



The Riverdale  
YM-YWHA  
Senior Center

# DECEMBER 2018 NEWSLETTER



## Message From the Director

December is always the busiest month at the Center. We have three major parties: Birthday, Chanukah and New Year's Parties. This year, we also have two concerts sponsored by families in memory of longstanding members. And, we also have a final performance from our choral group (funded this fall from Advisory Council Fundraising initiatives). Plus, we have all our regularly scheduled lectures, classes, and events. Please join us for one or many of the December programs.

You may have noticed there is now a sign on the kitchen door saying "Authorized Persons Only." For a variety of reasons, most especially related to health and safety, we need to keep the traffic in our kitchen to a minimum. Instead of interrupting the kitchen staff, we ask that you put general concerns about food in the suggestion box or come to periodic menu meetings. Dining room volunteers are not allowed in the kitchen on days they are not assigned or if they haven't been specifically asked to help out. If you want to know the menu it is posted on the door of the kitchen. And, if there are any concerns about your day's meal, the staff member assigned to the dining room will help you.

We recognize that some members may feel a need to express their appreciation to staff through tips or gifts during the holiday season. Staff are allowed to accept small gifts or gratuities within reason (valued at or below \$25.00) during the holiday season, but staff members are not permitted to solicit gratuities from our members. And, members are strongly discouraged from soliciting money from each other to contribute towards group gratuities or gifts. These guidelines are especially important because we are a government funded program open to all regardless of ability to pay. All fees associated with our program are "confidential contributions" and no one should feel that services we provide are at all related to capacity to pay for services or that they can receive preferential treatment if they give a staff member a gift or gratuity.

Wishing everyone Happy Holidays.

Sharon Asherman, LMSW



## STAFF NEWS

Please join me in welcoming John Casiano to our staff as a driver. John is a Riverdale resident with a long history with the Y. He has driven for the Y afterschool and camp programs.

# New and Noteworthy at the Center

Tues, December 4: 10:15 am  
**Lecture & Slides:** *The Career of Gene Kelly*. Presented by Pierre Montiel, Film Historian

Tues, December 4: 11:45am  
**Chanukah Luncheon:** \$4.00 in advance; \$6.00 day of.

Tues, December 4: 1:00pm  
**Chanukah Concert:** With *TKlez Trio*. Enjoy a concert of familiar and new Chanukah tunes. Israeli, Yiddish (with a klezmer flavor), & Ladino songs. With David Licht, Percussion, Dobe Ressler on Clarinet, and Psachya Septimus, Vocals & Accordion. Sponsored by a generous donation from the family of former member Mrs. Ray Levine.

Wednesday, Dec 5: 10:30 am.  
**Bronx Borough President's Candle Lighting Ceremony.** Children from local schools performing. Morning refreshments starting 9:15 am.

Wednesday, Dec 5: 12:45 pm  
**Health Lecture:** *Learning More about Hypertension*. (High Blood Pressure). We'll explore the causes, symptoms, and control of high blood pressure. Have your blood pressure taken after the talk. Presented by Stella Borukhova, Supervising Pharmacist at Riverdale Specialty Pharmacy.

Thursday, Dec 6: 1:00 pm  
**Cafe' Europa Concert:** All are welcome to attend.

Friday, Dec 7: 10:30 am  
**Lecture:** *Raoul Wallenberg—Righteous Gentile*. Learn about this Swedish businessman who saved hundreds of thousands during WWII. With Michael Smook, Social Commentator.

Monday, Dec 10: 12:45 pm  
**Discussion:** *Friendship in our Lives*. Research shows that having good friendships throughout life is good for our health & our happiness. Join Student Interns, Jordan & Tzipora, in a discussion where

we will learn about the current research, & hear your experiences.

Tuesday, Dec 11: 10:30 am  
**Member Panel Discussion:** Senior Center Members' share their unique work experiences. The third discussion in a series. Moderated by Vicki Matalon, Senior Center Program Coordinator.

Tuesday, Dec 11: 11:45 am  
Celebrating our Members' **December Birthdays** at lunch with cake and good cheer.

Tuesday, Dec 11: 1:15 pm  
**Dancing** with D.J. Frank Posa. Dance hits of the 50s, 60s, 70s and 80s. Disco, Latin, & MoTown

Wednesday, Dec 12: 10:30 am  
**Blood Pressure Screening** with an RN from Allen Hospital.

