

# New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

## February 2025



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



## FEBRUARY 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/3</b> <b>VEGETARIAN STUFFED PEPPER</b> Orzo Steamed Carrots Strawberries	<b>2/4</b> <b>SWEET &amp; SOUR CHICKEN</b> Yellow Rice Steamed Green Beans Cantaloupe	<b>2/5</b> <b>TUNA SALAD PLATTER</b> Orange	<b>2/6</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Steamed Broccoli Grapes	<b>2/7</b> <b>OVEN FRIED CHICKEN</b> Sweet Baked Yams Steamed Collard Greens Pears
<b>2/10</b> <b>CAESAR SALAD WITH GRILLED CHICKEN</b> Garlic Bread Watermelon	<b>2/11</b> <b>BROWN RICE W/BLACK BEANS</b> Acorn Squash Pineapple	<b>2/12</b> <b>HAMBURGER</b> Sweet Potato Fries Garden Salad Apple	<b>2/13</b> <b>LEMON PEPPER FISH</b> Egg Barley with Mushroom Green Beans Banana	<b>2/14</b> <b>BBQ CHICKEN</b> Bowtie Pasta with kasha Vegetable Mix Strawberries
<b>2/17</b> <b>HAWAIIAN CHICKEN LEGS</b> Couscous California Blend Vegetables Fruit Cocktail	<b>2/18 BIRTHDAY PARTY</b> <b>BAKED SALMON</b> Wild Rice Green Beans Tangerine	<b>2/19</b> <b>CHICKPEA SALAD</b> Garden Salad Strawberries	<b>2/20</b> <b>STUFFED PEPPERS WITH TURKEY</b> Orzo Steamed Squash Orange	<b>2/21</b> <b>ROASTED CHICKEN LEGS</b> Rice & Beans Brussels Sprouts Honeydew
<b>2/24</b> <b>BAKED BREADED FISH</b> Roast Potatoes Coleslaw Apple	<b>2/25</b> <b>BAKED CHICKEN QUARTERS</b> Wild Rice California Blend Vegetables Grapes	<b>2/26</b> <b>PENNE W/ MEAT SAUCE, PEPPERS &amp; ONIONS</b> Cucumber Salad Banana	<b>2/27</b> <b>BROWN RICE WITH RED BEANS</b> Roasted Zucchini Fresh Pineapple	<b>2/28</b> <b>LEMON CHICKEN</b> Egg Barley Baby Carrots Fruit Cocktail
<b>Kosher Supervision is by Vaad of Riverdale</b>				<b>Note:</b> 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 of another year of fun!**

Reese Fram

## **In Appreciation**

Valarie Sass

## **In Appreciation of the Drivers (Jose Reynoso and Vitaly Samsonov)**

Sharon Panzarino

## **In Appreciation of Grethel Samuel**

Anonymous

## **In Memory of Robert Layng Sr.**

Nancy Lau

**Special thanks to the all the people who bought tickets to Rockin' and Rollin' Through the Decades.**

**The following individuals gave additional or unticketed donations.**

## **In Memory of Rita O'Neil and Evelyn Kagen**

Ruth Kraus

Betty Baumel

Judy Mitchell

Selma Margulies

Janet Mannheimer

Barbara Scheer

Marsha Santiago

Rosalyn and Sam Samuels

Rhonda Stock

## **In Honor of Faye Strongwater's Birthday**

Harvey Weiner

## **In Honor of all New Beginnings Staff & Volunteers**

Ruth Greenfield

**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.**

## A LETTER FROM THE DIRECTOR

**Dear New Beginnings Member,**

We are starting off the month with a member planned party to raise money for the Center. Please join me in thanking the committee members who met weekly to plan this event on your behalf. Over the next few months, we'll share specifics on how these funds raised will be used to enhance your New Beginnings experience.



It's time to update your membership records and your annual nutrition survey.

NYC Aging requires all older adult center members to complete a nutrition risk survey annually. This month, we will be distributing these surveys for you to complete. If your score shows you are at risk, you will be offered the opportunity to consult with an NYC Aging nutritionist. We will also be providing with a form to update your demographic info (i.e address, phone number changes). To update your records, please see Octavia in the Program Coordinator's Office. If Octavia is unable to catch up with you in person by the end of February, expect a phone call from one of our volunteers.

As you know, NYC Aging requires us to serve one plant based meal a week. If a trip with a bagged lunch included falls on a plant based meal day, we now need to provide participants with plant based sandwiches. If you have any ideas for plant based sandwiches that you might enjoy, please put them in the suggestion box by the welcome desk.

