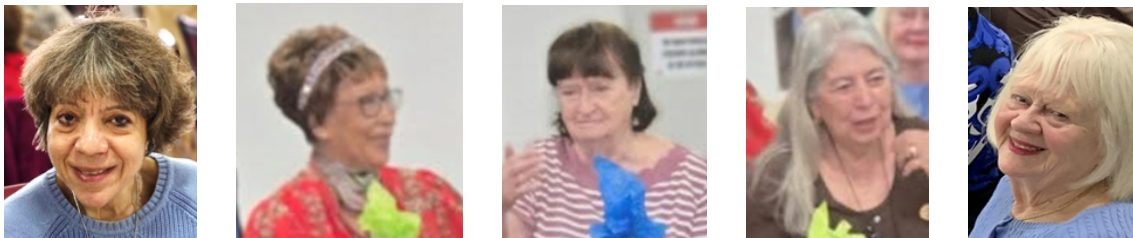


New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

May 2025



April Birthday Party

**New Beginnings is funded by the
New York City Department For The Aging and Participant Contributions**



May 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Kosher Supervision is by Vaad of Riverdale</p>	<p>Note: We do our best to plan the menu in advance, but the meal selection may change without notice.</p>		<p>5/1 SPAGHETTI WITH MEAT SAUCE Steamed Broccoli Garlic Bread Grapes</p>	<p>5/2 BBQ BAKED CHICKEN Yams Collard Greens Apples</p>
<p>5/5 CAESAR SALAD WITH GRILLED CHICKEN Garlic Bread Watermelon</p>	<p>5/6 BLACK BEAN & SWEET POTATO CHILI Brown Rice Roasted Zucchini Pineapple</p>	<p>5/7 HAMBURGER DELUXE Sweet Potato Fries Apple</p>	<p>5/8 LEMON PEPPER BRANZINO FISH Egg Barley with Mushroom Green Beans Banana</p>	<p>5/9 ROSEMARY CHICKEN Bowtie Pasta Baby Carrots Fruit Cocktail</p>
<p>5/12 BREADED BAKED DORADE FISH Cole Slaw Baked Fries Peach</p>	<p>5/13 HAWAIIAN CHICKEN LEGS Couscous California Blend Vegetables Banana</p>	<p>5/14 CHICKPEA SALAD Garden Salad Strawberries</p>	<p>5/15 TURKEY BEAN CHILI Orzo Steamed Squash Orange</p>	<p>5/16 ROASTED CHICKEN LEGS Rice & Beans Brussels Sprouts Honeydew</p>
<p>5/19 BAKED CHICKEN QUARTERS Sweet Potato California Blend Vegetables Apple</p>	<p>5/20 BIRTHDAY PARTY BAKED SALMON Wild Rice Broccoli Tangerines</p>	<p>5/21 PENNE W/ MEAT SAUCE, PEPPERS & ONIONS Cucumber Salad Apple</p>	<p>5/22 BROWN RICE WITH RED BEANS Roasted Zucchini Pineapple</p>	<p>5/23 OVEN FRIED CHICKEN Sweet Baked Yams Stemmed Collard Greens Banana</p>
<p>5/26 CLOSED FOR MEMORIAL DAY</p>	<p>5/27 CALIFORNIA VEGGIE BURGER Sweet Potato Beet Salad Grapes</p>	<p>5/28 TUNA CAKES Orzo Brussels Sprouts Watermelon</p>	<p>5/28 MEATLOAF W/MUSHROOM GRAVY Mashed Potatoes Steamed Broccoli Tangerines</p>	<p>5/30 LEMON PEPPER CHICKEN LEG QUARTERS Egg Noodles Steamed Spinach Apple</p>



Thank You to This Month's Donors

Special thanks to everyone who supported our *Got Soup?* campaign either by buying Lunch Bags and/or PJ Pants or by giving a donation. We plan on selling the merchandise at the Riverdale Run and then placing our first order immediately afterwards. Orders should be in by the middle of May.

