



The Riverdale  
YM-YWHA  
Senior Center

# OCTOBER 2018 NEWSLETTER

## News from the Director

Our upcoming autumn barbecue, on October 14, is a fundraiser planned by members of the Advisory Council with the explicit goal of enhancing the classes and programs offered by the Center (event details inside). The Council wants our fundraising efforts to translate directly into more activities. We will use fundraising money to resume two very successful programs this fall. Hudson River Voices, our choral group, will start again in October instead of in the Spring as originally planned. And, our Improv class will resume in November. Both these programs will conclude in presentations open to the entire membership.

In an effort to better understand and serve residents of all backgrounds, New York City has asked all government funded service providers to distribute a demographic survey to our members. We will distribute these at the Center and assist with completion. The City has provided us with a box for completed confidential surveys.

We are also asked by the City to encourage voter registration. In fact, when someone joins the Center they are now asked on their application if they are eligible and registered to vote. We are required to provide voter registration information to those interested.

We are often approached by candidates and we allow persons running for office to address our membership at lunch with advance notice. In accordance with City guidelines, we offer the same opportunity to opposing candidates. Ongoing campaigning is not permitted at the Center.


## STAFF NEWS

Welcome to this year's Social Work Students, Jordan Weisberger from New York University and Tzipora Shemen from Yeshiva University. Social Work Students are assigned to meet individually with members on-site and at home, facilitate groups, and take part in special projects.


We are awaiting a start date for our second driver and expect to have two buses operational by the end of the month.



# New and Noteworthy at the Center


Wednesday, Oct 3: 1:00 pm  
**Interactive Discussion** with  
Ronnie Zackman, Senior  
Center Staff 

Thursday, Oct 4: 1:00 pm  
**Cafe Europa Entertainment:** All  
are welcome to attend

Friday, Oct 5: 10:30 am  
**Lecture:** *Sharing Humorous  
Moments in Life* with Senior  
Center Member Morris  
Friedberg, MSW. 

Monday, Oct 8: 10:30 am  
**Lecture:** *Medicare Options:  
Cutting Through the Red Tape.*  
With Lydia Ecker, LMSW, Senior  
Social Worker

Tuesday, Oct 9: 10:30 am  
**Lecture:** *Our New York  
Monuments--The Statue of  
Liberty & Ellis Island.* Presented  
by Marilyn Kaufman, Historian


Tuesday, Oct 9: 10:00 am  
**Blood Pressure  
Screening** with Lori J.  
Keller, RN 

Tuesday, Oct 9: 11:45 am  
Celebrating our members' **Sept.  
& Oct. Birthdays**


Tuesday, Oct 9: 1:00 pm  
**Dancing** with Juan Ortega on  
keyboards. Oldies, Latin,  
MoTown, & more

Tuesday, Oct 9: 2:15 p.m.  
**Balloon Art** with Simeon  
Ratner, Director of Community  
Relations, Care One, Teaneck NY

Wednesday, Oct 10: 1:00 pm  
**Interactive Discussion** with  
Ronnie Zackman

Thursday, Oct 11: 10:30 am  
**Theatrical Court Room Drama  
Program:** *Law and Order.* With  
Aytan Adler, Recreation  
Therapist 

Thursday, Oct 11: 1:00 pm  
**Entertainment:** *Russian, Jewish,  
and American Music* with Singer  
Linda Kunkin & Vlad West, Piano  
Accompaniment. Sponsored by  
Self Help Community Services

Friday, Oct 12: 10:30 am  
**Sing-a-long:** American, Spanish,  
Hebrew, and Italian favorites  
with Igor Sherbakov, Vocalist on  
keyboards 

Sunday, Oct 14:  
**Open Sunday:** Meet us at 12:30  
p.m. on the back deck of the Y  
for an autumn barbeque. Since  
this event is a fundraiser we are  
asking that you sign up at the  
Center in advance. After lunch  
Manny Montanez will lead us in  
dancing 50's—70's music, pop  
hits, Latin, Caribbean, and  
MoTown. Event moves inside in  
the event of inclement weather

