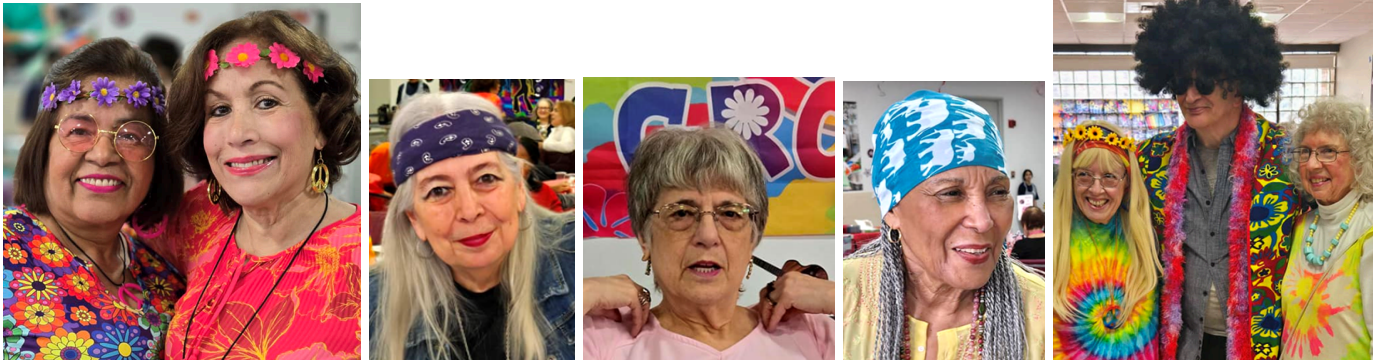


New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

March 2025



Pictures from our February Rock-n-Roll Fundraiser

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



March 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3/3 TURKEY CHILI Brown Rice Green Beans Canned Peaches	3/4 TUNA CAKES Orzo Brussels Sprouts Watermelon	3/5 CALIFORNIA VEGGIE BURGER Sweet Potato Beet Salad Grapes	3/6 MEATLOAF W/MUSHROOM GRAVY Mashed Potatoes Steamed Broccoli Tangerines	3/7 OVEN FRIED CHICKEN Egg Noodles Steamed Spinach Apple
3/10 SWEET & SOUR CHICKEN BREAST Yellow Rice Mixed Vegetables Cantaloupe	3/11 CHICKPEA SALAD Garden Salad Orange	3/12 SALISBURY STEAK Baked Potato Steamed Carrots Banana	3/13 BREADED DORADE FISH Bowtie Pasta California Blend Vegetables Apple Sauce	3/14 BAKED ROSEMARY CHICKEN Couscous Steamed Broccoli Watermelon
3/17 VEGETARIAN STUFFED PEPPER Orzo Steamed Carrots Strawberries	3/18 BIRTHDAY PARTY BAKED SALMON Wide Noodles Garden Salad Tangerine	3/19 TUNA SALAD PLATTER Orange	3/20 SPAGHETTI WITH MEAT SAUCE Steamed Broccoli Garlic Bread Grapes	3/21 BBQ BAKED CHICKEN Yams Collard Greens Apples
3/24 CAESAR SALAD WITH GRILLED CHICKEN Garlic Bread Watermelon	3/25 LEMON PEPPER BRANZINO FISH Egg Barley with Mushroom Green Beans Banana	3/26 HAMBURGER DELUXE Sweet Potato Fries Apple	3/27 BLACK BEAN & SWEET POTATO CHILI Brown Rice Garden Salad Pineapple	3/28 LEMON CHICKEN Acorn Squash Baby Carrots Fruit Cocktail
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

Merrit Claude

In support of our Water And Oil Painting Classes

Minnerva Urrutia

In Appreciation of Laverne and all the dining room volunteers

Ruth Brodkowitz

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.

