



MARCH 2018

Newsletter



News from the Director

This year, March begins and ends with Jewish holidays. We celebrate Purim March 1 with special holiday treats, have our Passover Model Seder scheduled for March 21, and Passover officially starts the evening of March 30. Jewish dietary laws dictate that we “turn over” our kitchen to prepare it for Passover. This is an involved process that must be completed by us before the holiday begins. Because we do this under rabbinic supervision, our kitchen will be Kosher for Passover a day earlier than in most observant persons homes.



Several items related to lunch service were discussed in the most recent Advisory Council Meeting. Coffee served at lunch is caffeinated but we will now ensure that decaffeinated coffee is available to anyone who requests it. Our tea is decaffeinated but we will order caffeinated tea and put both on the table. There also was a discussion about serving coffee every day instead of just on days when we have fish. We have instant coffee available upon request if you want coffee on a meat day.



In March we will resume rotating which tables we serve first for lunch. We'll rotate front to back and back to front service on alternating weeks. This was something that the general membership had voted on a few years ago.



Advisory Council meeting minutes are now posted for all members to review. Should you wish to express your thoughts on any of the above, there will be a General Membership Meeting on Tuesday, April 3, 2018 at 10:30 a.m. Additionally, the suggestion box is opened and reviewed at every Advisory Council Meeting.



The second of our three Catalyzing Creativity Programs funded by Lifetime Arts begins this month. The program consists of eight weeks of Improvisation followed by a culminating production in our theater. Hudson River Voices, our Choral Group, will resume the first Friday in March. We are looking forward to an exciting spring.

New and Noteworthy at the Center

Thursday, March 1: 10:00 am

Documentary: *Aida's Secrets*: This moving documentary chronicles the reunion of two brothers born in the same refugee camp in post war Germany. With Izak Sagi, Shep Shell

Thursday, March 1: 1:00 pm

Concert: *From The Old Country Until Now*. Mix of Jewish Music thru the Ages. Howard Leshaw on Clarinet with Piano accompaniment will play Klezmer Music. Sponsored by a generous donation from the family of former Senior Center Member, Mrs. Ray Levine.

Tuesday, March 6: 10:30 am

Lecture: *Staying Safe in Your Daily Life*. Accepting and making physical and mental adaptations will enable you to live more safely. Presented by Roslyn Rothstein, Lecturer & Former Director of Residence Services at the Esplanade Senior Residence in White Plains

Thursday, March 8: 10:00 am

Group Discussion: Rabbinical Intern, David A. Schwartz, will lead a focus group on work and retirement. Be prepared to discuss what you enjoy most about this stage of your life, and how this compares with your prior expectations.

Thursday, March 8: 10:30 am

Lecture & Music Clips: *Italian Composer Ottorino Respighi's The Pines of Rome* with Gina Crusco, Music Educator

Thursday, March 8: 10:45 am

Free Mobile Health Services Van Sponsored by Senator Jeff Klein

Friday, March 9: 1:00 pm

Bliss Fit: Yoga & Dance Combo. Join Trinity Schmidt as she leads this dance & Yoga class to upbeat music. She is a Certified Transformational Dance & Yoga Instructor

Monday, March 12: 1:00 pm

Menu Meeting: Help develop upcoming Senior Center menus. With Food Service Manager, Nekiya Edwards and Senior Center Director, Sharon Asherman.

Tuesday, March 13: 10:15 am

Lecture & Slides: *The Career of One of Hollywood's Legendary's Film Stars, Delores del Rio*. The first major female Latin American crossover star in Hollywood with a career in American films in the 1920s and 1930s. Presented by Pierre Montiel, Film Historian

Tuesday March 13: 11:45am

Celebrating our **March members' birthdays**.

Tuesday, March 13- 1:00pm

DANCING : Pre-Spring Jamboree. Gary Lovett will sing and play lively disco, salsa, merengue, 40s- 60s music

Wednesday, March 14: 10:30am

Blood Pressure Screening. With an RN from The Allen Hospital, New York Presbyterian Medical Center.