Ana & Joseph Gandia	Mae Eng
Arnold Gottfried	Martha Tapia
Barbara Goodman	Maurine Ocasio
Constance Harper Castle	Phyllis Schapiro
Diane M. Lane	R. Brenda Caronia
Felices Hurtes	Roseellen Lenzi
Jack Murad	Ruth Greenfield
Joanne Zicherman	Ruth Kraus
John Ludewig	Sandra Maxwell
Judith Dyer-Mitchell	Selma Spieler
Judith Laurena	Sol Maria Chamorro
Leslie Boaz	
Lucy Hoffman	

All *Got Soup?* donations go towards covering the cost of soup and other meal related expenses not reimbursed under our NYC Aging contract.

A LETTER FROM THE DIRECTOR

Dear New Beginnings Member,

Spring is the time that Aging advocates come together to ensure that aging services receive their fair share of the City Budget. In the last week of April, a group of our members attended a rally at Bronx Borough Hall in support of aging services, and I plan to bring a group to City Hall this month.

Approximately fifty percent of the funding of our older adult center comes from the NYC budget with additional funds from NYC discretionary dollars. The remainder of the funding comes from federal block grants funneled through New York State to NYC Aging. This year, with federal funds in flux, it is more important than ever that we advocate locally for our fair share of the City budget.*

We have one opening on our advisory council to fill a vacancy for the 2024-2026 term. The advisory council is tasked with providing me with feedback from the membership and deciding how to allocate some of your fundraising dollars. Meetings are monthly. If you are interested in serving, please see Advisory Council President, Loyda Camacho or stop by my office.

Looking forward to seeing you at the Y.



Sharon Asherman, LMSW

*Here's a link to a recent NYTimes article on the agency that oversees federal funding for older adult services.
<https://www.nytimes.com/2025/04/24/health/meals-on-wheels-disabilities-aging-trump-cutbacks.html>



NEW & NOTEWORTHY IN MAY

In addition to our regularly scheduled events, be sure to check out these special additions!

Please refer to the Centerfold for any Class Cancellations

Every Monday, from 10:00AM - 11:00AM

Hudson River Voices (FULL)

Hudson River Voices with Caprice will end on Monday, June 30th, 2025.

Every Tuesday, from 10:00 AM-12:00 PM

Intermediate Bridge

The Intermediate Bridge class will end on Tuesday, June 17th, 2025.

Every Thursday, from 10:00 AM - 11:30 AM

Acting Class with Frank Ingrasciotta (FULL)

The last Day of Acting Class with Frank Ingrasciotta will be on Thursday, June 26th, 2025.

Thursdays, at 10:00 AM

Watercolor Painting with Dmitriy Moshkovich (FULL)

The last Day of Watercolor Painting with Dmitriy Moshkovich is on Thursday, May 22nd, 2025.

Every Thursday, from 10:00 AM - 11:30 AM

Silver Shoes Dance Club (FULL)

The last Day of Silver Shoes Dance Club will be Thursday, May 22nd, 2025.

Friday, May 2nd, at 10:00 AM

Nutrition Lecture: From Shelf to Table: Aisle-by-Aisle Shopping for Healthy Living

In this lecture Samantha will discuss healthy aging through grocery shopping, meal planning, grocery lists, budget-friendly strategies and unit pricing. Samantha will also explain how grocery stores are designed to encourage spending and what are the best choices depending on your individual needs. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Sunday, May 4th, 2025

The Riverdale Y 5K & Fun Run

Join us as The Riverdale Y hosts its annual community event: The Riverdale Y 5K & Fun Run. This year, the Riverdale Y will host a timed 5K run for individual runners, an untimed 1K family-friendly fun run/walk, and a post-race celebration with activities, games and fun. Proceeds from the Riverdale Y 5K & Fun Run will support the social impact programs and services provided by the Riverdale Y. Link to registration:

<https://riverdaley.org/5k-and-fun-run/>

Monday, May 5th, 2025, at 1:00pm

Lecture: The Bronx in the World War II Era

Learn about World War II's impact on the people of the Bronx and ordinary life in the Bronx in the 1940s. Presenter Roger McCormack, Director of Education at The Bronx County Historical Society, is a writer, farmer, lecturer, and tour leader. He is a graduate of Merrimack College and has a Master's Degree in American History from Monmouth University, where his thesis focused on the antebellum United States and the Civil War.

Chair Aerobics with Stuart

Tuesday, May 6th, and Tuesday, May 20th at 9:00 AM

Wednesdays, May 7th, at 10:00 AM

Make-Up Class for the Older Adults

Join Make-Up artist Wendy Levitt as she teaches a class that welcomes anyone eager to improve their makeup skills for mature skin. In this class, you will explore your skin's unique needs and effective makeup techniques. Members can bring their makeup bag and learn how to maximize what you have in it; Wendy will also bring some of her products to help people maximize members own products.

