

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

APRIL 2024 NEWSLETTER



UJA Federation
of New York



New Beginnings
Members Join an
Evening Event at
the Y.



Trip to Louis Armstrong museum



Trip to Hebrew Institute of Riverdale

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

LETTER FROM THE DIRECTOR



All our staff are available for consultation if you have a problem, but Social Workers are especially trained to help. We have three Social Workers connected with our program. Carmen Lopez is our part-time Older Adult Center Social Worker. She is on staff to help you with benefits and entitlements, next phase planning, short-term counseling, and/or to lend an ear in a crisis.

Lucy Hoffman is the Social Worker for Safe at Home: Hudson Community Project. She works with homebound older adults in Riverdale in much the same way Carmen works with on-site members. Additionally, Lucy's program oversees subsidized housekeeping services for older adults. Lucy has office hours at the Y as part of our UJA partnership.

Finally, we host a Social Worker as part of an on-site geriatric mental health clinic, administered by JASA and NYC Aging. Please join me in welcoming Karl Custer, our new JASA Mental Health Clinician. In addition to Karl's social work training and experience with older adults, Karl has a background in creative arts.

Karl will be at the Y on Mondays and Fridays. He'll lead our Monday Group Chat and will be getting to know our Center and the membership in the next few weeks. If you are considering seeing Karl for ongoing therapy, either he or Carmen will need to refer you to the clinic for an intake. New Beginnings members are prioritized in the event of a waiting list.

Jeff Newman, our previous JASA Mental Health Clinician, left the Y and is now working full-time from JASA's main office. He will be missed but continues to work with some of our members off-site.

Wishing everyone a Happy Spring and Joyous Passover Season.

Warmly,
Sharon Asherman, LMSW

APRIL 2024 MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 4/1 HAMBURGER Roasted Sweet Potato Fries Garden Salad Pear | 4/2 BAKED CHICKEN BREASTS Egg Barley with Mushrooms Roasted Zucchini Pineapple | 4/3 LEMON PEPPER FISH Yellow Rice Brussel Sprouts Banana | 4/4 BLACK BEAN & SWEET POTATO CHILI Brown Rice Garden Salad Orange | 4/5 BBQ CHICKEN LEG QUARTERS Baked Yams California Blend Vegetables Grapes |
| 4/8 CHICKPEA SALAD Bowtie Pasta Cucumbers and Tomatoes Watermelon | 4/9 BAKED SALMON Wide Noodles Roasted Broccoli Tangerine  | 4/10 TURKEY STUFFED PEPPERS Brown Rice Steamed Yellow Squash Apple | 4/11 BAKED FISH Baked Potato Baby Carrots and Parsley Strawberries | 4/12 BAKED MUSHROOM CHICKEN Orzo Roasted Broccoli Pear |
| 4/15 SPAGHETTI WITH MEAT SAUCE Steamed Carrots Apple | 4/16 VEGETARIAN STUFFED CABBAGE Brown Rice Vegetable Mix Grapes | 4/17 PASSOVER LUNCH BRISKET Baked Sweet Potato Roasted Vegetables Gefilte Fish Apples Special Dessert  | 4/18 STUFFED FISH Yellow Rice Green Beans Orange | 4/19 OVEN FRIED CHICKEN Bowtie Pasta with Kasha Steamed Spinach Banana |
| 4/22 TUNA SALAD PLATTER Peaches (Passover meal) | 4/23 CLOSED (PASSOVER) | 4/24 CLOSED (PASSOVER) | 4/25 TURKEY MEATLOAF Baked Potatoe Baby Carrots Fresh Pineapple (Passover meal) | 4/26 LEMON CHICKEN Baked Sweet Potatoe California Blend Vegetables Grapes (Passover meal) |
| 4/29 CLOSED (PASSOVER) | 4/30 CLOSED (PASSOVER) | | | |

NEW AND NOTEWORTHY IN APRIL

All activities are in person unless otherwise specified

Mondays at 10:45 AM

Open Chat with Karl

Please welcome Karl Custer, the new Social Worker for our on-site JASA/NYC Aging Geriatric Mental Health Clinic. Karl will be at the Y on Mondays and Fridays and will facilitate the Monday Open Chat, previously led by Jeff Newman.

