

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

October 2024



September Birthday Luncheon

**New Beginnings is funded by the
New York City Department For The Aging
and the Riverdale Y, and
your contributions.**



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October 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	10/1 ROSH HASHANAH LUNCHEON BRISKET Sweet Potato Roasted Vegetables Gefilte Fish Platter Apple	10/2 TUNA FISH PLATTER Garden Salad Tangerines	10/3 CLOSED FOR ROSH HASHANAH	10/4 CLOSED FOR ROSH HASHANAH
10/7 LEMON PEPPER FISH Egg Barley with Mushrooms Green Beans Banana	10/8 CAESAR SALAD WITH GRILLED CHICKEN Garlic Bread Watermelon	10/9 HAMBURGER Roasted Sweet Potato Fries Garden Salad Apple	10/10 BROWN RICE WITH RED BEANS Roasted Zucchini Pineapple	10/11 BBQ CHICKEN LEG QUARTERS Bowtie Pasta with Kasha Vegetable Mix Strawberries
10/14 HAWAIIAN CHICKEN LEGS Couscous California Blend Vegetables Fruit Cocktail	10/15 BIRTHDAY LUNCH BAKED SALMON Wild Rice Green Beans Tangerine	10/16 CHICKPEA SALAD Strawberries	10/17 CLOSED FOR SUKKOT	10/18 CLOSED FOR SUKKOT
10/21 BREADED FISH Roasted Potatoes Cole Slaw Apple	10/22 PENNE WITH MEAT SAUCE, PEPPERS AND ONIONS Cucumber Salad Peach	10/23 BAKED CHICKEN QUARTERS Yellow Rice California Blend Vegetables Grapes	10/24 CLOSED FOR SHEMINI ATZERET	10/25 CLOSED FOR SIMCHAT TORAH
10/28 TURKEY BEAN CHILI Brown Rice Green Beans Nectarine	10/29 CALIFORNIA VEGGIE BURGER Potato Salad Garden Salad Plums	10/30 TUNA CAKES Orzo Brussels Sprouts Watermelon	10/31 MEATLOAF WITH MUSHROOM GRAVY Mashed Potatoes Steamed Broccoli Tangerines	Note: We do our best to plan the menu in advance, but the meal selection may change without notice. Meals prepared at New Beginnings are Kosher. Kashrut supervision is by Vaad of Riverdale.



Thank You to This Month's Donors

In Memory of Lynn Shaw

Betty Baumel
Roslyn & Sam Samuels
Lynn Burchman

Donations listed were made directly to New Beginnings Older Adult Center for programming. Donations are deposited into a fundraising account and funds are allocated by our Advisory Council for additional programs and items not covered by our NYC Aging budget. We honor our donors by publishing their names monthly.

In Honor & Appreciation of Rabbi Scott

Arlene Jamel
Ruth Greenfield

In Appreciation

Ronnie Lesh
Valerie Sass

In Appreciation of the Volunteers

Barbara Sachs & Jerry Klein

In Appreciation of Gladys Rodriguez

Ruth Brodkowitz

Thank You to All Our Dining Room and Front
Desk Volunteers



A LETTER FROM THE DIRECTOR

Dear New Beginnings Member,

October is a short month for us with a series of closures on Thursdays and Fridays due to Jewish Holidays. The Jewish Holidays are late this year because there is a “leap” month added to the lunar Jewish calendar. Make sure to check when we are open before coming for lunch and activities. And, be sure to celebrate with us at our Rosh Hashanah Luncheon and later in the month in our Sukkah.

Older Adult Centers are periodically asked to circulate announcements from City, State and Federal sources. Here are a few important ones:

Starting October 1, 2024 U.S. households will be eligible to order 4 free COVID-19 tests at COVIDTests.gov. The COVID-19 Tests will detect current COVID-19 variants and can be used through the end of the year. If you need help ordering tests, staff can help.

If you are a NYC Homeowner, you can order official NYC Trash bins, you can visit www.bins.nyc or by calling 1-855-NYC-BINS. Secured rodent-proof bins will be required for properties with 1 -9 residential units effective November 12, 2024. Early Voting Starts on October 26, 2024. Remember that the Y is an early voting site in Riverdale.

Remember, if you need help accessing COVID tests, ordering bins, registering to vote or accessing any government service, we have staff that can help.

Wishing everyone a Happy and Healthy New Year. Shanah Tovah.



