New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

August 2026

Members at the Untermyer Garden's trip

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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August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/3 **BAKED TURKEY WINGS** Sweet Potato Steamed Broccoli Plum	**8/4** **VEGETARIAN STUFFED PEPPER** Brown Rice Yellow Squash Fruit Cocktail	**8/5** **TUNA SALAD SANDWICH** Lettuce & Tomato Chickpeas Apple	**8/6** **SALISBURY STEAK** Mashed Potato Green Beans Grapes	**8/7** **SWEET SOUR CHICKEN** Egg Noodles Acorn Squash Orange
8/10 **VEGETARIAN CHILI** Orzo Steamed Carrots Apple	**8/11** **BEEF STEW** Yellow Rice Steamed Spinach Watermelon	**8/12** **TURKEY BURGER** French Fries Salad w/Cannellini Beans Nectarine	**8/13** **BAKED FISH** Egg Barley California Blend Vegetables Cantaloupe	**8/14** **OVEN FRIED CHICKEN** Potato Salad Steamed Broccoli Grapes
8/17 **SPAGHETTI W/MEATSAUCE** Garlic Bread Garden Salad Banana	**8/18 BIRTHDAY LUNCH** **BAKED SALMON** Wide Noodles String Beans Tangerine	**8/19** **FRITTATA** Roasted Potatoes Steamed Broccoli Hummus Tangerine	**8/20** **VEGAN SANCOCHO** Avocado Applesauce	**8/21** **SPANISH STYLE BAKED CHICKEN** Baked Potato Steamed Spinach Peach
8/24 **CHILI CON CARNE** Brown Rice Baby Carrots Strawberries	**8/25** **VEGGIE BURGER** Baked Fries Garden Salad with Chickpeas Orange	**8/26** **GENERAL TSO'S CHICKEN** Wild Rice Cabbage Banana	**8/27** **BAKED FISH** Bowtie Pasta Broccoli Peach	**8/28** **BAKED CHICKEN** Baked Sweet Potato California Blend Vegetables Watermelon
8/31 **TUNA CAKES** Orzo Four Bean Salad Steamed Broccoli Cantaloupe			**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 LETTER FROM THE DIRECTOR,

Sharon Asherman

From the Director:

New Beginnings has a current enrollment of over 1000 members. Some come every day, some a few times a week and others pop in when something interests them.

If you know of a New Beginnings Member experiencing serious illness or loss, please let Carmen, Josie or Sharon know. We now have a member led Sunshine Committee that will send out get well cards and make regular check-in phone calls. All referrals are screened first by staff.

There also may be members that you are concerned about for other reasons. If you report a concern about another member's well being, we often will not share with you the outcome of any action taken because members have the right to privacy and confidentiality, but be assured that we are following up. Also be aware that, sometimes the work behind the scenes takes time to address or a solution only occurs when a crisis occurs.

We are one community and people in a community watch out for each other. So, if you see something concerning, say something.

We made it through half the summer and two heat emergencies. Remember, anyone can come to a NYC Cooling Center. Staff can also refer individuals in need to a special cooling center team for a home visit during heat emergencies.

—- Hope to see you at the Y soon.

🚨 NEW & NOTEWORTHY IN AUGUST 🚨

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

Please refer to the Centerfold for any Class Cancellations

Monday, August 3rd, at 10:45 AM

Nostalgia: Blessing or Bane?

Join JASA's Karl Custer in an open discussion about those *Happy Days* of our most felt, but least talked about emotion: nostalgia. What ***are*** we *Leaving to Beaver* when we look away from today and what does it teach us about the here and now?

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, August 5th, at 10:30am: **Spiritual Practices and Coping Skills (breathing, yoga, tapping, progressive muscle relaxation)**
- Wednesday, August 12th, at 10:30am: **Occupational (sharing skills, volunteering)**
- Wednesday, August 19th, at 10:30am: **No Support Group**
- Wednesday, August 26th, at 10:30am: **Environmental (emergency preparedness/updating emergency contact information)**

This group offers a safe, compassionate space to share experiences, learn coping strategies, and foster connection 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.

Thursday, August 6th, at 10:00 AM

Nutrition Lecture: Nutritional Psychiatry

Join Registered Dietitian, Tamar Elkin, MS, RDN, CDN, as she discusses how the foods we eat play a powerful role in both physical and mental health.

Friday, August 7th, at 10:00 AM

Nutrition Lecture: Understanding Inflammation- How Food and Lifestyle Impact Your Health

In this workshop, participants will learn the difference between acute and chronic inflammation, how chronic inflammation affects the body, and why it often goes unnoticed. Discover simple, anti-inflammatory food and lifestyle strategies to support gut health, reduce inflammation, and protect long-term health. This lecture is facilitated by Samantha Podob MS, RD, CDN.