Friday, April 5th, at 10:30 AM

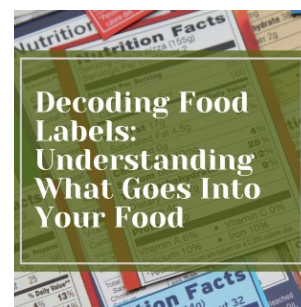
Older Adult Borough Advocacy Day

New Beginnings Members are invited to join Bronx Borough President Vanessa Gibson for a press rally on the steps of the Bronx County Courthouse to amplify the needs of older New Yorkers. We'll have you back to the Y in time for lunch. Please sign up with Center Director Sharon Asherman before Wednesday, April 3, 2024.

Friday, April 5th, at 10:00 AM

Nutrition Lecture: Decoding Food Labels.

In this workshop, participants will learn how to understand the nutrition facts label and food label. You'll gain confidence in making healthier dietary choices by mastering serving sizes, key nutrients and recommended intakes. Learn practical tips and real-life examples that empower you to navigate food labels more effectively. Presented by Samantha Podob, MS, RD, CDN.



Tuesday, April 9th, at 9:00 AM

Chair Aerobics with Stuart

Stuart Haden, a Certified Senior Fitness Instructor, is teaching a one-hour cardio and flexibility workout that can be performed seated or with the support of a chair.

Tuesday, April 9th, at 11:30 AM

April Happy Birthday! Entertainment at 1:15 PM

Enjoy a special lunch and stay for entertainment by **Manny Montanez**. 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. Our entertainer Manny comes from the original NYC Latin Music scene and is the band leader of a fabulous Latin 10-piece Band: Boogoloo Crew.

Growing up as a Latino from NYC a few blocks from the Apollo

Theater, Manny was exposed to and interested in the smooth and upbeat rhythms that were popular at that time. Manny's experiences reflect the Latin, Soul and Groove music that captivated New York during the 60's & 70's in the performances he gives today.

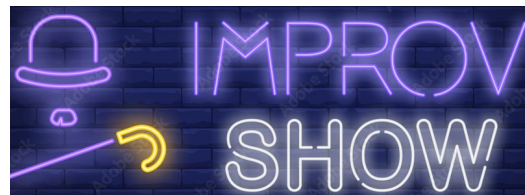


NEW AND NOTEWORTHY (Continued)

Wednesday, April 10th, at 10:00 AM

Improv Culminating Event - You're Invited!

Our Improv Group, under the direction of Frank Ingrasciotta, will host a show to share all they've learned during their course. Ten weeks of Improv at the Y was sponsored by the Bronx Opera Company through the SuCasa initiative of the City Council of New York. Refreshments will be served at 9:45 AM prior to the show.



Friday, April 12th, at 10:00 AM

Shopping Trip to Walmart

Browse and shop where you want, and store purchases in the van as you continue shopping. The van leaves the Y at 10:00 am and returns at 2:00 pm. \$15 includes round-trip transportation and a bagged lunch. Sign up with Grethel by Tuesday, April 9th, 2024. Please arrive at the Center 15 minutes prior to departure.



Friday, April 12th, at 12:30 PM

Kids Bake Sale

Special treats prepared by students in the Y's Early Childhood Center will be on sale after lunch. Come support our budding little bakers!

Monday, April 15th, at 10:00 AM

Remembering the Catskills

Ron M., Actor, Screenwriter, Radio Show Host and Historian is engaging, charming and full of incredible knowledge and anecdotes on all his topics. This presentation ties in the phenomenon of vacationing in the Catskills up until the mid 1960s when it began its decline in popularity. Did you know that the Grossinger Resort Hotel in the Catskills was the inspiration for the "Dirty Dancing" film's fictional Kellerman's resort set in 1963? Also, many Jewish musicians and comedians became celebrities in the Catskills long before they achieved mainstream success, such as Alan King, Joan Rivers and Jackie Mason.

