

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

January 2025



New Beginnings Members Celebrating 2025 at our New Year's Party

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



JANUARY 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>1/1</p> <p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<p>1/2</p> <p>TUNA SALAD PLATTER</p> <p>Pear</p>	<p>1/3</p> <p>BBQ CHICKEN</p> <p>Kasha Varnishkes Steamed Spinach Apple</p>
<p>1/6</p> <p>HAWAIIAN CHICKEN LEGS</p> <p>Couscous California Blend Vegetables Fruit Cocktail</p>	<p>1/7</p> <p>FRANKFURTER</p> <p>Cole Slaw Baked Fries Banana</p>	<p>1/8</p> <p>CHICKPEA SALAD</p> <p>Garden Salad Strawberries</p>	<p>1/9</p> <p>STUFFED PEPPERS WITH TURKEY</p> <p>Orzo Steamed Squash Orange</p>	<p>1/10</p> <p>ROASTED CHICKEN LEGS</p> <p>Rice & Beans Brussels Sprouts Honeydew</p>
<p>1/13</p> <p>BAKED BREADED FISH</p> <p>Roast Potatoes Coleslaw Apple</p>	<p>1/14</p> <p>BAKED CHICKEN QUARTERS</p> <p>Wild Rice California Blend Vegetables Grapes</p>	<p>1/15</p> <p>PENNE W/ MEAT SAUCE, PEPPERS & ONIONS</p> <p>Cucumber Salad Apple</p>	<p>1/16</p> <p>BROWN RICE WITH RED BEANS</p> <p>Roasted Zucchini Fresh Pineapple</p>	<p>1/17</p> <p>LEMON CHICKEN</p> <p>Egg Barley w/ Mushrooms Baby Carrots Fruit Cocktail</p>
<p>1/20</p> <p>VEGETARIAN STUFFED PEPPER</p> <p>Yellow Rice Green Beans Pineapple</p>	<p>1/21 BIRTHDAY PARTY</p> <p>BAKED SALMON</p> <p>Wide Noodles Broccoli and Red Peppers Orange</p>	<p>1/22</p> <p>BEEF STEW</p> <p>Mashed Potatoes Steamed Broccoli Tangerines</p>	<p>1/23</p> <p>TUNA CAKES</p> <p>Orzo Brussels Sprouts Watermelon</p>	<p>1/24</p> <p>ROSEMARY CHICKEN LEG QUARTERS</p> <p>Egg Noodles Steamed Spinach Apple</p>
<p>1/27</p> <p>CALIFORNIA VEGGIE BURGER</p> <p>French Fries Beet Salad Apple</p>	<p>1/28</p> <p>MEATLOAF W/MUSHROOM GRAVY</p> <p>Baked Potato Green Beans Banana</p>	<p>1/29</p> <p>STEWED CHICKEN</p> <p>Brown Rice Baby Carrots Pear</p>	<p>1/30</p> <p>BAKED FISH</p> <p>Bowtie Pasta California Blend Vegetables Peach</p>	<p>1/31</p> <p>BAKED CHICKEN QUARTERS</p> <p>Couscous Steamed Broccoli Watermelon</p>



Thank You to This Month's Donors

In Support of Daniel Hauben's Oil Painting Class

Susan Chavez

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

Sharon Panzarino

In Appreciation

Icodel Williams
Xinhua Juliang
Theodora Levine
Miriam Bendayan

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.

December Celebrations at New Beginnings



A LETTER FROM THE DIRECTOR



Dear New Beginnings Member,

To ring in the New Year, we are holding a Winter Fundraiser/Dance Party on Sunday, February 2, 2025. A dedicated committee of members has planned a special day of music, dancing, a buffet lunch, dessert, prizes, and more to raise money to support New Beginnings.

A few members have asked about the fee. While we hope everyone will have a good time, fundraising events like these are not only for entertainment - the extra dollars we collect enable us to improve upon the many baseline services that are not paid for by NYC Aging.