Tuesday, Oct 16: 10:30 am  
**Drama Games:** Led by Ellen Flaks  
Fun & Unpredictable

Wednesday, Oct 17: 1:00 pm  
**Ceramics Demonstration:** See a  
variety of hand building  
techniques and learn some ways  
you can decorate clay. You will  
also see a demonstration of the  
pottery wheel and look at some  
of our glazes. Presented by  
Barbara Flam, Artist at the Y


Thursday, Oct 18: 10:30 am  
**Lecture:** *US Presidents, Unusual  
Facts.* Presented by Morris  
Friedberg, Senior Center  
Member

Friday, Oct 19: 10:00 am  
**Hudson River Voices:** Our  
choral group resumes for an  
eight session fall series followed  
by a performance.

Friday, Oct 19: 10:30 am  
**Lecture:** *Values For Living*  
Presented by Rabbi Tamar

Crystal, Westchester Chaplain,  
New York Board of Rabbis

Tuesday, Oct 23: 10:15 am  
**Lecture & Slides:** *The Career  
of Maria Montez.* A Great Star  
of the Forties & The War  
Years. With Pierre Montiel,  
Film Historian

Wednesday: Oct 24: 1:00 pm  
**Interactive Folk  
Concert:** Ron Doster,  
Vocalist on keyboards will play  
your favorites.. Lively, and  
upbeat. Back by popular  
demand 


Thursday, Oct 25: 10:30 am  
**Historical Trivia:** Presented  
by Aaron Goldman, Senior  
Center Member

Thursday, Oct 25: 1:00 pm  
**Book Club:** *The God of Small  
Things* by Arundhati Roy.  
November's book is *Marriage  
of Opposites* by Alice Hoffman  
Facilitated by Adele Schwartz,  
Senior Center Member

Friday, Oct 26: 10:30 am  
**Nutrition Lecture:** Raw Plant  
Based Diets. The Key to  
Reversing Inflammation.  
With Julie Weiner, M.S. in  
Nutrition 

Friday, Oct 26: 1:00 pm  
**Discussion Group:  
Generation to Generation**  
With Social Work Interns,  
Tzippora Shemen and Jordan  
Weisberger

Tuesday, Oct 30: 10:30 am  
**Drama Games:** With Ellen  
Flaks, Fun & Unpredictable

Wednesday, Oct 31: 1:00 pm  
**Music Trivia and Name that  
Tune:** Senior Center Member  
and Professional Opera  
Singer, Brenda Bergman will  
test your  
knowledge of  
music 

# NEW & RETURNING CLASSES

**INTERMEDIATE BRIDGE CLASS:** Our new 8-session series, taught by an American Contract Bridge League (ACBL) Accredited instructor, begins Thursday, Oct 11, 2018 at 10 am. This is a paid class sponsored by the Y.

**SHORT STORIES:** Professor Peter Heller will lead a new Short Stories Discussion each Monday at 1:00 pm. For the month of October: Oct. 8, 15, 22, and 29th 2018. Rita Kaminsky will also continue to lead the Thursday short stories classes at 1 pm..

**DIGITAL PHOTOGRAPHY CLASS:** With Geoffrey Goodridge, Photographer. Two Tuesdays monthly at 1:00 p.m. October 16 and Oct 30, 2018. Please sign up at information desk if you are interested in attending.

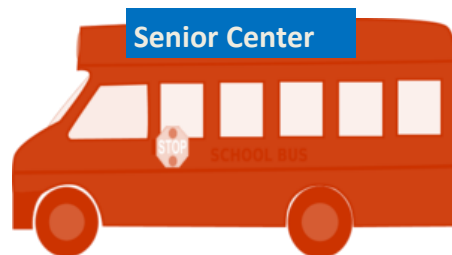
**HUDSON RIVER VOICES:** We are thrilled to have Andy Klima back on Fridays for new sessions of chorus, followed by a final concert. Our chorus resumes Oct. 19 at 10:00 am. Sponsored by the Riverdale Y Senior Center Fundraising Account and the Bronx Opera Company. (note: No class on October 26.)

