

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

APRIL 2026



Celebrating March Member Birthdays

Happy Passover

New Beginnings is funded by the

New York City Department For The Aging and Participant Contributions



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | | 4/1 LEMON PEPPER BRANZINO FISH Roasted Potatoes Zucchini Apple | 4/2 CLOSED FOR PASSOVER | 4/3 CLOSED FOR PASSOVER |
| 4/6 BAKED FISH Baked Potato Yellow Squash Watermelon | 4/7 MEATLOAF Mashed Potato Broccoli Apple | 4/8 CLOSED FOR PASSOVER | 4/9 CLOSED FOR PASSOVER | 4/10 ROSEMARY CHICKEN Sweet Potato Steamed Broccoli Grapes |
| 4/13 SPAGHETTI W/MEATBALLS Garlic Bread Garden Salad Banana | 4/14 BROWN RICE WITH BLACK BEANS Roasted Acorn Squash Tangerine | 4/15 SPANISH STYLE BAKED CHICKEN Baked Potato Vegetable Mix Apple Sauce | 4/16 BAKED FISH Macaroni Salad Steamed Carrots Strawberries | 4/17 SWEET AND SOUR CHICKEN Couscous Green Beans Peach |
| 4/20 HAWAIIAN CHICKEN LEGS Couscous California Blend Vegetables Apple | 4/21 BIRTHDAY LUNCH BAKED SALMON Wild Rice Orzo Broccoli & Red Peppers Tangerine | 4/22 CHILI CON CARNE Brown Rice Baby Carrots & Parsley Banana | 4/23 VEGGIE BURGER Baked Fries Beet Salad Orange | 4/24 BAKED CHICKEN Baked Sweet Potato Steamed Spinach Watermelon |
| 4/27 TUNA CAKES Orzo Steamed Broccoli Strawberries | 4/28 CAESAR SALAD W/ GRILLED CHICKEN Garlic Bread Watermelon | | Kashrut 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. |

A Message from Your Advisory Council

Every two years we hold elections for the New Beginnings Advisory Council. Are you interested?

If you have been a New Beginnings member for at least a year, volunteer in some capacity, and would like to get more involved ... Consider running for Council!

What We Do:

The Advisory Council:

- Represents the interests and concerns of our members
- Organizes fundraisers for New Beginnings
- Allocates fundraising dollars

Over the years the Advisory Council has raised tens of thousands of dollars through our annual Broadway Showcase, fundraising parties, barbecues, raffles, jewelry sales and more – fundraisers conceived, organized, and overseen by the AC – with your help.

We use these fundraising dollars to subsidize trips and supplement regular programming to bring you more of the things you enjoy – classes such as additional exercise classes, lectures and concerts, and birthday party refreshments and gifts.

Responsibilities include attending Monthly meetings with the New Beginnings Director and participating in other committees as needed. Monthly meetings are usually scheduled for the third Monday morning of each month at 10:00 a.m. - 11:00 a.m.

Want to run?

If you are interested, write a short statement stating why you want to be an Advisory Council Member and give it to Council President Loyda Camacho or email it to olderadults@riverdaley.org. If you want to run but need assistance writing the statements The deadline for submission is April 25, 2026. Statements will be shared with the New Beginnings community in May and elections will be held in June.



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

Wednesdays Wellness Support Group

This month's topics include:

- Tuesday, April 7th, at 10:30am: **Goals and Aspirations: Skill set, new interests, mentor, volunteer******
- Wednesday, April 15th, at 10:30am: **Environmental wellness: Your home, building, transportation, safety in community**
- Wednesday, April 22nd, at 10:30am: **Financial wellness: Balance, Affording your life, Budgeting, Benefits**
- Wednesday, April 29th, at 10:30am: **Physical/Medical wellness: Diagnosis, medications, planning for appointments**

These workshops will be facilitated by Josefina Guerra Correa, LCSW-R, Social Worker from the Center for Aging in Place and offer a safe, compassionate space to share experiences, learn coping strategies, and foster connection on your journey toward holistic wellness. ******Rescheduled from Wednesday, April 8th holiday closure*****

Every Wednesday, from 10:00 AM - 11:30 AM

Acting Class with Frank Ingrasciotta (FULL)

The Program will end with a **Culminating Event** on **Wednesday, May 27th, 2026.**

Monday's Open Chat:

Join JASA's Social Work Intern Christina Lanzenka as she facilitates Monday Open Chat workshops. This month's topics include:

- Monday, April 6th, at 10:45am: **Making Time for Self Care and not Feeling Guilty**
- Monday, April 20th, at 10:45am: **Hobbies and Interests**
- Monday, April 27th at 10:45am: **Health and Wellness**

Every Monday, from 10:00AM - 11:00AM

Hudson River Voices (FULL)

The Program will end with a **Culminating Event** on **Monday, June 29th, 2026**.

