



The Riverdale
YM-YWHA
Senior Center

OCTOBER 2017 Newsletter

News from the Director

Members have repeatedly requested that we expand two of our programs, the Hudson River Voices Choral Group and our Functional Movement Class, and we were fortunate to obtain funding for both programs. The choral group will resume Friday, October 20, for an eight week session this fall due to a generous grant from Lifetime Arts, Inc. And, there will be an additional Functional Movement Exercise Class starting on Tuesday, October 10 funded by New York Presbyterian Medical Center.

Thanks to a generous grant from the UJA—Federation, the Y now has a Development Director whose role is to make sure that the agency and the Senior Center will be sustainable. Join us on Thursday October 17, 2017 to learn about the new Senior Center Endowment Fund and how you can ensure that the Senior Center is part of your legacy.

Thank you to all our elected officials for sponsoring this month's Flu Shots on October 17. Special thanks to our Council member, Andrew Cohen. The Council's *Support Our Seniors Initiative* will help us to purchase some much needed supplies and equipment for our kitchen.

On another note, I want to acknowledge all the members who contributed funds on short notice for our Hurricane Relief Campaign and especially thank the members who purchased needed items on behalf of all the members.

Sharon Asherman, LMSW

Staff News

There have been some changes in our kitchen staffing. Ian Nerwen has moved on after six years in charge of our kitchen and making a significant contribution to the Center. Congrats to Nekiya (Kaya) Edwards on her promotion. She will assume management responsibility for our food service program. We are adjusting staff schedules and bringing in new experienced cooking staff to support our program. We also will be working with a consultant to update our menus and enhance our recipes. As always, your input and ideas are appreciated.



Celebrating Rosh Hashana at the Senior Center with
Rabbi Exler

New and Noteworthy at the Center

Tuesday, Oct 3: 10:30 am
Historical Trivia: With Aaron Goldman, Senior Center Member

Wednesday, Oct 4: 1:00 pm
Crafts Class: Join Margarita Deida, Artist, in making decorative gift boxes.

Tuesday, Oct 10: 10:30 am
Drama Games & Improvisation: Fun, Expressive, and very enjoyable. Facilitated by Ellen Flaks, Drama Coach

Tuesday, Oct 10: 11:45 am
Celebrating our Members' October birthdays before lunch. Fun & surprises.

Tuesday, Oct 10: 1:00 pm
New Workshop: *Finding Your Way -Decluttering your environment.* The first of an ongoing weekly group with our Social Work Students, Samantha Sen and Aliza Lichtman.

Tuesday, Oct 10: 1:15 pm
Dancing: Juan Ortega will play Oldies, Latin, various line dancing music, disco, & more.

Tuesday, Oct 17: 10:30 am
Music Appreciation Program: *Mendelssohn's Italian Symphony—What makes it Italian?* With selections from that composer, plus Respighi and Rimsky-Korsakov. Fun music, great listening, and an interesting topic. With Gina Crusco, Music Educator.

Tuesday, Oct 17: 1:00 pm
Special Discussion: The Senior Center Endowment Fund How members can support the future of the Senior Center. Presented by Rick Lund, Development Director, Riverdale Y. Special Guest: Lori Kranczer, Planned Giving Advisor

Wednesday, Oct 18: 1:15 pm
Lecture & Slides: *What Makes Jazz, JAZZ?*- Join Jazz Scholar and Writer, Greg Thomas, as he

shares jazz masters and their display of the dynamic qualities that make Jazz music a distinct representation of American life and values. Made possible by a bequest from the Estate of Senior Center Member, Lou Levinson. Dessert and Coffee to follow.

Thursday, Oct 19: 10:30 am
Lecture: "*What's On Your Mind*" With Morris Friedberg, LMSW and Senior Center Member

Friday, Oct 20: 10:00 am
Movie- *Comedy DVD*

Open Sunday
Sunday, Oct 22: 10:30 am
Play Reading: *Bubbie of Frank N. Stein*, By Senior Center Member, Ira Ben Wiseman. Several of our members are in the cast.

Tuesday, Oct 24: 10:30 am
Lecture: *The Constitution, 230 Years: What's in it?* Presented by Marilyn Kaufman, Historian & Lecturer

Wednesday, Oct 25: 1:00 pm
New Members' Orientation Meeting. By invitation only. With Program Coordinator, Vicki Matalon.

Refreshments will be served

Thursday, Oct 26: 10:30 am
Health Lecture: *Tips For a Better Memory.* Presented by Neldy Martinez, RN. River Spring Health Plans. Receive giveaways

Thursday, Oct 26: 1:00 pm
Concert: *East Side Trio Plus One* will perform Klezmer music. Sponsored by Self Help Community Services.

Thursday, Oct 26: 1:00 pm
Book Club: *Our Soul at Night* by Kent Kuref. The November book is *The Children Act* by Ian McEwan

Friday, Oct 27: 10:00 am
Movie *Comedy DVD*

Tuesday, Oct 31: 10:30 am
Discussion: *This & That* with Ronnie Zackman.