**TAI CHI:** Our fall season, with Instructor Steve Schulman begins again on Tuesday, October 9 at 10:00 a.m.



## 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

### THANKSGIVING LUNCHEON

Tuesday, Nov. 20, 2018

Doors Open 11:30

Special Concert at 1:00 p.m.

\$4.00 in advance; \$6.00 day of event



### OPEN SUNDAY

Nov. 18, 2018

Programs To Be Announced



### FLU SHOTS

On Monday, Oct 15, 2018 in the Y Theater Hosted by Assemblymember Jeffrey Dinowitz and Montefiore Medical Center.

Call Assemblymember Dinowitz's office at 718 796-5345 for an appointment .



## 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.

### **BOSCOBEL HOUSE AND GARDENS:** Wednesday, Oct 10, 2018

Guided tour of this historic house museum located in the heart of the Hudson Valley, Town of Garrison, NY. This is the dream house of wealthy loyalists, Elizabeth and States Dyckman, built between 1804 and 1808 on sixty acres of lush gardens.

Hear about the family history, and see the finest collections of decorative arts from the Early American Federal Period. Showcasing paintings, furniture, silver, glassware, & more.

Boscobel's special exhibition features examples of ingenious forms of collapsible furniture from the 18th century to the present. We will start out enjoying a bagged lunch outside in a tented area on the grounds overlooking the Hudson River with beautiful fall foliage around us. After the guided tour, we will head to the town of Cold Spring which is nearby. There are art galleries, antiques, quaint shops, and more in this 19th Century Village of Colonial and Victorian architectural style. Cost \$45; after Sept 26th, cost increases to \$50. Bagged lunch included in cost of trip. Departs Y at 10:00 am. Returns approximately 5:00 pm.



**WOODBURY COMMONS PREMIUM OUTLETS:** Wednesday, Nov 14, 2018 Shopping trip with 220 stores to choose from located in Central Valley, New York a good time to buy gifts before the upcoming holidays. Cost \$20, after Nov 1, 2018 cost increases to \$25, Bagged lunch included in cost of trip. Departs Y at 10 am Returns approx 4:30 pm

## *Café Europa Luncheon*

*Thursday, October 4, 2018*

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

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

1:00PM Entertainment: Classical and folk tunes by world class harmonica virtuoso Jiayi He. He will demonstrate and play various types of harmonica s, including the world's largest and smallest ones.

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.



## From The Social Worker, Lydia

*MEDICARE TELL-ALL: MONDAY, OCTOBER 8, 10:30AM  
ENROLLMENT, COVERAGE, TRANSFERRING, DEADLINES*

Dear Lovely Members of the Riverdale Y Senior Center,

On Monday, October 8, 10:30 AM, I will be presenting a program explaining all the Medicare options available (health insurance and drug plans) and how these options may pertain to you. Please think about attending.

This is the season of "Do I want to think about making any changes in my Health Insurance?" If you wish, you can (possibly) enroll in a better (i.e. save money) insurance company between October 15 and December 7. That re-enrollment would then take effect on January 1<sup>st</sup>, 2019. I have already spoken with many of you about options which can conceivably save some money on health care costs.

Bring the following information with you: your Social Security number (some of you have already received the new S/S number); the name, dosage and frequency of all the prescription medications you are presently taking; the name and address of your preferred pharmacy (s).

In the meantime, if you would feel more comfortable, you can always make a private appointment with me to discuss this.

**Lydia**

Lydia Ecker, LMSW  
Social Worker



## Donations-Your Dollars at Work

**WINNIE BERRIOS:** In memory of Barbara Zahl.

**MOLLY KARP:** In loving memory of Flo Farrington, mother of Loyda Camacho, and in loving memory of granddaughter of Ruth Tashman, Danielle Beth Tashman.

**EVA TRUNGOLD:** In appreciation of the Senior Center.

**BARBARA SACHS & JERRY KLEIN:** In memory of Loyda Camacho's mother Flo Farrington and Ruth Tashman's Granddaughter Danielle Tashman.

**FRED & ALYNE DIVITO:** In memory of Annette DiVito, our beloved mother and mother-in-law.

**SHELAGH MASLINE:** In memory of Ruth Tashman's beloved granddaughter, Danielle Beth Tashman, and Loyda Camacho's beloved mother, Flo Farrington.

