



SEPTEMBER 2023

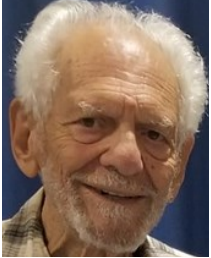


**FUNDED BY THE NEW YORK CITY DEPARTMENT
FOR THE AGING AND YOUR CONTRIBUTIONS**

SEPTEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9/1 OVEN FRIED CHICKEN Baked Sweet Potato Garden Salad Honeydew
9/4 CLOSED LABOR DAY	9/5 BAKED BREADED FISH Macaroni Salad Cole Slaw Peach	9/6 CHICKPEA SALAD Garden Salad Watermelon	9/7 MEATLOAF Garlic Mashed Potatoes Steamed Broccoli Tangerine	9/8 BBQ CHICKEN LEG QUARTERS Bowtie Pasta with Kasha Steamed Spinach Fruit Cocktail
9/11 SPAGHETTI WITH MEAT SAUCE Garden Salad Grapes	9/12 WESTERN FRITTATA Red Potato Steamed Spinach Banana	9/13 ROSH HASHANAH LUNCH BRISKET Sweet Potato Roasted Vegetables Blueberries 	9/14 STUFFED FISH Wild Rice Mixed Vegetables Apple	9/15 SWEET & SOUR CHICKEN THIGHS Couscous Roasted Acorn Squash Strawberries
9/18 VEGETARIAN STUFFED CABBAGE Brown Rice Steamed Carrots Plum	9/19 BAKED SALMON Wide Noodles Roasted Broccoli Tangerine 	9/20 SPAGHETTI WITH TURKEY MEAT SAUCE Garden Salad Grapes	9/21 TUNA SALAD PLATTER Orange	9/22 BAKED CHICKEN QUARTERS Roasted Sweet Potato Garden Salad Watermelon
9/25 CLOSED YOM KIPPUR	9/26 BAKED FISH Yellow Rice Brussels Sprouts Banana	9/27 HAMBURGERS Baked Sweet Potato Fries Lettuce & Tomatoes Canned Peach	9/28 BROWN RICE WITH BEANS Green Beans Orange	9/29 BAKED CHICKEN QUARTERS Baked Potato California Blend Vegetables Pineapple
<i>Kashrut Supervised by the Vaad of Riverdale</i>			Funded by the New York City Department for the Aging and your Contributions.	
MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE				

AUGUST MEMORIES



THANK YOU FOR YOUR DONATIONS

In Memory of a Wonderful Lady: Evelyn Kagan
Stanley Aronoff

In Memory of Marvin Yaker and in Appreciation of Rabbi Scott
Susan Chasky

In Appreciation
Arthur Koven
Robert Gonsalves

IMPORTANT INFORMATION FROM THE DIRECTOR



From the Director,

September is the beginning of the year on the Jewish calendar, the academic calendar and the Y's calendar.

This year New Beginnings will open for lunch and programs on Sunday, September 10, as part of the Riverdale Y's Annual Open House. Older Adult Center Programs will include a Jewish genealogy workshop by Rabbi Scott, dancing with Juan Ortega, and a special brunch for new members. Older Adult Center members who come on this day will be able to take advantage of fitness assessments, open swim, and demonstration classes at the Y. If you wish to participate in the Open House you will need to register in person on September 10, 2023 or on-line at https://www.riverdaley.org/event/2023_openhouse/.

We have filled staff vacancies including hiring new drivers, but now my focus is on the kitchen. Nekiya, our Head Cook, will be the only experienced staff member in the kitchen while her two key support staff members are simultaneously on medical leave and jury duty. We may need to make last minute menu changes, cater some meals, and hold off on resuming daily soup until we are fully staffed. We appreciate your patience and support during the next month.

Please join me in welcoming Grethel Samuel to our staff as the new Program Coordinator. Grethel has worked in community-based aging services for the past decade with her most recent experience as an Activities/Outreach Coordinator and subsequently Assistant Director of a lower Manhattan Naturally Occurring Retirement Community (NORC). As Program Coordinator, Grethel is responsible for development and oversight of all activities, groups, programs, and trips. Grethel will be your go-to staff member for information on day-to-day activities.

Director's article continued on next page

A Message from Our New Program Coordinator

Dear New Beginnings Members,

I look forward to meeting you all and learning about our Center and the surrounding community. I hope to be an asset and provide support in every way possible. May our days together be filled with good times, laughter and great friendships.

Sincerely,
Grethel Samuel, Program Coordinator

Information from the Director, Continued from Previous Page

Every summer and throughout the school year, we have youth staff who are paid through various work-study and summer jobs programs. We are now able to add one of these students to our staff. Sabrina Rodriguez joined us in August as a part-time Program Assistant. (When not at the Y, she is an undergraduate student at Lehman College.) She will work Mondays, Wednesdays, and Thursdays. Among her current job assignments is to reach out to all members to update their registration and obtain new consent required by NYC Aging for participation in our programs.