Finally, I want to remind everyone that our kitchen and dining room is Kosher. To maintain a Kosher facility we do not cook with milk products and milk is not allowed in the dining room. That's why we give out milk (a nutritional requirement for older adult centers) outside the dining room when you are done eating. Milk is not to be brought back to the dining room after its picked up. If you are interested in learning more about the theology and practice of Kashrut, Rabbi Scott has scheduled a workshop for our older adults on February 10 at 10:00 a.m.

Looking forward to seeing you at the Y.

Sharon Asherman, LMSW



# NEW & NOTEWORTHY IN FEBRUARY

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

**\*Please refer to the Centerfold for any Class Cancellations\***

**Sunday, February 2, 2025, at 1:00 pm - 4:00 pm.**

## **New Beginnings February Fundraiser: Rockin' & Rollin' Through the Ages Buffet Lunch and Dance Party**

Special thanks to the members of New Beginnings who planned this event.

Registration is now closed but additional donations are always welcome.

**Tuesday, February 4th, at 10:00 AM**

## **Trip: Anne Frank Exhibition**

For the first time in history, Anne Frank House will present a pioneering experience outside of Amsterdam to immerse visitors in a full-scale recreation of the rooms where Anne Frank, her parents and sister, and four other Jewish inhabitants spent two years hiding to evade Nazi capture. Rabbi Scott Kalmikoff will accompany our members to the Center for Jewish History in Manhattan, where the exhibit is located. The bus will leave from the Y at **10:00 AM**. The Trip is **FULL**.

## **Women's Group with Lucy**

**Wednesdays, February 5th and 19th, at 10:45 AM**

## **Thursday, February 6th, 10:00 AM**

### **International Movie Music!**

Spend same time at the movies with Acclaimed International Concert violinist Dr. David Podles as he showcases some of the most unforgettable American and International movie themes spanning the 1930s-1990s. Some of the movies to be presented include: "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.

## **Thursday, February 6th and Thursday, February 27th, 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](mailto:rbock@riverdaley.org).

## **Friday, February 7th, at 10:00 AM**

### **Nutrition Lecture: Heart Monitoring and Cooking Demonstration**

In this session, participants will learn how to check your pulse and understand blood pressure. Understand the risks of high and low blood pressure and bust common myths about heart health. Members will also learn how to spot hidden salt and read food labels. Additionally, there will be a live demo of a heart-healthy lentil wrap you can make at home. This lecture is facilitated by Samantha Podob MS, RD, CDN.

**Monday, February 10th, at 10:00 AM**

**Workshop: The Laws of Kashrut: Understanding Jewish Dietary Practices with Rabbi Scott**

Join Rabbi Scott for an engaging workshop exploring the fascinating world of Kashrut, the Jewish dietary laws that have been observed for generations. Together, we will delve into: The biblical and rabbinic origins of Kashrut. The key rules, such as separating meat and dairy and identifying kosher foods and the spiritual, cultural, and practical significance of these traditions. Learn, ask questions, and connect with the rich traditions of Jewish life through food.

**Chair Aerobics with Stuart**

**Tuesday, February 11th and 25th, at 9:00 AM**

**Wednesday, February 12th, at 10:00 AM**

**Workshop: Making Sense of Data; Understanding Statistics in the News**

New Beginnings Member, Jean S. Drew, PhD will present some basic statistics and discuss how these measurements affect our understanding of data and the news.

**Thursday, February 13th, at 12:45 PM**

**Tu B'Shvat Seder**

Join Rabbi Scott to celebrate Tu B'Shvat, the Jewish New Year of the Trees. Together, we will learn about this ancient holiday and enjoy fruit from the Land of Israel.

## **Thursday, February 13th, at 10:00 AM**

### **Trip: 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, February 11th, 2025. Please arrive at the Center 15 minutes prior to departure.

**Registration opens on Monday, February 3rd, 2025, spots fill up quickly, first come first serve.**

**\*\*If there is a waiting list, we will TRY to add a second trip\*\***

## **Friday, January 14th, at 10:00 AM**

### **Presentation: Streetwise Traffic Safety**

Streetwise is a traffic safety presentation created by the NYC Department of Transportation (DOT) Office of Safety Education and Outreach to help older New Yorkers protect themselves in the city's traffic environment. This is especially important because New Yorkers over 65 account for up to 50% of the city's pedestrian fatalities. We will learn about pedestrian safety tips, best practices and understand dangerous driving behaviors.

## **Tuesday, February 18th, at 11:30 AM**

### **February Happy Birthday! Entertainment at 1:15 PM**

Enjoy a special lunch and stay for entertainment and dancing with **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.



## **Wednesday, February 19th, 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 Tuesday, February 18th. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Monday, February 3rd, 2025, spots fill up quickly.**

**\*\*If there is a waiting list, we will TRY to add a second trip\*\***

## **Thursday, February 20th, 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](http://www.prepare.ny.gov) or with Grethel.