Women's Group with Lucy

Wednesdays, May 7th and Wednesdays, May 21st, at 10:45 AM

Thursday, May 8th and Thursday, May 22nd, at 11:00 AM

Singing with Seniors

Do you love children and love to sing? This is an opportunity to sing, dance and play instruments with four-year-olds from the Y's Early Childhood Center. Smiles and laughter are guaranteed. Please contact Renee Bock, the Early Childhood Director at 347-913-4445 and rbock@riverdaley.org.

Friday, May 9th, at 10:00 AM

Nutrition Lecture: Nutritional Psychiatry: The Relationship between Food and Mood.

The food we eat significantly impacts our mood, impacting mental health through various mechanisms like nutrient intake, blood sugar levels, and gut microbiome function. A balanced, nutrient-rich diet can contribute to better mood and mental well-being, while unhealthy eating habits can worsen mood disorders. Join Registered Dietitian, Tamar Elkin, MS, RDN, CDN, as she educates us on our relationship between food and mood.

Monday, May 12th, at 10:00 AM

Workshop: Alzheimer's Prevention and Education, Pt. 3

Join us as we continue with our three part series on learning about Alzheimer's Disease and lifestyle changes that help with prevention. This workshop will be facilitated by Jackie Lopez, the Program Manager from the Alzheimer's Association.

Thursday, May 15th, 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, May 13th, 2024. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Thursday, May 1st, 2025, spots fill up quickly. **If there is a waiting list, we will TRY add a second trip****

Friday, May 16th, at 10:00 AM

Workshop: Creative Drama Therapy

Join us as drama therapists, Laura Leadbetter, uses role playing and storytelling to help participants learn about themselves and new ways to encounter each other and experience the power of group support.

Monday, May 19th, 1:00 PM

Concert: International Movie Music

International movie music program with acclaimed International Concert Violinist Dr. David Podle will showcase some of the most unforgettable and famous movie themes, both American and International and spanning the 1930s-1990s. Some of the movies to be included: "Romeo and Juliet", "The Thomas Crown Affair", "The Professional", "Butch Cassidy and the Sundance Kid", "Sunflower", "Summer of 42", "The Toy" and "Titanic". Let David bring you right to the heart and soul of each poignant and epic story.

Tuesday, May 20th, at 11:30 AM

May Happy Birthday! Entertainment at 1:15 PM

Enjoy a special lunch and stay for entertainment and dancing with **Steve P.** on Keyboards. Tickets are a suggested contribution of \$4.00 in advance or \$5.00 the day of the event. Please be sure to purchase yours early to secure a seat.

Wednesday, May 21st, at 10:00 AM

Workshop: How to Reduce the High Costs of Prescription

With the spiraling costs of medicines, more Americans are subject to high costs, causing major concerns. Attend this educational workshop and learn how to save money on your prescriptions; don't ever pay more than you have to. This workshop will be facilitated by Ann Sadofsky from Senior Services of North America (SSNA).

Friday, May 23rd, at 10:00 AM

Nutrition Lecture: Grocery Store Field Trip to Walmart

Join us as we put into practice what was learned in our *From Shelf to Table: Aisle-by-Aisle Shopping for Healthy Living* Workshop. We will be going to Walmart to practice what we learned. This class field trip is only for students that have participated in the Nutrition Lectures. Please register with Grethel. Our round trip transportation and lunch fee is \$10.00. This traveling workshop is facilitated by Samantha Podob MS, RD, CDN.

Tuesday, May 27th, at 10:00 AM

The NY Citizen Preparedness Training Program

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 quickly as possible to normal conditions. Registration is required to attend the event. To register visit www.prepare.ny.gov or with Grethel.

Tuesday, May 27th, at 1:00 PM

Concert: Bardekova Ensemble

With 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.

Wednesday, May 28th, 10:00 AM - 11:15 AM

32nd Annual National Older Adult Health & Fitness Day

Join us for the 32nd Annual National Older Adult Health & Fitness Day sponsored by the NYC Department of Aging on Wednesday, May 28, 2025. Taking place in Foley Square in lower Manhattan, the day will help raise awareness about the importance of maintaining physical and mental health for older adults, and encourage all to stay active. Registration is required, please register with Grethel. Round trip transportation and lunch fee will be \$10.00.

