

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

April 2025



Members at NYBG-Orchid Show

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



April 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	4/1 TUNA CAKES Brown Rice Broccoli Peach	4/2 CHICKPEA SALAD Garden Salad Strawberries	4/3 STUFFED PEPPERS WITH TURKEY Orzo Steamed Squash Orange	4/4PASSOVER ESP.EVENT BRISKET Sweet Potatoes String Beans Apple
4/7 BAKED DORADE FISH Roast Potatoes Cole Slaw Apple Sauce	4/8 BAKED CHICKEN QUARTERS Wild Rice California Blend Vegetables Grapes	4/9 PENNE W/ MEAT SAUCE, PEPPERS & ONIONS Cucumber Salad Apple	4/10 BROWN RICE W/ BLACK BEANS Roasted Acorn Squash Strawberries	4/11 LEMON CHICKEN Egg Barley w/ Mushrooms Baby Carrots Fruit Cocktail
4/14 CLOSED	4/15 EGG SALAD PLATTER Garden Salad Pear	4/16 BAKED FISH Sweet Potato fries Brussels Sprouts Watermelon	4/17 MEATLOAF Baked Potato Garden Salad Banana	4/18 BBQ BAKED CHICKEN Sweet Potatoes Steamed Spinach Apples
4/21 CALIFORNIA VEGGIE BURGER French Fries Beet Salad Apple	4/22 BIRTHDAY PARTY BAKED SALMON Orzo Roasted String Beans Tangerine	4/23 MEATLOAF W/MUSHROOM GRAVY Baked Potato Steamed Carrots Banana	4/24 BAKED FISH Bowtie Pasta California Blend Vegetables Peach	4/25 BAKED CHICKEN Couscous Steamed Broccoli Watermelon
4/28 VEGETARIAN STUFFED PEPPERS Orzo Steamed Carrots Strawberries	4/29 BROWN STEW CHICKEN Yellow Rice Green Beans Cantaloupe	4/30 TUNA FISH PLATTER Orange	Kosher Supervision is by Vaad of Riverdale	Note: We do our best to plan the menu in advance, but the meal selection may change without notice.



Thank You to This Month's Donors

In Appreciation

Alice Ryan

Judy Roman

Judy Rosen

Donations are allocated by our Advisory Council to support programs and services not covered by our NYC Aging budget. We thank and honor our donors by publishing their names monthly.



Happy March Birthday, Members



Rabbi Scott Celebrates Purim



Wishing the best to Deborah Lee on her retirement from the Y



A LETTER FROM THE DIRECTOR

Dear New Beginnings Member,

Changes in the Federal Government are affecting all aspects of the government including the federal agency that oversees funds for Older Adult Centers. It is still unclear the direct impact changes will have on local aging programs. Meanwhile, we need to work with our City and the State elected officials to maximize our local funding. On April 28, 2025, we'll join other Older Adult Centers and elected officials for Bronx Advocacy Day at Borough Hall. If you are interested, see me for more information.

We welcomed Congress Member Ritchie Torres to the Center in March to advocate for continued Telehealth funding for Medicare Providers. For now, Telehealth is protected. The federal funding package that passed in March included a 6-month extension of current Medicare telehealth waivers through September 30, 2025.

I encourage you to participate in our upcoming fundraisers. Our *Got Soup?* initiative starts in April. Order forms for Riverdale Y *Got Soup?* products will be available on Tuesdays, Wednesdays and Thursdays at the 2nd floor welcome desk. Funds will go to pay for soup and other unfunded or underfunded needs at New Beginnings.

The Riverdale Run, the Y's annual fundraiser in support of community engagement, volunteer services, and other Y social impact programs is on Sunday May 4, 2025. There are 5K and 1K options. You can join me by signing up for the New Beginnings team at <https://riverdaley.org/5k-and-fun-run/>. You can also join the New Beginnings 5K team.

I am looking forward to celebrating Passover with you at our Model Seder on Friday, April 4, 2025. Please be aware that our kitchen will be Kosher for Passover starting Friday, April 11. We will not serve bread or any food prepared with leavening products during that week. Out of respect for the Jewish dietary laws, it is especially important that you do not bring outside food into the building during this time.

Happy Passover and Happy Spring!



Looking forward to seeing you at the Y.

Sharon Asherman, LMSW



NEW & NOTEWORTHY IN APRIL

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

Beginners Bridge

Last Day for Beginners Bridge is Tuesday, April 22nd, 2025. We will then have an Intermediate Bridge starting Tuesday, April 29th, 2025 for 8- weeks, ending on Tuesday, June 17th, 2025.