Sharon Asherman, L.M.S.W.



NEW & NOTEWORTHY IN OCTOBER

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

Tuesday, October 1st, 2024, at 11:30 AM

Rosh Hashanah Luncheon & Entertainment

Enjoy a Rosh Hashanah (Jewish New Year) Luncheon with a traditional holiday menu. Rabbi Scott Kalmikoff will lead and share 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. After the Luncheon, please join us for some entertainment with a one-man show, Ron Dickson, an accomplished entertainer and singer, with a repertoire that includes Jewish tunes, Great American Songbook, jazz standards and adult contemporary. With Ron's wide-ranging list of songs, he will perform a wonderful show for the sweet New Year!

Sunday, October 6th, 2024, at 9:30 AM

Sunday Market

The Riverdale Y is organizing another trip to the Sunday Market. The van will pick you up from Riverdale Y at 9:30 AM and return you by noon. To sign up, please see Alexandra Nyashina or email her at anyashina@riverdaley.org.

Tuesday, October 8th, 2024 from 9:00am-3:30pm

AARP Safe Driver Course

We will host an **AARP Safe Driver Course** on **Tuesday, October 8th, 2024** from **9:00am-3:30pm**. 30 minute lunch not included in class time and (2) 10-minute breaks included in class time. Participants must attend the entire class in order to be eligible for a driver insurance discount. You will need to register for this course with Grethel and pay the fee during the registration. Payment needs to be either **Check or**

Money Order made out to **AARP**. The fee is \$25 for AARP Members and \$30 for Non AARP Members. Deadline for registration is **Wednesday, October 2nd**. There will be a limited number of spaces available. First come, first served.

Wednesday, October 9th, at 10:00 AM

Trip: Apple Picking

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 10:00 am and return at approximately 3:30 pm. The \$30 fee includes round-trip transportation, bagged lunch, and admission. Sign up with Grethel before Monday, October 7th, 2023. Arrive 15 minutes before our scheduled departure time and contact Grethel for any accessibility inquiries. Registration starts Tuesday, October 1st, 2024.

Thursday, October 10th, 2024, at 10:00 AM

Workshop: Lowering Prescription Drug Costs

This informative workshop will address prescription safety and provide tips on how to reduce the cost of medications. 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. Facilitated by Senior Services of North America.

Friday, October 11th, at 10:00AM

Nutrition Lecture: Anti-Inflammatory Approach to Wellness: Eating to Heal

Chronic inflammation can be a silent contributor to many health issues, from joint pain and digestive discomfort to heart disease and diabetes. In this workshop, you'll

discover the power of anti-inflammatory foods and learn how to incorporate them into your daily diet to support healing and improve your overall well-being. We'll cover the basics of inflammation, signs of chronic inflammation, and simple dietary and lifestyle changes that can help reduce it. Whether you're looking to boost your energy, ease symptoms, or take a proactive approach to long-term health, this workshop will provide you with practical tips and easy-to-follow strategies. Presented by Samantha Podob, MS, RD, CDN.

Friday, October 11th, at 10:00AM

Trip to Daniel Hauben Studio

Our Art Teacher, Daniel Hauben, is an award-winning painter who grew up in the Bronx and often paints Bronx street scenes. In addition to teaching a painting class at the Y for thirty years, Danny discusses famous artists and their work at our weekly Art Explorations program. Danny will generously open his studio for New Beginnings members. The fee is \$15 for round-trip transportation and lunch. Sign up with Grethel by Tuesday, October 8th, 2024. Registration starts Tuesday, October 1st, 2024.

Tuesday, October 15th, at 11:30 AM

October Happy Birthday! Entertainment at 1:15 PM

Enjoy a special lunch and stay for entertainment by **Mesha**. 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. Born in Belize into a musically talented family, Mesha made her mark as a singer & by the late 90's she was considered Belize's foremost female artist. Mesha released solo albums and singles inclusive of an acoustic version of Whitey Houston's 'Saving all my Love for you'. She has toured throughout the United States, South & Central America and Asia, also sharing the stage with Reggae and Motown artists. Today Mesha has grown

into a dynamic singer to create a style that is uniquely spiced. She brings you her fabulous talent singing Reggae hits, 50s/60s/70s pop, Motown, Latin, Jazz standards and Adult contemporary.

Wednesday, October 16th, at 10:00 AM

Shopping Trip to Walmart

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 Monday, October 14th, 2024. Please arrive at the Center 15 minutes prior to departure. Registration starts Tuesday, October 1st, 2024.