Our New Dining Room is Sponsored by a Generous Donor to the Jewish Communal Fund of the UJA Federation. Work will be completed this month.

Finally, we will have a Social Work Student (Molly Cate) from Yeshiva University's Wurzweiler School of Social Work starting on Monday, September 11. First-year Social work interns at New Beginnings are assigned to meet weekly with individual older adults to provide help with benefits and entitlements and/or to lend a supportive ear. They also are assigned to facilitate groups and other programs. If you are interested in working with a social work student this year, please contact me directly.

L'Shana Tova Umtukah
(May You Have a Good and Sweet New Year)

Sharon Asherman, LMSW

NEW AND NOTEWORTHY

All activities are in person unless otherwise specified

JOIN US FOR OPEN SUNDAY, SEPTEMBER 10!

New Member Brunch at 9:30 am; Genealogy Workshop with Rabbi Scott at 10:30 am to 12:00 pm; Lunch beginning at 11:30 am, followed by entertainment by Juan Ortega at 1:15 pm.

Rabbi Scott will be leading trips to Jewish Cemeteries for the High Holidays:

- **Monday, September 18** - Beth David and Old Montefiore
- **Wednesday, September 20** - Beth Moses, New Montefiore and Wellwood
- **Thursday, September 21** - Beth El/Cedar Park and Riverside

Please contact Rabbi Scott for the registration link: skalmikoff@riverdaley.org

NEW AND NOTEWORTHY (Continued)

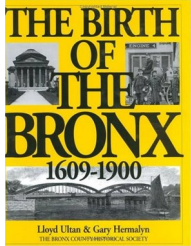
Starting Tuesday, September 5, at 10:00 AM

Tai Chi is Back!

Steve Shulman resumes his popular Tuesday morning classes.



Wednesday, September 6, at 10:30 AM



The Birth of the Bronx

Rediscover the Bronx of the 20th century, when our borough became the urban colossus it is today. This lecture will focus on immigration and urbanization and chart the evolution of the Bronx from rustic backwater to a thriving and robust borough of New York City. Presented by Roger McCormack, Director of Education, The Bronx Historical Society.

Mondays at 2:00 PM

Poetry with Robert

Join New Beginnings Member Robert Ackerson for a weekly Poetry Workshop. Robert shares his knowledge of poetry, his love of theater and draws upon 40 years of teaching experience to guide us through this beautiful and expressive art form. Come to write, read, or just listen and learn!



Fridays, September 8 and September 22, at 1:00 PM

Dance Party with Trinity

Join us for a fun way to start the weekend! We'll dance, sing and stretch. Feel free to bring your song requests.

Tuesday, September 12, at 9:30 AM

Apple Picking Trip



Join us for our annual Apple Picking Trip to Dr. Davies Farm in Congers, NY. We'll stop at Stew Leonard's for ice cream and groceries on the way home. The van will depart from the Center at 9:30 am and return at approximately 3:30 pm. The \$30 fee includes round-trip transportation, bagged lunch, and admission. Sign up with Grethel or Sabrina before Friday, September 8th, 2023. Arrive 15 minutes before our scheduled departure time and contact Grethel for any accessibility inquiries.

Wednesday, September 13, at 11:30 AM

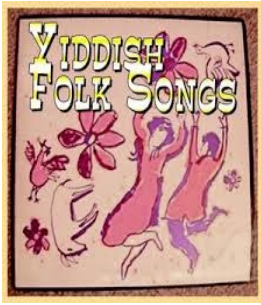
Rosh Hashanah Lunch

Enjoy a Rosh Hashanah (Jewish New Year) Luncheon with a traditional holiday menu. Rabbi Scott leads and shares holiday insights with us. (The suggested donation is \$5.00 in advance and \$7.00 the day of the event. Please be sure to purchase yours early to secure a seat.)



NEW AND NOTEWORTHY (Continued)

Wednesday September 13, at 1:15 PM



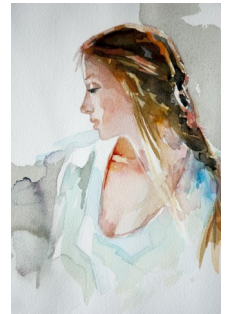
New Year's Entertainment

The East Side Quartet (in alphabetical order-David Hofstra, Bass, Deborah Karpel, voice/guitar, Shoko Nagai, Accordion and Paul Shapiro, Clarinet/Saxophone) will ring in the Jewish New Year with a special concert for Rosh Hashanah, featuring Yiddish Theater Standards, favorite Yiddish Folk Songs, rousing Klezmer dances, and international favorites. This concert is sponsored by our partners at Selfhelp Community Services. All are welcome.

