New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

MAY 2026

New Beginnings is funded by the

New York City Department For The Aging and Participant Contributions

NYC Department for the Aging

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May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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.			**5/1** **LEMON CHICKEN** Egg Barley with Mushrooms Steamed Green Beans Nectarine
5/4 **BAKE FISH** Roast Potato Garden Salad Applesauce	**5/5** **BBQ CHICKEN LEGS** Bowtie Pasta with Kasha California Blend Vegetables Pineapple	**5/6** **CHICKPEA SALAD** Garlic Bread Pear	**5/7 Mother's and Father's Day Luncheon** **BEEF RIBS** Baked Potato Steamed Carrots Watermelon	**5/8** **CHICKEN STEW** Yellow Rice Garlic Snap Peas Strawberries
5/11 **BAKED TURKEY WINGS** Sweet Potato Steamed Broccoli Fruit Cocktail	**5/12** **VEGETARIAN STUFFED PEPPER** Brown Rice Roasted Zucchini Orange	**5/13** **BEEF SALISBURY STEAK** Garlic Mashed Potato Green Beans Grapes	**5/14** **TUNA SALAD SANDWICH** Lettuce & Tomato Apple	**5/15** **CHICKEN MARSALA** Penne Yellow Squash Orange
5/18 **BEEF STEW** Yellow Rice Steamed Spinach Watermelon	**5/19 BIRTHDAY LUNCH** **BAKED SALMON** Orzo Roasted String Beans Tangerine	**5/20** **BLACK BEAN AND SWEET POTATO CHILI** Brown Rice Roasted Zucchini Apple	**5/21** **TURKEY BURGER** French Fries Salad Nectarine	**5/22** **CLOSED FOR SHAVUOT**
5/25 **CLOSED FOR MEMORIAL DAY**	**5/26** **SPAGHETTI W/MEATBALLS** Garlic Bread Garden Salad Pear	**5/27** **VEGETABLE EGG FRITTATA** Garlic & Rosemary Roasted Potatoes Garden Salad Banana	**5/28** **VEGAN SANCOCHO*** Brown Rice Cucumber Dill Salad Apple Sauce	**5/29** **SPANISH STYLE BAKED CHICKEN** Baked Potato Steamed Spinach Watermelon

Sanchocho is a traditional Caribbean stew. Our Chef is modifying the recipe for our weekly plant based meal

A LETTER FROM THE DIRECTOR,

Sharon Asherman

From the Director:

Every year, New Beginnings Members are required to update their membership records. This includes updating demographic information and completing a new nutrition information screening form. Forms to update your membership will be available starting May 4, 2026 at the second floor welcome desk opposite the elevator. If you need assistance in completing the required documentation, Eric Weisler, in the Program Office on the second floor, can assist you. New members who joined after April 2025 do not have to update their membership records at this time.

In response to a request from members at our last general membership meeting, the Advisory Council voted to use some of our fundraising dollars to offset the cost of our monthly shopping trips which are such a vital resource to our members. Effective May, shopping trips to Walmart/Trader Joes and H-Mart will be **$5.00** per person. Due to popularity and limited seats on the bus participants who have not gone on the previous shopping trip will be given priority.

The slate for the 2026/2027 Advisory Council will be presented at the May 11, 2026 general membership meeting. There are eleven slots. So far, we have ten interested candidates. We are looking for one more (let Loyda or Sharon know if you are interested). If we have eleven candidates the slate will be ratified at this meeting. If there are more than eleven candidates we will plan for June elections. A full agenda for the next general membership meeting will be available before the meeting.

Looking forward to seeing you at the Y.

🚨 NEW & NOTEWORTHY IN MAY

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

Please refer to the <u>Centerfold</u> for any Class Cancellations

Friday, May 1st, at 10:00AM

Nutrition Lecture: Building Strong Bones: Understanding and Preventing Osteoporosis

In this workshop, participants will learn how osteoporosis develops, risk factors to watch for, and how to protect bone health through nutrition, exercise, and lifestyle choices. Gain practical strategies for early detection, prevention, and proactive management to maintain strong, healthy bones throughout life. This demonstration is facilitated by nutritionist Samantha Podob MS, RD, CDN.

Monday, May 4th, at 10:45 AM

"How" We Learn, from Fixed Mindset vs Growth Mindset

Join Karl Custer, LMSW, in an open discussion on different learning styles. We'll explore visual, audio, and kinesthetic styles. Then, we will show the surprising research about how much of ***how*** we learn is determined before we even enter the classroom. Come and learn the steps to changing your inner student's self-talk from "I can't" to "maybe I can."

