



The Riverdale  
YM-YWHA  
Senior Center

# APRIL 2019 Newsletter

## News from the Director

By now, most members have received information about updating their membership records and nutrition forms. If you have not picked up these forms in the Senior Center and do not receive in the mail by April 15, please let us know. We may need to correct your address or other contact information. Federal guidelines for Senior Centers require that we survey all members regarding their nutritional status annually.



You're invited to join our new Facebook Group:  
*Riverdale Y Seniors and Friends.*

As a group member you will be able to share your photos or thoughts directly with other Senior Center members. To join the group you need to have a Facebook account. Once you set up

your Facebook account, you can search for this group from your Facebook page. We have also scheduled two social media training sessions this month which will teach members how they can sign up and fully participate in this group. The training will also review the Riverdale Y and Riverdale Run websites.

Facebook groups are a collaborative way for organization participants to network on social media. We will review accessing and participating in the Facebook group at this month's social media training. Our regular Riverdale Y Senior Center Facebook page will be closed in April and we invite current members to transition to the group. Feel free to invite your friends and relatives outside the Center to join.

Our kitchen will be koshered for Passover starting Friday, April 19, 2019. During the Passover holiday, no bread or bread products will be served and no outside food will be brought into the kitchen. All are invited to learn about the holiday and enjoy a festive meal on Passover Model Seder on Tuesday, April 9, 2019.



All the Best,  
Sharon Asherman, LMSW

## 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.

**YIDDISH-LANGUAGE PRODUCTION OF FIDDLER ON THE ROOF:** Directed by Joel Grey At Stage 42 Theater (off Broadway) on Wednesday, June 26, 2019, Experience *Fiddler on the Roof* in a new way— in Yiddish, the language of Tevye and his family! The Yiddish translation adds new depth to the beloved story of a community, and its struggle to balance traditions and desires in a changing world. English and Russian subtitles displayed on a screen.

Our passenger van departs the Y at 10:30 am leaving plenty of time for you to explore and have lunch on your own prior to the show which starts 1:00 pm. The performance is 3 hours and 15 minutes with one intermission. You will need to be able to navigate 1-2 steps to our rear orchestra seats. We will meet our bus outside the theater at 5:15 pm to head back to the Y using our 16 seat passenger van. Lunch is not included in the cost of the trip but bagged lunch can be provided upon request. Trip costs \$90. Limited tickets.

**HUDSON RIVER MUSEUM PLANETARIUM & LUNAR ART PROJECT:** Wednesday, April 10, 2019. We will take a virtual trip in the planetarium, with astronauts, to our own silvery moon, then journey to the outer planets to discover more moons. Next, we will enjoy a self guided tour of the new exhibit *Color of the Moon Lunar Paintings in American Art*, seeing examples of moon lit landscape paintings. Finally, our journey takes us to a hands on art workshop. We'll use watercolors as a medium to create an our lunar scene. An art educator will guide us. Our passenger van departs from the Y at 12:45 p.m. Lunch at the Y is not included in trip fee. We will depart the museum at approx 4:45 pm. Sign up begins Monday, March 4th, 2019. Price is \$30. After March 25th, depart from price increases to \$35.

**STONE BARN CENTER FOR FOOD AND AGRICULTURE:** Pocantico Hills, NY: Wednesday, April 24, 2019. A behind the scenes view of the farm with a 90 minute in depth tour. Learn about the Center's methods of raising livestock and growing sustainable vegetables. Walk through the greenhouse and grazing pastures. Understand more fully what sustainable and agroecological farming means. See livestock and beautiful gardens. Our Y passenger van departs the Y at 12:45 pm. Lunch is not included in this trip. We will leave the Center for our return trip at 4:00 p.m. Price is \$35; After April 10th fee increases to \$40.