Chair Aerobics with Stuart

Tuesday, April 7th and Tuesday, April 21st, at 9:00 AM

Friday, April 10th, at 10:00 AM

Nutrition Lecture: Happy Gut, Healthy You: Understanding Digestive Health and Nutrition

In this workshop, participants will learn how the digestive system works, explore common gut conditions, and discover the role of fiber, prebiotics, probiotics, and fermented foods in supporting gut health. Gain practical strategies for nourishing your gut and promoting overall digestive wellness in daily life. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Monday, April 13th, at 10:00 AM- 12:00 PM

Trip: Bronx Science Holocaust Museum

Join Art for AID and members of the Riverdale Community at a Special Yom Ha Shoah Program at The Bronx High School of Science. The event will feature a reading by poet Janet R. Kirchheimer, from her acclaimed book: "*How To Spot One Of Us,*" which tells the story of her family's Holocaust past. Following the talk guests will be invited to a student-led tour of the Stuart S. Elenko Holocaust Museum. The museum is now the nation's second oldest major collection of Holocaust artifacts. Spots are limited to **14**, the van leaves the Y at 10:00 am and returns at 12:30 pm. \$12.00 suggested contribution includes transportation and a contribution to purchase books about the Holocaust for Bronx Science Students. Please arrive at the Center 15 minutes prior to departure. **Sign up starts on Monday, March 30th, 2026.**


Monday, April 13th, at 10:45 AM

Counseling Awareness Month: Drama Therapy?!

Did you know that April is Counseling awareness month? This month's discussion will focus on the healing potential of group activities such as Drama Therapy and Artistic Groups. You are never too old to benefit from the Power of Play! Facilitated by Karl Custer, JASA Social Worker and Drama Therapist Laura Leadbetter.

Wednesday, April 15th, at 1:30 PM

 **Water Aerobics** 

Water Aerobics is back!  Your favorite exercise class is returning, and we can't wait to move with you again. Join us in the pool for fun, fitness, and low-impact workouts."Get ready to sweat, smile, and feel stronger together. Join us and jump back into the energy! **Amy Bohrer** is a personal trainer who's been teaching for 10 years, her main goal is to have fun while getting stronger.

Wednesday, April 15th, at 10:00 AM

Rescheduled Trip: Trader Joe's/Marshall's/H-Mart

This trip is a rescheduled event and is intended for those who were on the original participant list. If you were previously signed up, your spot has been carried over—please confirm your availability for the new date with Grethel.

Thursday, April 16th, 2026, at 10:00 AM

Interactive Creative Writing Storytelling

Join registered Drama Therapist, Laura Leadbetter, MS, RDT as she facilitates this storytelling group which will focus on telling Life Stories, Memories Lost/Found, or a favorite poem. Bring photos to share! Journals will be provided. This is your write to heal; tell it to yourself, your loved ones or the world; it's a great story!

Thursday, April 16th, at 10:00 AM

Rescheduled Trip: Jackie Robinson Museum

This trip is a rescheduled event and is intended for those who were on the original participant list. If you were previously signed up, your spot has been carried over—please confirm your availability for the new date with Grethel.

Thursday, April 16th and Thursday, April 30th, 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 in the Yellow Room. Smiles and laughter are guaranteed. Please contact Renee Bock, the

Early Childhood Director at 347-913-4445 and rbock@riverdaley.org.

Monday, April 20th, at 10:00 AM

Fire Safety Presentation

Join us for an informative and engaging Fire Safety Presentation designed specifically for older adults. This session will cover essential tips on preventing fires at home, safe cooking practices, proper use of heating devices, and what to do in case of an emergency. Attendees will also learn about smoke alarms, escape planning, and ways to reduce common household risks. NYC Aging, in partnership with the New York City Fire Department, is administering a unique program which brings Fire Department personnel into older adult centers to discuss fire safety and offer center members an opportunity to have a free state-of-the-art smoke detector installed in their homes.

Tuesday, April 21st, at 11:30 AM

April 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 \$5.00 in advance or \$6.00 the day of the event.

Please be sure to purchase yours early to secure a seat.

Thursday, April 23rd, at 10:00 AM

Trip: Shopping Trip 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. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Monday, March 30th, 2026, spots fill up quickly.**

Friday, April 24th, at 10:00 AM

Trip: Trader Joe's/Marshall's/H-Mart

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. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Monday, March 30th, 2026, spots fill up quickly.**

Friday, April 24th, at 10:00AM

Nutrition Lecture: Food Demo: Crunchy Cabbage Salad with Sesame Ginger Dressing

In this workshop participants will learn how to prepare a gut-friendly, crunchy salad using simple vegetables and an allergy-conscious ingredient swap. This demo highlights how fiber-rich foods and a homemade sesame ginger dressing can support digestion while delivering bold flavor. You will also see how small adjustments, like seed or nut choices, can make recipes inclusive without sacrificing taste. This demonstration is facilitated by Nutritionist Samantha Podob MS, RD, CDN.