Wednesday, Dec 12: 1:2:45pm  
**Health Lecture:** *Facts and Myths about Breast Cancer*. With Jennifer Ulloa, Health Educator, Mount Sinai Hospital.

Thursday, Dec 13: 10:30 am  
Theatrical **Court Room Drama** Program: *Law and Order*. With Aytan Adler, Recreation Therapist

Thursday, Dec 13: 12:45 pm  
**Concert:** Ron Doster, Singer & Entertainer will perform songs from the Great American Songbook, Folk & Dance tunes, & more. He will also gladly play audience requests.

Friday, Dec 14: 10:15 am  
**Art Documentary:** *Magritte--An Attempt at the Impossible*. This documentary explores the life & legacy of Belgian Surrealist Painter Rene' Magritte

Tuesday, Dec 18: 10:30 am  
**Historical Trivia:** With Aaron Goldman, Senior Center Member

Wednesday, Dec 19: 1:00 pm  
**Concert:** Billy Zito, Classical Guitarist, will play works by Bach & 20th Century Spanish Romantic Composers.

Sponsored by the Family of Former Senior Center Member, Mrs. Annette DeVito, in her memory.

Thursday, Dec 20: 12:45 pm  
**Exercise Demo:** Yoga For Bone Health. Presented by Laura M. Fisher, Certified Hatha Yoga Instructor and Personal Trainer. To participate you must have an updated Medical Release form on file. Includes chair and standing postures.

Friday, Dec. 21: 11:00 am  
**Concert:** Our Choral Group, Hudson River Voices, will perform select songs from their class for all to enjoy. With Choral Director Andy Klima. Special thanks to the Bronx Opera Company.

Tuesday, Dec 25: 10:30am  
**Interactive Discussion:** *Holidays Around The World*. Presented by Ronnie Zackman

Wednesday, Dec 26: 10:30 am  
**New Year's Celebration.** Join us for Hor d'oeuvres, lunch, and a toast to welcome in the New Year. Suggested Contribution \$6.00; \$8.00 Day of. Stay for Dancing at 1:00 p.m. with Musician Manny Montanez playing 50s-70s pop hits, MoTown, Jazz standards Latin style, Latin & Caribbean music.

Thursday, Dec 27: 1:00 pm  
**Book Club:** *The Vinegar Girl* by Anne Tyler, January's book is *Still Life With Bread Crumbs* by Anna Quindlen. Facilitated by Adele Schwartz, Senior Center Member.

Thursday, Dec 27: 10:30 am  
**Lecture:** Immigration—Past and Present. Presented by Morris Friedberg, M.S.W., Senior Center Member.

Friday, Dec 28: 10:30 am  
**Music Lecture and Clips:** *Enrique Granados—Music Based on Popular Spanish Songs*. With Gina Crusco, MA, Music Educator. Part of a bimonthly series through February.

# Member Spotlight

With the help of our Social Work Interns and at the request of our members, we are resuming our member spotlights which have previously been a part of our newsletter. Below is the first of a series by Social Work Intern, Jordan Weisberger.



Happy December, Riverdale Y Senior Center! This month we would like to introduce you to a newer member of our community, Angela Naranjo. Angela grew up in Ecuador in the town Guayaquil, which she considered very nice and a lovely place to retire. While she lived in Ecuador, she attended the University of Guayaquil as an Accounting student. Before Angela met her husband Jose, she met her future mother-in-law Amarilis Fuentes, who introduced the pair. She and her mother-in-law grew to be very close friends and still are today. A year and a half after her marriage in 1985, Angela and Jose moved to the United States. She spent two and a half years working for Earth Day New York and spent fourteen years running a day care center out of her own home in New Jersey. Running the day care was a very rewarding experience to Angela and she created a lot of connections with parents who she still keeps in contact with today. Angela started attending the Y back in July of this year when a move closer to the facility helped them discover the Y Senior Center. While attending, Angela loves having the experience of meeting new people and getting closer to her Y Senior Center family and attending art classes that the Y provides.

Angela's Adjective: Adventurous – She is always willing to try new things

## Volunteers Make a Difference

We could not run our Senior Center without our volunteers and sometimes it takes a whole crew to make a project successful.