Chair Aerobics with Stuart

Tuesday, May 5th, 2026 and Tuesday, May 19th, 2026 at 9:00 AM

Tuesday, May 5th, 2026, at 10:00 AM

Workshop: Stay Safe & Savvy–Scam Awareness Workshop

Scams are on the rise, but with the right knowledge, you can stay one step ahead. This beginner-friendly workshop is designed for older adults and anyone new to using smartphones, the internet, or online services. In this interactive session, you will learn how to recognize the most common scams (phone calls, texts, emails, and online schemes), spot simple red flags that signal something isn't right, protect your money, personal information, and identity. And finally, take the right steps if you think you have been targeted. This workshop is facilitated by Educator and Front-End Software Engineer Irina Sverzhanovskaya.

Wednesday Wellness Support Group

This month's topics include:

- Wednesday, May 6th, at 10:30am: **What is Mental Health & When to Seek Help**
- Wednesday, May 13th, at 10:30am: **Assessment & Screenings (PHQ9, GAD7, PTSD Screen, ACE's)**
- Wednesday, May 20th, at 10:30am: **Common Diagnosis & Treatment Options in Older Adults**
- Wednesday, May 27th, at 10:30am: **Coping Skills and Strategies**

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.

Wednesday, May 6th, 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 go on to the regional competition. Please register your three minute performance with Loyda Camacho at the lunch desk by **Friday, May 1st, 2026**.

Thursday, May 7th, 2026 from 11:30am-2:00pm

Mother's and Father's Day Luncheon

Join us for our Mother's and Father's Day Luncheon as we celebrate the amazing moms, dads, grandparents, and all-around legends who make life so special. Stay for entertainment and dancing with **Mesha**. 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.

Friday, May 8thth, at 10:00AM

Nutrition Lecture: Food Demo: Lemon Pepper Tofu Power Bowl

In this demo, participants will learn how to build a colorful, nutrient-packed power bowl that supports bone health. We'll show you simple ways to cook lemon pepper tofu, steam or sauté calcium-rich vegetables, and make a creamy tahini-lemon dressing from scratch. You'll leave with practical tips for quick, customizable meals that are perfect for lunch, dinner, or meal prep.This demonstration is facilitated by Nutritionist Samantha Podob MS, RD, CDN.

Friday, May 8th, at 11:00AM

Workshop: Knowledge is Power: Protecting Yourself from Scams.

Not sure which calls, emails, or messages you can trust? Come learn more about common scams that target older adults and how they work. Through real-life examples and group discussions, participants will explore common tactics scammers use and learn to recognize key warning signs. The workshop will also focus on how to handle real-life situations, offering practical strategies to recognize scams in the moment, respond with confidence, and protect their personal and financial information. Enjoy, learn, and leave feeling more confident and prepared! This workshop is facilitated by Social Work intern Michelle Englander.

Monday, May 11th, at 10:00 AM

Elder Justice Presentation: Introduction to Artificial Intelligence (AI) & Security Measures

Confused by chatbots? Worried about AI scams? This workshop breaks down artificial intelligence into simple terms and offers concrete steps to protect your privacy. Learn to spot AI-generated risks and use smart technology to your advantage. This workshop is facilitated by Cecilie Mendez, Outreach Specialist Violence Intervention & Prevention Program (VIP) from Neighborhood SHOPP.

Monday, May 11th, 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.

Tuesday, May 12th, at 1:00 PM

Concert: Gardens in the Spring

Evoking the liveliness of the Spring season, Acclaimed International Concert Violinist Dr. David Podles will showcase composers who pay homage to this romantic, playful and exciting time of year. Travel with him through the gardens of blooming flowers, listening to the lilt of the lark and perhaps the buzzing of the bumblebee! Allow him to entice the veritable rapture that Spring creates in all of us. This program covers folk, classical and jazz genres**.**

Thursday, May 14th, 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 Friday, May 1st, 2025, spots fill up quickly, first come, first serve.**

Thursday, May 14th and Thursday, May 28, at 10:45 AM

Singing Through the Seasons

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, May 15th, 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. $5 includes round-trip transportation and a bagged lunch. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Friday, May 1st, 2026, spots fill up quickly, first come first serve.**

Sunday, May 17th, 2026 at 8:00 a.m.

The Riverdale Y 5K & Fun Run

Join the New Beginnings Team for The Riverdale Y's annual community event: The Riverdale Y 5K & Fun Run. Our team will walk an untimed 1K fun run/walk at 9:10 a.m. and join the 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, *Miles Per Smiles*. Loyda Camacho will be the team captain. Link to registration: https://riverdaley.org/5k-and-fun-run/ or see Loyda at the meals desk.

Monday, May 18th, 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 non-profit and versatile woodwind 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.

