



The Riverdale
YM-YWHA
Senior Center

MARCH 2019 Newsletter

News from the Director

By now, most members have noticed the change in office space on the second floor at the Y. Thanks to some creative thinking, RYSC members can now meet with our social workers in the privacy of a professional office. And, other Senior Center staff also have more privacy and less disruptive work spaces. Special thanks to Will Reynoso and his maintenance team for all their hard work to make this happen.

We will be updating our membership records this month. We will be handing out and mailing forms for members to complete with updated contact information. Included in the mailing is a nutrition questionnaire that is required by the federal grant that funds Senior Centers.

The mailing will also include information about the Riverdale Run, the Y's annual fundraising event. This year, funds raised from the Riverdale Run will be used to support the Riverdale Y Senior Center. There are many ways for RYSC members to get involved including walking/running, volunteering, and sponsoring a runner. If you do not receive a mailing by the end of March, please check in with the Senior Center Office. We may be missing accurate contact information for you.

This month we are introducing some new classes and activities so be sure to read through the newsletter. Hudson River Voices, our choral group, is also starting up again.

Hope to see you at the Y soon.

All the Best,
Sharon Asherman, LMSW



New and Noteworthy at the Center

Tuesday, Mar 5: 10:30 am

Health Lecture: *Managing Your Diabetes with Your Diet & Physical activity.* Presented by Patricia LaMorte, Diabetes Educator, RN, CDE

Wednesday, Mar 6: 1:00 pm

Lecture: *Beware The Ides of March,* Presented by Ronnie Zackman, RYSC Staff Member

Thursday, Mar 7: 10:30 am

Lecture: *U.S. Immigration Past & Present.* Presented by Morris Friedberg, Senior Center Member.

Thursday, Mar 7: 1:00 pm

Cafe Europa Concert: All are welcome to attend. In memory of Mania Chorzewski, her family is generously paying for the cake on this day.

Friday, Mar 8: 10:15 am

ART DVD

Sunday, March 10

Doors open at 9:00 am

10:30 am **Play Reading:** RYSC Members, Ira Wiseman and Dale Grand perform in *Super Mensch*, written and directed by Ira Wiseman

11:45 am **Lunch**

1:00 pm **Concert** with Ron Doster on Keyboards. Folk songs, standards, and more. Be prepared to sing along.

Tuesday, Mar 12: 10:30 am

Discussion: Learn more about your fellow members as they share stories about their Life and work histories with Vicki Matalon.

Tuesday, Mar 12: 11:45 am

Celebrating our **February & March birthdays.** Song & surprises.

Tuesday, Mar 12: 1:00 pm:

Dancing with music from Juan Ortega. Latin, Oldies, Disco, & popular tunes.

Wednesday, Mar 13: 10:30 am

Blood Pressure Screening with a Registered Nurse from The Allen Hospital.

Wednesday, Mar 13: 12:45 pm

Art Appreciation Lecture and PowerPoint. Three well known 19th century artists, Claude Monet, Vincent Van Gogh and Georges Seurat, will be explored. By Contrasting and comparing their style, brush stroke, subject matter and personal backgrounds, we will gain a better appreciation of their paintings. Presented by Elana Kaplan, educator and lecturer at the Metropolitan Museum of Art.

Thursday, Mar 14: 10:30 am

Lecture: *Assimilation & Anti Semitism* in the Purim Story. Presented by Rabbi Tamar Crystal. Westchester Chaplain, New York Board of Rabbis.

Thursday, Mar 14: 1:00 pm

General Membership Meeting: The Y's Chief Executive Officer, Deann Forman will join us for a Y update. Refreshments served.

Friday, Mar 15: 10:30 am

Nutrition Lecture: *Nutrition & Arthritis.* Presented by Julie Weiner. M.A.

Tuesday, Mar 19: 10:30 am

Lecture: *Madison & Hamilton, Partners & Rivals.* Why Our Founding Fathers are still relevant today. Presented by Michael Smook, Social Commentator.

