



The Riverdale  
YM-YWHA  
Senior Center

# APRIL 2018 Newsletter

## News from the Director

Happy Spring!

If you haven't updated your membership information in a while, please stop by the Senior Center office any Monday, Tuesday or Wednesday this month. Let us know of any changes in phone numbers, addresses, emergency contacts or medical information. Toby and/or Ronnie L. who has been volunteering in the office, can pull out your information on file for your review.

We are also reviewing medical release forms to make sure we have current medical forms for all our members who participate in exercise classes. The City regulation is that medical forms be updated annually. If you do not have a current form on file, please pick up a release form from the Welcome desk. We will also be contacting individuals who need to have their releases updated.

There are fire drills at the Y monthly and they are usually at quieter times for the Senior Center. However, this spring we plan on having a fire drill when the dining room is full, so staff and members can practice safe evacuations during the busiest time of day. We are looking for members to be fire marshalls for this drill and for future emergencies. If you are interested in being a volunteer fire marshall, please see Ronnie Zackman or call her at (718) 548-8200 x217.

## Staff News

By now, most of our members know that Nekiya Edwards (Kiya), our Head Cook, will be going out on maternity leave soon. There has been an abundance of support for Kiya as we wait for what feels like the newest addition to the Senior Center. Note that we have decided to partially cater our meals starting on April 30, 2018 and until she returns from leave sometime in July. I am in the process of selecting and negotiating with a caterer and will share more information with the members once a firm plan is in place.

Our Social Worker, Pat O'Malley, has been out on medical leave. She is feeling better and plans on returning to work towards the beginning of this month. Meanwhile, our Social Work Students, Sumantha and Aliza are in final weeks of their internships. They move on to another placement in the fall. We thank them for their service and wish them the best going forward.

Sharon Asherman, LMSW



# New and Noteworthy at the Center

Tuesday, Apr 3: 10:30 am  
**General Membership Meeting.** Senior Center Director and Advisory Council Members will update membership on Senior Center happenings.

Tuesday, Apr 3: 1:00 pm  
**Sing-a-long** - Join us in singing *Old Time Favorites*. With Ronnie Zackman, Senior Center Volunteer Coordinator.

Thurs, Apr 5: 10:30 am  
**Lecture: *Hidden U.S. History***  
With Morris Friedberg, Senior Center Member

Tues, Apr 10: 10:30 am  
**Lecture: *I Went To the Audiologist, Now What?***  
This talk will explore the meaning, impacts, and strategies to better understand changes in hearing and ways to approach those changes. Presented by Sara Leeds, MS, CCC- SLP Speech- Language Pathologist.

Tues, Apr 10: 11:45 am  
**Celebrating our Members' April Birthdays.**  
If it's your birthday we want to know. Tell us on this day. We have surprises for you.

Tues, Apr 10: 1:00 pm  
**Comedy Show:** Dale Grand, Esq. Senior Center Member and Professional Comedian will keep you laughing.

Thurs, Apr 12: 10:15am  
**Health Lecture: *Protecting Your Bones as You Age*.** Learn risk factors for bone loss, prevention, and treatment. We will also discuss diabetes—how it can weaken bones and ways to protect your bones if you have this illness. Presented by Mishlaela R. Rubin, MD. Clinical Osteoporosis Researcher.

Thurs, Apr 12: 10:30am  
**Discussion: *A Judaic Perspective on How You Find Meaning in your***

*Life.* The study of two Talmudic texts will be used to provide alternate approaches to this issue. With David A. Schwartz, Rabbinical Student & Recent Retiree.

Fri, Apr 13: 1:00pm  
**Bliss Fit : Yoga & Dance Session**  
Led by Trinity Schmidt, Certified Transformational Yoga & Dance Instructor

Tues, Apr 17: 10:30am  
**Book Lecture: *In a Mother's Arms*.** A historical novel about the lives of three women, their trials & triumphs as women and mothers in the first half of the tumultuous twentieth century. Presented by the Author, Debbie Eiseman.

Tues, Apr 17: 10:30am  
**Blood Pressure Screening:**  
Provided by an R.N. with The Allen Hospital, New York Presbyterian Medical Center

Tues, Apr 17: 12:45pm  
**Menu Meeting:** Help develop upcoming Senior Center menus. With Food Service Manager, Nekiya Edwards.

Wed, Apr 18: 1:00pm  
**Lecture & DVD Clips: *The Harlem Renaissance*.** A retrospective on Harlem during the turn of the Century. We will explore how the great migration of Africans from the South and the Caribbean influenced the socioeconomic, political, and cultural climate of Harlem, making the way for the likes of W. E. B. DuBois, Duke Ellington, Zora Neale Hurston and others. Presented by Charlese Randolph, Lecturer, Dance Fitness and Educational Consultant. Sponsored by a bequest from the estate of Senior Center Member, Lou Levinson. Coffee & dessert following the lecture.