Tuesday, March 20: 10:30 am

Nutrition Lecture: *Healthy Eating For Spring*. Presented by Lisa M Ronco, Registered Dietician

Tuesday, March 20: 1:00 pm

Concert: *Jazz Standards & The American Popular Song Book*. With Danny Bacher, Singer, Saxophonist, Songwriter, & Consummate

Performer. Singing Frank Sinatra, Ella Fitzgerald, Louie Armstrong, Cole Porter, Irving Berlin, Johnny Mercer, & more. Sponsored by a generous donation from the family of former Senior Center Member, Mrs. Ray Levine Family.

Wednesday, March 21: 11:30 am

Passover Model Seder. See page 4 for details

Wednesday, March 21: 1:15 pm

Historical Trivia: With Aaron Goldman, Senior Center Member

Thursday, March 22: 10:30 am

Poetry Circle: Please bring in your favorite poems that you've written to share with us. Facilitated by Vicki Matalon, Program Coordinator

Friday, March 23: 10:00 am

DVD: *Loving Vincent*
This animated indie drama recounts the life and last days of tormented Dutch artist, Vincent Van Gogh. 1hr., 35 min. Produced outside the major independent film studio system.

Sunday, March 25: 9:00 a

10:00 Documentary

Welcome To Kutscher's, The Last Catskills Resort

10:00 Housewares Jewelry, Accessories & More on sale at our Boutique
1:00 Dancing With Juan Ortega Oldies Motown, Latin, And More.

Monday, March 26: 1:00 pm

Interactive Presentation: Ageism How America thinks about older adults and what we can do about it with Aliza Lichtman, SW Intern

Tuesday, March 27: 10:30 am

Lecture: *Making Lemonade* : How writers transform difficult experiences into beautiful art In analysis of selected works of Poetry, Memoir, & Short Fiction. Presented



A NOTE FROM THE SOCIAL WORKER

Pat O'Malley, LMSW

There are a few days in March that we can really appreciate. On 3/11, daylight savings time begins bringing us more daylight hours. Set your clocks **ahead** one hour. Spring begins on 3/20. I can hardly wait for the first crocuses to show and Robin Red Breast to make an appearance.

During this month when Irish heritage is celebrated (on March 17) I wish you an Irish blessing:



“May good luck be your friend in all that you do
And may trouble be always a stranger to you.”

Some people are inquiring about the **SCHE** (Senior Citizen Homeowner’s Exemption) benefit for seniors who own one, two or three family homes, condominiums or cooperative apartments. The **deadline for applying is March 15th**. Many management offices are providing information and application forms to their owners. If you qualify, the benefit will be added to your account beginning July 1, 2018. You must be age 65 by December 31, 2018 and have a combined annual income of \$58,399.00. If you are already receiving the




Café Europa Luncheon

Thursday, March 1, 2018

- 11:00AM Monthly Discussion Group Led by Dana Kragh, LMSW from Self Help Community Services.
- 12:00PM Special Luncheon and dessert in our Card Room
- 1:00PM Concert Mix of Jewish Music Thru the Ages. Howard Leshaw on clarinet with piano accompaniment will play klezmer music

Café Europa programs for Nazi victims from the Conference on Jewish Material registration required with Vicki Matalon



have been supported by a grant Claims Against Germany. Pre- at

NEW WEEKLY CLASSES AT THE CENTER

MODELING CLAY WORKSHOP

Modeling Clay Workshop participants will make a variety of small items such as little sculptures, jewelry, and miniature foods that are simply baked in our oven and taken home after each class. Great for gifts or mementos. No experience needed. With Michele Brody. Bronx River Center Teaching Artist and Artist in Residence at Wave Hill. March 2, 16, 23, at 10:15 am.

IMPROVISATION CLASS 10 SESSIONS

Starts Thursday, Mar 15, 2018. Expand your creativity and confidence through theater games that focus on spontaneity, awareness, and concentration. Facilitated by Professional Actor, Frank Inghasciotta. Frank starred in off Broadway productions and in television and film and has extensive teaching experience. He has a Theater Arts degree in Education. This program is funded by a Catalyzing Creativity Grant from Lifetime Arts, Inc. Pre-registration required and

HUDSON RIVER VOICES

Friday, March 2, 2018 Chorus class with Andy Klima, beginning again every Friday, at 10:00 am. Funded by the Su Casa Initiative through the Office of City Councilmember Andrew Cohen in Collaboration with the Bronx

TAI CHI FOR ARTHRITIS

Starts April 9, 2018 on Mondays and Fridays from 10:30 am—11:30 am for 8 weeks.

