News from the Director

A few weeks ago Nekiya, our Head Cook, and I went to the Teaching Kitchen, a program to ensure that healthy, fresh foods are used in institutional meals. The program reinforced everything positive that we are doing with our lunches: maximizing use of fresh food and produce, adhering to strict guidelines regarding nutritional value, and thinking creatively about our menus.

One of the things that I am most proud of is that we are now integrating meals from our Senior Center Cookbook into our menus and we are having special holiday menus. So, in addition to our regular celebrations of Jewish and secular holidays, we have added meals so far for culturally relevant holidays like Chinese Lunar New Year and Black History Month. This month, in addition to our Passover Seder, we will acknowledge Irish Heritage with a traditional boiled dinner (that means corned beef and cabbage).

The Advisory Council met recently to decide how to use fundraising dollars from our Senior Center Cookbook and other initiatives. In the next few months, you'll see new classes and special lectures that would not have been possible without your contributions.

The next fundraiser is a June 7, 2020 barbecue. We are looking for volunteers to help with all aspects of the event. We need to get started now and we have specific assignments that might interest you and that you can help with. See Ronnie Zackman or myself if interested.

On a final note, many of you know that we had an unfortunate accident with our Senior Center van which resulted in passenger injuries. As an agency, we strive to protect the safety and well-being of our Center members. By very definition, accidents are unplanned, unintentional, and not always preventable. Our thoughts are with our much valued Front Desk Volunteer as she recuperates.

All the Best,
Sharon Asherman, LMSW

Members and Staff Wear Pink to Promote Breast Cancer Awareness.
Tuesday, March 3: 10:30 am  
**Lecture:** *Fire Safety in Your Home.* Presented by a Fire Safety Educator from the Fire Department of the City of New York. Giveaways.

Tuesday, March 3: 12:45 pm  
**Sing-along:** With Ron Doster on keyboards. Ron is an accomplished entertainer and singer, with a repertoire that includes the Great American Songbook, Jazz standards, dance tunes, oldies and more.

Wednesday, March 4: 12:45 pm  
**Lecture:** *Great Women, Then and Now.* Celebrating Women’s History Month. Presented by historian Marilyn Kaufman.

Thursday, March 5: 1:00 pm  
**Café Europa Concert:** All are welcome to attend and enjoy.

Friday, March 6: 10:00 am  
**Hudson River Voices:** Our Choral Group resumes for its spring session. Sponsored by the Bronx Opera Company through a SuCasa Grant funded by City Councilmember Andrew Cohen.

Monday, March 9: 1030 am -  
**Lecture:** *Unusual Trivia.* Interesting tidbits of information. Presented by Morris Friedberg, Center member.

Tuesday, March 10: 10:30 am:  
**Purim Concert:** Gary Chattman on piano will play songs from Jewish composers of the 20th century.

Tuesday, March 10: 11:45 am:  
Celebrating our members’ *March Birthdays* before lunch.

Tuesday, March 10: 1:15 pm:  
**Dancing** with Juan Ortega. Oldies, Latin and more. You are welcome to wear a costume today in celebration of the Jewish holiday of Purim. Special Purim treats to go.

Thursday, March 12: 12:45 pm  
**Health Talk:** Lecture and Interactive exercises on reeducating your body for optimal posture as a foundation for physical health. Learn new exercises that help with back and shoulder pain. Presented by Postural Therapist Joey Zimet, who currently attends Teachers College, Columbia University, where he is in an Advanced Master’s Program in Applied Physiology.

Wednesday, March 18: 12:45-2:15 pm  
**Lecture with Sound Clips:** *The Beatles: 50 Years Later.* Explore the phenomenon that was the Beatles, their originality, growth, innovations, lyric depth and much more. Presented by Barry Wiesenfeld, an award-winning musician and published author who is on the music faculty of the State University of New York & Ramapo College. Part of a lecture series that is funded by the Estate of former member Miriam Friend.

Thursday, March 19: 12:45pm:  
**Art Workshop:** *Creating Three Dimensional Self Portraits.* Led by Artist Judith Eloise Hooper See New Class page for details.

Sunday, March 22:  
**Open Sunday**  
A fun day of activities and a delicious lunch. Doors Open at 9:30 am.  
10:30 am: Bingo with prizes  
1145 am: Lunch  
1 pm: **Dancing** with Juan Ortega. Latin, Oldies, & more
New and Noteworthy at the Center

Tuesday, March 24: 10:30 am:
**Historical Trivia:** Presented by Aaron Goldman, Center member

Tuesday, March 24: 11:30 am:
**Passover Model Seder.** See Special Events page for details.

Tuesday, March 24: 1:30 pm
**New Computer Instruction Class.** See New Class Page for Details.