What are we raising money for? Here are a few examples:

Upgrades to the Sound System for the Dining Room

Those of you who join us for lunch know that the current sound system has issues. It's not compatible with current technology and staff are constantly struggling to make themselves heard when making announcements.

Uncovered Food Expenses, including Soup and Dessert

The cost of soups and desserts/refreshments are not covered by NYC Aging. One year of soup at lunch costs \$3200 and our monthly birthday cakes run \$3600 a year. All paid for from our Fundraising Account. *Approximate Cost: \$6800*

Extra Classes

When multiple members ask for an extra class or program, we want to provide it - but we have to figure out how to pay for it. Currently we are spending approximately \$5500 annually from our Fundraising Account on programs you enjoy. These include

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LETTER FROM THE DIRECTOR,
CONTINUED FROM NEXT PAGE

Stuart's Tuesday exercise class and a portion of Danny's Art Appreciation Program.

There are other classes that we'd like to fund. Approximate Cost: \$5500+

The Riverdale Y doesn't charge our older adults for membership or participation in New Beginnings since the program is partially funded by the NYC Department for the Aging. Instead, we invite you to come to a fundraising event to party, dance, dine, and have a good time with your friends! This way you get to donate and have fun at the same time. Approximately \$30 of your fee will go to our Fundraising Account while the remainder is the per person cost of the meal and the party.

You can register for our Winter Fundraiser/Dance Party at the Meals Desk or on-line. Go to <https://riverdaley.org/calendar/rockin-rolling/fundraiser>. Hope to see you there.

More New Beginnings Announcements

Please join us in welcoming Octavia Ruballo Jenkins to our staff as a Program Assistant. Octavia's full-time position will include administrative tasks to help us with the many NYC Aging requirements, coordination of our daily volunteer program, and assistance with program setup. Many of you already know Octavia from Tuesdays, when she volunteers in the dining room. Octavia is a parent of three young children – two of whom are enrolled in the Y's Early Childhood Center. She has a Bachelor's Degree in Business Administration and experience in customer service.

With Octavia on-board overseeing the lunch set-up and service, Alexandra, the Y's Volunteer Director, will be able to concentrate on more global volunteer and social responsibility initiatives.

Happy New Year to All,
Sharon



NEW & NOTEWORTHY IN January

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

Please refer to the Centerfold for any Class Cancellations

Thursday, January 2 at 10:00 am

Annual Hanukkah Celebration and Menorah Lighting

Join us for the Annual Bronx Borough President's Hanukkah Celebration in the Riverdale Y theater. We will have the menorah lighting and musical performances by students from Kinneret Day School followed by light refreshments. This event is hosted in partnership with the Office of Bronx Borough President Vanessa L. Gibson and our local elected officials.

Thursday, January 2nd, at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants.

Women's Group with Lucy

Wednesdays, January 8th and 22nd, at 10:45 AM

Wednesday, January 8th, at 1:00 PM

General Membership Meeting

General Membership Meetings are an opportunity to learn more about the Center and to share your concerns, ideas, and interests. Facilitated by New Beginnings Director, Sharon Asherman, with staff and Advisory Council members.

Thursday, January 9th, at 10:00 AM

Workshop: Senior Scams: Learn different types of scams and how to avoid becoming a victim

Scammers often target older people because of their perceived vulnerability. This informative workshop will teach you about different types of scams, their warning signs, and how to put safeguards into place to avoid getting scammed. Don't become the next victim! Facilitated by Senior Services of North America. This workshop will be facilitated by John Kim from Senior Services of North America (SSNA).

Thursdays, January 9th and 23rd, 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, January 10th, at 10:00 AM

Nutrition Lecture: New Year, Healthier You: Avoiding Fad Diets & Building Sustainable Habits

In this session, participants will learn how to avoid fad diets that rely on extreme restrictions, eating miracle foods, and diets that rarely work in the long run. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Monday, January 13th, at 10:45 AM

Pooled Income Trusts and Medicaid Savings Program

Join JASA's Clinical Social Worker, Karl, and Special Guest, Jose Vives from JASA Care, to learn about Pooled Income Trusts and Medicaid Savings Program. You are invited to

learn about ways to expand insurance coverage, cut back on medication bills, and limit stress and anxiety through accessing support and understanding your healthcare options.

