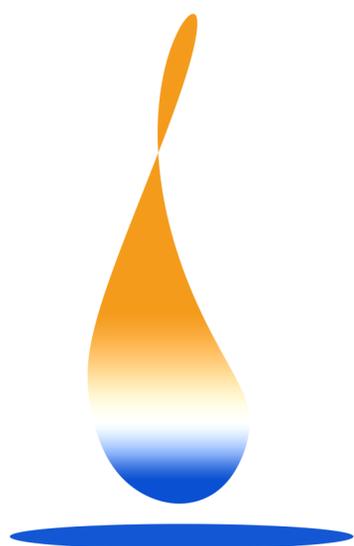


SEPTEMBER 2021 NEWSLETTER



New Beginnings

Center for Contemporary Adults 60+

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

UJA  **Federation**
of New York

FROM THE DIRECTOR



As I write this New York City has announced that proof of vaccination will be required to attend all gyms, fitness centers and restaurants. While the Y's Fitness Center will follow this important new NYC rule, New York City Department for the Aging Older Adult Centers, including New Beginnings, are excluded from the mandate.

Older Adult Centers are first and foremost social service programs to ensure that older adults do not go hungry, have access to resources regarding the benefits and entitlements they need, and do not suffer from social isolation. While the majority of our members have access to food and other supports, this is not true for some in our community and it is especially untrue throughout New York City.

The current Department of Health regulations for Older Adult Centers are 25% capacity in all rooms, four persons per table in our dining room, vaccinations or weekly PCR tests for all staff/volunteers, and a universal mask requirement.

During the pandemic our role as a social service program was vital to the community. Now that we are in the "recovery" phase of the pandemic, we'll continue to embrace that aspect of our mission. At the same time, we have re-opened our doors to extend you a warm welcome and an invitation to once again socialize in person with your friends, enjoy a nutritious and affordable lunch, and continue to learn, grow, exercise and have fun.

We'll be closed much of September for Jewish Holidays. In Jewish Culture this season is a time for introspection but also for rejoicing and renewal. As I reflect back on the past year, I am proud of the role we played in our community and look forward to all our members slowly returning to the Y.

Happy New Year

Sharon Asherman

September 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9/1 Baked Fish Bowtie Pasta Broccoli w/ Red Peppers Watermelon	9/2 Stuffed Peppers Brown Rice Carrots Apple	9/3 Lemon Baked Chicken Couscous Steamed Spin- ach Orange
9/6 Closed Labor Day	9/7 Closed Rosh Hashanah	9/8 Closed Rosh Hashanah	9/9 Turkey Bean Chili Brown Rice Steamed Cauliflower Tangerines	9/10 Baked Chicken Collard Greens Sweet Potato
9/13 Breaded Pollock Couscous Steamed Spinach Watermelon	9/14 Chicken Salad Platter w/ Pasta Salad Tomatoes/ Cucumbers Plums	9/15 Beef Stew Brown Rice Baby Carrots Pears	9/16 Closed Yom Kippur	9/17 Hawaiian Chicken Bowtie Pasta Green Beans Peaches
9/20 Baked Lemon Dill Fish Brown Rice Broccoli Banana	9/21 Closed Sukkot	9/22 Closed Sukkot	9/23 Hamburger Mixed Vegetables Roasted Potatoes Apples	9/24 Spanish Style Baked Chicken Baked Potato Carrots Orange
9/27 Meatloaf Baked Potato California Blend Cantaloupe	9/28 Closed Shemini Atzeret	9/29 Closed Simchat Torah		
	<p>* Menus Subject to Change without Notification Kashrut Supervision Under the Vaad of Riverdale</p>			

NEW & NOTEWORTHY

Sept. 2 Thursday, 10:45am: Health Talk & Slides (In-person)

Nutrition & Lifestyle Changes for a Healthy Heart

A presentation followed by a Q&A. Presented by Teddi Levine, Nurse Practitioner & Professor of Nursing at Mount Saint Vincent College

Sept. 9 Thursday, 2:30pm: History Lecture & Slides (Virtual Tour)

Rockefeller Center and the American Century

This tour focuses on the substantial influence that members of the Rockefeller family exerted during the Second World War and in 20th century politics. Includes surprising details on the role of Rockefeller Center in WW2 spycraft and the emergence of the United States as an economic and military superpower.

Presented by Deborah Zelcer, Owner of *Prowler NYC, Licensed NYC Tour Guide*

Sept. 10 Friday, 10:30am: Piano Concert (In-person)

Popular Broadway Show Tunes with Andy Klima, Singer/ Musician

Sept. 13 Monday, 1pm: Lecture (In-person)

The Olympics: It Has Always Been a Political Platform

Political statements and the Olympics have gone hand in hand since 1904. The Olympics is a global platform and people have seized that moment. Presented by Evan Weiner, Lecturer & Journalist

Sept. 13 Monday, 1pm: Fitness Class (Virtual)

Exercises will focus on strength, balance, endurance and flexibility to keep you active in your life and improve your daily functioning. With Heidi Batchelder, DPT, from Riverdale Midtown Physical Therapy. Note: 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.

