

NEW BEGINNINGS PROGRAMMING: JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>2</p> <p>9:00 Chair Aerobics 10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>	<p>3</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:00 Ping Pong 10:30 Wellness Support Group (Cancelled) 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>4</p> <p>9:30 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>5</p> <p>10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Food Safety Made Simple: Protecting your Health at Home 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Rocketman (2019)</p>
<p>8 Trip: Derfner Judaica Museum + Art Collection</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Open Chat with Karl 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>9 June Birthday Party</p> <p>10:00 Advanced Mah Jongg (Cancelled) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi (Cancelled) 10:00 Elder Justice: Introduction to AI 10:30 Art Explorations 12:30 Beginners Mah Jongg (Cancelled) 1:00 Knitting 1:00 Brain Games 1:15 Birthday Entertainment: Mesha</p>	<p>10 Trip: NYBG: Flower Power Show</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:30 Wellness Support Group 10:00 Ping Pong 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>11 Trip: Walmart</p> <p>9:30 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:00 Presentation: Auditory Presentation 10:30 Functional Movement 11:00 Singing with Seniors: Final Session 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>12</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Sarah's Oil (2025)</p>
<p>15 Trip: Daniel Hauben: Emergence</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:00 Advisory Council Meeting 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>16 Trip: Trader Joe's/H-Mart</p> <p>9:00 Chair Aerobics 10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi (Cancelled) 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>	<p>17 Riverdale Neighborhood House (RNH) Senior Splash</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:00 Ping Pong 10:30 Wellness Support Group 12:00 Food Pantry 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>18 Jewelry Sale</p> <p>9:30 Intermediate Level Spanish 10:00 One on One Tech Lab w/Jerry) 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>19</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Nutrition Lecture: Food Demo: Black Beans & Cucumber Salad 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Wicked for Good (2025)</p>
<p>22</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Concert: Curated Musical Selections - Classical, Folk, International 1:00 Bingo 2:00 Poetry Workshop</p>	<p>23 Overnight Trip to Lake George</p> <p>10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>	<p>24 Overnight Trip to Lake George</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:00 Ping Pong 10:30 Wellness Support Group 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>25</p> <p>9:30 Intermediate Level Spanish 10:00 One on One Tech Lab w/Jerry 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem 1:00 Book Club (H-Full)</p>	<p>26</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Workshop: VISION 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: House of Gucci (2021)</p>
<p>29</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Culminating Event: Hudson River Voices Concert 1:00 Bingo 2:00 Poetry Workshop</p>	<p>30 Trip: The New York Historical</p> <p>9:00 Chair Aerobics 10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>			<p>Lunch Daily at 11:45 a.m.</p> <p>Dining Room Seating Begins at 11:30 a.m.</p> <p>PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m.</p>

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.