Monday, April 27th, at 10:00 AM

Nutrition Lecture: Fiber!

Come learn about the power of plants, as we focus on fiber and its ability to help manage heart disease, gastrointestinal diseases and much more. We'll learn what fiber is, where to find it and how to eat more of it. This lecture is facilitated by Registered Dietitian, Tamar Elkin, MS, RDN, CDN.

Tuesday, April 28th, 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.

Thursday, April 30th 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 27th, 2026.

Thursday, April 30th, at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants. The book for March is "***Women Talking***" by Miriam Toews.



TECH CLASS

Wednesdays at 9:00 AM

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

April 1st | *How to use Groupon to Save Money*

Groupon is an online marketplace that offers deeply discounted vouchers for local experiences, goods, travel, and services, such as spa treatments, restaurants, and entertainment. It helps users save money while assisting local businesses in attracting new customers.

April 15th | *How to book cheaper flights and Hotels using Expedia*

Expedia is a leading online travel agency. You Can Save Time and Money — Find & Compare Deals and You Can Save Big on Expedia. Intuitive Trip Planning Allows You to Get More Travel with Less Stress.

April 22nd | *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 29th | *How to shop safely online*

How to copy and paste on your phone.

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



THIS MONTH'S MOVIE PICKS

(Fridays at 12:40 PM)

****Friday Flicks will now be held in the Theater unless otherwise noted.****

April 10th | Night at the Museum (2006): Chaos reigns at the Museum of Natural History when security guard Larry accidentally unleashes a legendary curse that brings the exhibits to life. **Rated PG; 1h 48min**

April 17th | The Sandlot (1993): A nostalgic coming-of-age comedy about neighborhood kids and baseball. **Rated PG; 1h 41min**

April 24th | Woman in Gold (2015): The incredible true story of Maria Altmann, a Holocaust survivor who enlists the help of a young lawyer to challenge the government of Austria to return a painting of her aunt that was seized during the Nazi occupation. **Rated PG; 1h 48min**



SAVE THE DATE/LOOKING AHEAD

1. Wednesday, May 6th, 2025, from 1:00pm-2:30pm

Talent is Timeless Showcase

Talent is Timeless is a citywide performing arts talent competition that celebrates the creativity and brilliance of older New Yorkers. Whether performing solo or with a group, participants are stepping into the spotlight and showing the world that talent doesn't have an expiration date. Winners of the New Beginnings Older Adult Center Competition will be followed by a regional round in July and

August, then boroughwide competitions in September, and the grand finale at the United Palace of Cultural Arts on October 15th, 2026. Please register your three minute performance with Loyda Camacho at the lunch desk by **Friday, May 1st, 2026**. Refreshments will be served.

2. Join us as we visit the New York Botanical Gardens **Flower Power Show** on **Wednesday, May 13th, 2026**. The Fee is \$35.00, which includes entrance tickets, a docent, lunch and roundtrip transportation. This fee is because of the generous donation from the family of Riverdale Dentist, Dr. Paul Hertz. The van will leave at 10:00am. Registration is required. To register for this trip, please register with Grethel, first come first serve, space is limited and registration opens on **Tuesday, April 14th, 2026**.

3. The Riverdale Y 5K & Fun Run on Sunday, May 17th, 2026

Join the New Beginnings Team for The Riverdale Y's annual community event: The Riverdale Y 5K & Fun Run. 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. When you sign up be sure to join the New Beginnings Team.

Loyda Camacho will be the team captain. Link to registration:

<https://riverdaley.org/5k-and-fun-run/>

4. Wednesday, May 6th, 2025, from 1:00pm-2:30pm

Talent is Timeless Showcase

Talent is Timeless is a citywide performing arts talent competition that celebrates the creativity and brilliance of older New Yorkers. Whether performing solo or with a group, participants are stepping into the spotlight and showing the world

that talent doesn't have an expiration date. Winners of the New Beginnings Older Adult Center Competition will be followed by a regional round in July and August, then boroughwide competitions in September, and the grand finale at the United Palace of Cultural Arts on October 15th, 2026. Please register your three minute performance with Loyda Camacho at the lunch desk by **Friday, May 1st, 2026**. Refreshments will be served.

