MAY 2022
NEWSLETTER

New Beginnings
Center for Contemporary Adults 60+

Riverdale Y

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

HAPPY Mother’s Day

UJA Federation of New York
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<th>THURSDAY</th>
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<td>5/4 ROSEMARY BEEF-BRISKET</td>
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<td>5/6 BAKED CHICKEN QUARTERS</td>
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<td>5/9 STUFFED BAKED FISH</td>
<td>5/10 MEATLOAF GRAVY</td>
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<td>California blend Veg</td>
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<td>5/16 BEEF STEW</td>
<td>5/17 CHICKEN CAESAR SALAD</td>
<td>5/18 HAMBURGER</td>
<td>5/19 BLACK BEAN AND SWEET POTATO CHILI</td>
<td>5/20 SWEET N SOUR-BAKED CHICKEN</td>
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<td>5/23 SALMON CAKES</td>
<td>5/24 BBQ CHICKEN</td>
<td>5/25 VEGETABLE EGG FRITTATA</td>
<td>5/26 SPAGHETTI w/ MEAT SAUCE</td>
<td>5/27 ROSEMARY CHICKEN</td>
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**MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

*Kashrut Supervised by the Vaad of*

_Funded by the New York City Department for the Aging and your Contributions._
May I Invite You to the Y?
Do you have a friend who hasn’t joined us for lunch or programs? If you bring a friend and they register with the Center, you will get a voucher for FREE LUNCH for a week for both you and your friend. Spread the word.

Tuesday, May 3, at 10:30am: Helping Ukrainian Refugees (Hybrid)
Please join us to hear Alexandra Nyashina, the Y’s Director of Volunteer Services, talk about her first-hand experiences in Poland helping Ukrainian refugees. There will be a slide show during the lecture, followed by a Q&A.

Wednesday, May 4 & May 25, at 10:00am: Self Defense for Seniors (In Person)
The goal is to empower participants with the skills needed to protect themselves. We hope that the skills you learn in these classes will help you feel more secure walking down the street and confident in the event of an unprovoked attack. The curriculum for this self-defense class was created by New York City-based fitness expert Lamar McKay.

Wednesday, May 4 & May 25, 12:45-2:15pm: Improv With Frank Ingrasciotta (In Person)
Expand your creativity, mental agility and confidence through theater games that focus on spontaneity, awareness, energy, concentration, and more. Get excited about improvisation. Be supportive, be excited, and be encouraging of each other. Above all, have fun.

Thursday, May 5, at 10:00am: Where Should We Go? (In Person)
Join Program Coordinator, Margo Brooks, to discuss the details of upcoming trips.

Friday, May 6, at 12:45pm: City College of New York: Harvard-on-the-Hudson (Hybrid) 2hrs
Long considered the "poor man's Harvard," City College of New York was the first public higher education institution in NYC. One of the most architecturally impressive university campuses in the nation, graduates range from 10 Nobel Prize laureates to famed American public servants like Colin Powell and Henry Kissinger. Join New York Adventure Club as we virtually explore the magical "Harvard-on-the-Hudson" and its nearly 200 years of world-class public education. To register for online viewing, send an email with your name and email address to mbrooks@riverdaley.org.
NEW AND NOTEWORTHY (continued)

Monday, May 9, at 10:00am: Poetry Performance by Judith Baumel and Michael Rotenberg-Schwartz (Hybrid)
Celebrate Mother’s Day with a poetry performance by Judith Baumel - the prize-winning daughter of our own Center Member, Betty Baumel - and Michael Rotenberg-Schwartz. Both poets are Bronx residents and recipients of this year’s Bronx Recognizes Its Own Award. Judith and Michael will read from their work and discuss how poetry speaks to us in good times and bad. View in person at the Y or click the zoom link on the website.

Monday, May 9, at 11:30am: Mother’s Day Luncheon (In Person)
Join us for a special meal and a gift in honor of Mother’s day.