Tuesday, April 1st, at 12:45 PM

Broadway Showcase Placement Meeting

With Laurie Walton, Director of Performing Arts at the Y

This day will be the last day for placement auditions for our Broadway Showcase, ***A Tribute to South Pacific***. Everyone who wants to participate must commit no later than Tuesday, April 8th, 2025. Rehearsals will be every Tuesday for two hours: 12:45pm-2:45pm starting Tuesday, April 15, 2025. In the month of June we will add rehearsal days. For more information or if you are interested in participating but cannot make the meeting, please reach out directly to Laurie by email at lwalton@riverdaley.org or phone at 718-548-8200, ext. 218. The show will take place on Sunday, June 29th. This year's show is sponsored by a NYS Legislative Grant from the Office of State Assembly Member Jeffrey Dinowitz and administered through the New York State Office of Children and Family Services (OCFS).

Thursday, April 3rd, at 10:00 AM

Acting Class with Frank Ingrasciotta

Actor and Teacher Frank Ingrasciotta returns to New Beginnings to lead a thirteen-week acting class. This class is designed for anyone who wants to have fun and “take the stage” – in acting or public speaking! Explore the elements of acting while freeing your creativity, increasing your confidence, and learning how to work effectively in a group. 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 capped at **22 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 or at 347-913-4395.

Thursdays, at 10:00 AM

Watercolor Painting with Dmitriy Moshkovich (FULL)

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, April 4th

Passover Model Seder

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

Friday, April 4th, at 1:15 PM

Concert: Passover Model Seder Entertainment

After our Passover Model Seder, we will also have entertainment by pianist/vocalist Michael M. who will entertain us with a mix of Jewish shows, Jewish tunes mixed with some other tunes and a little bit of Jazz.

Friday, April 4th, at 10:00 AM

Nutrition Lecture: Food Demo: Chickpea Tuna-Free Salad

In this session, participants will learn about healthy options and healthy food alternatives, additionally, there will be a live demo of a Chickpea Tuna-Free Salad that you can make at home. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Monday, April 7th, at 10:00 AM

Workshop: Medicare

Do you want to lower your prescription costs? Do you have questions about your Medicare Health Insurance Options? Do you know how to maximize your Medicare benefits? Please join Ann Sadofsky as she answers all of these questions and more. This workshop is brought to you by Senior Services of North America. The workshop will be facilitated by Ann Sadofsky, from Senior Services of North America (SSNA).

Monday, April 7th, at 10:00AM

***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. Leader Caprice Corona will continue the work started

by Andy Klima while adding her own perspective to what the group prepares and presents. If 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.

Chair Aerobics with Stuart

Tuesday, April 8th and Tuesday, April 22nd at 9:00 AM

Tuesday, April 8th, 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, April 9th, at 10:00 AM

Trip: Shopping 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 Monday, April 7th, 2025. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Tuesday, April 1st, 2025, spots fill up quickly. (If there is a waiting list, we will TRY our best to schedule a second trip).**

Wednesday, April 9th and Wednesday, April 23rd, at 10:45 AM

Women's Group with Lucy

Wednesday, April 9th, 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.

Thursday, April 10th and Thursday, April 24th, at 11:00 AM

Singing with the 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.

Thursday, April 10th, at 10:00 AM

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 2:00 pm. \$12.00 includes a bagged lunch and round trip transportation. Sign up with Grethel by Monday, April 7th. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Tuesday, April 1st, 2025, spots fill up quickly. (If there is a waiting list, we will TRY our best to schedule a second trip).**

Monday, April 21st, at 10:00 AM

Workshop: Alzheimer's Prevention and Education, Pt. 2

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.

Monday, April 21st, at 1:00pm

Concert: Music of Books and Librettos

Commemorating different books and librettos whose legacy have been turned into a play, ballet, film or opera. Acclaimed International Concert Musician, Dr. Podles, will showcase some of the most memorable hits, such as the Book of Pygmalion by Shaw, which eventually became My Fair Lady on Broadway, Dr. Zhivago by Pasternak, that later became a notable film in the 60s and Don Quixote by Cervantes that evolved into an exquisite ballet. Plus many more famous music from the books and librettos you love.

Tuesday, April 22nd, at 11:30 AM

Happy April Birthday! Entertainment at 1:15 PM

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

Thursday, April 24th, from 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! 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 Monday, April 21st, 2025.