Faces from our February Birthday Party



A LETTER FROM THE DIRECTOR

Dear New Beginnings Member,

Our February Rock-n-Roll Fundraiser was a huge success. Our members raised \$3,689 for New Beginnings, but just as importantly, everyone had a great time. I'd like to thank the party committee members (Loyda Camacho, Judy Roman, Aida Sousa, Susan Chasky, Julieta Butler, Wilma Paster, Randy Paster Deborah Leonardo, Angela Naranjo, Jose Naranjo, Arnel Tirado) for planning such an amazing event. And, acknowledge the staff and volunteers who came in on a Sunday to support our members. In the coming months we'll share with the membership how we are using the proceeds from this event.

New Beginnings is funded by government grants and there has been no extra funding for food, despite rising costs and exploding attendance at our Center. We are aware that our lunch program is the only source of an affordable, nutritious meal for many of our members, but we also need to stay within budget and encourage everyone to contribute in any way possible.

At this time the only change we are making is raising the suggested contribution for parties by a very modest 50 cents per person. The suggested contribution for birthday parties will now be \$4.00 and for holiday parties \$6.00 in advance and \$8.00 day of event. We will continue to fundraise to offset increased food costs.

Finally, Deborah Lee, our long-time kitchen and Y maintenance staff member, is retiring and we want to give her a warm send off. Debbie's commitment to her work was only surpassed by her love and commitment to our members. I've invited Debbie to join us in the dining room at 11:30 on Wednesday, March 12, 2025 so we can celebrate with her. Hope you can be there.



Looking forward to seeing you at the Y.

Sharon Asherman, LMSW



NEW & NOTEWORTHY IN MARCH

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

Please refer to the Centerfold for any Class Cancellations

Tuesday, March 4th, at 10:00 AM

Beginners Bridge

Join us for an 8-week beginners bridge class. Space is limited to 10 participants. Registration with Grethel required.

Wednesday, March 5th, at 10:00 AM

TRIP: Y- Sponsored 2025 Philadelphia Flower Show

For registered participants only. The bus leaves at **7:15am**.

Women's Group with Lucy

Wednesdays, March 5th and Wednesday, March 12th, at 10:45 AM

Thursday, March 6th, at 12:45 PM

Broadway Showcase Meeting

With Laurie Walton, Director of Performing Arts at the Y

We are nearing that time of year when we will begin working on our musical production for June! Placement auditions will take place later in March, but this meeting will enable Laurie time to hear your ideas, to select the show and get the script prepared!

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 which is administered through the New York State Office of Children and Family Services (OCFS).

Thursday, March 6th, at 10:00 AM

***Returning Programing:* Watercolor Painting with Dmitriy**

Moshkovich

Note: This class is FULL. This Y-sponsored Class for older adults will run for twelve weeks, starting **Thursday, March 6th**, and ending on **Thursday, May 22nd, 2025**. Unlike NYC Aging-sponsored programs. The fee for this class is \$120, but the full cost has been offset by a generous New Beginnings member donation.

Thursday, March 6th, at 10:00 AM

Silver Shoes Dance Club

Join Daniela for a twelve-week session of Ballroom, Latin, the basic steps of Cha-Cha, Tango, Swing, Waltz, Line Dancing and more. Classes are built on skills from week to week so try not to miss out on a session. No partner or previous experience required and all abilities welcomed! This class has limited space to **25 participants**, so you must register in advance. 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. All participants must fill out a waiver that will be provided during the first class.

Friday, March 7th, at 10:00 AM

Nutrition Lecture: Grocery Store Workshop, Pt. 1

In this 4 part series lecture, we will discuss healthy aging through grocery shopping, meal planning, grocery lists, budget-friendly strategies and unit pricing. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Monday, March 10th, 1:00 PM

International Movie Music

International movie music program with acclaimed International Concert Violinist Dr. David Podles! Showcasing 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 bring you right to the heart and soul of each poignant and epic story. (**This program was originally scheduled for last month but was postponed due to the weather**).