Wednesday, May 11 & 18, at 10:30am: Silver Shoes Dance Club (In Person)
Let’s dance! Join Daniela from Silver Shoes Dance Club. This fun and informative class will focus on the basics skills for the most popular Latin and Ballroom dance styles and is open to all learning levels. Learn Latin dances on May 11 and Ballroom dances on May 18. No partner is necessary. See you on the dance floor!

Thursday, May 12, 10am-12noon: Walking Club Trip To Wave Hill (In Person)
All are welcome to walk around and enjoy the garden in its full spring glory. The flowering trees are in blossom. Meet in the lobby at 9:45am. The bus leaves at 10am and we return at noon. To reserve your spot on the bus, give Margo the $5.00 suggested contribution by Wednesday, May 11, 2022.

Friday, May 13, at 12:45pm: Friday Flicks - “One Day in September” (In Person)
1999 documentary, 90min. The 1972 Munich Olympics were interrupted by Palestinian terrorists taking Israeli athletes hostage. Besides footage taken at the time, we see interviews with the surviving terrorist, and with various officials detailing how the police, lacking an anti-terrorist squad and turning down help from the Israelis, botched the operation.

Monday, May 16, at 10:45am: Short Stories (In Person)
Discussion with Center Member and Master’s Candidate William Stock. This month’s short story selection is The Last Leaf by O. Henry. The story is available free online or you can request a copy from Margo, the Program Coordinator.
NEW AND NOTEWORTHY (continued)

Wednesday, May 18, 12:45-2pm: Museum of Interesting Things (In Person)
The Museum of Interesting Things is a traveling demonstration/exhibition of antiques and inventions. This exhibit will focus on the Invention of Household Items, exploring design and invention from the industrial revolution/mechanical era to recent times as it relates to things used in the home and for food preparation. The presentation includes interactive demonstrations of items such as the Thomas Edison cylinder phonograph, mechanical doorbells and mechanical/gear-based food prep and household items including butter churns, Edison toasters and apple peelers.

Wednesday, May 18, at 11:00am: Cooking Live with DFTA! (Hybrid)
Watch a cooking demonstration by a licensed nutritionist on screen. This month’s healthy dish is Jamaican Jerk Chicken. View the screening in person at the Y or click the zoom link on the website to view at home.

Friday, May 20, at 10:30am: Fitness Class With Heidi (Virtual)
Exercises will focus on strength, balance, endurance, and flexibility to keep you active in your life and improve your daily function. Join Heidi Batchelder, DPT, from Midtown Physical Therapy. Online pre-registration is required to attend this Zoom class. Visit the link on our website calendar a few days before the class to register. After registering, you will receive a confirmation email containing information about joining the meeting.

Friday, May 20, at 12:45pm: Friday Flicks - “CODA” (In Person)
2021,1:50min. Academy Award Winner for Best Picture. As a CODA (Child of Deaf Adults), Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents.

Tuesday, May 24, at 11:30am: May Birthday BBQ
Celebrate our members’ May birthdays with a barbeque on the Y’s back deck. The suggested donation is $3.50. Please register in advance and receive an assigned table number for seating. We have one seating this month. If you have a May birthday, let us know when you receive your table assignment.
NEW AND NOTEWORTHY (continued)

Tuesday, May 24, at 1:00pm: Concert with Manny the Conga Player (In Person)
Use all your new dance moves from dance class as you boogie with Manny. He will perform Motown, 50s-60s-70s pop hits, jazz standards and Latin hits while playing the conga drums. His performances reflect the Latin, Soul and Groove music that captivated New York during the 60's and 70's. Bring your dancing shoes.

Friday, May 27, at 12:45pm: Summer of Love: The 1967 Hippie Takeover of NYC (Hybrid) 90min
Join New York Adventure Club as we embark on a virtual journey back in time to explore NYC during the Summer of Love. In 1967 hippies flocked to NYC, heralding in community activism, communal living, natural foods, experimental theater, Eastern philosophy, musical expression, and progressive politics. It was a social phenomenon that brought together people who put their free-love and anti-war sentiment on full display. To register for online viewing, send an email with your name and email address to mbrooks@riverdaley.org.