Tuesday, Mar 19: 1:00 pm

Concert: RLJ Trio. Rudi Mwongozi on piano, Larry Johnson on drums and Jim Hankins on bass. They will perform jazz standards, original compositions, and contemporary well known versions of R & B songs. Sponsored by a generous donation from the Family of former Senior Center Member, Annette DeVito.

New and Noteworthy at the Center

Wednesday, Mar 20: 1:00 pm

Book Discussion: Paul Thaler, Author and long time resident of Riverdale will discuss his latest book, *Bronxland*. The day-to-day adventures of a young man growing up in the Bronx in the 1960s. Semi-autobiographical. Dessert & coffee will be served afterwards.

Thursday, Mar 21: 10:30 am

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

Tuesday, Mar 21: 1:00 pm

Concert: Join Ben Sutin on Violin, along with Sam Javitch on piano, performing upbeat & lively Jazz renditions of your favorite Purim classics, as well as a few standards from the Yiddish Songbook & more. Holiday treats at lunch.

Friday, Mar 22: 10:00 am

Presentation: ***The Basics of Alzheimer's and Dementia***. With Josefina Rodriguez, MSW, Educator for the New York Chapter of the Alzheimer's Association

Tuesday, Mar 26: 10:30 am

Interactive Discussion: *How We Deal With Our Challenges As We Get Older*. With Yvette Vogel, Licensed Psychologist.

Wednesday, Mar 27: 1:00 pm

Discussion: Sam Marder will discuss the talks he's been presenting on the topic of Prejudice and its Consequences, to Students in Elementary School, High School and College in different Communities. Sam Marder Author, and former Yiddish teacher at our Center.

Thursday, Mar 28: 10:30 am

Historical Trivia: With Aaron Goldman, Senior Center Member

Thursday, Mar 28: 1:00 pm

Book Club: *Forest Dark* by Nicole Krauss. April's book is *The German Girl* by Armando Lucas Correa. Facilitated by RYSC Member, Adele Schwartz.

Friday, Mar 29: 10:00 am

Presentation: *Know the Ten Signs of Alzheimer's Disease*. With Josefina Rodriguez, MSW, Educator for the Alzheimer's Association

Friday, Mar 29: 10:30 am

Lecture Learn about our eyesight, how it can strengthen or weaken over time, with Jordan Weisbeger Social work Intern.

SIGN-UPS/SAVE THE DATE

PROJECT RENEWAL

SCAN VAN MAMMOGRAPHY

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

OPEN SUNDAY— April 7, 2019

Doors open at 9:00 am

10:00 am Movie: Second Act Romantic Comedy 1 hr 43 min Starring, Jennifer Lopez, Leah Remini, Freddie Stroma, and others. Shown on Large Screen.

11:45 am **Lunch**

1:00 pm Dancing with Henry Covner, International music

NYLAG MOBILE VAN

for Legal Assistance will make their next visit on Thursday, March 21st. Please stop by my office if you wish to make an appointment with their lawyer. See Lydia Ecker Social Worker.347-913-4391

Y Sponsored Paid Classes

INSTRUCTIONAL INTERMEDIATE LEVEL

BRIDGE CLASS

Begins Thursday, March 7, 2019 from 10 -12 noon, for eight sessions. For more details please see Vicki Matalon. You can register at the reception desk on the first floor of the Y.

DRAWING CLASS WITH DANNY HAUBEN

THURSDAY 10:00 –11:30 AM

Learn the fundamentals of freehand drawing.

March 21, 2019 - June 13, 2019. Eleven sessions for \$220. Please sign up at the Y's reception desk in the lobby if you are interested in attending.



A NOTE FROM THE SOCIAL WORKER

SOCIAL WORK MISCELLANY

One of our lovely Social Work Student Interns will be leaving us in early March. You may have noticed that Tzipora Shemin is close to giving birth to her first child. We wish her a healthy delivery and hope to see her return to our Center in a short while to complete her first year's Internship.

The Caregivers' Support group continues to meet every Monday at 1PM. We already began meeting in February, so if you would like to join the group you must see me (Lydia Ecker) beforehand. Our personal conversation will determine if joining the group now will benefit you and the group.