Monday, April 15th, at 1:00 PM

Bardekova Ensemble-Music

Ellen Bardekoff on oboe; Adam Ray on flute; Akari Yamamoto on clarinet; Yuki Higashi on bassoon and Sigrun Kahl on French Horn. This popular and versatile woodwind non-profit ensemble's mission is to make all kinds of music accessible to as many of us as possible. Music will include selections from Bach, Beethoven, Miles Davis, John Williams and Celia Cruz.

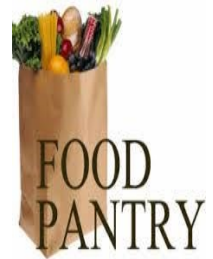


NEW AND NOTEWORTHY (Continued)

Monday, April 15th, 10:00 AM - 12:00 PM

Mobile Food Pantry

Pick up food from The Metropolitan Council on Jewish Poverty's Mobile Food Pantry. To register, please contact **Shira Silverman** at (718) 548-8200 ext 250 or via email at 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. This will not be a traditional pantry, there will only be vegetables offered.



Wednesday, April 17th, 2024, at 11:30 AM

Passover Model Seder

Our Annual Passover Model Seder will be facilitated by Rabbi Scott Kalmikoff, Director of Community Engagement at the Y. The Model Seder includes a special holiday meal. Tickets are a suggested contribution of \$6.00 in advance or \$8.00 the day of the event. Please be sure to purchase yours early to secure a seat.

Wednesdays, beginning April 17th, at 10:00 AM

NEW! Memoir-Writing Workshop (H)



Have you ever wanted to write a memoir but didn't know where to start? In this ten-week workshop, writer and educator Frank Ingrasciotta will guide you through putting your life story on the page. There will be writing exercises and we'll examine various aspects of storytelling. This class will be Hybrid with members joining both in person and via Zoom. To register

please contact Grethel at gsamuel@riverdaley.org or at 347-913-4395.

Wednesday, April 17th, at 1:00 PM

Drop-In Bereavement Support Group

Join a small, intimate group of individuals who have recently experienced a loss for our monthly group. We provide a safe atmosphere where people can do the kind of sharing and listening needed in order to heal. Please contact Lucy Hoffman for more information or to make sure that this group is appropriate for you or if you need to talk privately about a recent loss. (Lucy Hoffman, LMSW, lhoffman@riverdaley.org, (718) 548-8200 Ext: 352.

Thursday, April 18th, 9:00 AM - 2:30 PM

Jewelry Sale

Have jewelry that you no longer use and don't know what to do with? Donate it to New Beginnings and it will be transformed into new programming! We are collecting jewelry from members to sell at our upcoming fundraising event. The proceeds from this sale will support classes, events and trips that are not covered by NYC Aging. Please bring your donations to Loyda Camacho at the Meal Desk before Monday, April 15, 2024.



NEW AND NOTEWORTHY (Continued)

Friday, April 19th, at 10:00 AM

Trip to The Met Cloisters

Join us on a trip to The Met Cloisters with Community Artist and Y Instructor Daniel Hauben serving as your guide. Daniel will specifically focus on the **Mérode Altarpiece (Annunciation Triptych)**, the **Unicorn Tapestries** and the outdoor gardens. Sign up with Grethel by Tuesday, April 16th, 2024. The van leaves the Y at 10:00 am and returns at 2:00 pm. \$15 includes round-trip transportation and a bagged lunch. Please arrive at the Center 15 minutes prior to departure and make sure to have your state ID (Identification) with you.



The Lady and the Unicorn Tapestries

APRIL'S FLICKS

FRIDAY'S AT 12:45 PM

April 5th: Book Club (2018) The lives of four friends (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. 1h 44m

April 12th: A Beautiful Day in the Neighborhood (2019) Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. 1h 49m



April 19th: Wonka (2023) With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. 1h 56m

April 26th: Book Club: The Next Chapter (2023) The highly anticipated sequel follows our four best friends as they take their book club to Italy for the fun girls' trip they never had. 1 h 47 min



LOOKING AHEAD

RIVERDALE

**RUN &
FUN DAY**

2024



Sunday, May 19, 2024 from 7:30 AM – 12:00 PM
Riverdale Y Fun Run/Walk

Join our New Beginnings Team for the Annual Riverdale Fun Run. New Beginnings Team Members will walk 1K to support the Y and join the post-race Fun Day celebration. The race will start at 8:00 AM in front of the Riverdale Y

LOOKING AHEAD (Continued)

Plan on arriving by 7:30 AM.

