

New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

JUNE 2026



OAC Team Fun Run 2026

New Beginnings is funded by the

New York City Department For The Aging and Participant Contributions



June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6/1 CHILI CON CARNE Brown Rice Baby Carrots Apple	6/2 BAKED FISH Bowtie Pasta Broccoli Peach	6/3 GENERAL TSO'S CHICKEN Wild Rice Cabbage Banana	6/4 VEGGIE BURGER Baked Fries Beet Salad Orange	6/5 BAKED CHICKEN Baked Sweet Potato Spinach Watermelon
6/8 CAESAR SALAD W/ GRILLED CHICKEN Garlic Bread Nectarines	6/9 BIRTHDAY LUNCH BAKED SALMON Wide Noodles String Beans Tangerine	6/10 VEGETARIAN STUFFED CABBAGE Brown Rice Steamed Yellow Squash Orange	6/11 SPAGHETTI W/ TURKEY MEAT SAUCE Garden Salad Grapes	6/12 LEMON CHICKEN Egg Barley with Mushrooms Green Beans Apple
6/15 HAMBURGER Sweet Potato Garden Salad Applesauce	6/16 CHICKEN STEW Yellow Rice Garlic Snap Peas Strawberries	6/17 BREADED FISH Roasted Potato Cole Slaw Plums	6/18 CHICKPEA SALAD Garlic Bread Banana	6/19 BBQ CHICKEN LEGS Bowtie Pasta with Kasha California Blend Vegetables Pineapple
6/22 BAKED TURKEY WINGS Sweet Potato Steamed Broccoli Watermelon	6/23 VEGETARIAN STUFFED PEPPER Brown Rice Yellow Squash Fruit Cocktail	6/24 SALISBURY STEAK Mashed Potato Green Beans Grapes	6/25 TUNA SALAD SANDWICH Lettuce & Tomato Apple	6/26 CHICKEN MARSALA Egg Noodles Acorn Squash Orange
6/29 VEGETARIAN CHILI Orzo Carrots Apple	6/30 BAKED FISH Egg Barley California Blend Vegetables Plum	6/31 TURKEY BURGER French Fries Salad Nectarine	Note: We do our best to plan the menu in advance, but the meal selection may change without notice.	Kashrut Supervision is by Vaad of Riverdale.

A LETTER FROM THE DIRECTOR, Sharon Asherman



We recently generated more Personal Identification Numbers (PIN's) for members to access both the front and back entrances to the Y. PIN numbers are available at the Welcome Desk or from Gladys. For security purposes, your PIN number may be deactivated if it is not used for several months. If it is deactivated, please tell us, so that a new number can be generated for you.

New and returning members need to have their pictures taken in order to be issued an ID card. Volunteers and/or staff are available to take pictures between the hours of 9:00 a.m. to 11:00 a.m. daily. ID cards will be available for pick-up one week later at the 2nd floor welcome desk opposite the elevator.

All members need to renew their memberships annually. This includes completing a mandatory nutrition screening form. Members who are at high nutritional risk will be contacted by our Social Work staff and if interested referred for a free consultation with a dietician from NYC Aging.

We've made some changes to our programming this month because of early voting for the NYC and NYS primary elections. Our birthday party this month will be the second Tuesday in July. Please get out and vote.

Congratulations to our Talent is Timeless Winners: First Place— Barbara Gray, Second Place- Erika Smith, and tied for Third Place— Ramon Torres and Arnold Gottfried.

Welcome to our summer college intern Dahlia Bernstein from New York University. Dalia will work closely with staff and members during her eight week internship.

See you at the Y soon,

Sharon



NEW & NOTEWORTHY IN JUNE

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

Please refer to the Centerfold for any Class Cancellations

Chair Aerobics with Stuart

Tuesday, June 2nd, Tuesday, June 16th and Tuesday, June 30th, at 9:00 AM

Wellness Support Group

Join our supportive community designed to nurture your emotional and physical well-being. Together, we'll explore ways to navigate life's transitions and strengthen inner resilience. Topics include:

- Wednesday, June 3rd, at 10:30am: **CANCELLED**
- Wednesday, June 10th, at 10:30am: **Mental health assessments: PHQ9, GAD7, PTSD, Pt. 2**
- Wednesday, June 17th, at 10:30am: **Mental health assessments: PHQ9, GAD7, PTSD, Pt. 3**
- Wednesday, June 24th, at 10:30am: **Reflections on our Fathers and Fatherhood**

This group offers a safe, compassionate space to share experiences, learn coping strategies, and foster connections on your journey toward holistic wellness. This workshop will be facilitated by Josefina Guerra Correa, LCSW-R, Social Worker from the Center for Aging in Place.