Tuesday, May 19th, at 11:30 AM

May Happy Birthday! Entertainment at 1:15 PM

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

Wednesday, May 20th, at 10:00 AM

Trip: Annual Age Strong NYC Aging Advocacy Day

Join Older Adult Center Members and Director, Sharon Asherman, on a trip to City Hall to demand a fair share of the City budget for all NYC Aging Services. Bring signs and be ready to raise your voices. Bus departs Y at 9:30 a.m. for an 11:00 am rally. On the return trip home, we'll make a brief rest stop at the World Financial Centers' Brookfield Place, an elegant mall with views of the Hudson. Bagged Lunch provided. **Registration opens on Friday, May 1st, 2025, spots fill up quickly, first come, first serve.**

Wednesday, May 20th, at **12:00 PM - 2:00 PM**

Mobile Food Pantry

Pick up food from The Metropolitan Council on Jewish Poverty's Mobile Food Pantry. To register, please contact **Michael Tracey** at (718) 548-8200 ext 250 or via email at mtracey@riverdaley.org You will be asked to sign an attestation for income eligibility each time you pick up food from the pantry.

Thursday, May 21st, 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, May 18th, 2026**.

Thursday, May 21st, 2026 at **10:00 AM**

Returning Program: **Advanced 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. **Class is Full** and we are considering starting a beginners class in the fall.

Wednesday, May 27th from 10:00 AM - 11:30 AM

🎉***Culminating Event*** **: Acting Class with Frank Ingrasciotta**🎉

The Program will end with a **Culminating Event** on **Wednesday, May 27th, 2026**. This program is supported, in part, by public funds from the New York City Department of Cultural Affairs in partnership with the City Council. Refreshments will be served.

Thursday, May 28th from 10:00 AM - 11:00AM

Nutrition Lecture: Dietary Fiber

Fiber is one of the most important—yet often overlooked—nutrients for overall health. It supports digestion, helps regulate blood sugar, lowers cholesterol, and keeps you feeling full longer. In this lecture, we'll break down simple, practical ways to boost your daily fiber intake without overhauling your entire diet. Learn how to

incorporate more whole grains, fruits, vegetables, legumes, nuts, and seeds into your meals, along with easy swaps and tips to make fiber a natural part of your routine. This workshop is facilitated by Registered Dietitian, Tamar Elkin, MS, RDN, CDN.

Thursday, May 28th, at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants. The book for May is ***"Frozen River"*** by Ariel Lawhorn.

TECH CLASS

Wednesdays at 9:00 AM

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

May 6th | *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.

May 13th | *How to avoid being scammed*

May 20th | *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.

May 27th | ***How to create a group text.***

****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.****

May 1st| Waitress (2007): Late filmmaker Adrienne Shelly's final film is a funny, poignant tale of a small-town waitress caught in the middle of some big-time problems. Jenna is a pregnant, unhappily married waitress in the deep south. She meets a newcomer to her town and falls into an unlikely relationship as a last attempt at happiness. **Rated PG-13 1H 47 Min**

May 8th| Joy (2015): Joy fights her way from overlooked girl to business powerhouse while dodging family drama, backstabbing, and "helpful" advice. Allies switch sides daily, but her imagination and grit keep her steering the ship - sometimes through a hurricane. **Rated PG-13 2h 3 Min**

May 15th | The Greatest Showman (2017): The wildly colorful life of 1800s impresario P.T. Barnum, who founded the Barnum & Bailey Circus, is played with "irresistible effervescence" (Variety) by Hugh Jackman in this splashy musical extravaganza for the whole family. **Rated PG-13 1h 40 Min**

May 22nd | CLOSED FOR SHAVUOT

May 29th | 42 (2013) In 1947, Jackie Robinson became the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers and faced considerable racism in the process. **Rated PG-13 2h 8 Min**

🗓️ SAVE THE DATE/LOOKING AHEAD

1. **Riverdale Neighborhood House (RNH)** is hosting their annual SPLASH event for older adults on **Wednesday, June 17th, 2026** from **12:00PM-3:00PM**. Join other neighborhood older adult programs for lunch, music and a dip in their pool. Roundtrip transportation available from the Y. Limited space is available (30 spots). A $5.00 required deposit will be refunded on the day of the event. Please sign up with Grethel starting **Friday, May 1st, 2026**.

2. The Riverdale Performing Arts Center, in partnership with New Beginnings, is presenting our 5th Season of Broadway Showcase Theater. **This year's Show is *GUYS & DOLLS***. There will be two shows. **Sunday June 21st, 2026** and **Sunday, June 28th, 2026**, time to be determined (TBA), please be on the lookout for the flyer. This year's Broadway Showcase is funded by the New York State Office for the Aging.