Wednesday, April 23rd, at 10:00 AM

Meeting: Lancaster Overnight Trip Information Session

Join us for our informational session for our exciting 2-day, 1-night adventure tailored for members aged 60 and older to Lancaster, PA. This trip will take place on

Wednesday, May 21st, 2025 through **Thursday, May 22nd, 2025**. This trip is sponsored by the Y, and contributions from our recent fundraisers have helped offset the trip cost. The Price for this overnight trip is **\$335.00** for double room occupancy and **\$405.00** for a single. Registration will open on Wednesday, April 23rd, 2025 and close on Friday, May 16th, 2025.

Thursday, April 24th, at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants only. The book for April is "**Hello, Beautiful**" by *Ann Napolitano*.

Friday, April 25th, at 10:00 AM

Nutrition Lecture: Dietary Fiber

Join Registered Dietitian, Tamar Elkin, MS, RDN, CDN, as we learn more about dietary fiber. In this lecture we will learn about the daily requirement of fiber intake, the health benefits of fiber for weight loss, lowering cholesterol, reducing blood sugar and lowering the risk for chronic disease.

Friday, April 25th, 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.

Monday, April 28th, at 9:15 AM

Age Strong Bronx Advocacy Day

Join with other Older Adult Centers for a trip to Bronx Borough Hall for Bronx Advocacy Day to stand with the Age Strong NYC and NYS campaigns. Together, we'll advocate for increased funding for aging services, including nutrition, housing, and community support. Bring signs and ready your voices to call for the needed funding for city services for older adults. Seats are limited, to register for this event, please contact Older Adult Director Sharon Asherman at 347-913-4390 or via email at sasherman@riverdaley.org.

Monday, April 28th, 2024, at 10:00 AM

Oil Painting with Daniel Hauben

If you have ever wanted to paint in oils, or seek a greater control of the medium, this is the course for you! In a direct and systematic way, we will cover the mixing of paints, the blending of colors, the application of different types of brush strokes and how to work with the unique slow-drying time of oils. This class is for beginners or intermediate level painters. This class will run for ten-weeks, starting **Monday, April 28th, 2024 at 10:00 am** and ending on **Monday, June 30th, 2025 from 10:00 AM- 12:00 PM**. There are only **12 spots** available, first come first serve. Registration Opens on **Tuesday, April 1st, 2025**; please register with Grethel. The spring session of this class is being sponsored by City Council Discretionary Funds.

Tuesday, April 29th, at 10:00 AM

Estate Planning Workshop

Estate planning is a crucial step for families. By taking proactive measures through workshops like these, we empower families to thrive, ensuring that hard-earned assets are passed down and benefit future generations. Presenters: Stephanie Garry, Executive Vice President of Communal Partnerships at Plaza Jewish Community Chapel and Anthony Caratozzolo, LFD, Certified Pre Plan Director.

Tuesday, April 29th, at 1:00 PM

Concert: Piano for Four Hands

New Beginnings Member Ecaterina Fabian performs with fellow piano virtuoso, Victoria Sogolov. Piano for four hands is a type of piano duet involving two players playing the same piano simultaneously generating a beautiful and full sound. Featuring works by Mozart, Beethoven, Schubert and Brahms.



TECH CLASS

Wednesdays at 9:00 AM

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

April 2nd | *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 9th | *How to Back up your Phone*

If you lose your phone, and it is backed up to cloud storage, you will not lose important data like photos, etc.

April 16th | *Find Possible Unclaimed Money*

New York State holds unclaimed funds, which can include forgotten bank accounts, uncashed checks, abandoned stocks, Unclaimed paychecks, uncollected insurance policies, Telephone/Utility/Security Deposits and more, until the rightful owners claim them. The New York State Office of the State Comptroller (OSC) is the custodian of unclaimed funds. You can search for unclaimed funds on the OSC website: <https://ouf.osc.state.ny.us/ouf>

April 23rd | *Declutter your email*

How to declutter your email inbox efficiently. How to unsubscribe from unwanted emails. How to block emails and report spam.

April 30th | *Organize Photos on the Phone*

How to organize your phone's photos into folders.

Please make sure to have the App downloaded before class.