Thank you to the volunteers who helped to make our Thanksgiving Luncheon and raffle a success: Another team effort was our October barbecue:

Julieta Butler  
Max Green  
Lori Keller  
Bruce Lang  
Ronnie Lesh  
Shelagh Masline  
Cesar Melo  
Roberto Pagan  
Juan Rodriguez

**Committee Chair:**

Winnie Berrios

**Committee:**

Ronnie Haber  
Betty Baumel  
Deborah Siegel  
Ariana Holback  
Morris Friedberg

Tehilla Siegel  
Edythe Wittenberg

Loyda Camacho

Ronnie Haber

**Volunteer Waiters:**

Juan Rodriguez  
Roberto Pagan  
Deborah Goodridge  
Paula

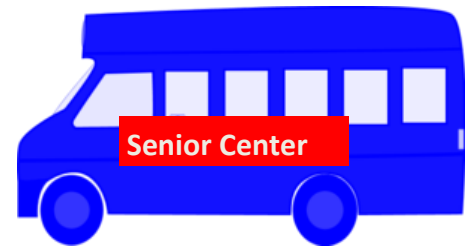
# NEW & RETURNING CLASSES

**DRAWING CLASS:** Eleven sessions from December 4, 2018—February 14, 2019 with Daniel Hauben, Artist. This class has a fee and is Y sponsored. Go to the Reception Desk for rates and to register.

**HUDSON RIVER VOICES:** Make up days for our Friday missed classes will be on Tuesday Dec. 4th & 11th

## 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.



## SIGN UP & SAVE THE DATE

### ***PROJECT RENEWAL SCAN VAN MAMMOGRAPHY***

Thursday, Dec 6, 2018 9:00am -12noon  
Please call 800-564-6868 to make an appointment.

The **NYLAG Mobile Van** for legal assistance will make their next visit on Thursday, January 3<sup>rd</sup>. Please stop by my office to make an appointment with their lawyer.

Lydia Ecker, Senior Center Social Worker

## 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.

### **THE TOUR AT NBC STUDIOS AT ROCKEFELLER CENTER:** Wednesday, Dec 12, 2018.

Guided one-hour and ten minute tour and behind the scenes glimpse of the broadcasting world. We will enjoy access to the studios where Late Night, NBC Nightly News, Saturday Night Live, and more are made. We will also get a behind the scenes look at the TV production process. Then shop to buy collectibles from your favorite NBC shows. Lunch is on your own in area, after the tour. We will also leave time for shopping and sightseeing in the area. Our passenger van departs the Y at 10:00 a.m. We'll head back to Riverdale at 3:30 p.m. Cost \$45.

### **COOPER HEWITT SMITHSONIAN DESIGN MUSEUM, NEW YORK, NY:** Wednesday, Jan 9, 2019

Self Guided Tour of four new exhibits. *The Road Ahead, Reimagining Mobility* is an interactive exhibition showcasing proposals for a reimagined New York City streetscape. *Iridescence* explores how the optical effects of iridescence have maintained a lasting impact on design. *Saturated: The Allure and Science of Color* shows how designers apply the theories of the world's greatest color thinkers to bring order and excitement to the visual world. *Tablescapes: Designs for Dining* illuminates how design transforms the ritual of communal dining in response to cultural and social changes. Early 11:30 a.m. lunch at the Y (contribution for lunch not included in trip fee). Our passenger van departs the Y at 12:30 p.m. and will leave the museum at 4:30 p.m. Cost \$25; after Dec 26 cost increases to \$30.



## **Café Europa Luncheon**



**Thursday, December 6, 2018**

- 11:00AM Monthly Discussion Group with Lois Griff, LSMW, Social Work Staff from Selfhelp Community Services.
- 12:00PM Special Luncheon and Dessert in our Card Room
- 1:00PM Concert: Shlomo Shai-Singer/Musician. A versatile entertainer whose repertoire spans Israeli, Yiddish, American, Klezmer, Italian, and Russian music. Plus dance and Jazz Standards.

Café Europa programs for Nazi victims are supported by a grant from the Conference on Jewish Material Claims Against Germany. Pre-registration required with Vicki Matalon at (718) 548-8200 x 204.