Thurs, Apr 19: 10:30am  
**Health Lecture: *Food & Mood- Preventing Depression with Nutrition*.** Presented by Julie Weiner, M.A. in Nutrition

Thurs, Apr 19: 1:00pm  
**Cafe' Europa Entertainment: *Magic & Mind Reading*.** With David Lawrence, Magician. All are welcome.

Fri, Apr 20: 10:00am  
**Sports Documentary: *Venus & Serena*.** This documentary follows the tennis megastar William sisters in 2011 when disabling injuries & illness threatened to end their career.

Tues, Apr 24: 10:30am  
**Lecture: *Important April Historical Events*.** Presented by Marilyn Kaufman, Historian

Tues, Apr 24: 11:00am  
**Health Lecture: *Medication Safety*.** The Basics for understanding medications at home Presented by Aileen Fitzpatrick, Nurse Practitioner. Practice Team Supervisor, PD Esprit

Thurs, Apr 26: 10:30am  
**Historical Trivia:** Led by Aaron Goldman. Senior Center Member

Thurs, Apr 26: 1:00pm  
**Book Club: *The Bridge Ladies*** by Betsy Lerner. May 2018 book is *The Little Red Chairs* by Edna O' Brien

Fri, Apr 27: 10:30am  
**Movie Talk:** Share your favorite movies from the past through the present. With Selma Kwartler, Senior Center Member

## INTERESTED IN JOINING THE SENIOR CENTER ADVISORY BOARD?

The two year term of our current Senior Center Advisory Board expires on June 30, 2018 and in accordance with our by-laws, we will be looking for candidates to be part of a new Board.

To be eligible for nomination to the Advisory Board, an individual must be a member of the Senior Center, must participate in the program on a regular basis and be over age 60. The nominee must indicate a willingness and ability to continue an active and involved role in the Center's operations. Nominees must attend Board meetings regularly, represent the interest of the majority of the membership – not their own personal interest, be willing to serve on at least one subcommittee during the year, volunteer regularly at the Center, and participate in Board meeting discussions and be willing to accept and follow through with assignments. For more information, see Morris Friedberg, the Advisory Council President.



### ***Café Europa Luncheon***



***Thursday, April 19, 2018***

11:00AM Monthly Discussion Group with Social Work Staff from Self Help Community Services.

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

1:00PM Entertainment Magic and Mind Reading Performed by David Lawrence, Magician

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.

## NEW WEEKLY CLASSES AT THE CENTER

### WOOD CRAFT WORKSHOP

Fridays at 1:00pm starting April 20th. Learn to decoupage on wood. A simple craft skill. Create a beautiful art piece. Advance sign-up by April 10th will help us to ensure adequate supplies for all.

### Y SPONSORED

#### BRIDGE INTERMEDIATE LEVEL

Taught by an ACBL accredited instructor. Thursdays, from 10am—12noon for 8 Sessions. Dates: Apr 19th, May 3,10,17,24,31, June 7 & 14th 2018  
Fee: \$160. Payable to the Riverdale Y by April 26th at the Y reception desk. We need 10 persons registered before May 3 or the class will be cancelled. See Vicki Matalon or call her at (347) 913-4391 for further details.  
Y Sponsored Paid Class.

### 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 strength and more.

### DISCUSSION: CONNECTING THROUGH THE GENERATIONS

Starting Monday, April 9, 2018 at 1:00pm our Social Work Students, Sumantha and Aliza will lead a three week discussion on relatedness.

## SIGN UPS/SAVE THE DATE

### OPEN SUNDAY

*April 29, 2018*

9:00 a.m. Doors Open  
10:00 a.m. Discussion  
11:45a.m. Lunch  
1:00 p.m. Movie Bombshell:  
The Hedy Lamarr Story. The Life & Career of the underappreciated Hollywood movie star and genius inventor.

### MOTHER'S & FATHER'S DAY LUNCHEON

Wed, May 16, 2018

Special Entertainment

Suggested donation \$4.00 in advance; \$6.00 day of

### SCAN VAN MAMMOGRAPHY

Thurs, June 28, 2018 9:00am -12noon  
Project Renewal. Please call 800-564-6868 to make an appointment.

# Donations-Your Dollars at Work

This month's donation page is in memory of George Dellon who was an active Senior Center Member for eighteen years. His wife, Evelyn, asked that all contributions in his memory be made to the Riverdale Y Senior Center. Below is a list of all the donors as of the end of March.

Individual messages are being given directly to Evelyn.