Wednesday, March 25: 10:00 am
**Meditation:** Come and enjoy an uninterrupted hour of relaxation and bliss. Facilitated by Ariella Aronowitz, Social work Intern

Wednesday, March 25: 10:30 am
**Blood Pressure Screening:** With Diane Holmgren, R.N.

Wednesday, March 25: 12:45-2:00 pm
**Illustrated Lecture with Videos:** *Fred Astaire, an American Icon.* This presentation will discuss the legendary dancer’s life and work with illustrations and film footage that includes Astaire dancing with Ginger Rogers, Eleanor Powell, Rita Hayworth and Cyd Charisse. Presented by Mart Schneit. Historian and Storyteller.

Thursday, March 26: 12:45 pm
**Book Club:** *Asymmetry,* by Lisa Halliday. Facilitated by Adele Schwartz, Center Member (April’s book is *State of Freedom* by Neel Mukherjee.)

Tuesday, March 31: 10:30 am:
**Nutrition Lecture:** *Diabetes Prevention.* Lifestyle changes that will help. With Lisa M. Ronco, R.D.

Tuesday, March 31: 12:45 pm
**Concert:** The Bowery Trio presents a Classical Chamber Music Concert. Allison Wang on piano, Esther Seitz on cello, and Mark Allen Jr. on clarinet. Works by Brahms, Dvorak, Poulenc, Muczynski and more.

Y Sponsored Classes

**DRAWING CLASS WITH INSTRUCTOR DANNY HAUBEN**

A native of the Bronx, Danny has been teaching at the Y for more than 20 years. His work is displayed in the Library of Congress, the White House, Pfizer Corporation, Harvard University and in numerous other public and private collections. He has had over 30 national and international solo exhibitions and is the winner of the 2019 Brio Award from The Bronx Council on the Arts.

**THURSDAYS**
Eleven Sessions
Revised dates: April 2 - June 25
10:00 am - 11:30 am

If interested, please register at the Y Reception Desk in the lobby.

**INSTRUCTIONAL BEGINNING & INTERMEDIATE LEVEL BRIDGE CLASSES**

Instructional Bridge Classes
**THURSDAYS**
Eight Sessions
March 12- May 21
Intermediate Class: 10:00 am - 12 noon
Beginners’ Class: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.
**NEW CLASSES AND PROGRAMS**

**New Art Workshop:**
**Three Dimensional Self-Portraits**
With Artist Judith Eloise Hooper.
Thursday, March 19  12:45 pm- 2:15 pm
In this class you will make a self-portrait out of construction paper and mold it into a 3D relief sculpture. Ms. Hooper wants this class to be “fun and freeing.” The portraits will be “how you see yourself, how you think others see you or how you want to be seen.” No prior experience is necessary.
If interested, please sign up with Vicki Matalon by March 12.
Class limited to 15 participants.

**New Computer Workshops**
With a new experienced instructor
See Centerfold for applicable Tuesdays at 12:45 pm.
The class will cover all the Basics of Microsoft Word, Excel Spreadsheets and Social Media
Initial Session: Tuesday, March 24 @ 1:30 pm
Basics of Microsoft WordIf interested, please sign up with Vicki Matalon.
Class limited to 6 participants

**Let’s Talk Spanish……..**
Beginner’s Language Class
Taught by a retired High School Spanish teacher
Eight Sessions Starts, Wednesday April 22 12:45 pm 1:45 pm
If interested, please sign up with Vicki Matalon.
Class limited to10 participants

**SIGN-UPS/SAVE THE DATE/SPECIAL LUNCHEONS**

**TUESDAY, MARCH 17**
Irish American Heritage Day Meal

**OPEN SUNDAY, MARCH 22**
(see New and Noteworthy page for details)

**TUESDAY, MARCH 24**
Passover Seder
Doors Open at 11:30 am
Holiday Program held before the festive lunch.
Led by Joseph Robinson, Y Director of Community Outreach
Suggested contribution: $6 in advance; $8 day of event
The 12th annual Riverdale Run returns on May 17, 2020. Last year we had 650 runners ranging from 6 months old (in our parent’s stroller run) up to the age of 86. With a 1K, 5K, and 10K, there is something for all skill levels. This year, all proceeds will go towards our All In Inclusion Program.

Last year, the Senior Center Team was able to raise over $1,600 with thirty members. Forty-five members from the Senior Center in total were involved in last year’s run! We’re hoping to exceed those numbers this year! You can register at riverdalerun.com. If you need assistance, please let us know and we’ll help you sign up! If you register before April 19th you will save $10 with our early bird special, plus an additional senior center discount of $5 off the total price when you use the code “rysc”.