# Donations-Your Dollars at Work

**EVELYN AND LAWRENCE KAGEN:** In appreciation to the staff and volunteers at the Center for all they do.

**ARTHUR & JOYCE KOVEN:** For all the camaraderie and good will at the Riverdale Y Senior Center.

**STANLEY ARONOFF:** Happy Hanukah, Merry Christmas, & a Happy New Year to the Staff, Volunteers, and Members.


**BETTY BAUMEL:** In Memory of Mania Chorzewski

**SUE RUDAVSKY:** In appreciation for Andy Klima and Hudson River Voices.

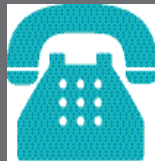
**RUTH TASHMAN:** I love the Y. I have so many wonderful friends here. Thanks for the many calls cards and good wishes. Special thanks to Sharon, Shelagh, Kiya, Jerry and Barbara and Debbie O.

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 legacy donations please contact Rick Lund at (718) 548-8200.

# DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/3 SPAGHETTI WTH MEAT SAUCE Tossed Salad With Dressing Fruit Cocktail	12/4 BRISKET W/GRAVY MUSHROOM BARLEY SOUP ACORN SQUASH POTATO LATKES DINNER ROLLS JELLY DONUTS <b>CHANUKAH LUNCHEON</b>	12/5 CHICKEN SALAD Garlic Bread Tossed Salad with Dressing Bananas	12/6 SALMON CAKES Yellow Rice Steamed Peas Watermelon  <b>CAFÉ EUROPA</b>	12/7 BBQ CHICKEN Roasted Vegetables With Couscous Broccoli Apples
12/10 TURKEY WINGS Brown Rice Sauteed Onions and Peppers Fresh Pineapples	12/11 BAKED SALMON Couscous Mixed Vegetables Grapes 	12/12 WESTERN FRITTATA Oven Roasted Potatoes Mixed Green Salad Canned Mandarins	12/13 BEEF MEATLOAF Garlic Rosemary Mashed Potatoes Spinach Apples	12/14 OVEN FRIED CHICKEN Kasha With Bowties California Blend Vegetables Cantaloupe
12/17 Mustard Dill COD Rice With Vegetables Garden Salad  Canned Apricots	12/18 SWEET & SOUR CHICKEN Orzo Pasta Peas and Carrots Oranges	12/19 TURKEY BURGERS Roasted Sweet Potato Fries Mixed Green Salad Bananas	12/20 SPAGHETTI WITH MEAT SAUCE Broccoli Garlic Bread Apples	12/21 BAKED CHICKEN Baked Red Potato Wedges Mixed Vegetables Oranges
12/24 BEEF CHILI Brown Rice Broccoli Tangerines	12/25 BBQ CHICKEN Baked Yams Collard Greens Apples	12/26 BAKED BREADED FISH Couscous California Blend Grapes  <b>NEW YEARS' PARTY</b>	12/27 TURKEY BURGERS Sweet Potatoes Fries Garden Salad Oranges	12/28 BEEF STEW* Brown Rice Baby Carrots with Parsley Fruit Cocktail
12/31 BAKED FISH Yellow Rice Spinach Grapes				
<b>MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE</b>				
*By popular request, we are going to slowly transition from serving chicken every Friday				
<b>Funded by the New York City Department for the Aging and your contributions.</b>				

# Important Numbers



Senior Center Office ..... (347) 913-4444  
Fax.....(718) 432-9342  
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

Please dial above numbers instead of calling the Y's reception desk.

## 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](http://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  
RIVERDALE YM-YWHA  
5625 ARLINGTON AVE.  
BRONX, NY 10471

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.

### Advisory Council

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

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

## Welcome New Members

DIANE MULLANE  
JOAN DEASY  
DANNY FRANKEL  
RISA EHRLICH  
GLADYS VENEGAS  
CHARLOTTE COHEN  
MARTHA UVERA  
MARGARITA MARTINEZ  
SHELIA HALLETT  
JONATHAN HANSON  
LOUISE HANSON  
CRISTINENA CALICA  
ARTHUR CALICA  
BARBARA JACOBS  
NASREEN KHAIR  
MARY O'CALLAHAN  
ANITA DUTT  
ROSALUA ARZATE  
DAISY MAYO