

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

MAY 2024

NEWSLETTER

UJA Federation
of New York



The New Beginnings MPROV Group After Their April Performance

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



LETTER FROM THE DIRECTOR

The City's executive budget has been released and now the City Council will meet to restore or add additional funding into the budget. Every year, I take a group of members to City Hall to advocate for our share of the NYC budget. This year, in addition to our regular advocacy, we need to advocate for continued recognition of some of our long-time members.

NYC Aging recently informed us that persons who live in Yonkers need to be deleted from our database and should not attend lunch, participate in any programs, or receive any services from New Beginnings. These are approximately 40 people, many of whom are at the Y daily and some who have been members for over 20 years.

Obviously, we will continue to allow these members to join us at the Y. But, we need to advocate through a convoluted bureaucracy for recognition of these members since not recognizing them will affect our overall budget.

The Y is advocating with the NYC Department for the Aging, with our elected officials and via our Partners at the UJA Federation. We've already met with some of our Yonkers members and asked them to start advocating for themselves. Now, it's time for you to join in. Call 311, call your City and State representatives and let me know if you are interested in coming to advocacy day at City Hall on May 15. I need to double check date.

Hope you enjoy this month's programs.

Warmly,

Sharon



A few of our Yonkers Members are pictured. You probably recognize them. Four of these members live within walking distance of the Y. Two receive more services from the Y than any other New Beginnings Member. Four require Kosher food which is not available in Yonkers.

MAY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/5 OPEN SUNDAY CHICKEN CAESAR SALAD Pear		5/1 BROWN RICE WITH BLACK BEANS Steamed Yellow Squash Strawberries	5/2 MEATLOAF WITH MUSHROOM GRAVY Mashed Potatoes Steamed Broccoli Banana	5/3 BAKED CHICKEN QUARTERS Bowtie Pasta Roasted Acorn Squash Tangerines
5/6 BAKED FISH WITH PEPPERS & ONIONS Wild Rice California Blend Vegetables Grapes	5/7 WESTERN FRITTATA Baked Red Potato Wedges Steamed Spinach Apple	5/8 BEEF STEW Orzo Steamed Carrots Oranges	5/9 VEGETARIAN-STUFFED PEPPER Brown Rice Sauteed Zucchini Watermelon	5/10 SWEET AND SOUR CHICKEN THIGHS Couscous Italian Cut Green Beans Canned Sliced Peaches
5/13 SPAGHETTI AND MEAT SAUCE Steamed Carrots Apple	5/14 BAKED SALMON Yellow Rice Brussels Sprouts Tangerine 	5/15 BAKED CHICKEN BREASTS Egg Barley with Mushrooms Roasted Zucchini Fresh Pineapple	5/16 BLACK BEAN AND SWEET POTATO CHILI Brown Rice Garden Salad Orange	5/17 BBQ CHICKEN LEG Baked Yams California Blend Vegetables Grapes
5/20 ITALIAN CHICKPEA PASTA SALAD Rotini Pasta Sliced Cucumbers and Tomatoes Tangerines	5/21 MEATBALLS Baked Sweet Potato Fries Steamed Collard Greens Watermelon	5/22 TURKEY STUFFED PEPPERS Brown Rice Steamed Yellow Squash Apple	5/23 BAKED FISH Baked Potato Baby Carrots with Parsley Strawberries	5/24 BAKED MUSHROOM CHICKEN Orzo Roasted Broccoli Honeydew Melon
5/27 CLOSED (MEMORIAL DAY)	5/28 STUFFED FISH Yellow Rice Italian Cut Green Beans Orange	5/29 TURKEY WINGS Couscous California Blend Vegetables Banana	5/30 HAMBURGER Roasted Potato Garden Salad Pear	5/31 OVEN FRIED CHICKEN Bowtie Pasta with Kasha Steamed Spinach Cantaloupe

NEW AND NOTEWORTHY IN MAY

All activities are in person unless otherwise specified

Wednesday, May 1st, at 10:00 AM

Trip: Holocaust Remembrance Event at the Bronx H.S. of Science

Long-time New Beginnings Member and Holocaust Survivor, Sonja Geismar, will speak about ***What Happened to the Passengers on the MS St. Louis***. Mrs. Geismar was a passenger on the ill-fated ship that returned to Europe after unsuccessfully seeking ports of entry in Cuba, the United States, and Canada. Following the talk, guests will be invited to a student-led tour of the Stuart S. Elenko Holocaust Museum. This museum, housed in the Bronx Science Library, is the nation's second oldest major collection of Holocaust artifacts. \$15.00 per person includes roundtrip transportation. Please arrive at the Center 15 minutes prior to departure. FULL



Friday, May 3rd, at 10:00 AM

**Nutrition Lecture - Active Aging:
Movement for a Healthier Tomorrow**

In this workshop, participants will discover the many benefits of staying active as you age. Learn practical tips and guidelines to help you incorporate exercise into your daily life effortlessly. Join us to boost your health, independence and overall well-being with simple, effective strategies. Presented by Samantha Podob, MS, RD, CDN.