New Group for Adult Children of Holocaust Survivors

Introductory meeting : Monday, March 16: 6:30 pm

Co-led by Roni Miller, LMSW, Programs Director at Self-Help Community Services, Washington Heights and Bronx Holocaust Survivor Programs, and Sharon Asherman, Senior Center Director.

Refreshments served.
Reservations required: 347-913-4390; sasherman@riverdaley.org
Lydia

Lydia Ecker, LMSW

**TAKE CARE OF YOURSELF**

As many of you know, my constant mantra whenever we part company is...“Take care of yourself.” The rest of the unspoken message is...“Because no one else will!”

In the last couple of months, we’ve had a few folks being injured due to falls, myself included. I believe I was somewhat protected from having worse results because my Tai Chi teacher has been drumming into my head the “right way to fall.” (I relaxed my body and turned to one side.)

Which brings me to my main message. As the kids say, “stuff happens” and we can’t always avoid it. But there are some things we can do for ourselves right now which may soften some of the worst consequences. What stands in our way? Our pride, perhaps? Denial, perhaps? Unawareness of easy solutions, perhaps?

I’ve started to put together a list of “what I can do for myself.” Try responding to these questions: Do I eat sensibly? Do I drink at least 8 glasses of water each day? Do I have grab bars in the shower and by the toilet to assist in transferring? Do I have a Medical Alert button? Do I buckle-up every time, when in a car, front or back seat, or on our bus? Do I get enough exercise (try Tai Chi and/or Yoga)? If my balance is unsteady at times, do I use a cane or walker? Do I get out as much as possible and mix with friends and neighbors? Do I find ways to stimulate my mind (music, lectures, books, puzzles, etc.)—with most of these activities right here in the Senior Center?

This is only a partial list of ways we can take care of ourselves. I hope you will reflect on these thoughts, perhaps add to the list, and think about how you are doing and how you can *take care of yourself.*

A NOTE FROM YOUR SOCIAL WORKER

The New York Legal Assistance Program (NYLAG) mobile van will be here on Thursday, April 23rd, 2020. Gather any legal questions you may have (will, Health Care Proxy, Power of Attorney, etc.) and see Lydia to make an appointment.
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.

BETTY BAUMEL: Wishing Tehilla and Berney a speedy recovery.

SIDNEY COHEN: In Memory of Morton Kaplan, a dear friend, father and great grandfather. May you rest in peace.

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.
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.

SENIORS ON THE MOVE

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.

The Armour-Stiner Octagon House, In Irvington on the Hudson and Untermyer Park and Gardens in Yonkers

Thursday, April 30, 2020

Join us for a 90-minute guided tour of three floors of this unique National Landmark. A fully domed octagonal residence encompassing 8,400 square feet, the house and grounds have been restored to their 1872 appearance. The interior of the house, including its decorations and 1870s furnishings, is regarded as the nation’s best display of the American Neo-Roman style. The home’s shape was based on the theory that octagonal houses enclose more space, allow the sun in at all times and permit more views of the landscape.

After the tour of the house, we will enjoy our lunch in Irvington’s Scenic Hudson Park, which overlooks the river.

Next, we’ll head to Untermyer Park and Gardens in Yonkers for a self-guided tour of this historic 43-acre attraction, which features beautiful views of the Hudson River and a waterfall. Multicultural in design, the spectacularly tended park alludes to gardens in Persia, India, Pakistan, Spain and Italy and evokes the wonders of the ancient world. Highlights include a small Grecian-style amphitheater, a classical pavilion, pergola, statuary, a rock and water feature called the "Temple of Love" and a "Vista" staircase.

Our Y passenger van will leave the Y at 10:30 am
We will return at approximately 4:30 pm.
We will take a bagged lunch with us.
Cost: $56 through April 23; $62 after.

Looking Ahead
Wednesday, May 20, 2020

Tour of The William Louis Dreyfus Foundation art galleries in Mount Kisco & Guided tour of Washington Irving’s Sunnyside House in Tarrytown. Details will be provided in the April 2020 Y Newsletter.
Get to Know: Audrey Leitner

Audrey Leitner, a 15-year member of the Riverdale Y Senior Center, is hard to miss. She is often laughing and dancing her way from one of our activities to another.

A native-born Bronx resident, Audrey is a strong and positive force. As a young, single parent, she raised two daughters while simultaneously working as an executive assistant for the New York County Medical Society. With Audrey’s natural curiosity, this job was a perfect fit for her, constantly exposing her to fascinating issues such the impact of asbestos on children. It made her working day endlessly educational, challenging and stimulating.

Despite her full schedule as a single mother and executive, Audrey found a wonderful man with whom she shared 30-plus years and, for the first time in her life, began to travel to Spain, Portugal and the Bahamas.