Friday, June 5th, at 10:00 AM

Nutrition Lecture: Food Safety Made Simple—Protecting Your Health at Home

In this workshop, participants will learn essential food safety practices to prevent foodborne illnesses, including proper storage, handling, cooking, and refrigeration. Gain practical tips for grocery shopping, meal prep, and leftovers to keep food safe and your household healthy. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Monday, June 8th, at 10:30AM

Trip: Derfner Judaica Museum & The Art Collection: *Envisioning the Sacred, Modern Art from the Collection*

Located just five minutes from the Y, the Derfner Judaica Museum is on the Hudson River campus of the Hebrew Home by Riverspring Living. This special exhibition features forty-nine prints, paintings, and drawings by twentieth and twenty-first century artists working in a range of modernist styles—from figurative to abstract and complements the museum’s permanent exhibition. After touring the exhibit, we’ll enjoy our bagged lunch along the shores of the Hudson River with a spectacular view of the Palisades. We leave the Y at 10:00 a.m. and will return to the Y around 12:00 p.m. \$5.00 includes roundtrip transportation and a bagged lunch. Please arrive at the Center 15 minutes prior to departure. Registration opens on Tuesday, June 2 2026. Space is limited.

Monday, June 8th, at 10:45am

Mental and Physical Health Benefits of the Sun

Join JASA's Karl Custer, LMSW, on the research, benefits and safe practices of sunshine, the cheapest shortcut to improved mood and stress resilience.

Tuesday, June 9th, at 10:00 AM

Re-Scheduled: 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.

Tuesday, June 9th, at 11:30 AM

June Happy Birthday! Entertainment at 1:15 PM 🎉🎊

Enjoy a special lunch and stay for entertainment and dancing with **Mesha**, on Keyboards. Tickets are a suggested contribution of \$4.00 in advance or \$5.00 the day of the event. Please be sure to purchase yours early to secure a seat.

Wednesday, June 10th, at 10:00 AM

Trip: The New York Botanical Gardens: *The Flower Power Show*

Join us as we visit the New York Botanical Gardens **Flower Power Show**. The Fee is **\$35.00**, which includes entrance tickets, a docent led tour, lunch and roundtrip transportation. Trip fees are subsidized by a generous donation from

the family of Riverdale Dentist, Dr. Paul Hertz. The Trip is **full**, waiting list only.

Thursday, June 11th, 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, June 1st, 2026; spots fill up quickly.**

Thursday, June 11th, at 10:00 AM

Presentation: Auditory Presentation

Join us as Westchester Audiologist, Dr. Marissa Boyle, who 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.

Friday, June 11th, at 11:00 AM

Singing with Seniors: Final Session 🎉🎉

Join the Yellow Room as they celebrate their last singing with seniors. Please contact Renee Bock, the Early Childhood Director at 347-913-4445 and rbock@riverdaley.org.

Friday, June 12th, at 9:00 AM

Singing with Seniors: Yellow Room Graduation 🎉🎉

Join the Yellow Room as they celebrate their graduation. Please contact Renee Bock, the Early Childhood Director at 347-913-4445 and rbock@riverdaley.org.

Monday, June 15th, at 10:00 AM

Trip: Daniel Hauben–Emergence

Join us as we visit the Kingsbridge Historical Society to experience neighborhood Artist and New Beginnings Instructor Daniel Hauben's expansive exhibition. This is featuring cityscapes, sculpted oil reliefs, and landscapes– both real and imagined. Featured among these works are several recent pieces, including the 21-foot Reflecting on the Familiar and the 9-foot centerpiece painting Emergence. The van leaves the Y at 10:00 am and returns at 1:30 pm. \$10.00 includes a bagged lunch and round trip transportation. Please arrive at the Center 15 minutes prior to departure.

