

# FEBRUARY 2024 NEWSLETTER



Members at our January Trip to the Spanish & Portuguese Synagogue

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

**UJA** Federation  
of New York

# LETTER FROM THE DIRECTOR



If you are one of our New Beginnings most active members, you will now be entitled to easier access to the front door and second floor stairs at the Y.

We are distributing FOB's (access chips) to the one hundred New Beginnings Members who most frequently use our programs and services during the past few months. Access chips can stick to the back of your cell phone.

If you qualify, Sabrina Rodriguez, our Program Assistant, will contact you, give you a chip and show you how to use it. Additionally, if you are not on the list, but have a disability that makes it difficult for you to get into the building we'll get you a FOB.

In exchange for the FOB, Sabrina will ask you to sign a nutrition survey that is required annually by our funders. Once the first hundred people sign the survey, we'll start asking all our other members to update their nutrition information.

Our February programming is bursting with activities. Our Choral Group, Hudson River Voices, Improv with Frank, and Silver Shoes Dance all return. This is in addition to our usual classes and activities.

If you are signing up for a trip, sign-up starts with Grethel the first of the month. In general, refunds are only granted if we can replace your slot. If we are unable to replace your slot and you want a refund due to a serious emergency (e.g., death in family, illness), we will do our best to give you a partial refund. Often payments are made in advance to a venue and the amount cannot be refunded.

Looking forward to seeing you at the Y.

Warmly,  
Sharon Asherman, LMSW

# FEBRUARY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>2/1</b> <b>STUFFED PEPPERS</b> Brown Rice Mixed Vegetables Grapes	<b>2/2</b> <b>OVEN FRIED CHICKEN</b> Bowtie Pasta with Kasha Steamed Spinach Orange
<b>2/5</b> <b>BAKED CHICKEN THIGHS</b> Sweet Potato Steamed Green Beans Pineapple	<b>2/6</b> <b>BAKED FISH</b> Orzo Spinach Watermelon	<b>2/7</b> <b>BEEF AND BROCCOLI</b> Brown Rice Applesauce	<b>2/8</b> <b>CALIFORNIA VEGGIE BURGER</b> French Fries Beet Salad Pear	<b>2/9</b> <b>BAKED CHICKEN QUARTERS</b> Couscous Roasted Zucchini Fruit Cocktail
<b>2/12</b> <b>BAKED FISH</b> Brown Rice California Blend Apple	<b>2/13</b> <b>BEEF MEATLOAF</b> Mashed Potatoes Zucchini Strawberries	<b>2/14</b> <b>VEGETARIAN CHILI</b> Brown Rice Yellow Squash Oranges	<b>2/15</b> <b>BAKED ZITI WITH TURKEY</b> Garden Salad Banana	<b>2/16</b> <b>SPANISH STYLE BAKED CHICKEN</b> Yellow Rice Green Beans Grapes
<b>2/19</b> <b>CHICKPEA SALAD</b> Sliced Cucumbers And Tomatoes Bananas	<b>2/20</b> <b>BAKED SALMON</b> Wide Noodles Roasted Broccoli Tangerine 	<b>2/21</b> <b>STEWED CHICKEN</b> Brown Rice Baby Carrots Grapes	<b>2/22</b> <b>SHEPHERD'S PIE</b> California Blend Vegetables Apples	<b>2/23</b> <b>BBQ CHICKEN QUARTERS</b> Sweet Potato Collard Greens Watermelon
<b>2/26</b> <b>BAKED BRANZINO FISH</b> Bowtie Pasta Snap Peas Apple	<b>2/27</b> <b>BEEF STEW</b> Yellow Rice Garden Salad Sliced Peaches	<b>2/28</b> <b>TUNA CAKES</b> Orzo Brussels Sprouts Pear	<b>2/29</b> <b>VEGETARIAN STUFFED CABBAGE</b> Brown Rice Steamed Carrots Strawberries	
MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE				

*Kashrut Supervised by the  
Vaad of Riverdale*

Funded by the New York City  
Department for the Aging and your

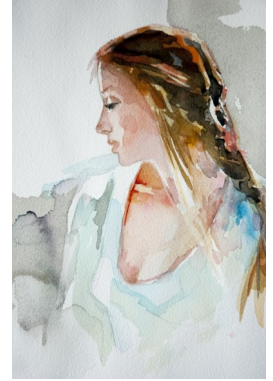
## NEW AND NOTEWORTHY IN FEBRUARY

All activities are in person unless otherwise specified

### Thursdays, starting February 1st, at 10:00 AM

#### Returning Program: Watercolor Painting with Dmitriy Moshkovich

This Y-sponsored Class for older adults will run for twelve weeks, starting **Thursday, February 1st, 2024** and ending on **Thursday, April 18th, 2024**. Unlike NYC Aging-sponsored programs there is a fee for this class, but the full cost has been offset by a generous New Beginnings member donation. 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 Director, Sharon Asherman, for scholarship information.