Thursday, May 29th, at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants. The book for May is "**Katinka: A Novel**" by *Elizabeth Graver*

Thursday, May 29th, from 9:00 AM - 2:30 PM

Jewelry Sale

Do you 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! A team of volunteers, led by Advisory Council President Loyda Camacho, is collecting jewelry from members which they will 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, at the Meal Desk, before Tuesday, May 27th, 2025.

Friday, May 30th, 10:00 AM - 11:15 AM

Intergenerational Discussion

Join us for the second of a series of four heartwarming intergenerational events with students from Winston Prep. Young minds are eager to connect with you, exploring the joy of the holidays and sharing stories that bridge generations. After

the discussion, the students are invited to have lunch with us, allowing us to continue to explore each other's experiences and strengthen new friendships. To register for this event, please contact Alexandra at (718) 548-8200 ext 233 or via email at anyashina@riverdaley.org.



TECH CLASS

Wednesdays at 9:00 AM

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

May 7th | *NO CLASS*

May 14th | *YouTube*

How to use Youtube to learn almost anything. How to watch free movies and videos on Youtube.

May 21st | *How to send GIFs*

GIF, stands for Graphics Interchange Format, is a type of image file format that supports animation and short, looping videos. These animated images are often used for expressing emotions or reactions in online communication.

May 28th | *Adjust Phone Settings*

How to change and adjust the ringtone and media volume on your phone. How to put your phone on silent/do not disturb.

Please make sure to have the App downloaded before class.



THIS MONTH'S MOVIE PICKS

(Fridays at 12:40 PM)

May 2nd | Conclave (2024) The Church's most powerful leaders have gathered from around the world, locked together in the Vatican halls. Tasked with running the covert process of selecting a new pope, Cardinal Lawrence finds himself at the center of a conspiracy and discovers a secret that could shake the very foundation of The Church. **2h Rated PG**

May 9th | The Idea of You (2024) Based on the acclaimed, contemporary love story of the same name, *The Idea of You* centers on Solène (Anne Hathaway), a 40-year-old single mom who begins an unexpected romance with 24-year-old Hayes Campbell (Nicholas Galitzine), the lead singer of August Moon, the hottest boy band on the planet. **1h 57 min Rated R**

May 16th | Where the Crawdads Sing (2022) *Where the Crawdads Sing* tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. **2h Rated PG-13**

May 23rd | You're Cordially Invited (2025) When two weddings are accidentally booked on the same day at the same venue, each bridal party is challenged with preserving their family's special moment. In a hilarious battle of determination, the father of the bride (Will Ferrell) and sister of the other bride (Reese Witherspoon) chaotically go head-to-head as they stop at nothing to uphold an unforgettable celebration for their loved ones. **1h 51 min Rated R**

May 30th | The Accountant (2016) Christian Wolff is a gifted accountant who works as a freelancer for dangerous criminal organizations. As the Treasury Department closes in, he takes on a legitimate client—a robotics company with a financial discrepancy. As he uncovers the truth, the body count begins to rise. **2h 2 min Rated R**



Group Chat with Karl Custer Mental Health Discussion Topics

Monday, May 5th, at 10:45 AM-2:00 PM. | "Mental Health Awareness Day"

Our bodies, our minds, our spirits and our community give, so it's time to give back. Join JASA's Karl for a reconnecting presentation for the mind, body and spirit and learn the ways we enhance our wellbeing through individual, group, and structured engagements.



Group Chat With Social Work Interns

Tuesday, May 6th, at 9:30 AM | A Fond Farewell: Reflecting on Our Experiences with You

Join our MSW interns for their final group. Student interns will share what they have learned during their internship at the Y and celebrate the conversations, laughter, and memories you shared with them. It's a time to honor time together

and leave with positive thoughts and good wishes.



