.m. for anyone interested. Trip cost is \$12 per person. Contribution for lunch is not included in trip cost. Please sign up with Vicki by Feb. 27, 2020, if you are interested in joining us. We need 12 or more participants to make this trip possible.

Television Studio & Museum Trip: Thursday, March 26, 2020, 9:15 a.m.

Join us for a ninety-minute walking tour of WNET, Channel 13 production studios on the Upper West Side of Manhattan. We will visit their post-production audio and video editing facilities, the control room that manages the Lincoln Center Studio, and the sound booth. Engineers in these areas will share how a show comes together and is made ready for air.

Participants must be able to walk or stand through most of the tour, and Photo I.D. is required.

Lunch is on your own in neighborhood restaurants. The cost of lunch isn't included in the trip fee.

Next, we will visit Fotografiska, New York, a new Photography Museum that opened in December 2019, for a self-guided tour of the three floors. The museum is in a renovated landmark building from the 1800's with Renaissance Revival Period Architecture. Museum photography is unique in its ability to shape emotions & convey stories. Styles range across abstract, portrait, landscape, & more. Rotating exhibits we'll see include Ellen von Unwerth's *Devotion! 30 Years of Photographing Women* and Helene Schmitz's *Thinking Like a Mountain*.

This trip leaves the Y at 9:15 a.m. and returns at approximately 5:30 p.m. using the Y's passenger van. We can only take ten people on the trip. Cost is \$55 per person; price increase to \$60 after March 16th. Sign up with Vicki Matalon begins Feb. 11, 2020.

MEMBER PROFILE: LORRAINE BAKER



Editor's Note: This is the first in a series of member profiles by our Social Work Intern, Ariella Aronowitz

Lorraine Baker, a Riverdale Y Senior Center member, is often seen heading to or from an exercise class or enjoying her vegetarian lunch with her husband, Fred, and their friends. Lorraine has led a remarkable and exciting life, personally and professionally. Lorraine was born in New York, living most of her life right here in Riverdale but her entire family is originally from Barbados.

Lorraine and Fred have been together since they were kids. She has many sweet memories of young love with an unexpected teenage first kiss. Lorraine admits that during their younger days, she didn't take Fred seriously. Her sister spent years telling her to be nicer to him. But Fred didn't give up. He only had eyes for her and it appears her sister was right. After many years in which there were moves, career changes, and the birth of their daughter Cara, Lorraine and Fred are still together.

Lorraine is a true inspiration. She has had many athletic achievements and enjoyed physical activities. A swimmer since childhood, Lorraine believes her love of the water is connected to her Barbados roots. Not only was she a Red Cross lifeguard, she was also a horseback rider, certified yoga instructor, ACE certified personal trainer, expert skier and a long-distance bike rider. (She was the Supervisor of the Physical Ed department here at the Y from 1997-2000.) After losing several friends to AIDS, Lorraine was inspired to cycle for that cause. Lorraine once rode her bike from Niagara Falls to Battery Park in just 8 days! When she wasn't bike riding you would find Lorraine with Fred skiing down some of the highest mountains. They spent many years traveling, heading to different ski destinations and exploring new slopes.

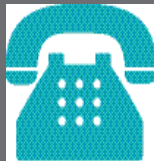
Lorraine is also an artist. In high school she would sketch fabulous portraits and designs, receiving the highest marks in her class. Lorraine's love of art ultimately became her profession, as she spent 20 years in the fashion industry. She was a designer for companies such as Oxford, Kellwood, Texfi, and, at one point, she was an independent wedding dress designer. When you see Lorraine at the Senior Center, she will often be found wearing striking, artistic necklaces and bracelets. She has been making cabinets, beds and other beautiful pieces for years. When she wasn't working as a designer, she was also a flight attendant, working for Delta and Atlantic Coast Airlines, traveling the world. Sketches of her work are pictured below.