**MUSEUM OF MODERN ART:** Thursday, May 30, 2019. We will enjoy a self guided tour of the museum's new and permanent exhibits. New Exhibits: *New Order: Art and Technology in the Twenty First Century*, *The Value of Good Design*, featuring objects from domestic furnishings, ceramics, sporting goods, electronics, more; *Joan Miro; Birth of the World* featuring sixty paintings, prints, surrealist art, and more. The permanent collection includes works of art from the 1880s-1950s. Featured artist include Claude Monet, Frida Kahlo, Henry Matisse and more. Our Y Passenger Van departs at 10:00 am. We'll provide a bag lunch and eat in an indoor atrium before heading to the museum. We will leave the museum approximately 3:30 pm. Price is \$30 per person. Sign up begins April 8th 2019; after April 22nd, price increases to \$35. We can accommodate 15 participants on this trip.

**LITERARY BRONX:** Thursday, May 16, 2019. See and hear about historic Bronx sites enshrined in the literary works of noted authors such as Edgar Allan Poe, Sholem Aleichem, E.L. Doctorow and others. Led by Lloyd Ultan, current Bronx Borough Historian, Author and History Professor. We will tour the Bronx in the Y Passenger Van. We depart the Y after lunch at 1:00 pm and return at approximately 4:30 pm. Price is \$45 per person. Sign up begins April 3rd, 2019; After April 17th , price increases to \$50 per person. We can accommodate up to 14 members.

**ATLANTIC CITY TRIP:** Thursday, April 18, 2019. The YM-YWHA of Washington of Washington Heights in Inwood has invited the Riverdale Y to join them on an Atlantic City trip. Cost \$35. Departure at 9:00 am from Nagle Ave. Bagged lunch included. Must pre-register at our Y and pay by April 8, 2019.

# New and Noteworthy at the Center

Tuesday, April 2: 10:30 am

**Lecture:** *Evolution of American Humor: From Beginnings Until Today.* Presented by Marilyn Kaufman, Lecturer, Former Librarian. April is National Humor Month

Tuesday, April 2: 11:45 am

Celebrating our Members' **April birthdays** with warm wishes and gifts

Tuesday, April 2: 1:00 pm

**Dancing** with Bryan Lammers, Guitar & Vocals. Playing Latin, Rock & Roll, Salsa, Jazz, & more

Thursday, April 4: 1:00 pm

**Cafe' Europa Concert: All are welcome to attend**

Friday, April 5: 10:00 am

**Caring for Persons with Memory Loss:** An educational seminar with a representative from the Alzheimer's Association.

Friday, April 5: 10:30 am

**Nutrition Lecture:** *Eating Healthy To Decrease Risk Factors of Cardiovascular Disease.* With Lisa Ronco, Registered Dietician

## April 7, 2019--OPEN SUNDAY

Doors open at 9:00 am

10:00 am Movie— Current Romantic Comedy on Large Screen. Movie listings posted at Senior Center

11:45 am **Lunch**

1:00 pm **Concert:** with Ron Doster Singer on keyboards. Folk songs, Popular tunes and more.

Tuesday, April 9: 10:30 am

**Theatrical Court Room Drama: Law & Order.** With Aytan Adler, Recreation Therapist

Tuesday, April 9: 11:30 am

**Passover Model Seder:** Program led by Rabbi Steven Exler of the Hebrew Institute of Riverdale. Festive Holiday Meal. \$6.00 in

advance; \$8.00 day of event.

Thursday, April 11: 1:00 pm

**Concert:** *Vocal Ease.* A Cabaret style show with a wide range of songs including standards from the Great American Songbook, popular musical theater songs, Pop, Soul, & more. Sponsored by Self Help Community Services.

Friday, April 12: 10:00 am

**Caring for Persons with Memory Loss:** An educational seminar with a representative from the Alzheimer's Association.

Tuesday, April 16: 10:30 am

**Lecture & Discussion:** *Russian Aggression and what the United States Can Do About It.* With Morris Friedberg, Senior Center Member

Tuesday, April 16: 1:00 pm

**Discussion & Slides:** *A Life Full of Wonder: Shanghai, Israel, & the U.S.* Presented by Ellen Kracko, Hadassah Chapter of Riverdale.