Registration opens on Monday, June 1st, 2026, spots fill up quickly.

Tuesday, June 16th, 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, June 1st, 2026, spots fill up quickly.

Wednesday, June 17th, 12:00 PM - 3:00 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. If you're already registered, you can simply show up.

Wednesday, June 17th, 2026 from 12:00 PM-3:00 PM.

Riverdale Neighborhood House (RNH): SPLASH

Riverdale Neighborhood House (RNH) is hosting their annual SPLASH event for our older adults. 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), there is a \$5 reserve fee that will be returned upon attendance. Spots have been filled, waiting list only.

Thursday, June 18th 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, June 15th, 2026.

Friday, June 19th, at 10:00AM

Nutrition Lecture: Food Demo: Black Beans & Cucumber Salad

In this demo, participants will learn how to make a quick, nutrient-packed salad while practicing safe food handling. We'll cover proper rinsing and draining of canned beans, chopping and storing vegetables safely, and adding ingredients like avocado at the right time to prevent spoilage. You'll also get tips for storing leftovers and keeping salads fresh for meal prep. This demonstration is facilitated by Nutritionist Samantha Podob MS, RD, CDN.

Sunday, June 21st and Sunday, June 28th, at 4:00PM

Broadway Showcase: *Guys & Dolls*

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 21, 2026 at 4:00 p.m** and **Sunday, June 28, 2026 at 4:00 p.m**. Each show will be followed by a pizza party reception with the cast. Tickets can be purchased on-line at <https://riverdaley.org/performing-arts/theater/>. New Beginnings volunteers/staff will also be able to assist you with purchasing tickets starting June 1, 2026. They are \$15.00. They are \$12.00 for adults over age 60 and children under age 12. The New York State Office for the Aging funds this year's Broadway Showcase Performance.

Monday, June 22nd, at 1:00 PM

Concert: Curated Musical Selections - Classical, Folk, International

Join acclaimed International Concert Violinist Dr. David Podles as he showcases a thoughtfully assembled collection of music chosen to inspire,

energize, and resonate. From timeless classics to contemporary discoveries, each selection is carefully curated to create a rich and memorable listening experience for every mood and moment.

Tuesday, June 23rd - Wednesday, June 24th

Riverdale Y - Sponsored Lake George, NY Overnight Trip (FULL)

Thursday, June 25th , at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants. The book for June is "***We Must not think of Ourselves***" by Lauren Goldstein.

Friday, June 26th , at 10:00 AM

Workshop: VISIONS

Join us for an informative workshop presented by VISIONS/Services for the Blind and Visually Impaired, dedicated to helping seniors who are blind or visually impaired maintain independence, confidence, and quality of life. Learn about free and low-cost services including vision rehabilitation, assistive technology training, orientation and mobility support, social programs, advocacy, and resources for daily living. This workshop is facilitated by Cathleen McGuire, CVRT, Senior Director of Rehab & Outreach.

Monday, June 29th, at 1:00 PM

 **Hudson River Voices Final Concert!** 

Our Hudson River Voices chorus, under the direction of Caprice Corona, will host a show to share all they've learned during their 17-week course. This program is sponsored by the Bronx Opera Company through the SuCasa initiative of the City

Council of New York.

Tuesday, June 30th, at 1:00 PM

Trip: The New York Historical: *Women of the Collection*

Join us as we go for a guided tour of ***Women of the Collection*** at **The New York Historical**. The trip is full, waiting list only.



TECH CLASS

Wednesdays at 9:00 AM

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

June 3rd | *How to send pictures and documents via email.*

June 10th | *How to use Shazam***

Shazam is a popular mobile application and service that can identify music, movies, advertising, and television shows by listening to a short audio clip and matching it to a global database.

June 17th | *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.

June 24th | *How to use Google Translate***

Google Translate is a free, multilingual service developed by Google that instantly converts text, speech, documents, and images including over 240 languages.