Tuesday, May 31, at 9:30am: New Members’ Breakfast (In Person)
Be our guest! If you joined the center in 2022, we invite you to break bagels with members of our Advisory Council and staff. Let’s get to know each other over breakfast. To register, please email Margo at mbrooks@riverdaley.org.

CELEBRATING AT APRIL’S BBQ

Join our Facebook Group– Riverdale Y Seniors and Friends to see all the pictures
NEW ONGOING PROGRAMS

**Broadway Showcase: Tuesdays and Thursdays at 12:45pm** (In Person)
Sing your heart out by performing in our own musical production. Members will perform an abridged version of a Broadway musical. You will hold scripts so no need to memorize lines. Casting takes place Tuesday, May 3, and the show date is Sunday, June 26. The rehearsals and show will be outside on the back deck of the Y.

**Foreign Language Friends: Thursdays at 10:00am** (In Person)
In this casual setting you can practice a foreign language with a tutor. Brush up on speaking Spanish with a Center Member or improve your ability to read and write in English. If you would like to volunteer to be French tutor, please see Margo in person or by sending an email to mbrooks@riverdaley.org.

**Walking Club: Mondays at 12:45 pm** (In Person)
Walking with friends is a great way to exercise. Discover new places in our local area and explore further afar. Meet in the lobby at 12:45 pm. See Margo if you would like to join.

**Bridge/Canasta/Chess: Mondays at 10:00am** (In Person)
Game players with previous experience are welcome to join us for a friendly competition in the game of your choice.

**Living with Loss Support Group**
See Social Worker, Carmen Lopez, in the Social Services Office if you are coping with a recent loss and would like to participate. Participants are pre-screened. The group will start once there are enough interested and appropriate participants.

**Important Transportation Update**

Our Y vans are temporarily out of service while we hire and train new drivers.

In the interim, we have made provisions with a local car service to ensure that Center members have access to affordable roundtrip transportation to the Y.

Car service vouchers are available in the Older Adult Center Office for a suggested contribution of $2.25 per trip.
Advisory Council Elections

Are You Ready to Join Our Council? Elections Are Next Month!

We are continuing to solicit members for our next New Beginnings Advisory Council. If you regularly attend New Beginnings, volunteer in some capacity and would like to get more involved … Consider running for Council!

We’d also like to take this opportunity to extend a special warm welcome to our new members. We know you have much to offer, and we’re open to new ideas.

What do we do? The Advisory Council represents the interests of New Beginnings members and makes sure that everyone has a voice in the programming and day-to-day operations of the Center. All members are encouraged to share their input directly with AC members and by putting notes with their input and suggestions into the Suggestion Box. We read every suggestion at our monthly meetings.

Importantly, the Advisory Council is also the active fundraising body of New Beginnings. Over the years we have raised tens of thousands of dollars through picnics, barbecues, galas, flea markets – fundraisers conceived, organized, and run by the AC. One of our favorite fundraisers was also a successful community-building exercise, as we collected recipes and memories handed down through generations of our members’ families and published them in our own 2019 cookbook, From Our Table to Yours.

We use our fundraising dollars to supplement regular programming and bring you more of the classes you enjoy – whether that’s Improv or Chorus or Ceramics or any number of other activities. During the height of the COVID pandemic, we donated a substantial portion of our fund to help ensure the continued daily delivery of hot meals to our members in their homes.

If you are interested in becoming an Advisory Council Member, please submit a statement of why you are qualified to Loyda Camacho, the current Advisory Council President, or e-mail olderadults@riverdaley.org by May 20, 2022. Your statement will be published in the June newsletter and elections will be held shortly thereafter.
Art Explorations With Daniel Hauben: Tuesdays at 10:30am (Hybrid)
Renowned Bronx Artist, Daniel Hauben, shares his insight on the painting techniques of the world’s greatest painters. This month’s talks are:
May 3: Camille Pissaro
May 10: Winslow Homer (now exhibiting at the Metropolitan Museum)
May 17: Edouard Vuillard
May 24: Travel Paintings (Europe)
May 31: Travel Paintings (India & South America)
Talks are presented in person at the Y and over Zoom. The painting class will continue during and following the art appreciation program.