Tuesday, April 16: 1:00 pm

**Violin Concert:** Ethnic Music, Italian, Russian, Jewish, Irish, Latin, & more. With Violinist, Albert Mulad. Mr. Mulad has performed with the Russian Philharmonic, Carnegie Hall, New York City Opera, Avery Fisher Hall and more.

Wednesday, April 17: 12:45 pm

**Discussion:** *Quality of Life.* What quality of life means to you and which aspects of life you find most important to achieve that high quality, and why. With Jordan Weisberger, Intern.

Thursday, April 18: 10:30 am

**Lecture:** *The Hidden Meanings of Passover.* Presented by Rabbi Tamar Crystal, Westchester Chaplain, New York Board of Rabbis.

Thursday, April 18: 10:30 am

**Nutritional Lecture:** *Eating Healthy to Avoid Hypertension.* Presented by Julie Weiner, M.A.

# New and Noteworthy at the Center

Tuesday, April 23: 10:30 am  
**Lecture:** Come to a talk all about Water. Its pros and cons. How do we conserve water? Will be held in dining room.

Wednesday, April 24: 12:45 pm  
**Workshop & Slides:** *Poison Prevention in the Home*. Presented by Dilem Valenzuela, Community Educator with New York City Poison Control Center.

Thursday, April 25: 1:00 pm  
**Book Club:** *The German Girl*, by Armando Lucas.  
May's book title is *The Chilbury Ladies Choir*, by Jennifer Ryan, Facilitated by Adele Schwartz, Center Member

Tuesday, April 30: 10:30 am  
**Historical Trivia:** With Aaron Goldman, Center Member

## ATTENTION VOLUNTEERS:

Please note that an information form should be filled out so that you are registered on the volunteer list: Get a form from Ronnie Zackman. In May, there will be a meeting to be announced.



## Thank You for Your Recent Donations

**NITZA BRAVO:** In appreciation to the Senior Center.

**FAMILY OF ROSE KLEMPER:** In appreciation to the Senior Center

**EVE TRUNGOLD:** With many thanks to the Y Staff for all you do for us.

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.

# APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1 STEWED BEEF Brown Rice Baby Carrots Grapes	4/2 BAKED SALMON Couscous Green Bean Bananas 	4/3 TURKEY DRUM-STICKS/WINGS Baked Sweet Potato Collard Greens Tangerines	4/4 TUNA CAKE Bowtie Pasta California Blend Vegetables Watermelon	4/5 OVEN FRIED CHICKEN Red Bliss Potatoes Brussel Sprouts Fruit Cocktail
4/8 HAMBURGERS Roasted Sweet Potato Fries Tossed Salad Applesauce	4/9 Gefilte Fish Platter Matzah Ball Soup Egg Matzah Brisket Sweet Potatoes Herb Roasted Spring Vegetable Macaroons & Parve Sherbet	4/10 BAKED FISH Orzo w/Vegetables Roasted Zucchini Pears	4/11 SPAGHETTI AND MEAT SAUCE Garlic Bread Garden Salad Apples	4/12 SALMON CAKE Yellow Rice Health Salad Steamed Peas Watermelon
4/15 STUFFED BAKED FISH Couscous Spinach Oranges	4/16 CHICKEN SALAD Garlic Bread Grapes	4/17 SALISBURY STEAK WITH MUSHROOM SAUCE Egg Noodles Baby Carrots Apples	4/18 BREADED BAKED FISH Brown Rice Yellow Squash Bananas	4/19 BBQ CHICKEN Baked Sweet Potato Broccoli Sliced Canned Peaches
4/22 SALMON BURGER French Fries Cucumber Salad Pears	4/23 OVEN FRIED CHICKEN Baked Potatoes Baby Carrots Apples	4/24 SPAGHETTI AND MEATBALLS Tossed Salad Sliced Peaches	4/25 MUSTARD DILL BAKED FISH Sweet Potatoes Collard Greens Oranges	4/26 CLOSED
4/29 SPAGHETTI AND TURKEY MEAT SAUCE Garlic Bread Garden Salad Oranges	4/30 TUNA SALAD Fresh Sliced Tomatoes and Cucumbers Bananas			
4/7 OPEN SUNDAY  CHICKEN CAESAR SALAD GARLIC BREAD TANGERINES	MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE			
*By popular request, we are going to slowly transition from serving chicken every Friday .				