SAVE THE DATE/LOOKING AHEAD

1. We will have a second trip to the **Anne Frank Exhibition** presented by Anne Frank House on **Tuesday, June 17th, 2025**. (**Trip is full-Waiting List Only**)
2. On **Wednesday, June 18th, at 10:00 AM** we will have a trip to **The New York Botanical Garden: Van Gogh Exhibit: Painting with Flowers**. The NYBG becomes the canvas for the colorful brush strokes of one of the world's most revered artists. You've seen paintings, now see them come to life at the Garden as you immerse yourself in botanical displays and revel in the beauty of the flowers that inspired the Dutch Master's iconic works. Registration for the Trip opens on **Thursday, May 1st, 2025** and will close on **Wednesday, June 11th, 2025** or until the spots are filled. The fee for this trip is **\$40.00** and includes the following: transportation, lunch, show tickets and a guided tour. Please arrive at the Center 15 minutes prior to departure.
3. **Riverdale Neighborhood House (RNH)** is hosting their annual SPLASH event for older adults on **Friday, June 13th, 2025** from **12:00PM-3:00PM**. Join other neighborhood older adult programs for lunch, music and a dip in their pool. Roundtrip transportation available from the Y. Limited space is available (30 spots). A \$5.00 required deposit will be refunded on the day of the event. Please sign up with Grethel.
4. **TRIP: Connecticut Holiday Hill Senior Day Trip**
Join us as we have a perfect day at the Holiday Hill Resort in Connecticut on **Wednesday, August 27th, 2025, we will leave the Y at 8:00 AM and depart back home at 4:00pm**. The resort offers first-class food, exceptional

service and top-notch facilities. Activities include Horseshoe, Bingo Games, Ping-Pong, Musical Games and Contests with a DJ, Arts and Crafts, Swimming and much more. There will also be an unlimited buffet and beverages. There will also be an ice cream truck, cotton candy, popcorn and more. Registration is now open until all spots are filled. The fee for this trip is **\$145.00** and covers deluxe motorcoach transportation, unlimited food and beverages, music, DJ, Dancing, 50/50 raffles, access to the pools, bingo and all activities. Our older adult fundraising allows us to offer this trip at a significantly reduce cost.



CLASS ANNOUNCEMENTS

1. There will be no **Meditation** on **Friday, May 2nd, 2025** and **Monday, May 5th, 2025**.
2. There will be no **Tech Class** on **Wednesday, May 7th, 2025**.
3. There will be no **Ping Pong** on **Wednesday, May 7th, 2025** and **Wednesday, May 21st, 2025**.



TRANSPORTATION INFORMATION

Door to door round trip service to Riverdale Y is available

There is a suggested contribution of \$5.00 (\$2.50 each way).

How to reserve:

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. You must be a registered New Beginnings Member to use our transportation.

Welcome New and Returning Members!

Jose Alomar

Naomi Blair

Shung Jim Chiu

Herminia Contreras

Altagracia DeVilla

Richard Feldman

Marcella Hester

Faye Lieman

Haber Maier

Dina Mamysheva

Gregory McNeil

Faina Polyakov

Simon Stock Kochavi

Angela Richardson

Beatrice Richardson

Paul Rodhe

Robin Rosen

Sue Rudavsky

Larisa Sayenko

Irene Schoenberg

Beverly Simmons

Vanessa SowellSkeeter

Eva Sternefeld

Shirley Gallop

IMPORTANT CONTACTS

Older Adult Office (Gladys Rodriguez)	347-913-4444
Fax	718-432-9342
Riverdale Y Front Desk	718-548-8200 Press 0
Weekly Menu Recording	718-548-8200 Press #1
Transportation Reservations	718-548-8200 Press #1
Director (Sharon Asherman)	347-913-4390
Social Services (Carmen Lopez)	347-913-4391
Programs (Grethel Samuel)	347-913-4395
Program Assistant (Octavia Ruballo-Jenkins)	347-913-4396
Director of Volunteer Services (Alexandra Nyashina)	347-913-4396

Membership

Membership is free for New York City Residents aged 60+. Register in-person, Monday through Friday 8:30am to 4:00pm. This program is sponsored by the New York City Department for the Aging and is not open to our older adult friends across the Yonkers border.

Advisory Council

Loyda Camacho, President
Amy Schimmel, Vice President
Jerry Klein, Treasurer
Shelagh Masline, Communications
Toby Boisseau, Pat Boyle, Julieta Butler,
Susan Chasky, Ruth Kraus, Barbara
Sachs, Arnel Tirado

Riverdale Y Leadership

Melissa Sigmond, Chief Executive Officer
Jennifer Lenkowsky, Chief Program Officer
Peter Goldman, Board President