TAG SALE:

Sunday, Oct 22, 2017
Time: 10 to 12 noon

Please bring in your gently used items to sell, prior to the event. House wares, books, pocket books and more. Clothing not accepted

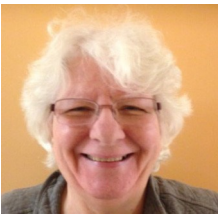
COMPUTER CLASS **EACH WED AT 1:00 PM**

Topics to be covered this month:
How to Protect your Computer & Purchasing a New Computer.

The instructor is available to answer any computer related questions as well as assisting you with your smart phones, tablets, and other devices.

LOOKING FOR CANASTA **PLAYERS**

Tuesdays, & Thursdays mornings at 10:00 am.
Please let us know.



A NOTE FROM THE SOCIAL WORKER

Pat O'Malley, LMSW

Fall has arrived! I, personally, prefer the crisp, autumn weather to the summer heat and humidity. Some unique celebrations in the month of October include: Bosses Day on 10/16, National Chocolate Day on 10/28. National Cat Day on 10/29. We could make a connection because everyone knows that if you own a cat, he/she is the boss in your house. The chocolate simply helps alleviate the stress of catering to your cat! Have a perfect fall season!

October 15th to December 7th is the open enrollment period for enrolling in or changing your health insurance coverage. You should be receiving information from your current insurer to help you make the decision to change or not. If you do not make a change during this period, you will have to wait until next year to do so. I will be available to assist anyone who needs to discuss this issue. Don't wait until the last minute!

I am considering a bereavement group. Anyone who might be interested should stop by to discuss the possibility with me. Thanks.

Caregiving Programs

Educational Programs will be Presented on November 15, 2017

at 1:00 pm & 6:00 pm

By Roy Capps, Caregiver Educator for Care NYC.

The Caregiver's Guide to Alzheimer's/Dementia

Learn the basics of Alzheimer's and other forms of dementia. Gain insights on: caregiver skills, communication tips, and coping with challenging behaviors of persons with Alzheimer's and other forms of dementia.

Self-care for the Caregiver

Learn how to identify your own needs as a caregiver and the barriers that prevent you from self-care which can lead to caregiver burnout. Discover the six areas of self-care that can lead to a more centered and fulfilled life. This workshop is designed for caregivers who are caring for persons with Alzheimer's and other form of dementia.

Pre-registration required at the Welcome Desk.

Donations-Your Dollars at Work

Thank You for Your Recent Donations

MARGOT NEUBURGER: Thanks to Senior Center and Staff.

S. FRUCHTER: In appreciation for the Social Services offered at the Center.

DALE GRAND: Thanks to the Senior Center.

SIMON BAEK: We enjoy the daily lunch.

SHELAGH MASLINE: With deep appreciation for the late Alvin Lisle, a very special gentleman as well as bridge teacher extraordinaire.

SANDY KOLODNY: In memory of Alvin Lisle.

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.



SIGN UP & SAVE THE DATE

NOV 2017 TALENT SHOW

Can you sing or can you dance? Talent Show coming. Take a Chance. Please see Ronnie Zackman, Volunteer Coordinator, Tuesdays, Wednesdays or Fridays or call 718-548-8200 x217.

Thanksgiving Luncheon

Tuesday, November 21, 2017

Lunch: 11:45 am \$4 the day of \$6

Special Concert after lunch

PROJECT RENEWAL

SCAN VAN MAMMOGRAPHY

Tuesday, Dec 5, 2017 9:00am -12noon

Please call 800-581-4171 to make an appointment.

NYLAG VAN

Thursday, Nov 9, 2017

New York Legal Assistance (NYLAG) Van.

By appointment only. See Pat O'Malley, LMSW or Call her at # 347-913-4395

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.

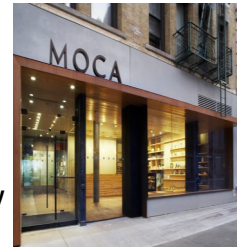
CLASSIC HARBOR LINE ARCHITECTURAL BOAT TOUR: Thurs, Oct 19, 2017.