This is an evidence based class taught by Donna Bonn, a certified instructor with QTAC NY. Please let us know if you are interested. Benefits include pain and stiffness relief, improved balance, increased muscular and

SIGN UPS/SAVE THE DATE

LEGAL VAN

Thursday, March 1, 2018

New York Legal Assistance (NYLAG) Van. By appointment only. See Pat O'Malley, LMSW or call her at #

SCAN VAN MAMMOGRAPHY

Fri, March 30, 2018 8:00am -12noon

Project Renewal. Please call 800-564-6868 to

PASSOVER MODEL SEDER:

Wednesday, March 21, 2018 Program before Festive Meal. Doors Open 11:30 am. Cost \$6 on advance, day of \$8. Sign up begins week of Feb 19, 2018

Open Sunday

March 25, 2018

(Date Changed from March 11, 2018)

We are accepting gently used items for our

Boutique.

No Clothing Please.

Donations-Your Dollars at Work

Thank You for Your Recent Donations

BARBARA NEUMAN: In memory of her membership, my mother, Yetta Weitsman, bequeathed a contribution for all the wonderful programs offered at the Center.

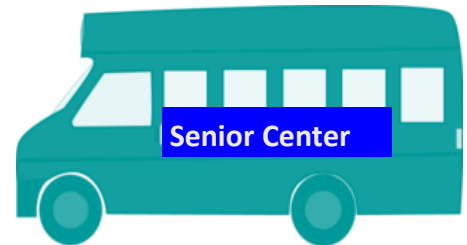
WINNIE BERRIOS: Thank you for the classes at our Senior Center.

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.

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.



UPCOMING ACTIVITY: SENIOR CENTER PICNIC!

We're planning a Senior Center Picnic for June 18, 2018 (rain date June 20th) We'll grill hot dogs and hamburgers and chicken for lunch, and enjoy entertainment and a variety of activities in the summer sunshine at Henry Kaufmann Campground, in Pearl River! Thanks to the efforts of our Gala Committee, the majority of the costs will be financed by our Fundraising Account, with only a nominal cost to members. Stay tuned for further details about fun in the sun.

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.

SEE A MOVIE AT BOW TIE BRONXVILLE CINEMA: Movie listing are available one week before the trip. Tuesday, March 6, 2018, Cost \$15. Leave Y at 12:30 pm Returning Approx. 4:30/5:00 pm.

COOPER HEWITT, SMITHSONIAN DESIGN MUSEUM, IN NEW YORK: Thursday, March 15, 2018.

We'll visit three new exhibits. *Jewelry of Ideas* features nearly 150 brooches, necklaces, bracelets, and rings created by many of the field's most experimental designers, from Europe, Asia, Australia, and North America. The exhibit traces the evolution of Jewelry up to the avant-garde developments of the 1950s through to the most recent innovations. In the *Models and Prototypes Gallery* rotating installations provide insights into the important role of models in the design process. The current exhibit showcases the exceptional models of staircases. The *Access and Ability Exhibit* showcases seventy innovative designs that demonstrate how users and designers are expanding and adapting accessible products and solutions in ways previously unimaginable. Early Bird Pricing \$30; After March 1, \$35 Leaving Y 12:30 pm returning 5:30.



TCM CLASSIC FILM COACH BUS TOUR: Thursday, April 12, 2018


TCM Classic Film Tour is a new sightseeing bus tour of New York City, developed by Turner Classic Movies and On Location Tours, providing an insider's view of movie locations and history. See the real life set of dozens of classic movies from the 1930's through the 1990's. All tour guides are local actors who share insider info about filming in NYC. See locations from Breakfast at Tiffanys, You've Got Mail, Seven Year Itch, Rosemary's Baby, Manhattan, and more. Admire top NY attractions, including the Empire State Building, Central Park, and Grand Central Terminal and more. Learn trivia and how NYC has changed since movie classics were filmed. Our Y passenger van will bring us to West 51st and Broadway where we will meet our shared coach bus. The tour begins at 10:30am sharp! We'll leave the Y at 8:30 a.m. to allow time for traffic. Shop for souvenirs in the Times Square area if time permits before departure. The coach bus tour is three hours and we plan to return to the Y around 4:00. Rest rooms on bus. Early Bird price \$55; Price increases to \$60 after March 26th, 2018. Bagged lunch provided