THIS MONTH'S MOVIE PICKS

(Fridays at 12:45 PM)

April 4th | **No Friday Flicks**

April 11th | 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**

April 18th | Anora (2024) Anora, a young woman from Brooklyn, gets her chance at a Cinderella story when she meets and impulsively marries the son of an oligarch. Once the news reaches Russia, her fairytale is threatened as the parents set out for New York to get the marriage annulled. **2 h 18 min Rated R**

April 25th | Challengers (2024) To jolt him out of his recent losing streak, a tennis player turned coach makes her world-famous, grand slam champion husband play a "Challenger" event against his former best friend...who also happens to be her former boyfriend. **2 h 11 min Rated R**



Group Chat with Karl Custer **Mental Health Discussion Topics**

Monday, April 21st, at 10:45 AM-11:45 AM. | "The Garden of Your Mind"

Join JASA's Karl Custer on the research, and NYC-based resources, of the benefits of getting your hands dirty. Plants not only help us grow as a community, but give us the tools and language to better monitor our own mental health.



Group Chat With Social Work Interns

Tuesday, April 1st, at 9:30 AM | Exploring our Roots: The Impact of Family and Culture

Our family and culture shape who we are. Let's share traditions, customs, or family stories that are important to us and celebrate where we come from.

Tuesday, April 8th, at 9:30 AM | Celebrating Earth Day: Caring for our Planet

In honor of Earth Day, we'll talk about why protecting our planet matters and how we can help. We'll share simple ways to take care of the environment, from daily habits to bigger changes. Let's also discuss how we connect with nature and inspire others to do the same.

Tuesday, April 22nd, at 9:30 AM | Springtime Renewal: Embracing Growth and New Beginnings

As April ends and spring is in full bloom, it's a great time for fresh starts. In this session, we'll talk about how the change in seasons brings new energy and opportunities.

Tuesday, April 29th, at 9:30 AM | The Power of Gratitude: Finding Joy in Everyday Life

Gratitude can help us feel happier and more positive. In this session, we'll talk about the benefits of being thankful and how giving thanks can improve our daily lives. Let's share things we appreciate and simple ways to practice gratitude, as in writing it down or saying it out loud.



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**. The bus will leave from the Y at **9:00 AM**. The fee for this trip is **\$26.00**, and as there are only **13 spots** available, this will be first come, first serve. **Registration is currently open until all spots are filled, spots will fill up quickly.**
2. On **Wednesday, June 18th, at 10:00 AM** we will have a trip to **The New York Botanical Garden: Van Gogh: 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**. 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. On **Sunday, May 4th, 2025** the **Riverdale Y 5K & Fun Run** will host its annual community event. 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. Registration is currently open at the Riverdale Y website. If you need assistance registering, teens will be available daily the week of April 15 to help you sign up. When you sign up, indicate that you will join the New Beginnings Team.
4. Join us for the **32nd Annual National Older Adult Health & Fitness Day** sponsored by the NYC Department of Aging on **Wednesday, May 28, 2025**. Registration is required and will open on Monday, April 21st and will close on Friday, May 9th. Please register with Grethel.



CLASS ANNOUNCEMENTS

1. Our Dining room will be Kosher for Passover from Friday, April 11th, 2025 through Monday, April 21st, 2025. In accordance with Jewish dietary laws, no bread products will be served. Soup is also cancelled during this time.

2. Due to our Passover Seder there will be no **current events with Sharon and no Friday Flick** on Friday, April 4th, 2025.
3. There will be no **Art Explorations** on **Tuesday, April 8th, 2025** and **Tuesday, April 15th, 2025**.
4. There will be no **Group Chat with Nava and Melissa** on **Tuesday, April 15th, 2025**.
5. There will be no **Chair Aerobics** on **Wednesday, April 16th, 2025**.
6. There will be no **Chair Yoga** on **Thursday, April 24th, 2024**.



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.

Welcome New and Returning Members!

Faye Dworkin Albus

Daniel Alitowski

Norma Aviles

Yolanda Bako

Mary-Lynne Bancone

Gene Bass

Berhe Belai

Amy Bohner

Ileana Caballero

Paula Caceci

Maria D`Amelio

Naomi DeJesus

Jill Dunsmore

Rachelle Ginter

Barbara Haber

Daniel Haber

lakeram Kashmarnauth

Joan Maier

Patricia O`Brien

Nelson Perez

Polina Pinskaya

Iosif Pinsky

Zunilda Rivera

Sally Rodriguez

Raymond Schneider

Irene Schoenberg

Deborah Siegel

Elena Vasiliu

Avi Weiss

Toby Weiss

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
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Susan Chasky, Ruth Kraus, Barbara
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