Audrey’s love of music truly blossomed after she started coming to the Senior Center. Her father Samuel, who was a piano teacher, and her grandfather, who was a cantor, were her first influences and provided piano lessons. This led to her most beloved hobbies of singing and dancing to music of the ‘50s and ‘60s.

Audrey was a member of the Hudson River Chorus for several years, performing at the Y, nursing homes and talent shows. Even without a dance partner in sight, she will happily dance solo. When Audrey is not singing, and dancing, she is a regular at exercise classes like Bliss Fit, Come Alive and Functional Movement. She also has a lifelong passion for gardening and nature.

When Audrey is not running around the Senior Center and taking care of her flowers, she spends time with her daughters, Melinda and Eileen, her grandchildren Samara, Rick and Jennifer—and her 3 ½-year-old great-grandchild, AJ.

So if you’re looking for a dance partner and plenty of smiles, get to know Audrey.

Editor’s Note: This is the second article from a series of member profiles by our Social Work Intern, Ariella Aronowicz
# MARCH MENU 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
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<td>BREADED POL-Lock</td>
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<td>Potatoes Salad</td>
<td>CAESAR SALAD WITH GRILLED CHICKEN</td>
<td>BAKED FISH</td>
<td>BEEF AND BROCCOLI</td>
<td>LEMON BAKED CHICKEN</td>
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<td>Garden Salad</td>
<td>Garlic Bread</td>
<td>Couscous</td>
<td>Brown Rice</td>
<td>Orzo Pasta</td>
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<td>BBQ CHICKEN</td>
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<td>Yellow Rice</td>
<td>BAKED SALMON</td>
<td>SPAGHETTI AND MEAT SAUCE</td>
<td>BAKED FISH</td>
<td>BAKED CHICKEN</td>
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<td>Spinach</td>
<td>Orzo Pasta</td>
<td>Garlic Bread</td>
<td>Rice with Vegetables</td>
<td>Baked Red Potato Wedges</td>
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<td>Bananas</td>
<td>Baby Carrots</td>
<td>Garden Salad</td>
<td>California Blend</td>
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<td>Apples</td>
<td>Canned Mandarin Oranges</td>
<td>Grapes</td>
<td>Fruit Cocktail</td>
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<td>3/16</td>
<td>SALMON BURGERS</td>
<td>3/17</td>
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<td>Roasted Sweet Potato Fries</td>
<td>CORNBEEF AND CABBAGE</td>
<td>BAKED LEMON FISH</td>
<td>MEATLOAF WITH GRAVY</td>
<td>ADOBO CHICKEN</td>
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<td>Garden Salad</td>
<td>Potatoes</td>
<td>BOWTIE PASTA</td>
<td>Mashed Potatoes</td>
<td>Brown Rice</td>
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<td>Gefilte Fish Platter</td>
<td>ROSEMARY CHICKEN</td>
<td>UNSTUFFED CABBAGE</td>
<td>OVEN FRIED CHICKEN</td>
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<td>White Bean, Baby Carrots</td>
<td>Matzah Ball Soup</td>
<td>ORZO PASTA</td>
<td>Brown Rice</td>
<td>Sweet Noodle Kugel</td>
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<td>HAMBURGER</td>
<td>ROSEMARY CHICKEN</td>
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<td>Roasted Sweet Potato Fries</td>
<td>CURRY CHICKEN</td>
<td>ORZO PASTA</td>
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<td>Sautéed Onions and Peppers</td>
<td>Garden Salad</td>
<td>ORZO PASTA</td>
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**LUNCH SERVED EVERYDAY AT 11:45 AM**

**MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

Funded by the New York City Department for the Aging and your contributions.

* Recipes from the Senior Center Cookbook are featured monthly

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<th>3/22 SUNDAY</th>
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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
Deann Forman,
Chief Executive Officer
Sarah B. Crowe, President

Program Staff
Sharon Asherman, LMSW, Director
Toby Boisseau, Office Manager
Vicki Matalon, Program Coordinator
Nekiya Edwards, Food Service Manager
Lydia Ecker, LMSW, Social Worker
Ronnie Zackman, Volunteer Coordinator

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

Welcome New Members
MARY MATSON
GERALD ROSEP
JACQUELINE HOLLAND
ROBERTO PAGAN
MURIEL CAMPBELL
MARGARET GONZALEZ
SANDRA HILLMAN
RICHARD NEUFELD
BILL WERTHEIM
MARLENE WERTHEIM
LINDA CANTON
GEORGE HARRIS
CONSTANTIN MACIUCA
CHI-CHI MACIUCA
THERESA VERDORESA
CARL BLASS
CLAIRE NOLTE
BEVERLY CRAFT
ELAINE HOCHBERG