Thursdays at 10:00 AM, beginning September 14

Watercolor Painting with Dmitriy Moshkovich

This Y-sponsored Class for older adults will run for twelve weeks. Unlike NYC Aging-sponsored programs there is a fee for this class, but the full cost has been offset by a New Beginnings member donation through the Minneapolis Jewish Federation. The cost for New Beginnings members is \$120 for the twelve-week session. Please sign up and pay the full amount at the Y's reception desk on the first floor. Scholarships are available to those in financial need. See Sharon for a scholarship application.



"Natasha"
Dmitriy Moshkovich

Friday, September 15, at 10:30 AM

Law and Order

Aytan Adler presides over reenactments of actual cases in which you assume the roles in a courtroom trial setting.

Tuesday, September 19, at 10:15 AM

Proactive Wellness Workshop

New Beginnings Member Arnold Gottfried will present Part III of his wellness series on staying healthy with good foods, sleep, exercise and meditation.

Tuesday, September 19, at 11:30 AM

Happy September Birthday! Entertainment at 1:15 PM

Enjoy a special lunch and stay for Karaoke with Johnny Bliss at 1:15 pm. Dance, grab the mic and sing! Tickets are a suggested contribution of \$3.50 in advance or \$4.50 the day of the event.



Starting Thursday, September 21, at

10:00 AM

Silver Shoes Dance Club is back!

Join Daniella for four weeks of Ballroom and Latin dance classes. Learn the basic steps of Cha-cha, Tango, Swing, Waltz and more.



NEW AND NOTEWORTHY (Continued)

Classes are built on skills from week to week so try not to miss out on a session. No partner or previous experience required and all abilities welcomed!

Friday, September 22, at 10:30 AM

Emergency Preparedness for Older Adults

This potentially life saving presentation teaches the important steps New Yorkers need to take in order to prepare for emergencies before they happen. Presented by Edward Powell, Individual Preparedness Coordinator, NYC Department of Emergency Management.

Wednesday, September 27, at 10:30 AM

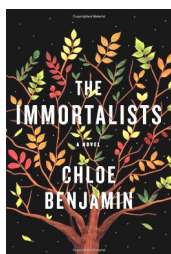
Nutrition Lecture on Protein: A Guide for Optimal Aging

Understand protein's role in aging. Learn about intake guidelines and how to incorporate protein-rich foods into your diet. Discover the benefits and clarify the myths. Presented by Samantha Podob, MS, RD, CDN.

Wednesday, September 27, at 1:30 PM

Mobile Food Pantry

Pick up food from The Metropolitan Council on Jewish Poverty's Mobile Food Pantry. To register, please contact Alexandra at (718) 548-8200 ext 233 or via email at anyashina@riverdaley.org. You will be asked to sign an attestation for income eligibility each time you pick up food from the pantry. If you're already registered, you can simply show up.



Thursday, September 28, 1:00 - 2:00 PM

Book Club (Virtual)

This month's book is *The Immortalists* by Chloe Benjamin. To join the book club, email AdeleSchwartz@optonline.net. She will send you a link and discussion questions for the Zoom meeting.

Friday, September 29, at 10:30 AM

Piano for Four Hands

New Beginnings Member Caterina Fabian performs with fellow piano virtuoso, Victoria Sogolov. Piano for four hands is a type of piano duet involving two players playing the same piano simultaneously generating a beautiful and full sound. Featuring Mozart, Beethoven, Schubert and Brahms.



SEPTEMBER'S FRIDAY FLICKS

FRIDAYS AT 12:45PM

Sept. 1: 9 - 5

Celebrate Labor Day with this screwball comedy about three working women (played by Jane Fonda, Lily Tomlin and Dolly Parton) who abduct their abusive boss and take charge of running the business themselves. 1980 1h 50m



Sept. 8: UP

A funny, touching and breathtaking animated comedy/drama about an aging balloon salesman and his unlikely traveling companion. 2009 1h 36 m

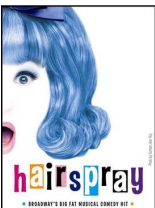
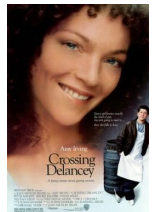


Sept. 15: Casablanca

Academy Award-winning romance drama starring Humphrey Bogart and Ingrid Bergman as lovers who unselfishly renounce their love as a contribution to the great cause of defeating the Nazis. 1942 1h 42m

Sept. 22: Crossing Delancey

"Bubbe" tries to find the perfect match for her independent, bookworm granddaughter and hires an eccentric matchmaker to do the job. Warm and friendly comedy filmed all over NYC. 1988 1h 37 m



Sept. 29: Hairspray the Musical

Pleasantly plump teenager Tracy Turnblad teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance show. 1h 57m

CLASS ANNOUNCEMENTS

Technology Class with Trinity on Wednesdays at 9:00 am (Please note new time.)