Monday, January 13th, at 1:00pm

The Riverdale Quartet

Join us as the Riverdale Quartet plays a New Year Concert. Join Oboist Mary Watt, flautist Peter Schultz, Clarinetist Monte Morgenstern, and Bassoonist Shotaro Mori as they take us on A Musical Trip Around the World.

Tuesday, January 14th, 9:00 AM - 3:30 PM

AARP Safe Driver Course

We will host an **AARP Safe Driver Course** on **Tuesday, January 14th, 2025** from **9:00am-3:30pm**. 30 minute lunch 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 **Thursday, January 9th, 2025**. Limited spaces are available, so first come, first served.

Wednesday, January 15th, 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, January 16th, 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, are collecting jewelry from members which they will sell at this 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 the Meal Desk before Monday, January 13th, 2025.

Thursday, January 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 Tuesday, January 14th. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Thursday, January 2nd, 2025, spots fill up quickly.**

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

Friday, January 17th, at 10:00 AM

Information Session: Philadelphia Flower Show and More

We'll visit the Philadelphia Flower show, the nation's largest and longest-running horticultural event, featuring stunning displays by the world's premier floral, garden, and landscape designers. Then, we'll explore the Reading Terminal Market, one of America's largest and oldest public markets. The trip is scheduled for **Wednesday, March 5th, 2025**. We will review the trip itinerary and open registration at the

information session on Friday, January 17th, 2025. Registration ends on Friday, February 14th, 2025. Full payment, with Grethel, is required to register. The trip fee is **\$129.00**, cash or check.

Monday, January 20th, 10:00 AM

International Movie Music

Acclaimed International Concert Violinist David Podles will showcase some of the most unforgettable and famous movie themes, both American and International, 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 transport you to the heart and soul of each poignant and epic story.

Tuesday, January 21st, at 11:30 AM

January Happy Birthday! Entertainment at 1:15 PM

Enjoy a special lunch and stay for entertainment and dancing with Juan Ortega on Keyboards. 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.

Thursday, January 23rd, 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 to 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.

Friday, January 24th, at 10:00 AM

Nutrition Lecture: The Anti-Inflammatory Diet

In this lecture, we'll learn why inflammation is damaging and talk about dietary and lifestyle changes to fight it. We'll also discuss endocrine disruptors, PFAS, toxic load and more. Join Registered Dietitian, Tamar Elkin, MS, RDN, CDN, as she teaches us about inflammation and the best 10 foods for health.

Monday, January 27th, at 10:00 AM

Focus Group: Climate Change

The Cornell Institute for Research on Climate and Aging is conducting a focus group study on aging and extreme weather in your community center. This is an opportunity to share your experiences and thoughts on how changing weather patterns and natural hazards, like floods or extreme heat, may affect your life and what you can do about it. Help shape programs and policies aimed at making New York City a safer, healthier place for older adults in the face of weather-related challenges. Please sign up with Grethel or Octavia.

Monday, January 27th, at 1:00 PM

Vive La France!

Acclaimed International Concert Violinist Dr. David Podles will showcase and perform music of French classical composers and French waltzes, as well as French movie music and instrumental versions of the "chanson" style that is definitive of French music culture such as works by Edith Piaf and Charles Aznavour. You will be brought on an enchanting musical journey through the cafes in Paris as well as the inviting French countryside.

Chair Aerobics with Stuart

Tuesday, January 28th, at 9:00 AM

Thursday, January 30th, at 10:00 AM

Workshop: Funeral Planning Pt. 2

Join us as we have our second Funeral Planning Workshop. Presenters will expand on and recap the first workshop and provide a simple guide to funeral planning. This workshop will also provide practical and emotional support, helping people feel more prepared and informed. Presenters: Stephanie Garry, Executive Vice President of Communal Partnerships at Plaza Jewish Community Chapel and Anthony Caratozzolo, LFD, Certified Pre Plan Director.