We will take a 1920's style Yacht, departing from Chelsea Piers in Manhattan, on a 90 minute narrated architectural cruise around lower Manhattan. We will ride in an enclosed climate controlled, cushioned observatory, surrounded by large windows and sky lights. Guided tour is provided by members of the American Institute of Architects, NY chapter and includes all major sites of lower Manhattan below 59 street. We'll pass beneath the Brooklyn, Manhattan and Williamsburg Bridges while seeing architectural, monuments, parks, infrastructure, water fronts, and more. Departs the Y at 9:00 am and returns approx 2:30 pm Cost \$63 includes a bagged lunch. After Sept 20th price increases to \$73. **SOLD OUT - WAITING LIST**



CHINATOWN & LITTLE ITALY: Wed, Oct 25, 2017

Visit two museums, exploring shopping on Canal St. and enjoying a delicious lunch. Guided tour of the permanent core exhibit in the Museum of Chinese in America featuring Chinese American, history from the past 200 years. Self guided tour of New Exhibit: *Golden Venture Paper Sculptures*. Next, we'll visit the Italian American Museum for a self-guided tour. Through their various exhibits we will see the achievements and contributions of Italian Americans to the American way of life. Lunch is Chinese, Vegetarian Kosher lunch at Buddha Bodai Restaurant on Mulberry St. with time for shopping on Canal and Mott Streets before returning to the Y. Departs the Y at 9:00 am by Y Passenger Van. Return time approximately 5:30 p.m. \$35 Price increases to \$45 after October 4, 2017 (Price of lunch not included in trip costs). **SOLD OUT - WAITING LIST**



FOLLOW THE TRAIL OF THE CHISELER: Thurs: Nov 9th, 2017, A bus tour narrated by Mr. Lloyd Ultan, Bronx, Historian. We will see and hear about outdoor public sculptures in the Bronx outside the Hall of Fame, in the Parkchester area, at Van Cortlandt Park and more. Departs the Y at 1:00pm, returning at 4:30 pm Cost \$35 after Oct 26 Price increases To \$40.

ONE WORLD OBSERVATORY ATOP THE WORLD TRADE CENTER:

Tues, Nov 29, 2017

We will climb 1250 feet in less than 60 seconds in the Sky Pod Elevator while surrounded by LED screens showing 500 years of New York History. Experience breath taking Panoramic Views of Connecticut, New Jersey, and the 5 boros on the 100th, 101st, and 102nd floors. There are tour guides on hand to answer any questions you may have.

Experience the tour guide narrated City Pulse Presentation. Video presentations include "Voices" which shares the stories of those who built One World Trade Center and a short video in the Forever Theater. We will also visit the architecturally unique Oculus or Westfield World Trade Center Shopping Mall. It's a beautiful space with upscale shopping. Lunch is on your own with an opportunity to shop in the surrounding Fulton Street area. Cost \$42; After Nov 15 cost is \$50. Bus leaves Y at 9:30 am and returns approximately 4:30 pm by Y van.

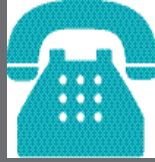


OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 STIFFED FISH Brown Rice Green Beans Apple	3 BBQ CHICKEN Baked Potatoes Collard Greens Grapes	4 BREADED BAKED FISH Couscous Mixed Vegetables Watermelon	5 CLOSED	6 CLOSED
9 SWEET & SOUR CHICKEN Brown Rice Spinach Grapes	10 BAKED SALMON Couscous with Mushrooms/Onions Mixed Vegetables Fruit Salad 	11 OVEN FRIED CHICKEN Orzo Pasta Broccoli Apples	12 CLOSED	13 CLOSED
16 MUSHED DILL FISH Orzo Pasta Kale and Lemon Fruit Salad	17 TURKEY WINGS Baked Yams Italian Blend Apples	18 TUNA CAKES Oven Roasted Potatoes Spinach Cantaloupe	19 SALISBURY STEAK WITH GRAVY Egg Noodles Mixed Vegetables Oranges	20 BAKED CHICKEN Bowties Pasta with kasha Italian Cut Green Beans Bananas
23 HAMBURGER Sweet Potato Fries Tossed Salad Oranges	24 LEMON DILL FISH Brown Rice Mixed Vegetables Grapes	25 HONEY PINEAPPLE CHICKEN Roasted Red Potatoes Peas & Carrots Apples	26 SPAGHETTI WITH MEAT SAUCE Garlic Bread Tossed Salad Watermelon	27 ROAST CHICKEN Capri Blend Vegetables Baked Sweet Yams Bananas
30 SALMON CAKES Brown Rice Kale and Lemon Apples	31 BEEF STEW Brown Rice Carrots Grapes			
	22 <u>OPEN SUNDAY</u> SALMON CAESAR SALAD ORANGES			

MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

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
Programming. (347) 913-4395
Volunteers. (718) 548-8200 ext. 217
Social Adult Day Program (347) 913-4396

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



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
Tehilla Siegel, Vice President
Jerry Klein, Treasurer

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

Welcome New Members

SAMUEL BERNAMOW
SHEILA HILL
JOAN YOUNG
AZUCENA ALMANZA
DONALD ALMANZA
ROSLYN GREENE-TURNER
STELLA SANCHEZ
WILFREDO ALVERIO
DAVID FREILICH
EVELYN MCELROY
VIVIAN COT
ESTHER IBISCH
ADA HUEBNER
LEONAD FREILICH
SHEILA FREILICH
MARY SHEEHAN
MAX JACOBOWITZ
SELMA BERSON