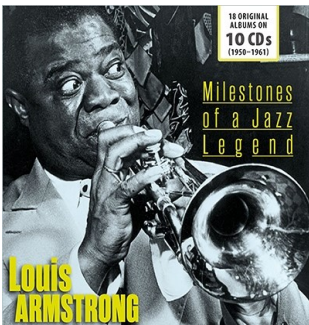


Natasha  
D. Moshkovich

### Friday, February 2nd, at 10:00 AM

#### Nutrition Lecture: Under Pressure - Strategies for a Heart Healthy Lifestyle

Join us as we learn strategies and tools to navigate cardiovascular health effectively. From demystifying blood pressure myths to providing actionable strategies for lowering blood pressure and practical tips for salt reduction, participants will gain valuable insight to foster a sustainable and heart-conscious lifestyle. Presented by Samantha Podob, MS, RD, CDN.



### Monday, February 5th, at 10:00 AM

#### Lecture: Louis Armstrong

Join us as lecturer and historian **Philip Nelson** brings to life Louis Armstrong, one of the most important figures of the 20th century American music scene. His career was long, covering the history of jazz and popular music for over four decades, with many contributions to important causes. We will also watch clips of videos of his performances.

### Wednesdays, starting February 7th, at 10:00 AM

#### Returning Program: Improv with Frank

Actor and Teacher Frank Ingrasciotta returns to New Beginnings to lead a ten-week IMPROV workshop. Explore the elements of improvisation and acting while freeing your creativity, build confidence, and improve mental agility. The class includes a wide variety of exercises, games, improvisations, short-scripted material, monologues, and scenes. No experience necessary. This program is sponsored by the Bronx Opera Company and funded by a New York City Council SuCASA Discretionary grant via the office of Councilmember Eric Dinowitz. Classroom will be

## NEW AND NOTEWORTHY (Continued)

capped at 25 participants with the understanding that participants will attend the whole series. New participants will not be able to join after the third week because each class builds upon the previous class. To register, please contact Grethel at [gsamuel@riverdaley.org](mailto:gsamuel@riverdaley.org) or at 347-913-4395.

### **Wednesdays, starting February 7th, at 1:00 PM**

#### ***Returning Program: Hudson River Voices***

Since 2015, the Bronx Opera Company has sponsored Hudson River Voices, a chorus here at the New Beginnings Older Adult Center. This year, we're encouraging chorus members to share the music that resonates with each participant, deepening the connections among the singers. And, we're introducing a new pair of leaders Caprice Corona and Erik Nelson Werner, who will continue the work started by Andy Klima while adding their own perspective to what the group prepares and presents. If



Hudson River Voices – 2023

you like singing, or if you'd like to learn a little more about singing, join us, and experience the joy of singing! No experience necessary. Classroom will be capped at 25 participants. To register, please contact Grethel at [gsamuel@riverdaley.org](mailto:gsamuel@riverdaley.org) or at 347-913-4395.

### **Tuesdays, February 13th and 27th, at 9:00 AM**

#### **Chair Aerobics with Stuart**



In response to member requests, we continue to add two monthly Chair Aerobics classes on Tuesday mornings in addition to our weekly Wednesday classes.

### **Wednesday, February 14th, at 9:30 AM**

#### **Shopping Trip to Paramus Mall**

Join us for a shopping trip to the Paramus Mall in New Jersey. The van leaves the Y at 9:30 am and returns at 2:30 pm. The \$20 fee includes round-trip transportation and a bagged lunch. Sign up with Grethel by Friday, February 9th, 2024. Please arrive at the Center 15 minutes prior to departure.

### **Friday, February 16th, at 10:00 AM**

#### **Intergenerational Event with Winston Prep- Bridging Perspectives: Generations Unite for Civil Rights**

Join us for an inspiring event, "Bridging Perspectives," where the vibrant voices of Winston Prep High School students meet the seasoned wisdom of older adults in a dynamic intergenerational conversation on civil rights. This program is an opportunity to connect across generations, fostering mutual understanding and shared insights on

## NEW AND NOTEWORTHY (Continued)

the ongoing journey towards equality and justice. We meet at 10am, followed by 11am current event discussion and lunch in our dining room.

To sign up, please email Alexandra Nyashina at [anyashina@riverdaley.org](mailto:anyashina@riverdaley.org) or see volunteers at the Information Desk on the 2nd floor between 10am and 11am daily.