Wednesday, October 16th, 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 **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.

Monday, October 21st, 2024, at 10:00 AM

Lecture: Edgar Allen Poe at the Movies

Lecturer and historian, Philip P., presents a brief bio on the enigmatic and macabre author and poet Edgar Allen Poe. He will discuss the various stories/poems that have been made into movies. Samples of possible movies for discussion: Masque of the Red Death, The House of Usher, The Raven, The Pit and the Pendulum. Then movie clips will be shown from this discussion inclusive of one of the biggest names in Hollywood

horror of the 20th Century - Vincent Price. His performances became synonymous with Poe adaptation in film over his career, and he collaborated seven times with director Roger Corman to adapt the works of Poe.

Tuesday, October 22nd, 12:45 PM - 1:30 PM

Dessert in the Sukkah

Join Rabbi Scott Kalmikoff in the Sukkah on the back deck of the Y for refreshments and some holiday wisdom. We'll relocate inside in the event of inclement weather.

Monday, October 21st, 12:45 PM - 1:30 PM

Group Workshop: Decluttering

Join our social work interns, Nava Yastrab and Melissa Moukas, as they lead a group discussion on decluttering. With a focus on fostering a supportive and empowering environment, this group will explore the practical steps of letting go of possessions. We'll share tips, experiences, and strategies for creating a more organized and peaceful living space. Whether you're looking to simplify your home or just curious about the process, this session is designed to inspire and connect.

Monday, October 28th, at 10:00 AM

Nutrition Lecture: Blood Sugar Management

Join Registered Dietitian, Tamar Elkin, MS, RDN, CDN, as we learn about blood sugar management through food and lifestyle and how it relates to our overall health. Important for preventing and managing Type 2 Diabetes and Pre-diabetes.

Monday, October 28th, 12:45 PM - 1:30 PM

Group Workshop: Let's Talk About "Stuff"

Join our social work interns, Melissa and Nava, for a discussion on why we hold onto things. We will provide a safe space to dig deep into the reasons behind the attachments we have to our belongings, share personal stories, and uncover the emotional connections tied to our possessions. Whether you're looking to declutter or want to explore the significance of your belongings, share your thoughts and connect with others in this thoughtful conversation.

Tuesday, October 29th, at 1:15 PM

Fall Entertainment with Walter B. Levis

Celebrate the harvest season with jazz standards, folk classics, and pop favorites. Local musician Walter Levis (guitar and vocals) has performed in a wide range of community settings, including art galleries, farmers markets, block parties, restaurants, and private events. A staff musician at the Hebrew Home in Riverdale, Walter is also a proud member of "Musicians On Call," the nationwide program that brings the healing power of music directly to the bedsides of patients and their families.

Wednesday, October 30th, at 10:00 AM

AARP Workshop: Social Security

Learn about Social Security (retirement, survivors, and disability benefits) and the best time to claim your retirement benefits. We'll cover the implications of working while collecting benefits. We will also have a discussion on the health and stability of Social Security and ways you can get involved to help protect it for hard-working Americans. Presented by AARP.

Thursday, October 31st, at 10:30 AM

Presentation: NY Health Act Pt. II

Spiraling increases in healthcare costs concern us all. The New York Health Act can control those costs and provide comprehensive quality care to all residents of New York State. Join us as presenters Helen Krim, from the Health Justice Chair of Northwest Bronx Indivisible and Roberta Todd, Board Member of Northwest Bronx Community and Clergy Coalition, educate us with updated information on the steps that we can take to make HealthCare more affordable.



TECH CLASS

Wednesdays at 9:00 AM

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

October 2nd | Spotify Music App

How to use Spotify to listen to the music you love and to discover new music.

October 9th | 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.

October 16th | Amazon

How to shop effectively on Amazon.

October 23rd | Uber

Learn how to use Uber to order a taxi.

October 30th | Google Maps

Learn how to use google maps to navigate to where you want to go via car, bus, train and walking. Learn helpful features such as favorite and saved places.



THIS MONTH'S MOVIE PICKS

October 11th | Ghostbusters: Frozen Empire (2024) The Spengler family returns to the iconic New York City firehouse where the original Ghostbusters have taken ghost-busting to the next level. When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must unite to protect their home and save the world from a second ice age. 1 Hr 55 Min



Group Chat with Karl Mental Health Discussion Topics

Monday, October 7th, at 10:45 am | Open Group Chat: "Influential Jewish Thinkers in Psychology"

Join JASA's Clinical Social Worker, Karl, for a talk on the major (and unsung) Jewish leaders in the field of psychology and social work. All are welcome to attend this Open Group Chat.