## **Monday, February 24th, at 1:00 PM**

### **Concert: Bardekova Ensemble**

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, February 26th, 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](mailto: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.

## **Friday, February 28th, at 10:00 AM**

### **Nutrition Lecture: Heart Health**

February is Heart Health month. Join us as registered Dietitian, Tamar Elkin, MS, RDN, CDN, teaches us about heart health and how to understand sodium and fats and its effect on our heart.



## **TECH CLASS**

### **Wednesdays at 9:00 AM**

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

#### **February 5th | *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.

### **February 12th | *Create an Instagram Account\****

Learn how to set up an Instagram account. Please note- this class is only to set up the account. There will be a separate class on how to use Instagram next month.

### **February 19th | *WhatsApp \****

Learn how to use the Whatsapp instant messaging app.

### **February 26th | *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.

**\*Please make sure to have the App downloaded before class.\***



## **THIS MONTH'S MOVIE PICKS**

**Fridays at 12:45 PM**

**February 7th | *The Dressmaker (2015)*** Tells the story of the beautiful and talented Tilly Dunnage (Kate Winslet). After years working as a dressmaker in exclusive Parisian fashion houses, Tilly returns home to a town in the Australian outback to reconcile with her eccentric mother Molly (Judy Davis). 1h 59 min.

**Rated R**

**February 14th | *Me Before You (2016)*** A young woman with a charming

personality (Emilia Clarke) is hired as a caretaker for an affluent Londoner (Sam Claflin) who is paralyzed in a tragic accident who is contemplating ending his life. 1h 50 min. **Rated PG-13**

**February 21st | Death on the Nile (2022)** Belgian sleuth Hercule Poirot's (Kenneth Branagh) spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple's honeymoon is cut tragically short. Based on Agatha Christie's novel, this tale of passion and jealousy is filled with wicked twists and turns until its shocking finale. 2h 1 min. **Rated-PG-13**

**February 28th | A Haunting in Venice (2023)** Kenneth Branagh stars as celebrated sleuth Hercule Poirot in this terrifying mystery set after World War II. Retired and living in Venice, Italy, Poirot reluctantly attends a séance where a murdered guest thrusts the detective into a sinister, shadowy world. 1h 43 min. **Rated-PG-13**



## **Group Chat with Karl Custer**

### **Mental Health Discussion Topics**

**Monday, February 3rd. 10:45 AM-11:45 AM. | Who Cares for the CareGivers?**

JASA's Karl Custer, LMSW, will present on the signs of emotional strain associated with Caregiver Strain and Caregiver Role Fatigue, and what recovery can look like. 1 out of 5 Americans are Caregivers for someone else. Come share your lived experiences on the challenges and accomplishments of the caregivers in your life.

## **Monday, Feb 10th, 10:45 AM -11:45 AM. | Pets and Our Mental Health**

Join JASA's Karl Custer in a group discussion about our furry, scaled and feathered loved ones, they boost our mood, emotional resilience, and the nonprofits geared toward keeping New Yorkers united with their Emotional Support Animals.



## **Group Chat With Social Work Interns**

### **Monday, February 3rd, at 1:00 PM | The Power of Storytelling**

Join us for a discussion on the art and impact of storytelling. We'll explore how sharing personal experiences helps build connections, preserve history, and pass down wisdom. Reflect on the stories that have shaped your life and hear inspiring narratives from others in the group. This discussion is all about celebrating the power of words and shared experiences.

### **Monday, February 10th, at 1:00 PM | Music Through the Decades**

Music is a powerful way to connect with memories and emotions. In this session, we'll examine how music has evolved through the decades, discussing favorite songs, influential artists, and music's role in your life. Let's reminisce and celebrate the tunes that have left a lasting impact.

### **Monday, February 17th, at 1:00 PM | Presidents' Day: Reflecting on Leadership and Legacy**

In honor of Presidents' Day, join us for a conversation about the leaders who have shaped our nation. We'll discuss how different presidents influenced the country during their time in office and memorable moments from their leadership. Please share your thoughts on how past presidents have impacted your life and shaped the world we live in today.

## **Monday, February 24th, at 1:00 PM | The Importance of Hobbies and Lifelong Learning**

Hobbies and learning new skills bring joy, purpose, and personal growth at any stage of life. In this session, we'll discuss the hobbies that have enhanced your life, the talents you've always wanted to master, and the advantages of remaining curious and engaged.



## **SAVE THE DATE**

1. ***Returning Program:* Watercolor Painting with Dmitriy Moshkovich**  
Another session of this Y-sponsored Class for older adults will run for twelve weeks, starting **Thursday, March 6th, 2025** at **10:00 am** and ending on **Thursday, May 22nd, 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. Registration opens on Thursday, January 2nd, 2025 and will end until filled, there are only 10 spaces available. Scholarships are available

to those in financial need. See Director Sharon Asherman for scholarship information.