Chair Aerobics with Stuart

Tuesday, March 11th and Tuesday, March 25th at 9:00 AM

Wednesday, March 12th, at 10:00 AM

Workshop: Senior Scams: Learn the type of scams and how to prevent 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).

Thursday, March 13th, at 12:45pm

TRIP: The New York Botanical Garden Orchid Show:

Mexican Modernism

Among bright arrangements of orchids in settings, **inspired by the bold, multicolored designs of Mexican modernist architect Luis Barragán**, 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 11th, 2025**. The fee for this trip is **\$40.00**, and includes the following: transportation, lunch, show tickets and guided tour. Please arrive at the Center 15 minutes prior to departure.

Thursday, March 13th and Thursday, March 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.

March, March 14th, at 12:45pm

Purim Celebration

Join Rabbi Scott Kalmikoff for a joyful Purim celebration following lunch. Enjoy a festive afternoon with delicious hamantaschen and the telling of the Purim story. Everyone is welcome to come in costume and celebrate the spirit of Purim with laughter and community!

Friday, March 14th, at 10:00 AM

Nutrition Lecture: Trending Topics in Nutrition

Join Registered Dietitian, Tamar Elkin, MS, RDN, CDN, as we walk through some of the current nutrition trends like Blue Zones, meat and milk alternatives and other trending topics and understand if these trends are worth following or not!

Monday, March 17th, at 10:00 AM

Workshop: Alzheimer's Prevention and Education

Join us as we learn 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.

Tuesday, March 18th, at 11:30 AM

March 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 \$4.00 in advance or \$4.50 the day of the event. Please be sure to register early to secure a seat.

Thursday, March 20th, 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, March 17th, 2025. Please arrive at the Center 15 minutes prior to departure. **Registration**

opens on Monday, March 3rd, 2025, spots fill up quickly. (If there is a

waiting list, we will TRY our best to schedule a second trip)

Thursday, March 20th, at 10:00 AM

Presentation: Auditory Presentation

Join us in this presentation where Westchester Audiologist, Dr. Marissa Boyle will educate us in hearing health and explain how to access and use assistive devices. The objective is to improve the quality of life for her patients through better hearing. Dr. Boyle's advanced training includes the fitting of high-definition digital hearing aids and assistive listening devices.

Friday, March 21st, at 10:00 AM

Nutrition Lecture: Grocery Store Field Trip

Join us as we put into practice what was learned in our Grocery Store Workshop. We will be going to Trader Joe's to practice unit pricing and apply any other skills learned in the Grocery Store Workshops, this field trip is only for students that have participated in the Nutrition Lectures. Space is limited to 8. Transportation contribution is \$8.00. This traveling workshop is facilitated by Samantha Podob MS, RD, CDN.

Monday, March 24th, at 1:00 PM

Concert: Post-Purim Celebration

Join Pianist and Vocalist, Ken G for a diverse concert including Jewish Tunes from the recent Purim Holiday. Ken G. has performed for live audiences around the world and was a past winner of the Michelob Jazz Search.

Thursday, March 27th, 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 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, March 24th, 2025.



TECH CLASS

Wednesdays at 9:00 AM

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

March 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.

March 12th | *QR Codes*

Learn how to open QR Codes on your phone.

March 19th | *WhatsApp **

Learn how to use the Whatsapp instant messaging app.

March 26th | *Digital Coupons*

Learn how to use digital coupons to save money.

Please make sure to have the App downloaded before class.