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



THIS MONTH'S MOVIE PICKS

(Fridays at 12:40 PM)

****During the Summer, Friday movies will be held either in Room #5 or in the Card Room, please look at the white board****

June 5th | Rocketman (2019) This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll. **Rated R 1h 56 min.**

June 12th | Sarah's Oil (2025) An African American girl born in the early 1900s believes there is oil beneath the land she's allotted, and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land. **Rated PG 1h 43 Min**

June 19th | Wicked for Good (2025) The epic conclusion to the untold story of the witches of Oz begins. Elphaba, demonized as The Wicked Witch of the West, lives in exile, fighting for truth. Glinda, the symbol of Goodness, reigns in Emerald City. But when the angry citizens of Oz rise up against the Wicked Witch, the two must reunite and truly see each other to change themselves, and all of Oz, for good. **Rated PG 2h 23 Min**

June 26th | House of Gucci (2021) The true story of the Gucci dynasty, where ambition and betrayal lead to scandal, tragedy, and murder inside the iconic fashion empire. **Rated R 2h 31 min**



SAVE THE DATE/LOOKING AHEAD

- 1. Join us for our OAC 4th of July Luncheon on Thursday, July 1st, 2025, at 11:30AM.** Once you are fueled up and refreshed, it's time to switch gears and enjoy some after-lunch entertainment. Whether you're here to laugh, tap your toes, or simply unwind, we've got a little something to keep the good vibes going. Stay seated—and get ready for a fun and unforgettable break in the day! 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 will go on sale on **Tuesday, June 16th, 2026.**
- 2. FUNCTIONAL MOVEMENT:** The class will go on summer hiatus starting **Thursday, July 2nd, 2026** and return on **Thursday, September 3rd, 2026.**



CLASS ANNOUNCEMENTS/REMINDERS

- 1. SILVER SWANS DANCE CLASS:** Silver Swans Dance Class will be going on hiatus for the summer; class will resume on **Thursday, September 24th, 2026.**
- 2. TAI CHI:** There will be no classes on **Tuesday, June 9th** and **Tuesday, June 16th, 2026.**
- 3. 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.

4. PING-PONG: Will return to Wednesday mornings from 10:00am-11:30am.

5. 2026 Home Energy Assistance Program (HEAP) Cooling Assistance Benefit Now Available. 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 **347-913-4391**.

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.

Acting for the Fun of It! Pictures From Final Class Performance with Instructor Frank Ingrasciotta



THANK YOU FOR YOUR DONATIONS

**In Support of our
Watercolor Programs**

Minerva Urrutia

**In Memory of
Dale Grand**

Tracy Lissimore



Welcome New and Returning Members!

Gladys Alvarez

Nettie Apfel

Rosa Arriola

Olga Barney

Martin Bleefeld

Alexander Brodach

Marie Brown

Josefina Cardona

Nurys Castro

Antonio Castro

Uldine Collins

Denise Daniel

Veronica Domingo

Lionel Domond

Claudia Egan

Dorothy Feldman

Gladys Flores

Andrea Friedman

Alan Gary

Felix Graterol

Sybil Greenberg

Michele Hennessy

Sura Jeselsohn

Aryeh Jeselsohn

Jane Liebman

Debra Lomurno

Cecile Lumer

Beverly Lyte

Frida Marte

James McShane

Victoria Parry

Deirdre Payne

Jesse Payne

Thomas Porta

Ana Rodriguez

Eduardo Rodriguez

Julieann Roman

Santos Maritza Sabio

Judy Sheridan Gonzalez

Howard Siegel

Audrey Simmons

Satie Singh

Reyna Sion

Felicita Velez

Larry Wallace

Gloria Walters

Lauretta Webb

IMPORTANT CONTACTS

Older Adult Office (Gladys Rodriguez)
Fax
Riverdale Y Front Desk
Weekly Menu Recording
Transportation Reservations
Director (Sharon Asherman)
Social Services (Carmen Lopez)
Programs (Grethel Samuel)
Program Assistant (Eric Weisler)

347-913-4444
718-432-9342
718-548-8200 Press 0
718-548-8200 Press #1
718-548-8200 Press #1
347-913-4390
347-913-4391
347-913-4395
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

Riverdale Y | 5625 ARLINGTON AVENUE, BRONX, NY 10471