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

## NEW CLASSES AND PROGRAMS

### HEBREW CLASS

If you are interested in participating in a Beginners Conversational Hebrew Class, please let Vicki Matalon know.

### BEADING CLASS

Begins in June 2019. Please sign up with Vicki , if you are interested, 8 participants only.

### FREE PIANO LESSONS

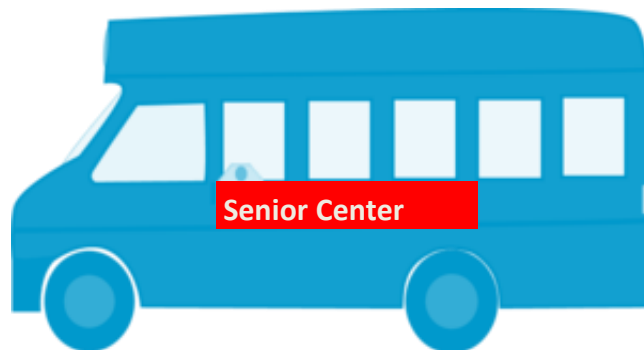
Lessons are given by a Riverdale resident piano teacher on Wednesdays from 12:30–2:00 pm. Let Vicki know if you are interested.

### BRIDGE CLASS

Instruction for beginners– let Vicki know if you are interested in learning to play bridge. We'll offer an 8 session class with enough interest.

## 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.





# FROM YOUR TABLE TO OURS!

We 're collecting recipes to include in an upcoming Riverdale YM-YWHA Senior Center Cookbook. Whether it's the brisket you make for your family each Passover or the chicken soup your grown -up kids still want you to make for them when they're sick- we want your recipes!

This collection promises to be a celebration of our community and the rich ethnic and religious diversity of backgrounds we bring to it. Blank recipe forms are available on the table across from the elevator on the second floor. You can also return your completed forms to a box on this table, or email your recipe to [tedabehr@att.net](mailto:tedabehr@att.net)

Bon appetit!



## ***Café Europa Luncheon***

***Thursday, April 4, 2019***

11:00AM Discussion Group facilitated by Gail Cohen, MSW Social Worker Staff from SelfHelp Community Services.

12:00PM Special Luncheon and Dessert in our Card Room

1:00PM Concert: Four Hand Piano Duet. *Songs*

*From Around The World.* Playing Israeli, Hungarian, Italian, and more. Performed by Caterina Fabian and Lee Feldman.

Café Europa programs for Nazi victims have been 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.



# SIGN-UPS/SAVE THE DATE

## Special Opportunity to Participate in the Annual Y Fundraiser Riverdale Run May 19, 2019

You are invited to join the 1K Riverdale Y Seniors team led by Center Director, Sharon Asherman, or sign up independently for the 1K or the 5K Walk/Run. There is a special discount code (RYSC) if you register on-line. If you can't walk or run, you can still sponsor Sharon and her teammates. Go to [www.riverdalerun.com](http://www.riverdalerun.com) on your computer and click on "donate" at the top, and then enter "Sharon Asherman" in the space provided. Your donation will benefit your Senior Center.

DIY (Do it Yourself) Training: Y Instructor Geoffrey Goodridge will demonstrate on a large screen how to navigate the Run website on April 10 and April 17 at 12:45 p.m. as part of our ongoing Social Media Training.

WDIFY (We Do It For You!): Staff from the Y will be available at 12:45 p.m. on the following days to sign up RYSC members and help with on-line donations: Monday, April 8, Tuesday, April 16, Wednesday, April 23 & Thursday, May 1.

### **This year's proceeds go to support your Senior Center!**

Your continued support of the Y and our older adult members is appreciated.