Water Aerobics & Open Swim: Wednesdays at 1:30pm (In Person)
Our weekly Water Aerobics class is led by Dally, a fitness instructor at the Y. Members of New Beginnings are welcome to use the deep end of the pool for open swim during the class. Pre-registration is no longer required.

Celebrating Passover at the Y
Go The Extra Mile With Us!

Join our New Beginnings team for a one-mile walk and a morning of activities at the Y’s annual Riverdale Run. This year’s annual Riverdale Run is in honor of our collective commitment, strength and courage over the past two years, and to celebrate the start of a better future.

Volunteers are available immediately before lunch on Monday, Tuesday and Friday mornings during the first two weeks of May to help New Beginnings Members register for our walk. You can also register on your own at https://events.elitefeats.com/22riverdalerun# or going to the Riverdale Y website and clicking on “Events”

Remember when you sign up to join the New Beginnings Team. I plan to walk with all of you.

Warmly,

Sharon Asherman, LMSW
Director, New Beginnings
Center for Contemporary Adults 60+
OLD FRIENDS, NEW PLACES

Last month we took a trip to Untermyer Gardens. It was our first trip in three years! We had a lovely time exploring the gardens and fountains and bumped into former Advisory Council President Morris Friedberg at the Temple of Love. Join us on our next outing. You never know who you might see!

THANK YOU FOR YOUR RECENT DONATIONS

Stanely Aronoff—In Memory of Bruce Lang. May he rest in peace.
Betty Baumel—In Memory of Bruce Lang
Julieta Butler — In Memory of My Husband, David J. Butler
Marilyn Gutman— In Appreciation For Passover Delivery
Arthur Koven— In Memory of Bruce Lang
Carol Spivack—In Appreciation for the Passover Seder

New Beginnings Wall of Remembrance
Some of you may have noticed the Wall of Remembrance” opposite the entrance to the Dining Room. This is a memorial opportunity for our members and friends to honor those they have lost.

For more information about ordering a special plaque for a loved one, please see Rick Lund, or email him at rlund@riverdaley.org. Your contribution is fully tax-deductible to the extent of the law.
COVID –19 REQUIREMENTS

Masks are required for participation in any indoor Older Adult Center activity as per current NYC Dept. of Health rules. You may take your mask off while you are eating or drinking. Otherwise wear your mask at all times. Daily temperature check and health check in are also required when you arrive on the second floor. Staff can provide you with masks and hand sanitizer if needed.

IMPORTANT NUMBERS

Older Adult Office (Gladys) .............. (347) 913-4444
Fax.................................................................(718) 432-9342
The Y Main Reception Desk ............ (718) 548-8200
Transportation Reservations .......... (718) 548-8200 ext. 225
Director (Sharon) ......................... (347) 913-4390
Social Services (Carmen) ............... (347) 913-4391
Programs (Margo)......................... (347) 913-4395
Volunteers (Alexandra)..................(718) 548-8200 ext. 233

WELCOME NEW MEMBERS

ABBY TURNER
ALEX SHAFER
ARTURO SERMON
BRIAN COUGHLIN
CARL ZELIGER
DORI KELLER
EVELYN CORA
JANE KOJAC
KATHY LUKE
LAURIE SCHNEIDER
LINDA LOVING
LOIS STRELLA
LORETA PINTO
MARIA GARRIDO
MARY SERMON
MIRA FEIN
PURISIMA MAYO
ROBERT BOWEN
SANDRA DAVIDSON
CARMEN BISONO
MARTHA BISONO

New Beginnings
Older Adult 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 8:30am to 4:00pm.

Advisory Council
Loyda Camacho, President
Betty Baumel, Vice President
Jerry Klein, Treasurer
Shelagh Masline, Communications

Riverdale Y Leadership
Deann Forman, Chief Executive Officer
Sarah B. Crowe, President

RIVERDALE YM-YWHA
5625 ARLINGTON AVE.
BRONX, NY 10471
www.riverdaley.org

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