Monday, October 21st, at 10:45 am | Open Group Chat:

"Behaviorism: From Pavlov to Skinner and Today"

Join JASA's Karl for a talk about reinforcement, punishment, and how we can be our own accountability partner in the long journey of knowing ourselves.

Monday, October 28th, at 10:45 am | Open Group Chat: "Grief: the Hidden Crisis"

Not just the loss of a loved one, but chronic illnesses can also lead us down the 5 stages of grief. How do we adjust, cope, and move forward? Join JASA's Karl for updated information on what we know and how we live in the face of loss.



Social Work Announcement

Medicare Open Enrollment Period

Medicare's Open Enrollment Period takes place this year from October 15, 2024 through December 7, 2024. This is your once-a-year opportunity to review your current Medicare health plan and prescription drug coverage and compare it to other alternatives. If you want to change your coverage to better meet your health care needs in 2025, you only have through December 7th to do so. Our staff is available to help. Contact Carmen Lopez at clopez@riverdaley.org or 347-913-4391 for more information.



SAVE THE DATE

1. **Returning Program: Watercolor Painting with Dmitriy Moshkovich**

This Y-sponsored Class for older adults will run for twelve weeks, starting **Thursday, November 7th, 2024** at **10:00 am** and ending on **Thursday, January 30th, 2025**. 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.

2. Visit **The New York Botanical Gardens Train Show** on

Thursday, November 21st, 2024! The fee is **\$35.00**, which will include entrance tickets, lunch and transportation. The van will leave at 10:00 am. Registration for this trip will begin on Friday, November 1st, on a first come, first served basis.



CLASS ANNOUNCEMENTS

1. There will be no Jacob's Schmooze on **Monday, October 21st, 2024**.
2. Jacob's Schmooze will now be twice a month, starting in November. The dates in November are as follows: **Monday, November 4th** and **Monday, November 18th**.
3. Starting in October, Chair Yoga will no longer be Hybrid.
4. We will have Open Sunday, on **Sunday, November 24, 2024**.
5. Terry Roche's last Functional Movement Class, prior to her move out of the City,

was in September. Due to holiday closures and early voting at the Y, we will not hire a new instructor for Functional Movement until after Election Day.

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.

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. There is a suggested contribution of \$4.00 each way for medical appointments.



Staff were honored during lunch with a certificate from NYC Aging

Welcome New Members !

Helene Aaron

Bernadette Alicea-Allonce

Nancy Allen

Eve Boden

Phyllis Brodsky

Jean Burg

Natacha Chopska

Kiril Chopski

Ann Clarke

Betty D` Nodal

Bonnie Geller-Geld

Janice Glock-Jones

Humberto Gonzalez Taboada

Isabel Hermoza

Abbott Jackson

Leslie Judd

Abraham Kleinman

John Kuzniar

Lai Kam Lai

Linda Lebel

Sydell Levy

Luella Morrison

Charlotte Oestreicher

Joanna Oleson

Martha Resnick

Daisy Rivera

Daisy Rivera

Catrina Ross

Kurt Sass

Joy Schwartz

Nancy Shaw

Gail Shlesinger

Michael Smith

Guihua Song

Ramon Torres

Carmen Troche

Solano Troche

Norman Witt

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

IMPORTANT CONTACTS

Older Adult Office (Gladys Rodriguez)	347-913-4444
Fax	718-432-9342
Riverdale Y Front Desk	718-548-8200
Transportation Reservations	718-548-8200 x225
Director (Sharon Asherman)	347-913-4390
Social Services (Carmen Lopez)	347-913-4391
Programs (Grethel Samuel)	347-913-4395
Program Support (Sabrina Rodriguez)	718-548-8200 x217
Volunteers (Alexandra Nyashina)	347-913-4396

Membership

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
Toby Boisseau, Pat Boyle, Julieta Butler,
Susan Chasky, Ruth Kraus, Barbara
Sachs, Arnel Tirado

Riverdale Y Leadership

Melissa Sigmond, Chief Executive Officer
Peter Goldman, President

Riverdale Y | 5625 ARLINGTON AVENUE, BRONX, NY 10471