THIS MONTH'S MOVIE PICKS

(Fridays at 12:45 PM)

March 7th | Ordinary Angels (2024) A struggling hairdresser moves mountains to help a girl waiting for a liver transplant, and sets in motion an inspiring tale of faith, everyday miracles, and ordinary angels. 1 h 57 min **Rated PG**

March 14th | Britney Runs a Marathon (2019) Hilarious and outgoing, Brittany Forglar, is everybody's best friend — except her own. Her partying, underemployment and toxic relationships are catching up with her. Too broke for a gym and too proud to ask for help, Brit is at a loss, until her neighbor pushes her to run one sweaty block. Soon, she sets an almost unthinkable goal: the New York City Marathon. 1 h 43 min **Rated R**

March 21st | Wonka (2023) Experience the story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. 1 h 56 min **Rated PG**

March 28th | Twisters (2024) Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central

Oklahoma. 2h 2m **Rated PG-13**



Group Chat with Karl Custer Mental Health Discussion Topics

Monday, March 3rd, at 10:45 AM-11:45 AM. | "Journals, Diaries, and Being there for Ourselves."

JASA's Karl Custer, LMSW, will present on the stories about ourselves to tell each other, and ourselves, shape our feelings of self-worth. Join JASA's Karl Custer, LMSW, for a talk and share on the research behind journaling and keeping a thoughts and emotions diary. Learn the differences between each, and experiment with a new format called Progressive Art Journaling.



Group Chat With Social Work Interns

Tuesday, March 4th, at 9:30 AM | Favorite Movies and TV Shows

Let's talk about the movies and TV shows we love! What are some of your favorites? Have any shows made you laugh, cry, or think in a new way?

Tuesday, March 11th, at 9:30 AM | The Power of Friendship

Friends make life better! We'll share stories about special friendships, what makes a good friend, and how friendships change over time.

Tuesday, March 18th, at 10:00 AM | St. Patrick's Day Fun

Let's celebrate St. Patrick's Day! We'll talk about Irish traditions, lucky stories, and what this holiday means to us. Let us see who wears green!

Tuesday, March 25th, at 9:30 AM | Childhood Memories

Let's take a trip down memory lane! We'll share fun stories from childhood, favorite games, and the things that made us happy when we were young.



SAVE THE DATE

1. On **Friday, April 4th, 2025, at 11:30 AM** we will have our annual **Passover Model Seder**, the seder will be facilitated by Rabbi Scott Kalmikoff, Director of Community Engagement at the Y. The Model Seder will include a special holiday meal and entertainment. Tickets are a suggested contribution of \$6.00 in advance or \$8.00 the day of the event. Please be sure to purchase yours early to secure a seat. Tickets available starting **Monday, March 10th, 2025**.
2. Our SuCasa programs will return in April. SuCasa programs are supported by the NYC Department of Cultural Affairs in conjunction with the Bronx Opera Company. We look forward to Caprice returning to lead Hudson River Voices and Frank teaching an acting class as well.



CLASS ANNOUNCEMENTS

1. We will resume **Water Aerobics/Yoga** with Instructor Constance Hill on Wednesday, March 26, 2025.
2. There will be no **Chess Clinics** on Wednesdays. We will continue to have our Chess Clinics on Mondays.
3. There will be no **Art Explorations** on Tuesday, March 25th, 2025.
4. Rabbi Scott's **Hebrew Reading Course** will end on Thursday, March 27, 2025.
5. There will be no **Chair Yoga** on Thursday, March 27th, 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!

Judith Anzelowitz

Carol Ann Baker

Uri BenZion

Rivka Bezborodko

Julieta Bucaro

Gerald Butler

Elizabeth Butler

Gloria Castillo-Santos

Ethlyn Colbourne

Elizabeth Gallagher

Angel Giuria

Lisa Gulick

Kashmarnauth Lakeram

Agnes Lamendola

Ellen Locker

Sonia Maisonave

Dawne Maldonado

Naomi Marcus

Brian O` Sullivan

Carmen Padilla

Doris Porto

Nancy Quigley

Joel Rabinowitz

Cynthia Rabinowitz

Zunilda Rivera

Maria Roman

Raymond Schneider

Anne Schneider

Carol Stricker

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 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