3. Join us as we go for a guided tour of ***Women of the Collection*** at **The New York Historical** on **Tuesday, June 9th, 2026**. The fee is $30.00, which includes entrance tickets, a docent, lunch and roundtrip transportation. The van will leave at 10:15am. Registration is required for

this trip. To register for this trip, please register with Grethel, first come first serve and *space is limited*. Registration opens on **Friday, May 1st, 2026**.

4. Join us for our **Auditory Presentation** on **Thursday, June 13th, at 10:00 AM,** 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 through better hearing. Dr. Boyle's advanced training includes the fitting of high-definition digital hearing aids and assistive listening devices.

📣 CLASS ANNOUNCEMENTS/REMINDERS

1. **GROUP CHAT WITH CARMEN**: On **Thursday, May 14th** there will be a time change; the group will be from **12:30pm-1:30pm**.
2. **WATER AEROBICS**: There will be no Water Aerobics on **Wednesday, May 13th** and **Wednesday, May 20th**. But there will be Open Swim for our members.
3. **SILVER SWANS DANCE CLASS**: Silver Swans Dance Class will be going on hiatus for the summer starting **Thursday, May 14th, 2026**. Class will resume on **Thursday, September 24th, 2026**.
4. **CHAIR AEROBICS**: On **Wednesday, May 27th**, Chair Aerobics will be cancelled due to programming spacing needs.
5. Starting **Wednesday, July 1st, 2025** until **Thursday, October 1st, 2025,** the kitchen staff will be taking a break from cooking **soup** in our hot kitchen.

6. **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.

7. **TEXT AND TRADITIONS**: The last day of Rabbi Scott's Text and Tradition Class is on **Thursday, May 21st, 2025**.

8. **2026 Home Energy Assistance Program (HEAP) Cooling Assistance Benefit opens April 15.** The HEAP Cooling Assistance benefit provides one air conditioner or fan per household for purchase and installation. If an air conditioner cannot be safely installed, a fan will be provided instead. Benefits are distributed on a first-come, first-serve basis. Eligibility is determined by household income, size, main heating source, and whether a household member is under age 6, 60 or older, or permanently disabled. Installation costs are covered up to $800 for a window unit, portable air conditioner, or fan, and up to $1,000 for an existing wall sleeve unit. For more information or assistance with your application, please contact **Social Worker Carmen Lopez** at **(347) 968-9899**.

9. **The Early Childhood Center's Grandfriend Program** offers a meaningful opportunity for older adults and Pre-K children to connect, build relationships, and share a sense of belonging at Riverdale Y. Grandfriends are older adults who enjoy spending time in a classroom setting, have participated in Singing with Seniors, and feel they have experiences and warmth to share with young children. Each Grandfriend is paired with one classroom from October through June, volunteering two hours a day, twice a week. If you're interested in becoming a Grandfriend, we encourage you

to attend Singing with Seniors this spring to get to know our children and community. Upcoming dates are May 14 and May 28. For more information or to express your interest, please reach out to **Renee Bock, Early Childhood Center Director**, at **rbock@riverdaley.org**.

🚙 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.

THANK YOU FOR YOUR DONATIONS

In Appreciation

Stephen and Sharon Lief
Carol G. Spivack

In Honor of Carol Spivack's 90th Birthday

Judith Kramer

In Appreciation to Sharon Giles & friends at the Y

Sharon Panzarino

In Memory of Deborah Siegel

Carol Bouton

Welcome New and Returning Members!

Marlene Abrams
Joyce Aiken
Ilan Basch
Miriam Berrios
Mijanou Bourdelon
Doswell Campbell
Marika Caruana
Ana Caudy
Keith Charytan
Sandra Cota
Carolyn Crapo
Michael Darienzo
Isabelle Eng-Lahanier
Moronke Eromosele
Robert Fass
Elaine Fernandes
Clara Ferrer Vidal
Laura Fieber
Michael Friedman
Julia Grinberg
Linda Hirlehey
Jane House
Clarise Imbriano
Susan Jacobs
Jocelyne Janvier Bogard
Elba Jorge
Haeryang Kim
Deborah La Russo
Hope Langer
Daniel Langer
Ralph Lawrence
Marie Loguercio
Loreta Lorden
Yuan Ma
Harry Martin
Katherine Mcintyre
Timothy Murphy
Beth Nevins
Phyllis Nichols
Sandra Ostwind-Gunz
Linda Pan
Violeta Quimosing
Cinthia Robinson
Brian Roos
Barbara Schroeder
Robert Silverman
Debra Sloan
Beth smith
Joan Smoller
Luz Thomas
Francine Tramantano
Carole Troam
Lois Turner
Westun Waite
Isaac Zlochower

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

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