Friday, January 31st, 10:00 AM - 11:15 AM

Intergenerational Discussion

Join us for an intergenerational discussion with students from Winston Prep. Young minds are eager to connect and share 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:

January 8th | *Alarm, Timer and World Clock Features*

How to set an alarm and timer on your phone. How to use the world clock feature to see what time it is in different time zones.

January 15th | *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.

January 22nd | *Phone Apps* *

How to download/add and delete apps on your phone.

January 22nd | *How to extend your phone's battery life.*

Please make sure to have the App downloaded before class.

THIS MONTH'S MOVIE PICKS

January 3rd | A Good Year (2006) An Englishman (Russell Crowe) inherits a vineyard in Provence, France. But when he arrives at his new property, he meets an American woman (Marion Cotillard) who claims that the land is hers. 1h 57m.

Rated PG-13

January 10th | Eat, Pray, Love (2010) At a crossroads in her life, Liz Gilbert (Julia Roberts) travels to Italy, India and Bali to discover meaning and happiness in this inspiring true story, based on the best-selling book. 2h 13 min **Rated**

PG-13

January 17th | Julie & Julia (2009) Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book. 1h 58m **Rated PG-13**

January 24th | Life as we Know It (2010) When a baby girl's godparents (Katherine Heigl and Josh Duhamel) become all she has left in the world, they are forced to set aside their differences and find a way to raise her together. 1h 54 min. **Rated PG-13**

January 31st | Morning Glory (2010) An upstart television producer (Rachel McAdams) accepts the challenge of reviving a struggling morning show program with warring co-hosts (Harrison Ford and Diane Keaton). 1h 47m **Rated PG-13**



Group Chat with Karl Custer

Mental Health Discussion Topics

Monday, January 6th, at 10:45 am | Open Group Chat: "SMART Goals, Accomplishing the Seemingly Impossible"

"Where Will I Find the Time?" "Why is This Taking So Long?" Is this you or a loved one when trying to get anything done? Join JASA's Clinical Social Worker, Karl Custer, in a group presentation and building block activities on common physical and behavioral goals, their common roadblocks, and the steps to overcome them. Remember: **Specific, Measurable, Achievable, Realistic, and Timely.**



Group Chat With Social Work Interns

Monday, January 6th, at 1:00 PM

Historical Events

Join us for a discussion as we explore historical events that have had a major impact on your life. From world-changing moments to personal milestones, we'll reflect on how these events shaped experiences, values, and perspectives. This is an opportunity to share your unique stories, hear others' reflections, and appreciate the profound ways history has influenced the lives of older generations.

Monday, January 13th, at 1:00 PM

Technology and Its Impact

Join us for a conversation on the impact of technology on your life. From the rise of the telephone to the age of smartphones, we'll look at how technological advancements have transformed how we live, work, and connect. Share your experiences with the tools and gadgets that have shaped your world, and reflect on how technology has changed society.

Monday, January 20th, at 1:00 PM

Praying with Your Feet ... A Discussion About Advocacy

Join us for an engaging conversation in honor of Martin Luther King Jr. Day of Service as we explore the power of advocacy. In this interactive discussion, we will reflect on the different ways we can stand up for what we believe in, whether through action, words, or standing in solidarity with others.

Have you ever participated in a march or demonstration for a cause close to your heart? Did you write a letter to raise awareness or speak up when you saw injustice? This is your chance to share your experiences and learn how others have used their

voices and actions to create change.

Together, let's discuss how we can continue to advocate for the things that matter most to us, as we honor Dr. King's legacy of service and activism.

Monday, January 27th, at 1:00 PM

How to Set Achievable and Meaningful Goals for the New Year

We'll discuss the process of setting realistic, meaningful goals and provide the support and accountability you need to stay on track. This group will empower you to take actionable steps toward your future success.