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

This Y-sponsored Class for older adults will run for ***ten weeks***, starting **Thursday, May 21st, 2026 at 10:00 am** and ending on **Thursday, August 6th, 2026**. 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 ten week session. Please sign up and pay the full amount at the Y's reception desk on the first floor. Scholarships are available to those in financial need. See Director, Sharon Asherman, for scholarship information. Registration opens on **Monday, March 26th, 2026**, please register at the front desk in the lobby.

The Hertz Family Trip Program

Thanks to a generous donation from the family of Riverdale Dentist, Dr. Paul Hertz the Riverdale Y is planning an Older Adult Overnight Trip to Lake George in June. Details to be announced. In addition to discounted pricing for all members, partial scholarships will be offered for members in financial need.



CLASS ANNOUNCEMENTS/REMINDERS

1. **PING-PONG:** We will pause Ping-Pong Wednesday mornings due to having Frank's Acting Class during the same time, however, Ping Pong will be available in the afternoon from 12:30-2:30pm. We will resume our morning Ping Pong once Frank's Acting Class finishes.
2. **TAI CHI:** There will be no Tai Chi on Tuesday, April 14th due to a scheduled day off.



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. You must be a registered New Beginnings Member to use our transportation.

Welcome New and Returning Members!

| | | |
|--------------------|---------------------|-------------------|
| Muriel Adams | John Hagan-Brown | Lorna Rivera |
| Amilda Agosto | Marcia Horan | Emilia Robinson |
| Ramona Alomar | David Jaspen | Ruben Rodriguez |
| Kolu Baysah | Jeffrey Johnson | Carmen Rodriguez |
| Elia Beeken | Thomas Kandanian | Jose Rodriguez |
| Ellen Bloch | Esther Kanner | Nahid Sadeghian |
| David Blum | Valerie Kaufman | Sandra Schein |
| Altagracia Bonilla | Jai kartar Khalsa | Laurie Schneider |
| Nitza Bravo | Beatrice Laibuni | Richard Schwartz |
| Mercedita Cantillo | Anna E. Latchman | Irene Scott |
| Patricia Di Lieto | Jenine Lindner | Gail Singer |
| Edith Diaz | Barbara Mandl | Lawrence Singer |
| Lucretia Djivre | Charles Manley | Laurie Snell |
| Rhoda Edinger | Walter McGrady | David Sondheim |
| Celia Fallon | Dunia Mejia | Michael Spivak |
| Gregovia Feliciano | Carmen Melendez | Alan Supraner |
| Lee First | Roni Miller | Renee Tambor |
| Mark Friedman | Helene Newman | Hazel Tennant |
| Jo Ann Friedman | Elizabeth Pereira | Emily Wasserberg |
| Paula Gannon | Annie-Paule Quinsac | Martha Rosa |
| Laura Gillman | Jeanette Rankin | Jose Rosa |
| Morris Goldman | Mari Rich | JoAnn Roman |
| Lydia Gonzalez | | Lena Belfrageblau |

A Message from our Advisory Council!

We are soliciting members for our next New Beginnings Advisory Council. If you have been a New Beginnings member for at least a year, volunteer in some capacity and would like to get more involved ... Consider running for Council!

The Advisory Council represents the interests of New Beginnings members and makes sure that everyone has a voice in the programming and day-to-day operations of the Center. All members are encouraged to share their input directly with AC members and by putting notes with their input and suggestions into the Suggestion Box. We read every suggestion at our monthly meetings.

Importantly, the Advisory Council is also the active fundraising body of New Beginnings. Over the years we have raised tens of thousands of dollars through our annual Broadway Showcase, barbecues, raffles, galas and a New Beginnings Cookbook – fundraisers conceived, organized, and run by the AC. This year we look forward to raising money by selling ad space in our Broadway Showcase Playbill and we will soon hold a Jewelry Sale.

We use our fundraising dollars to supplement regular programming and to bring you more of the things you enjoy – including classes like Improv, Ceramics and Silver Shoes, monthly lectures and concerts, reduced price trips, and birthday party refreshments/gifts.

If you are interested, write a short statement on why you want to be an Advisory Council Member and give it to Council

President Loyda Camacho or e-mail it to olderadults@riverdaley.org. The deadline for submission is May 15, 2024. Your statement will be published in the June newsletter and Elections will be held soon after.

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 (Eric Weisler) | 718-548-8200 ext 217 |
| 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
Shelagh Masline, Communications
Pat Boyle, Julieta Butler, Susan Chasky,
Ruth Kraus, Deborah Leonardo,
Barbara Sachs, Arnel Tirado

Riverdale Y Leadership

Melissa Sigmond, Chief Executive Officer
Jennifer Lenkowsky, Chief Program Officer
Mia Padwa, Board President