I look forward to your visits.

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 3/22/19, 3/29/19, 4/5/19, 4/12/19, 5/3/19, 5/10/19, 5/17/19, and 5/24/19.

EDUCATION PROGRAM DATES: 3/22/19, 3/29/19, 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.

New

IMPROV WORKSHOP

Every Wednesday 1:00 pm.—2:00 p.m.

Starting April 3, 2019 for six weeks.

Pre-Registration Required. Limited Class Size,

In this laugh a minute workshop, students will engage in fun, engaging, and exciting exercises to boost creativity, help with concentration, and improve listening skills.

Improv Performer and Instructor, Linda Kaplan Thaler, is an Advertising Hall of Famer, responsible for some of Americas' most famous and award winning advertising campaigns including the Aflac Duck. She is currently an Author and Motivational Speaker.

Attention Volunteers

Fifteen Minute

Mandatory Volunteer Meeting

Wednesday, Mar 6 at 10:30 a.m. or

Tues, March 12, 2019 at 10:30 a.m

We are now required to document volunteer hours. If you want to continue to qualify as a Senior Center Volunteer, please attend one of these meetings. Giveaways for attendees.

Any questions, call me at (718) 548-8200 x217

Ronnie Zackman, Volunteer Coordinator

Café Europa Luncheon *Thursday, March 7, 2019*

11:00AM Discussion Group facilitated by Social Work Staff from SelfHelp Community Services.

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

1:00PM The Art Lillard Trio plays Jazz standards, Showtunes, Bossa Novas, and Blues, as well as many original compositions.

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 CLASSES AND PROGRAMS

HUDSON RIVER VOICES

Chorus Class begins again for 8 weeks, Friday, March 1st, at 10:00 am with Andy Klima. Sponsored by the Office of Councilmember Andrew Cohen and the Bronx Opera Company as part of the SuCasa Initiative.

HEBREW CLASS

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

PASSOVER SEDER

Tuesday, April 9, 2019 at 11:30 a.m.

Holiday program with Rabbi Steven Exler from the Hebrew Institute of Riverdale. Suggested contribution \$6.00 in advance; \$8.00 day of .

TAI CHI FOR BEGINNERS CLASS

This is an eight week evidence based class. It will be held on Wednesdays and Fridays from 9:30 am to 10:15 am. Classes begin Wednesday, March 13th and Friday, March 15th. Benefits of this class: Prevention of arthritis, better balance, and overall good health. Please sign up with Vicki Matalon Y if you are interested.

CHAIR YOGA

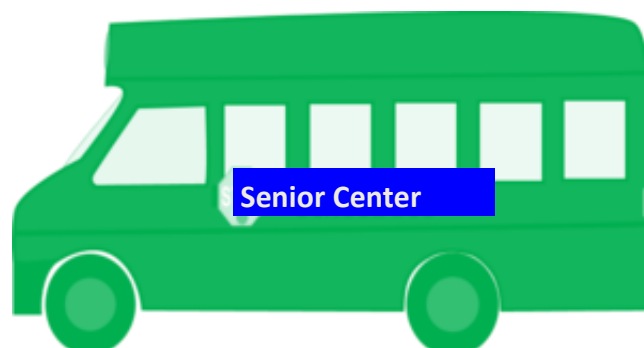
Beginning Thursday, March 14th, at 10:30 am, we will offer Chair Yoga twice monthly on Thursdays. Led by a Certified Yoga Instructor.

CERAMICS WITH BARBARA FLAM

Fridays, beginning March 29th for eight sessions 12:45 pm—2:15 pm
Class limited to 12 participants Register with Vicki Matalon.

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.



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.