### **Tuesday, February 20th, at 11:30 AM**

#### **Happy February Birthday! Entertainment at 1:00 PM**

Enjoy a special lunch and stay for entertainment by **Nicole L.** Tickets are a suggested contribution of \$3.50 in advance or \$4.50 the day of the event. Please be sure to purchase yours early to secure a seat.

**Entertainment: Nicole L.** is a singer/musician and multi-instrumentalist. She performs on vocals along with sax and keyboards. By day she has served the NYC school system as a celebrated teacher for over 30 years. She was not only born to teach but to serve through music and entertainment. It is her calling and passion. Nicole performs 1950s-1980s pop hits, Soul, Motown, Dance, R&B, Funk, Jazz standards, and International.



### **Wednesday, February 21st, at 1:00 PM**



#### **Bereavement Support Group with Carmen**

Join a monthly support group of up to 12 individuals who have recently experienced a loss. Please contact Carmen for more information or if you need to talk privately about a recent loss. (Carmen Lopez, LMSW, [clopez@riverdaley.org](mailto:clopez@riverdaley.org), [347-913-4391](tel:347-913-4391))

### **Thursdays, starting February 22nd, at 10:00 AM**

#### **Returning Program: Silver Shoes Dance Club**

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



### **Monday, February 26th, at 10:30 AM**

#### **Intergenerational Sing-a-long with Refreshments**

Join us for an intergenerational Snack and Sing Along with the Riverdale Y's Early Childhood Department's Director, Renee Bock. Share holiday songs and snacks with our Early Childhood students.

### **Tuesday, February 27th, at 10:00 AM**

#### **Trip to The Louis Armstrong House Museum**

Join us for a trip to the Louis Armstrong House Museum where we will witness the cultural, historical, and humanitarian legacy of Louis Armstrong through the

## NEW AND NOTEWORTHY (Continued)

preservation and interpreting of Armstrong's home and grounds, collection and archived materials that document Armstrong's life and legacy. The van will leave at 10am. Please be at the center no later than 9:45am. Please speak to Grethel for accessibility questions and sign-up by Thursday, February 22nd. Limited to 10 spots. The fee is \$23.00, which includes the museum ticket, round-trip transportation and a bagged lunch.

### Wednesday, February 28th, 1:30 PM - 3:00 PM

#### Mobile Food Pantry

Pick up food from The Metropolitan Council on Jewish Poverty's Mobile Food Pantry. To register, please contact Shira Silverman via email at [ssilverman@riverdaley.org](mailto:ssilverman@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.



## LOOKING AHEAD

### Broadway Showcase

We are pleased to announce the musical for our Spring Broadway Showcase. We will be performing the beloved, award-winning musical *A CHORUS LINE*!

Rehearsals and placement meetings will begin in **early March**. Rehearsals will take place on Mondays and Thursdays from 12:45-1:45pm. Remember that the full cast won't be called to each rehearsal, particularly because *A CHORUS LINE* is about several individual stories with song and monologues. The music is wonderful and includes "What I Did For Love," "At the Ballet," and "One Singular Sensation," to name a few favorites. The script is funny and poignant.

We look forward to seeing many of you this Spring. We have so much fun! And the performance is rewarding for both the cast and the audience. If you have any questions, feel free to email or call our Director, Laurie Walton at 347-913-4430 or [lwalton@riverdaley.org](mailto:lwalton@riverdaley.org).

### Mondays, starting March 4th, at 9:30 AM

#### NEW WEEKLY CLASS - Conversational Spanish for Beginners

Ready to take your Spanish skills to the next level? Join Volunteer Rhonda Gura-Stock for a fun and interactive language learning experience! Open to members with a basic understanding of the language, this class is the perfect opportunity to build upon your foundation and become fluent in no time. ¡Hasta pronto!



## LOOKING AHEAD (Continued)

### Wednesdays, starting April 17th, 2024, 10:00 AM - 11:00 AM Memoir-Writing Workshop (H)

Have you ever wanted to write a memoir but didn't know where to start? In this workshop writer and educator, Frank Ingrasciotta, will guide you on how to bring your life stories to the page. Documenting our stories also gives our loved ones a remembrance and understanding of our roots. In this ten-session memoir writing class, we will examine various aspects of storytelling. Through the ease of using writing exercises, we will explore the tools of your personal expression that will bring your writing to life. This class will be Hybrid with members joining both in person and by Zoom. To register please contact Grethel at [gsamuel@riverdaley.org](mailto:gsamuel@riverdaley.org) or at 347-913-4395.