LYNDHURST MANSION GUIDED TOUR: Wednesday, April, 25th, 2018

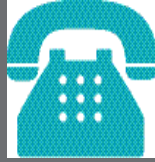
Lyndhurst Mansion is a Gothic revival country house that sits in its own 67 acre park beside the Hudson River in Tarrytown, NY. It was originally designed in 1838 by American architect Alexander Jackson Davis for former NYC Mayor William Paulding. Its noteworthy occupants included Railroad Tycoon Jay Gould, Merchant George Merritt, and William Paulding. We will see 19 decorated rooms on 2 floors. Only the 1st floor is wheelchair accessible; steps lead to the 2nd floor Vast collection of art. Antiques and furniture have remained largely intact. Varied collection of European paintings. Large stained glass windows.

There are expansive grounds and out buildings that are a fine example of 19th century landscape design and historic architecture. Sweeping lawns accented with shrubs and specimen trees will be visited after the tour on our own. Our passenger van departs the Y at 12:30pm and returns to the Y at 4:30pm. Early Bird Price \$35; Price increases to \$40 after April 10th. Early lunch at 11:30am for trip goers is not included in the trip price. Suggested contribution for lunch applies.

MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED FISH Yellow Rice California Blend Apples	2 OVEN FRIED CHICKEN Sweet Noodle Kugel Green Beans Fruit Cocktail
5 TURKEY DRUMSTICKS ORZO Pasta Brussel Sprouts Apples	6 BAKED FISH Roasted Red Potatoes Mixed Vegetables Pineapple Fresh	7 ARROZ CON POLLO CHICKEN BREAST Yellow Rice Peas and Carrots Bananas	8 BAKED ZITI WITH MEAT SAUCE Garlic Bread Penne Garden Salad Apples	9 BAKED CHICKEN Baked Potatoes Broccoli Oranges
12 BBQ CHICKEN Brown Rice Collard Greens Oranges	13 BAKED SALMON Couscous Roasted Broccoli Apples 	14 MEATBALLS Mashed Potatoes Baby Carrots Fruit Cocktail	15 TUNA FISH SALAD Garlic Bread Garden Salad Bananas	16 ROAST CHICKEN Bowties Pasta with Kasha Green Beans Oranges
19 BAKED FISH Couscous w/ Mushroom & Onions Spinach Apples	20 BBQ CHICKEN Roasted Red Potatoes Zucchini Oranges	21 <u>SPECIAL SEDER</u> <u>MEAL</u> <u>BRISKET</u> <u>GEFILTE FISH</u> <u>PLATTER</u> <u>MATZAH BALL SOUP</u> <u>EGG MATZAH</u> <u>SWEET POTATOES</u> <u>ROASTD</u> <u>SPRING VEGETABLE</u>	22 MEAT LOAF Noodles Carrots Bananas	23 BAKED CHICKEN Roasted YAMS Brussel Sprouts Watermelon
26 HAMBURGERS Roasted Sweet Potatoes Fries Bananas	27 BEEF STEW Brown Rice Baby Carrots Grapes	28 CHICKEN CUTLET PLAT- TER Orzo Pasta Broccoli Apples	29 LEMON BAKED FISH Roasted Potatoes California Blend Canned Peaches	30 ROASTED CHICKEN Baked Yams Collard Greens Fruit Cocktail
The Senior Center will be Kosher for Passover Starting Thursday March 29,				
MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE				
Funded by the New York City Department for the Aging and your contributions.				

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
Pat O'Malley, LMSW, Social Worker
Ronnie Zackman, Volunteer Coordinator

**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**
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
Tehilla Siegel, Vice President
Jerry Klein, Treasurer

Riverdale Y Leadership

Deann Forman,

Welcome New Members

HILARIE BACH
ELI KASHI
SUSAN NEWELL
DAVID FIGUEROA
SANDRA LEVENSON
MARION FENNELL
LOIS COLVILLE
MARION GRANT
RICHARD MC NALLY
ZHANNA SOBEL
THOMAS GESS
MIRIAM GESS
KWANG MIN
RAMON PERALTA
DENNIS SHELTON
CATHERINE O'DONNELL
PATRICIA MC MANUS
NORMAN ZAMCHECK
JEROME HENKIN