2. **Silver Shoes Dance Club Dance** into Spring with Daniela of Silver Shoes Dance Club, class will start on **Thursday, March 6th, 2025** at **10:00am** and end on **Thursday, May 22nd, 2025**. In addition to learning partner dances such as Salsa, Tango, and Cha-cha, this twelve-week session will also include line dancing. Did you know, dancing is not only a fun social activity but it improves heart health, circulation, balance, posture and muscle tone? *All abilities are welcome. No partner is necessary.* Please note the following classroom agreements:

- (1). This class has limited space to **25 participants**, so you must register in advance. You can register with Grethel, registration will open on **Monday, February 3rd, 2025** and close on **Tuesday, March 4th, 2025**. You are registering for all **twelve sessions**. This class is meant to build skills week to week so we encourage you to come to as many classes as possible. **THIS IS NOT A DROP IN CLASS.** In order to encourage a rich and fulfilling learning environment for registered students, we will not be accepting any drop-ins or participants who cannot stay for the entire class period.

- (2). This class focuses on partner dancing and positive social interaction. All dancers are expected to rotate partners. Even if you come with a spouse or friend, we can only truly improve our skills by dancing with many different people. Please do not register for this class if you are not comfortable dancing with all participants.

(3). All participants must fill out a waiver prior to the first class. Printed waivers will be provided and must be filled out during registration.

3. **Auditory Presentation with** Dr. Marisa Boyle on Thursday, March 20th, 2025 at 10:00 AM. Dr. Boyle has been practicing as a Doctor of Audiology, NYS hearing aid dispenser and adjunct supervisor for over 25 years. Her objective is to improve the quality of life for her patients through better hearing. Her advanced training includes the fitting of high-definition digital hearing aids and assistive listening devices. Join us in this presentation where Dr. Boyle will educate us in auditory health and explain how to access and use assistive devices if needed.
4. **Beginners Bridge** Class with Dr. Mehta, will start on **Tuesday, March 4th, 2025** from **10:30am-12:30pm**. The beginners class will be for 8-weeks and run from **Tuesday, March 4th, 2025 - Tuesday, April 22nd, 2025**.

**Registration is required and space is limited to 10 participants . Please register with Grethel.**

5. The Deadline for our upcoming Y-Sponsored trip to the **Philadelphia Flower Show** on **Wednesday, March 5th, 2025** is on **Friday, February 14th, 2025**, please see Grethel for complete Itinerary and to register. Payment will be due upon registration, the trip fee is **\$129.00**, cash or check.
6. **TRIP: The New York Botanical Garden Orchid Show: Mexican Modernism** on **Thursday, March 13th, 2025 at 11:00 AM**.

Set off on a journey where the fusion of tradition and contemporary artistry takes center stage amid awe-inspiring displays of orchids, and wander through **lush**



**landscapes brought into vivid relief with thousands of flowers** that showcase diverse ecosystems and rich cultures. Come visit a paradise of tropical beauty—without ever leaving the Bronx.

Registration for the Trip opens on **Tuesday, February 18th, 2025** and will close on **Friday, March 7th, 2025**. The fee for this trip is **\$40.00**, and includes the following: transportation, lunch, show tickets and guided tour. Seats are limited to **14**, spots fill up quickly, so it is first come, first serve. Please keep in mind that there will be a lot of walking on this tour. Sign up with Grethel by **Friday, March 7th, 2025**. Please arrive at the Center 15 minutes prior to departure.



## **CLASS ANNOUNCEMENTS**

1. We will resume Water Aerobics when Instructor Constance returns at the end of March. Meanwhile, feel free to take advantage of our Open Swim through March 26, 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.

## Welcome New and Returning Members!

Milagros Millie Alvarez

Teberih Belai

Maria Colon

Lothel Crawford, Jr.

Carmen Ferrer

Clarice Imbriano

Terri Levine

Bill Long

Faith Long

La Tia Martin

Margurite Martyn

Dorothy Metz

Sandra Ramos-Alamo

Sabina Rosenblum

Alisha Diamond Saltzman

Valeria Samsonov

Virginia Searing

Stanley Shapiro

Eric Steigman

Scarlett Stroud

Alice Su

Nancy Temkin

Colleen Thompson

Santiago Villafane

Teka Yohannes

Rita Yoskowitz

# 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 Assistant (Octavia Ruballo-Jenkins)	718-548-8200 x217
Director of Volunteers Services (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  
Jennifer Lenkowsky, Chief Program Officer  
Peter Goldman, Board President