## FEBRUARY'S FRIDAY FLICKS

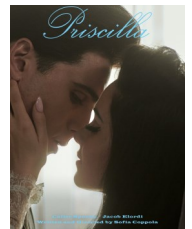
### FRIDAY'S AT 12:45 PM

**February 2nd: Dumb Money (2023)** David vs. Goliath tale about everyday people who flipped the script on Wall Street and got rich by turning GameStop (the video game store) into the world's hottest company. 1h 45m



**February 9th: Golda (2023)** Focuses on the intensely dramatic and high-stakes responsibilities and decisions that Golda Meir, also known as the "Iron Lady of Israel," faced during the Yom Kippur War. 1h 40m

**February 16th: Priscilla (2023)** The unseen side of a great American myth in Priscilla Presley's turbulent relationship with Elvis. Sofia Coppola (The Virgin Suicides) tells a deeply felt and ravishingly detailed portrait of love, fantasy, and fame through her eyes. 1h 53m



**February 23rd: The Man from U.N.C.L.E. (2015)** In the early 1960s, CIA agent Napoleon Solo and KGB operative Illya Kuryakin participate in a joint mission against a mysterious criminal organization, which is working to proliferate nuclear weapons. 1h 56m

## CLASS ANNOUNCEMENTS

**Note:** Manicures will be on hiatus until March 2024.

**Our Book Club** takes place on **Thursday, February 22nd, 2024 at 1:00pm**. This month's book is *The Riviera House* by **Natasha Lester**. If you want to join the book

## CLASS ANNOUNCEMENTS (Continued)

club, email [AdeleSchwartz@optonline.net](mailto:AdeleSchwartz@optonline.net). This club is now in a Hybrid format. Adele can send you a link and discussion questions for the Zoom meeting or you can join with other members directly from the Y day of the program and we'll print out the discussion questions for you.



Our Book Club Celebrates Reading it's 100th Book

### Wednesdays at 9:00 AM



#### Tech Class with Trinity

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

**February 7th: Phone camera & photos**-How to take pictures and videos on your phone. How to share and delete photos.

**February 14th: Zoom basics**-Learn how to use zoom to participate in video classes and to stay connected with friends and family. Learn how to join a meeting, mute, unmute and turn on and off your video. Learn how to use the chat feature.

**February 21st: Screenshots**-Learn what screenshots on your phone are. How to take them and why to take them.

**February 28th: Alarm, Timer and World Clock features**-How to set an alarm and timer on your phone. How to use the world clock feature to see what time it is in different time zones.

### Monthly Blood Pressure Check

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

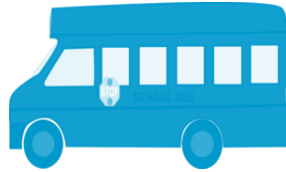


### Wednesdays at 1:30 PM

#### Water Aerobics/Open Swim

There is no longer a need to preregister for Water Aerobics/Open Swim. Please keep in mind that the pool capacity is still **limited to 25 persons**.

# Transportation Information for Members of New Beginnings



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. Return trips leave the Y at 1:00 and 2:00. Trips after 3:00pm available by request.

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.

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## THANK YOU FOR YOUR DONATIONS

**Thank You for the  
Casino Trip  
Sharing my Winnings  
With the Y  
Loyda Camacho**

**In Appreciation of Nekiya,  
Kitchen Staff, and the  
Amazing group  
Of Volunteers!  
Susan Chasky**

**In Appreciation of Rabbi Scott  
Ruth Kraus  
Amy Schimmel**

# New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

## 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 (Grethel)..... ....(347) 913-4395  
Volunteers (Alexandra)... .....(718) 548-8200 ext. 233

## Welcome New Members

Pasquale DePetrìs	Suzanne Nathanson
Stanley Dubin	Joel Rothman
Jizhen Ge	Audrey Schwartz
Shirley Johnson	Andrew Siegel
John Kim	Vanessa SowellSkeeter
George LaMarca	Shelley Spiegel
Delores Lee	Ilya Spolansky
Audrey Lewis	Lirije Thaqi
Carmen Lopez	Doretha Webb
Harriet Meltzer	David Zukerman

## 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

Loyda Camacho, President  
Amy Schimmel,  
Vice President  
Jerry Klein, Treasurer  
Shelagh Masline,  
Communications  
Betty Baumel, Toby Boisseau  
Pat Boyle, Julieta Buttler  
Susan Chasky,  
Barbara Sachs

## Riverdale Y Leadership

Melissa Sigmond,  
Chief Executive Officer  
Peter Goldman, President

RIVERDALE YM-YWHA  
5625 ARLINGTON AVE.  
BRONX, NY 10471

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