Sunday, May 5th, OPEN SUNDAY

Since we are required to open 249 days a year, we occasionally open on Sundays. This day is a snow make-up day and is just like other days.

Lunch on May 5th begins at 11:30 am, followed by the movie "Oppenheimer" at 12:45 pm. We purchased a copy of the movie to ensure availability!

New Members' Brunch on May 5th at 9:30 AM

By Invitation Only for persons who have joined the Center within the past six months.

Tuesdays, May 7th and May 21st, at 9:00 AM

Chair Aerobics with Stuart

Thursday, May 9th, at 1:00 PM

Hispanic Society Museum and Library

NEW AND NOTEWORTHY (Continued)

Members of the Conversational Spanish classes will take a field trip to the Hispanic Society Museum and Library. This trip is for Spanish language learners only.

Monday, May 13th, at 10:00 AM

Lecture - Day-O: A Profile of Harry Belafonte

Lecturer and historian Philip P. presents a profile of Harry Belafonte, the iconic singer, actor, and civil rights activist who popularized calypso music in the 1950s and 1960s.

Tuesday, May 14th, at 11:30 AM

May Happy Birthday! Entertainment at 1:15 PM

Enjoy a special lunch and stay for entertainment by **Judah Goldman**. 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: Judah Goldman** is a classically trained cellist with a passion for folk music and jazz. Judah also performs the best of folk, blues, rock, country, and jazz from the 20s to the 70s and back.



Wednesday, May 15th, at 1:00 PM

Bereavement Support Group Drop-In with Lucy Hoffman

Join a small 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, May 16th, at 10:00 AM

City Hall Advocacy Day

New Beginnings Members are invited to join the City Hall Advocacy Day to amplify the needs of older New Yorkers. Please sign up with Center Director Sharon Asherman before Monday, May 13th, 2024.

Thursday, May 16th, at 10:30 AM

New York State Citizen Preparedness with the Army National Guard and Air National Guard

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as

NEW AND NOTEWORTHY (Continued)

quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

Tuesday, May 21st, 1:30 PM - 2:45 PM

General Membership Meeting

Riverdale Y Chief Financial Officer, Esther Cohen, will join us with a powerpoint presentation on how the Y's finances work and the role of the Older Adult Center in our agency's budget. Other agenda items include upcoming Advisory Council elections, programs, food and more. There will be plenty of time for questions. Refreshments will be served.

Wednesday, May 22nd, 1:30 PM - 3:00 PM

Jewelry Sale

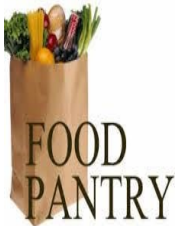
Have jewelry that you no longer use and don't know what to do with? Donate it to New Beginnings and it will be transformed into new programming! We are collecting jewelry from members to sell at our **SECOND** fundraising event. The proceeds from this sale will support classes, events and trips that are not covered by NYC Aging. Please bring your donations to Loyda Camacho at the Meal Desk before Monday, May 20th, 2024.



Wednesday, May 22nd, 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** 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.



Thursday, May 23rd, at 1:00 PM

Entertainment: Our guests from Selfhelp Community Services invite you to join them after lunch for entertainment. Musicians to be announced.

Thursday, May 23rd, at 10:00 AM

Shopping Trip: Trader Joe's, H-Mart and Marshalls in Hartsdale

Join us for a shopping trip to Trader Joe's, H-Mart and/or Marshalls in Hartsdale. Browse and shop where you want. Purchases can be stored in the van as you continue your shopping trip. The van leaves the Y at 10:00 am and returns at 1:30 pm. \$12.00 includes lunch at the Y after the trip. Sign up with Grethel by Monday, May 20th. Please arrive at the Center 15 minutes prior to departure.

NEW AND NOTEWORTHY (Continued)

Tuesday, May 28th, at 11:30 AM Dining Room Dedication

Our dining room renovations are finally complete and we will be celebrating with a Ribbon Cutting Ceremony before doors open for lunch. Let's come together to commemorate the transformation of our space. Be part of this memorable celebration with UJA leadership, Y staff, and the donors who made it all possible.



Tuesday, May 28th Financial Workshop with OceanFirst Bank

Join us in this lecture, facilitated by OceanFirst Bank, on how to protect against elder financial exploitation and abuse. Elder financial exploitation is the wrongful or unauthorized use of the assets, funds, or property of elderly individuals, and has become the most prevalent forms of elder abuse. OceanFirst Bank will teach our members how to recognize the signs and what to do if you find yourself in this situation.

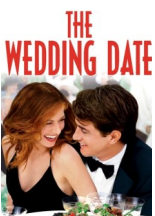
Wednesday, May 29th Y Sponsored Older Adult Atlantic City Trip - FULL

MAY'S FLICKS

FRIDAY'S AT 12:45 PM

May 3rd: **Front of the Class (2008)** Based on the true story of Brad Cohen who, after being challenged by Tourette's syndrome from a very young age, defies all odds to become a gifted teacher.