FEBRUARY MENU 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH SERVED EVERYDAY AT 11:45 AM				
2/3 HAMBURGERS Roasted Sweet Potato Fries Garden Salad Apples	2/4 BAKED CHICKEN Couscous California Blend Vegetables Bananas	2/5 STUFFED BAKED FISH Bowtie Pasta Italian Cut Green Beans Tangerine	2/6 MEATLOAF WITH GRAVY Mashed Potatoes Carrots Grapes	2/7 HONEY GLAZED CHICKEN Brown Rice Brussel Sprouts Oranges
2/10 WHITE BEAN GROUND TURKEY CHILI Brown Rice Carrots Applesauce Audrey's Murphy's Recipe*	2/11 BAKED SALMON Yellow Rice Steamed Peas Apples 	2/12 ROSEMARY CHICKEN Orzo Pasta Italian Cut Green Beans Blueberries	2/13 BBQ PULLED BRISKET Sweet Potatoes Collard Greens Corn Bread Watermelon BLACK HISTORY MONTH MEAL	2/14 OVEN FRIED CHICKEN Sweet Noodles Kugel Spinach Oranges
2/17 TUNA CAKE Brown Rice California Blend Vegetables Tangerine	2/18 TURKEY DRUMSTICKS Sweet Baked Yams Collard Greens Fruit Cocktail	2/19 SPAGHETTI AND MEAT SAUCE Garlic Bread Garden Salad Canned Mandarin Oranges	2/20 BREADED BAKED FISH French Fries Cole Slaw Bananas	2/21 LEMON BAKED CHICKEN Baked Red Potato Wedges Steamed Broccoli Oranges
2/24 MEATLOAF WITH GRAVY Baked Potatoes Steamed Peas Canned Apricots	2/25 BBQ CHICKEN Couscous Steamed Spinach Grapes Funded by the New York City Department for the Aging and your contributions.	2/26 MUSTARD DILL BAKED FISH Orzo Pasta California Blend Vegetables Bananas	2/27 BEEF STEW Brown Rice Baby Carrots Oranges	2/28 BAKED CHICKEN Bowtie Pasta w/kasha Brussel Sprouts Oranges
* Recipes from the Senior Center Cookbook are featured monthly				

Important Numbers



Senior Center Office(347) 913-4444
Fax.....(718) 432-9342
The Y Main Reception Desk.....(718) 548-8200
Transportation Reservations(718) 548-8200 ext. 225
Director.....(347) 913-4390
Social Services.....(347) 913-4391
Programs..... (347) 913-4395
Volunteers.....(718) 548-8200 ext. 217

Program Staff

Sharon Asherman, LMSW, Director
Toby Boisseau, Office Manager
Vicki Matalon, Program Coordinator
Nekiya Edwards, Food Service Manager

Newsletters are available on the Internet at
www.riverdaley.org

FUNDED BY THE NEW YORK CITY
DEPARTMENT FOR THE AGING AND
YOUR CONTRIBUTIONS

UJA  **Federation**
of New York

Riverdale Y Senior Center

Offers opportunities to socialize, catch up with old friends, make more friends, and get involved in a new community. Membership is free for adults aged 60+. Register in-person. Monday through Friday 8:30 AM to 4:00 PM.

RIVERDALE Y
SENIOR CENTER
RIVERDALE YM-YWHA
5625 ARLINGTON AVE.
BRONX, NY 10471

Advisory Council

Morris Friedberg, President
Loyda Camacho, Vice President
Jerry Klein, Treasurer

Riverdale Y Leadership

Welcome New Members

SEMA BRAININ
WILLIAM STOCK
LEONA EPSTEIN
MARILYN TEXIDOR
ARNOLD PITZER
GLORIA SALAS-AGNOLI
MARY DE JESUS
DAWN EATON
CATHERINE FLOOD
AMY RINDNER
INES REID-MARIUS
LORI KELLER
PATRICIA CAMPBELL
ANN MCKENNA
RENEE WHITE
ALAN GLAZER