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 on Friday, January 31st, 2025. Scholarships are available to those in financial need. See Director Sharon Asherman for scholarship information.

2. We will be having a **New Beginnings February Fundraiser: Rockin' & Rollin' Through the Ages Buffet Lunch and Dance Party** on **Sunday, February 2, 2025 1:00 pm - 4:00 pm**. Early bird registration

continues through January 15, 2025 - \$60 per person.

After January 15, 2025: Price increases to \$65 per person. Last Day for Tickets will be January 27, 2025. **Attire:** Get Decked out with Clothes from Your Favorite Decade. This event is planned by members of New Beginnings to raise money to supplement programs and support our Older Adult Center.

3. Rabbi Scott will lead a trip to the **Anne Frank Exhibition** presented by Anne Frank House on **Tuesday, February 4th, 2025**. The bus will leave the Y at **10:00 AM**. 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. The Fee for this trip is **\$25.00** and there are only **8 spots** available, so this will be first come first serve. **Registration is currently open until all spots are filled, spots will fill up quickly.**
4. Sign up for a free class to learn about preparing for emergencies. 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. This class will take place on **Thursday, February 20th, 2025** at **10:00 AM**. Registration is required to attend the event. To register visit www.prepare.ny.gov or with Grethel.



CLASS ANNOUNCEMENTS

1. **MEDITATION**: There will be no Meditation, starting Monday, November 11th, 2024- Friday, January 24th, 2025. Meditation will resume on **Monday, January 27th**.
2. There will be no **Chair Yoga** on **Thursday, January 2nd, 2025**.
3. There will be no **Group Chat** with Social Worker Carmen Lopez on **Thursday, January 2nd, 2025**.
4. There will be no **Tai Chi** on **Tuesday, January 7th and Tuesday, January 14th, 2025**.
5. **Book Club**: Due to the Hanukkah Holiday, the December book club will be held on **Thursday, January 2nd, 2025**.
6. **Spanish Beginners** and **Spanish Intermediate** will be canceled from **Monday, January 20th, 2025** until **Friday, January 31st, 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.

Regift your Unopened Holiday Gifts!

Have you received a holiday gift that you really do not want or need? Bring in your unopened/unused holiday gifts. Our volunteer staff rewrap and we'll regift them as raffle prizes. Gifts can be given to Loyda at the meals desk.

Welcome New and Returning Members!

Arthur Alstein

Joan Alstein

Rachelle Baker

Mary Barton

Robert Barton

Esperanza Cano

Amy Chan

Laurette Clare

Ellen Cortney

Maria Cruz

Michelle Cutler

Alan Cutler

Arelis De Jesus

Baozhen Du

Susan Dzik

Jonathan Dzik

Steve Edelstein

Deborah Elsenhout

Elaine Fernandes

Michele Filippini

Virginia Ganoss

Barbara Gottlieb

Christopher Gough

Diane Haimowitz

Pamela Hayes

Patricia Hernandez

Harold Jacobs

Tina Kambitsis

Evelyn Katz

Nancy Kaufman-Beardsley

Carol Kreider

Soonnyu Kwon

Sharon Lehman

Christopher Lennon

Bernice Levine

Robert Levy

Katrina Libertelli

Franklin Londin

Louisa Marquez

Rafael Mateo

Margaret McVey

Susan O`Gara

Sophie Pantazopoulos

Deborah Parsons

Maria Perez

Joel Perlmutter

Rosemary Rivera

Carolyn Yvonne Robinson

Nelly Rosenberg

Henry Ruiz

Sarah Russell

Amy Schiffrin

Galit Schloss

Raya Schuldenrein

Robert Schuman

ShiYun Shang

Joan Shisler

Erika Smith

Altagracia Soto

Faina Stavinsky

Faye Strongwater

Maria Tirner

Patricia Titcombe

Matthew Turov

Elena Yatsenko

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