May 10th: **Loving Leah (2009)** When Leah's husband Benjamin dies suddenly, Benjamin's brother Jake is stunned to learn he is expected to marry the childless Leah to carry on his brother's name. Jake suggests to Leah that they get married and maintain a secretly platonic relationship.



May 17th: **The Wedding Date (2005)** A young woman hires a male escort to pose as her boyfriend at her sister's wedding. Her plan to make her ex-fiancé, who dumped her a couple years prior, jealous goes hilariously wrong.

May 24th: **Aloha (2015)** A celebrated military contractor returns to the site of his greatest career triumphs and reconnects with a long-ago love while unexpectedly

Friday Flicks (Continued)

falling for the hard-charging Air Force watchdog assigned to him.

May 31st: **Beyond the Blackboard (2011)** A 24-year-old first-time teacher overcomes her initial fears and prejudices to make a difference in the lives of the homeless children she teaches in a shelter's makeshift classroom.



LOOKING AHEAD

Riverdale Neighborhood House Senior Splash Friday, June 7th from 12:00 PM to 3:00 PM

Riverdale Neighborhood Houses is hosting our annual event for older adults. Join other neighborhood older adult programs for lunch, music and a dip in our pool. Roundtrip transportation available from the Y. Limited space is available (30 spots). A \$5 required deposit will be refunded on the day of the event.



Sunday, June 23rd, at 4:00 PM

Broadway Showcase: One Singular Sensation

Please join us for our third annual New Beginnings Broadway Showcase; a tribute to the beloved musical, "A Chorus Line," which we are calling "One Singular Sensation." All 29 actors in the cast are 60+ years old and members of New Beginnings. They will be singing, dancing

and recounting the stories of the dancers who first assembled in the 1970s to share why they loved being in Broadway shows. All are sure to wow you with their talents! This program is funded by NYC Discretionary Dollars through the office of City Councilmember Eric Dinowitz. Tickets are a suggested contribution of \$12.00 for adults age 60+; \$15 for everyone else. Tickets will go on sale on May 15, 2024. All ticket sales will be on-line. If you are not computer savvy, we'll help you with your purchase.

Class Announcements

1. **Karaoke** will continue on Fridays through June 21st.

2. **Friday's Y-sponsored Shabbats** with Rabbi Scott will end for the Summer on Friday, May 24th, and will resume on Friday, September 6th.

Class Announcements (Continued)

- 3. Beginners Hebrew** with Rabbi Scott will end on Thursday, May 30th, and will resume for a new session on Thursday, September 5th.
4. There will be no **Meditation** for the month of May. **Meditation** will resume on Monday, June 3rd.
- 5. Open Chat with Karl** will not take place on Monday, May 20th.

Sunday, May 19, 2024 from 7:30 AM – 12:00 PM

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. Activities are for persons of all ages. The race will start at 8:00 AM in front of the Riverdale Y. Plan on arriving by 7:30 AM.

This event is one of two annual fundraisers for the Riverdale Y. The fee is \$25 starting 4/27 until event day. Register at <https://riverdaley.org/runandfun/> or ask a staff member to help. Be sure to join the New Beginnings Team led by Sharon and Grethel.



THANK YOU FOR YOUR DONATIONS

**In Appreciation of everyone
who volunteers on
the Lunch Desk**

Susan Seidner Chasky

Broadway Showcase Advertising Rates

Support Our Older Adult Production

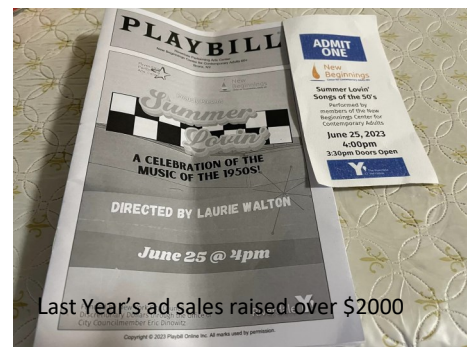
One Singular Sensation

A Homage to the Beloved Musical

A Chorus Line

Playbill Ad Rates

- \$100 Full Page
- \$50 Half Page
- \$25 Quarter Page
- \$10 Sponsor's Name



You'll have an Opportunity to Buy Sponsorships Starting
May 15,2024 at the 2nd Floor Meals Desk.

Please see Sharon if you want to purchase a play bill ad or
volunteer to sell ads on behalf of New Beginnings.

See Loyda to volunteer to sell sponsorships at the meals desk.

All Proceeds go to support both

New Beginnings and the Riverdale Y's Performing Arts Programs

ADVISORY COUNCIL MESSAGE

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	Robert Malik
Maureen Casey	Edward Mauldin, Jr.
Barbara Davis	Maureen Moscato
Maria DeJesus-Diaz	Ana Nicasio
Sylvia Egelberg	Isidoro Picone
Raul Flores Santana	Judith Roman
Ariella A. Garafalu Bergier	William Rozinski
Lorraine Jaeckel	Mary Sermon
Aleksander Kalmus	Hannah Sherak
Nancy Kawesch	Robert Stauf
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 Sigmund,
Chief Executive Officer
Peter Goldman, President

RIVERDALE YM-YWHA
5625 ARLINGTON AVE.

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