**BETTY BAUMEL:** In memory of Ruth Tashman's granddaughter.

**MANIA CHORZEWSKI:** Happy New Year.

**RITA O'NEILL:** In memory of Ruth Tashman's granddaughter. A sweet wonderful child.

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 , Legacy donation please contact Rick Lund at (718) 548-8200.

# **AUTUMN FEST BBQ** **FUNDRAISER**



**FOR THE RIVERDALE Y SENIOR CENTER**

A DONATION OF \$15 ENTITLES YOU TO

ADMISSION TO BARBECUE

A DOOR PRIZE DRAWING

LOTS OF FUN

SUNDAY, Oct 14, 2018

12:30 pm

**ALL ON THE BACK DECK OF THE Y**







**TICKETS ON SALE ON SECOND FLOOR**

All proceeds go to the Senior Center fundraising Account which is closely monitored by our Advisory Council. Proceeds are used to supplement existing programs, for special events, and for additional programming at the Center.

TASTE  
of  
AUTUMN

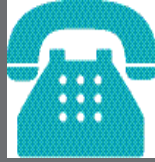


# OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 CLOSED</p> 	<p>2 CLOSED</p> 	<p>3 BREADED FISH Orzo Pasta Mixed Vegetables Watermelon</p>	<p>4 MEATBALLS Mashed Potatoes Peas and Carrots Oranges</p>	<p>5 BAKED CHICKEN Sweet Noodle Kugel Broccoli Fruit Cocktail</p>
<p>8 SWEET &amp; SOUR CHICKEN Couscous French Style Green Beans Sliced Peaches</p>	<p>9 BAKED SALMON Orzo Mixed Vegetables Tangerines</p> 	<p>10 HAMBURGERS Sweet Potato Fries Tossed Salad with Dressing Apples</p>	<p>11 BAKED FISH Brown Rice Baby Carrots Cantaloupe</p> 	<p>12 ROAST CHICKEN Bowtie Pasta with Kasha Broccoli Oranges</p>
<p>15 LEMON PEPPER COD Orzo Pasta Spinach Fruit Cocktail</p> 	<p>16 ROSEMARY CHICKEN Baked Sweet Potato California Blend Vegetables Bananas</p>	<p>17 TUNA CAKE Bowtie Pasta Italian Cut Green Beans Plums</p>	<p>18 SALISBURY STEAK WITH GRAVY Mashed Potatoes Baby Carrots Peaches</p>	<p>19 BAKED CHICKEN Brown Rice Roasted Vegetables Tangerine</p> 
<p>22 BAKED ZITI WITH MEAT SAUCE Tossed Salad Fruit Cocktail</p>	<p>23 BREADED FISH Baked Red Potato Wedges Broccoli Oranges</p> 	<p>24 CHICKEN SALAD Garlic Bread Cucumber Salad Tossed Salad Bananas</p>	<p>25 SALMON CAKES Yellow Rice Peas Watermelon</p>	<p>26 BBQ CHICKEN Couscous Roasted Vegetable Apples</p>
<p>29 TURKEY BURGERS Sweet Potato Fries Tossed Salad Fresh Pineapple</p>	<p>30 BEEF MEATLOAF White Rice Mixed Vegetables Grapes</p>	<p>31 WESTERN FRITTATA Oven Roasted Potatoes Mixed Green Salad Canned Mandarins</p>		
	<p><b>MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE</b></p>			

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
- 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

Please dial above numbers instead of calling the Y's reception desk.

## 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)

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  
Loyda Camacho, Vice President  
Jerry Klein, Treasurer

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

## Welcome New Members

- EILEEN SCHWARTZ
- ROBERT SCHWARTZ
- SOFIYA KOZLOVA
- ROOSJE SCHARFSTEIN
- FRANCES REED
- SAMUEL REED
- MARIE ORTIZ
- MURRAY HEIT
- GEORGIANNA LAND
- GLADYS BARNES
- ALAN WIENER
- GERARD SAUNDERS





# SUMMER 2018 WITH OUR DOROT TEEN INTERNS