Bring your mobile device and hone your tech skills. This month's topics are:



Sept. 6: Why and how to use Bluetooth headphones, earbuds and/or speakers.

Sept. 13: Learn tech terminology and what the terms mean. Terms covered in class will include: download, app, lock screen, pass code, DM, emoji, software, hardware, WiFi, data and more.

CLASS ANNOUNCEMENTS (Continued)

Sept. 20: How to adjust your phone's screen to make it brighter or darker; adjust text size to make it easier to read; how to adjust the volume of your ringer and how to put your phone on silent.

Sept. 27: How to use google maps. Learn about helpful features such as saving places.

Chess Club Seeking Members!

Learn how to play chess or hone your skills. Every Monday from 10:00 am - 11:30 am.



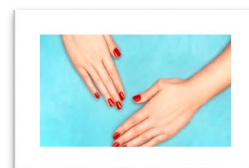
Monthly Blood Pressure Check

Center Member Leona Konyn, RN, will check blood pressure the second Thursday of each month. From 12:30 PM - 1:30PM.

Activities with Sign-up Required

Sign up at the Welcome Desk on the second floor between 10:00 am and 11:00 am for the following programs:

Mondays and Wednesdays, 10:00 am - 11:00 am
Manicures with Frances and Nancy



Tuesdays and Thursdays, 10:00 am - 11:00 am
Tech Lab

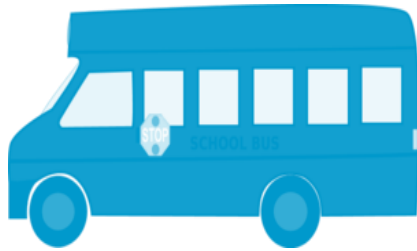
Wednesdays at 1:30 pm

Water Aerobics/Open Swim

Advance registration is required weekly for Open Swim and Water Aerobics. Pool capacity is limited to 25 persons.

Water Aerobics is cancelled on September 6 due to pool maintenance.

Transportation Information for Members of New Beginnings



Bus Schedule

Morning Pickups:

9:00am – 11:45am

Afternoon drop off:

1:00pm

2:00pm

3:00pm (upon request)

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. Leave a voice message with your name, pick-up address, and phone number. Our driver will call back when he is ready to pick you up.

We also have a driver available to bring you to and from local doctor's appointments when our schedule permits. Please leave a message with your name and all pertinent information on ext. 225. We require 48 hours notice. Morning appointments preferred.

Have Medicare? Want to Change Your Plan?

Open Enrollment is from October 7, 2023 to December 15, 2023.

This is the **ONLY** time this year you can switch your Medicare Prescription Drug Plan or Your Medicare Advantage Plan. Our staff will be available to help.

Call our Social Worker, Carmen Lopez, 347-913-4390 for more information.

Shabbat Discussion

Join Rabbi Scott Kalmikoff every Friday at 12:30 p.m. for a Shabbat Kiddush and Discussion. Rabbi Scott's position is Funded by a UJA Federation Grant and these discussions are not affiliated with our NYC Aging or other government contracts



IMPORTANT NUMBERS

Older Adult Office (Gladys) (347) 913-4444
Fax.....(718) 432-9342
The Y Main Reception Desk.....(718) 548-8200
Transportation Reservations (718) 548-8200 ext. 225
Director (Sharon) (347) 913-4390
Social Services (Carmen) (347) 913-4391
Programs (Sandy/Grethel).....(347) 913-4395
Volunteers (Alexandra).....(718) 548-8200 ext. 233

Welcome New Members

Alba Corredor	Larisa Zakharova
Annemarie Goldan	LaVerne Smalls
Betty Klein	Lissette Palma
Caridad Perez	Maria Latimer
Carol Spivack	Marsha Jakubowicz
Cynthia Fejes	Nancy Blake
Eileen Thomas	Nancy Shaw
Ellen Yeh	Pak Chi Yuen Fong
Elvira Dyudina	Robert Fischbach
Ettie Shapiro	Sharon Panzarino
Francis Banks	Theresa Szkolnicki
Gail Thomashefsky	Victor Stein
Geraldine Leyden Podhayny	Yoseph Tisge-Roman
Ilona Sarosi	Zdzislaw Szkolnicki
Jeremiah Shea	

New Beginnings Older Adult 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 8:30am to 4:00pm.

Advisory Council Leadership

Loyda Camacho, President
Betty Baumel, Vice President
Jerry Klein, Treasurer
Shelagh Masline,
Communications

Riverdale Y Leadership

Melissa Sigmond,
Chief Executive Officer
Peter Goldman, President

RIVERDALE YM-YWHA
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www.riverdaley.org

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UJA Federation
of New York