**EVELYN DELLON**

**TABLE 11**

**BETTY BAUMEL**

**SALLY BINDER**

**SAM & SUSAN CHASKY**

**MORRIS & BEVERLY FRIEDBERG**

**HARRIET HAMMERSTEIN**

**CARL & ARIANA HOLBACK**

**GEORGETTE JOHNSON**

**BARBARA SACHS & JERRY KLEIN**

**BARBARA KINLOCK**

**BOB KOEPL**

**RICHARD & LISA LAU**

**DOTTY LISS**

**SHELAGH MASLINE**

**LISA MEYER**

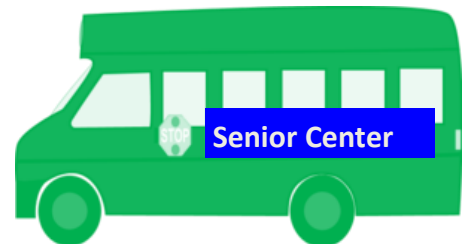
**TEHILLA SIEGEL**

**EVE TRUNGOLD**

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, please contact Marilyn Raider at (347) 913-4421.

## 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.



### COME ONE, COME ALL!

You're invited to a picnic, join us on Mon, June 18th (rain date June 20th) to celebrate the return of summer sunshine at beautiful Henry Kaufman Campgrounds in Pearl River, NY.

Relax with friends, eat delicious food, listen to live music, and enjoy activities such as Bingo and charades. Tickets go on sale May 1 and thanks to the hard work of the Gala Committee, there is only a nominal \$10 charge for members (\$12 after May 29th.) Bus transportation will be provided. Tickets go on sale May 1, 2018.



## 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.

### **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, 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. Restrooms 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 goes is not included in the trip price. Suggested contribution for lunch applies.

### **MUSEUM OF MODERN ART IN NY:** Tues, May 1, 2018

We'll take a self-guided tour through the current exhibitions: *Stephen Shore* photography exhibit. He rose to prominence in the 1970s by capturing the mundane aspects of American popular culture in straight forward unglamorous images. *Investing Modern Art in Brazil* features over 100 works drawn from collections across Europe, Latin America and the United States. You will also have access to the permanent exhibits from the 1880s-1950s, Matisse, Cubism, Monet and more. Early 11:30 am lunch at the Y. Suggested contribution for lunch not included in cost of trip. Bus Departs Y at 12:15pm, returns approx 5:30pm. Early Bird Cost \$12. After April 16 cost increases to \$20.

### **NEW YORK PHILHARMONIC OPEN REHEARSAL AT LINCOLN CENTER:** Thurs, May 10, 2018.

All open rehearsals are working rehearsals that are a fascinating opportunity to watch the New York Philharmonic at work and see how a piece of music is shaped and polished by the conductor and the musicians. The program includes Elgar Cello Concerto. & Tchaikovsky Symphony No1, Winter Dreams, with Jian Wang on cello and Nikolaj Znaider, Conductor. Departs Y at 8:15am. returns at 2:30pm via Y passenger van. Early bird price \$35. Price increases to \$40 after May 1. Bagged lunch provided.

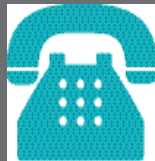
# APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED DILL FISH Passover Pasta California Blend Veg Apples	3 CHICKEN CUTLETS Baked Potatoes Broccoli Oranges	4 TUNA CAKE Zucchini Red Bliss Potatoes Bananas	5 Passover PASTA W/ TURKEY MEAT SAUCE Tossed Salad with dressing Oranges	6 Closed
9 WESTERN FRITTATA Baked Red Potato Wedges Green Beans Bananas	10 BAKED SALMON Couscous Kale & Lemon Grapes  	11 BBQ CHICKEN Brown Rice Roasted Veg Oranges	12 HAMBURGERS Sweet Potato Fries Tossed salad Sliced Peaches	13 BAKED CHICKEN Yellow Rice Asian Veg Tangerine
16 TURKEY WINGS Sweet Potatoes Collard Greens Bananas	17 SALMON CAKES Brown Rice Asian Blend Veg Strawberry	18 SPAGHETTI & MEATBALLS Broccoli Watermelon	19 BAKED STUFFED FISH Garlic Mashed Potato Mixed Vegetables Oranges	20 OVEN FRIED CHICKEN Garden Salad Mixed Vegetables Fruit Cocktail
23 BEEF STEW Egg Noodles Baby Carrots with Parsley Applesauce	24 BAKED MUSHROOM CHICKEN Baked Potatoes Zucchini Canned Apricots	25 TUNA NOODLE CASSEROLE Garlic Bread Peas Apples	26 TURKEY BURGERS Sweet Potatoes Fries Garden Salad Bananas	27 LEMON BAKED CHICKEN Bowtie pasta with Kasha California blend
30 BAKED FISH Red Bliss Potatoes Italian Blend Veg Apples				

**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](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  
Tehilla Siegel, Vice President  
Jerry Klein, Treasurer  
Ariana Holback, Secretary

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

## Welcome New Members

MADELINE COLEMAN

ARLENE HAHN

LYNN KREAM-LEVINE

PAUL TEUTSCH

YU MIEN LU

MARK CANTER

FRANCES ZAMCECK

TOMIKO GOLDMAN

MARGARET ZURHIDE

XIAO JUAN CHEN

ANGELA SCHWATZ

FRANCINE SOCKIS