WHITNEY MUSEUM OF AMERICAN ART: Wed, Mar 13, 2019

Visit *Andy Warhol—from A to B and back again*. This exhibit reconsiders the work of one of the most inventive, influential, and important American artists. Through his carefully cultivated persona and willingness to experiment with non-traditional art making techniques, Warhol understood the growing power of images in contemporary life and helped to expand the role of the artist in society. We'll see the first floor of the exhibit in a docent led tour with time to browse the second and third floors on your own. Also for viewing on your own is the new exhibit: *Programmed: Rules, Codes and Choreographies in Art, 1965-2018* and the permanent collection including over 22,000 own works of art created by more than 3,000 artists in the U.S. during the 20th and 21st centuries



Our Y passenger van departs from the Y at 10:30 am. We'll be enjoying our bagged lunch at a downtown open atrium before proceeding to the museum for the 1:30 pm private tour. We'll leave the museum at approximately 4:00 pm. Listening devices for this tour will be provided at no extra charge. Bagged lunch is included in the trip fee. Price is \$50 per person. Sign up begins Feb 4th 2019, after Feb 18, price increases to \$58 per person.

YIDDISH-LANGUAGE PRODUCTION OF FIDDLER ON THE ROOF: Directed by Joel Grey At Stage 42 Theater (off Broadway) on Thursday, March 28, 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 10:00 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 4:30 pm to head back to the Y using our 16 seat passenger van. Sign up begins Feb 6, 2019. Lunch is not included in the cost of the trip but bagged lunch can be provided upon request. Trip costs \$90. Limited tickets. Sign-up early.

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 own 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 BARNS CENTER FOR FOOD AND AGRICULTURE, Pocantico Hills, NY: Wednesday, April 24, 2019. A behind the 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.

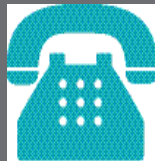
MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3/1 BAKED FISH Yellow Rice Steamed Peas Tangerines
3/4 HAMBURGER Roasted Sweet Potato Fries Garden Salad Apples	3/5 ROSEMARY CHICKEN Couscous Yellow Squash Tangerine	3/6 SALMON CAKES Brown Rice Sauteed Spinach Oranges	3/7 SPAGHETTI AND- MEAT SAUCE Garlic Bread Garden Salad Fruit Cocktail	3/8 BAKED CHICKEN Baked Potatoes Roasted Broccoli Watermelon
3/11 TURKEY DRUMSTICKS Yellow Rice Brussel Sprouts Oranges	3/12 BAKED SALMON Bowtie Pasta Collard Greens Pears 	3/13 LEMON BAKED CHICKEN Couscous Green Beans Bananas	3/14 SALISBURY STEAK WITH GRAVY Mashed Potatoes Peas & Carrots Apples	3/15 TURKEY BURGER Roasted Sweet Potato Fries Garden Salad Fresh Pineapple
3/18 BBQ CHICKEN Bowties with Kasha Collard Greens Apples	3/19 BEEF STEW Brown Rice Baby Carrots Oranges	3/20 BAKED BREADED FISH Orzo California Blend Vegetables Bananas	3/21 CHICKEN CAESAR SALAD Garlic Bread Tangerines	3/22 BEEF CHILI Brown Rice Broccoli Fruit Cocktail
3/25 BAKED MUSTARD DILL FISH Yellow Rice Sauteed Spinach Grapes	3/26 MEATLOAF Mashed Potatoes Green Beans Fruit Cocktail	3/27 TUNA CAKES Bowtie Pasta Baby Carrots Tangerines	3/28 SWEET AND SOUR BAKED CHICKEN Brown Rice California Blend Vegetable Apples	3/29 HAMBURGERS Sweet Potato Fries Garden Salad Bananas
3/10 Open Sunday BREADED FISH Couscous Mixed Vegetables Oranges	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.

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

FUNDED BY THE NEW YORK CITY
DEPARTMENT FOR THE AGING
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

HUGH SULLIVAN
THELMA LIVERPOOL
JOSEF MIRER
RHODA MIRER
JOHN PARIOS
MARIA GRIECO
BARRY COHEN
RITA COHEN
TZVI BAV-SHAI
LYNN GLOVER
MARJORIE NOFAL
BEATRICE SANCHEZ WALSH
PETRA RIVERA
ETTA BAR-SHAI
AKOSUN SHAREN ROBERSON
RENEE RYZAK
GLORIA MOSSERI
SUSAN KESSLER SKLAR
ROBERT SKLAR
TERESA VELEZ