Sept. 13 Monday, 1pm: Instructional Knitting (In-person)

Bring a project that you are working on or start something new. This group will meet weekly. With Rosalie Loewy, Instructor

Sept. 14 Tuesday, 1pm: History Talk & Slides (In-person)

Governors Island - New York City

Often confused with other New York islands, Governors Island is located just 800 yards from lower Manhattan. From 1776 through 1996 the island served as a post for various branches of the military. This lecture & slide presentation at the Y will take you on a virtual walking tour of the island highlighting its history, architecture and sites such as Fort Jay, Liggett Hall, and Castle Williams. Presented by Mario Medici, Lecturer & Amateur Photographer

NEW & NOTEWORTHY

Sept. 20 Monday, 10am: Art Talk & Slides (Virtual)

Andy Warhol: Life and Art (90 minutes)

Andy Warhol and the glamorous, star-studded scene that developed around him remain a subject of enormous fascination to this day - but why he's considered one of the most important artists of the 20th century remains a mystery for many people. Find out how we're living in the world Warhol predicted, and why a can of soup is not just art, but important art. Presented by Gene Wisniewski, artist & author trained at New York Academy of Art & The National Academy of Design

Sept. 23 Thursday, 12:45pm: Sukkot Program & Dessert

Join the Y's Director of Community Engagement, Rabbi Joseph Robinson, in the Sukkah for a holiday discussion and a light dessert. Limited to 10. Please sign up with Vicki by September 13th if you'd like to attend.

Sept. 24 Friday, 10am-2pm: Flu Shots

Flu shots will be administered on the back deck of the Y under a tent regardless of the weather. Face masks and physical distancing while standing in line are required. Advance registration is required. Only standard dose flu shots are available. Participants over age 65 MUST bring their Medicare Part B card. Insurance cards required for those under age 65. If you are uninsured, please share this information when you register. Sponsored by Assemblyman Jeffrey Dinowitz & Council Member Eric Dinowitz and in conjunction with Duane Reade by Walgreens. Call 718-796-5345 to register or send an email to Dinowitzj@nyassembly.gov

Sept. 30 Thursday, 10:30am: Musical Entertainment (In-person)

Enjoy Motown, oldies, disco, popular favorites and more. With Juan Ortega, Singer on Keyboards

IMPORTANT SCHEDULE CHANGES

Since we are closed on various Tuesdays & Wednesdays this month due to the Jewish holidays, please note the following additions to the September calendar:

- **T'ai chi** classes will be added on Mondays, Sept. 20 & 27, at 10:15am. Please note the change of time as well as day.
- **Functional Movement** classes will be added on Thursdays, Sept. 9, 23, & 30, at 10:15am. You no longer need to pre- register for these classes.

Some of your favorite programs will be returning in-person at the Y in October 2021:

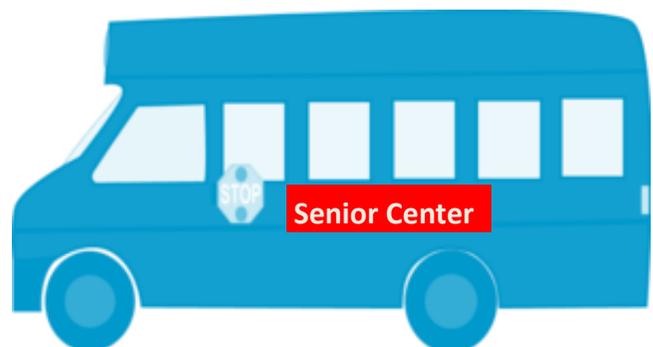
- Weekly Bingo will resume on Mondays at 1pm. Come and win a prize!

ADVISORY COUNCIL NEWS

At a recent Advisory Council meeting, Morris Friedberg stepped down as President and we thank him for his many years of selfless service to our center. Council election results were as follows: Loyda Camacho is our new President; Betty Baumel was elected Vice-President; Shelagh Masline is Communications Officer and Jerry Klein continues as Treasurer. We look forward to seeing everyone at the next General Membership Meeting sometime this fall.

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.



A Letter From Lydia Ecker

ALL GOOD THINGS MUST COME TO AN END

It is with great personal sadness that I have reluctantly decided to leave the Riverdale Y—Older Adult Center, as of September 30. My time with you as your Social Worker has been a privilege. When I joined you in May, 2018, you all welcomed me and trusted me immediately. I have learned so much from your grace and kindness. I shall take with me great personal joy from our relationship and enormous professional satisfaction. I will always treasure these memories. My final words, as always, “take care of yourself”. Bless you all.

Lydia

Lydia Ecker, LMSW
Social Worker

THANK YOU FOR YOUR JULY 2021 DONATIONS

In Memory of Mark Stuart

Nancy Lau

Allan and Alene Silver

Donations help support the programs and services at New Beginnings. Checks can be made payable to the Riverdale Y 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.

Donations from people receiving meal delivery are treated as confidential contributions and are not listed here.

All donations for Older Adults are reviewed by the New Beginnings Director and deposited into the appropriate account. If you donate, your acknowledgment (and notification to honoree) will come from the Riverdale Y's Development Office. The New Beginnings Director works closely with Development to ensure that all donations are acknowledged and earmarked for the intended program.

COVID –19 REQUIREMENTS

Masks and social distancing are required for participation in any Older Adult Center Activity as per current NYC Dept. of Health rules. You may take your mask off while you are seated for lunch . Daily temperature check and COVID screening questions are required.

Thermometers are on the second floor and outside the B-2 level gym. Staff can provide you with masks and hand sanitizer if needed.

IMPORTMENT NUMBERS

Older Adult Office (Toby)(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 (Lydia) (347) 913-4391
Programs (Vicki).....(347) 913-4395
Volunteers (Alexandra).....718) 548-8200 ext. 223

Welcome New Members

Anzora Solomon
Cindy Block
Ian Block
Lia Iosepovici
Maira Ortiz
Migdalia Quinones
Olga Robertello

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

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

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