## **OPEN SUNDAY— June 23, 2019 IT'S A HAWAIIAN BBQ FUNDRAISER!**

On Sunday, June 23, we're having a BBQ Hawaiian style! Put on your Hawaiian shirt and join us for a tropical afternoon right here in your own Y "backyard". Dine on grilled hamburgers, hot dogs and chicken Hawaiian style - think pineapples and mango - and dance to the music of Manny Montanez. Tickets go on sale May 1, 2019. The price is \$15 and all profits go to the Senior Center Fundraising account. Many of our new classes are funded through the dollars that you contribute to this account.

Note: Since the Senior Center is open this day we will provide regular lunch upstairs for those who are unable to attend the fundraiser.

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

Tuesday, April 2, 2019 9:00am -12noon  
Please call 800-564-6868 to make an appointment.

### **MOTHER'S DAY & FATHER'S DAY PARTY**

Luncheon and Entertainment  
Wednesday, May 29, 2019





## A NOTE FROM THE SOCIAL WORKER

### TAKE CARE OF YOURSELF!

That should always be our mantra....*Take Care of Yourself*....when we do, we'll be in better shape to enjoy each day and be there for our loved ones. I have had two thoughts on this subject I wanted to share with you.

ITEM ONE: There was an excellent article by Jane Brody in *The New York Times* on February 25, 2019 about fall prevention. So often our minds are distracted or we're doing multiple activities at the same time and BOOM! we're flat on our whatsits. Breaking a hip, arm, leg, etc. will really cramp our style. It's never too soon to start focusing on one thing at a time. This article addresses many other safety suggestions as well. Copies are available right outside my office. Please feel free to take one for yourself (and maybe another for a friend).

ITEM TWO: Many people living alone have put off getting a life alert system in their home. For a relatively inexpensive monthly charge you can give yourself (and your family and friends) some peace of mind. If you fall or feel ill, pressing a button, around your neck or on your wrist, will bring help to you. There are many reputable companies out there. Let's talk about how this program can work for you.

## Lydia

Lydia Ecker, LMSW

alzheimer's  association

## EARLY STAGE MEMORY CHANGES SUPPORT GROUP AND EDUCATION PROGRAM

**In addition to the supportive services from our Social Work team, we now have partnered with the Alzheimer's Association for an early stage memory support group and simultaneous caregiver's education.**

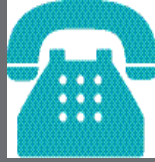
**SUPPORT GROUP DATES:** This is an 8 week cycle, meeting Fridays for persons with early stages of memory loss. Please note, we will not be meeting 4/19/19, & 4/26/19 in observation of Easter and Passover, Our meeting dates are 4/5/19, 4/12/19, 5/3/19, 5/10/19, 5/17/19, and 5/24/19.

**EDUCATION PROGRAM DATES:** 4/5/19, 4/12/19.

**TIME:** 10:00 am-11:30 am

**To register, please see the Senior Center Social Worker, Lydia Ecker, or call The Alzheimer's Association at (800) 272-3900.**

# 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  
Lydia Ecker, LMSW, Social Worker  
Ronnie Zackman, Volunteer Coordinator

Newsletters are available on the Internet  
at [www.riverdaley.org](http://www.riverdaley.org)

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AND YOUR CONTRIBUTIONS

**UJA**  **Federation**  
*of New York*

## 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

## Welcome New Members

CHARLOTTE RICHARDSON  
MADELINE JAFFE  
CORA GORDON  
LESLI CUTLER  
PHYLLIS RAYAN  
DONALD MELVIN  
ALAN GARY  
BETH CONNOR  
HOUSHANG HANOUNI  
SHOSHANA ISAACS  
PHYLLIS-JANE FAWLKES  
JOAN CRIMI  
LEONARD BERK  
PATRICIA BRODY  
DIANE HOLMGREN  
SHEILA EACKLOFF  
MARTIN MILLER  
MARTHA FRANKEL  
SANDRA ARMENTO  
ERIKA SMITH