Registration for Fun Run/Walk for the 1K Run/Walk early bird fee is \$18.00 through 4/26/2024 and the regular fee is \$25 starting 4/27 until event day. We'll have staff on the second floor before and after lunch helping people with registration on 4/2/2024 and 4/9/2024. Or, register on your own at <https://riverdaley.org/runandfun/> Be sure to join the New Beginnings Team led by Sharon and Grethel.



CLASS ANNOUNCEMENTS

1. There will be no **Chair Yoga** on Thursday, April 4th.
2. **Karaoke with Loyda** will continue on Fridays through June 21st.
3. **Stay Well Exercise** has moved from five days a week to two days a week, hybrid Monday and Friday from 9:00 am - 9:45 am.
4. Our Monthly **Book Club** is full. To join the waiting list, email group leader Adele Schwartz at AdeleSchwartz@optonline.net.
5. **Daniel Hauben** will not be on site to teach his **Painting Class** in person on Tuesday, April 9th, but he will facilitate his **Art Exploration** through Zoom from 10:30 am - 11:30 am. The Art Room will be open for painting.

Wednesdays at 9:00 AM

Tech Class with Trinity

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



April 3rd: 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.

April 10th: Phone Camera and Photos- How to share photos via text message or email. How to add comments to photos on your phone.

April 17th: OMNY- How to set up the senior discount with OMNY. How to tap and pay for the bus or train with your phone.



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.

A MESSAGE FROM THE ADVISORY COUNCIL

We are soliciting members for our next New Beginnings Advisory Council. If you have been a New Beginnings member for at least a year, volunteer in some capacity and would like to get more involved ... Consider running for Council!

The Advisory Council represents the interests of New Beginnings members and makes sure that everyone has a voice in the programming and day-to-day operations of the Center. All members are encouraged to share their input directly with AC members and by putting notes with their input and suggestions into the Suggestion Box. We read every suggestion at our monthly meetings.

Importantly, the Advisory Council is also the active fundraising body of New Beginnings. Over the years we have raised tens of thousands of dollars through our annual Broadway Showcase, barbecues, raffles, galas and a New Beginnings Cookbook – fundraisers conceived, organized, and run by the AC. This year we look forward to raising money by selling ad space in our Broadway Showcase Playbill and we will soon hold a Jewelry Sale.

We use our fundraising dollars to supplement regular programming and to bring you more of the things you enjoy – including classes like Improv, Ceramics and Silver Shoes, monthly lectures and concerts, reduced price trips, and birthday party refreshments/gifts.

If you are interested, write a short statement on why you want to be an Advisory Council Member and give it to Council President Loyda Camacho or e-mail it to olderadults@riverdaley.org. The deadline for submission is May 15, 2024. Your statement will be published in the June newsletter and Elections will be held soon after.

Transportation Information

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.

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

| | |
|---------------------|---------------------|
| Anne Archer | Harriet Lewis |
| Doron Avgush | Evelyn Linares |
| Laurie Bellino | Davien Littlefield |
| Maureen Casey | Robert Malik |
| Barbara Davis | Edward Mauldin, Jr. |
| Maria DeJesus-Diaz | Maureen Moscato |
| Raul Flores Santana | Ana Nicasio |
| Carol Griffin | Judith Roman |
| Lorraine Jaeckel | Mary Sermon |
| Aleksander Kalmus | Hannah Sherak |
| Nancy Kawesch | Richard Zablauskas |
| Arlene Kligerman | Isaac Zlochower |
| Maxeen Lehrhaupt | Marcia Zlochower |

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 Butler
Susan Chasky,
Barbara Sachs

Riverdale Y Leadership

Melissa Sigmond,
Chief Executive Officer
Peter Goldman, President

RIVERDALE YM-YWHA
5625 ARLINGTON AVE.

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