Monday, August 10th, at 10:00 AM

Spotlight on SAFE: Scam and Fraud Awareness & Supports through NYC Aging

This session will provide an overview of the services and supports of NYC Aging's Crime Prevention & Support Services (C-PASS) program, which focuses on supporting older adults impacted by "stranger crimes". We will review common financial scams targeting older adults and equip you to spot the red flags of a scam. Safety planning and best practices to protect your personal/financial information and minimize risk will be discussed. We'll talk about next steps to

take if you've been scammed, and the ways NYC Aging can support your recovery and well-being following a crime. We will also highlight NYC Aging's Elder Justice programs providing support to those impacted by elder abuse from a familial/trusted individual. Join us for information you can use to help protect yourself as well as resources that are here for you and your community.

Chair Aerobics with Stuart

Tuesday, August 11th, 2026 at 9:00 AM

Tuesday, August 11th, 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 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.

Wednesday, August 12th, 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. $5.00 includes round-trip transportation and a bagged lunch. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Monday, August 3rd, 2026, spots fill up quickly.**

Thursday, August 13th, at 10:30 AM

Trip: The New York Historical - *Old Masters, New Amsterdam*

Join us as we go for a guided tour of ***Old Masters, New Amsterdam*** at **The New York Historical**. The fee is $30.00, which includes entrance tickets, a docent, lunch and roundtrip transportation. The van will leave at 10:30am. 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 **Monday, August 3rd, 2026**.

Thursday, August 13th, at 10:00 AM

Presentation: FDNY Safety

This interactive session will provide practical tips and life-saving information that everyone can use—especially older adults who may face unique challenges during emergencies. This presentation will provide valuable information to help you stay prepared, stay safe, and gain confidence in responding to a fire emergency. Questions are welcome, and participants will leave with practical knowledge they can put to use right away.

Friday, August 14th, at 10:00AM

Nutrition Lecture: Food Demo -Anti-Inflammatory White Bean and Arugula Salad

In this food demo using this Anti-Inflammatory White Bean and Arugula Salad, participants will learn how to quickly assemble a nutrient-packed, plant-based meal that supports overall health and gut-friendly eating. They'll see practical techniques for making a flavorful lemon-Dijon dressing, balancing textures and

flavors in a salad, and simple time-saving tips for meal prep. By the end, they'll gain confidence in creating easy, anti-inflammatory meals at home. This

demonstration is facilitated by Nutritionist Samantha Podob MS, RD, CDN.

Tuesday, August 18th, at 11:30 AM

🎉🎉**August Happy Birthday! Entertainment at 1:15 PM**🎉🎉

Enjoy a special lunch and stay for entertainment and dancing with **Robert Tutein**. 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, August 19th, 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.

Thursday, August 20th, at 10:00 AM

Workshop: Creative Drama Therapy

Join us as Drama Therapist, Laura Leadbetter, uses role playing and storytelling to help participants learn about themselves, and new ways to encounter each other and experience the power of group support.

Thursday, August 20th, 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. $5.00 includes a bagged lunch and round trip transportation. Please arrive at the Center 15 minutes prior to departure. **Registration opens on Monday, August 3rd, 2026, spots fill up quickly.**

Tuesday, August 25th, at 1:00 PM

Concert: Music of the Blue Zones - Celebrate Longevity

Did you know that **"Blue Zones"** are specific regions or countries around the world where people live significantly longer and healthier lives than any other place on earth? Be prepared to embark to these Blue Zone regions/countries of Greece, Sardegna/Italy, Asia-Japan/Korea, Costa Rica and believe it or not, our very own regions of California with commentary and music from these Blue Zones. Music, both popular, traditional and folk will be performed from Greece, Italy, Costa Rica, Asia - various countries and California. Come and join this journey to the Blue Zones and let's celebrate Longevity, Health and Mindfulness. Performed by Acclaimed International Concert Violinist Dr. David Podles.

Tuesday, August 25th, at 10:00 AM & Second Trip on Wednesday, August 26th, at 10:00 AM

Trip: U.S. Open Qualifying Tennis Tournament

See the professionals practice and watch qualifying matches for remaining slots in this year's tennis tournament. The van leaves the Y at 10:00 am and returns at 3:00 pm. $20.00 includes a bagged lunch and round trip transportation. Sign up with Grethel by Thursday, August 14th. Please arrive at the Center 15 minutes

prior to departure. **Registration opens on Monday, August 3rd, 2026, spots fill up quickly.**

Thursday, August 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, August 24th, 2026.

Thursday, August 27th, at 1:00 PM

Book Club (Hybrid - FULL)

For registered participants. The book for August is ***"Horse"*** by Geraldine Brooks.

Thursday, August 27th, at 10:30 AM

Workshop: Intro to Artificial Intelligence (A.I.)

A basic introduction to artificial intelligence for seniors who want to understand why everyone suddenly seems to be talking about the technology, without getting lost in technical jargon. The talk begins with the big A.I. headlines, then explains what A.I. actually is, where it already shows up in everyday life, and why tools like ChatGPT have made A.I. feel more personal. It covers how "chatbots" and generative A.I. works, how to ask A.I. better questions, how A.I. can be useful in daily life, and where people should be

cautious, including scams, misinformation, bias, unreliable answers, and job concerns. The session is practical and built around clear examples, audience questions, and a live demo. This workshop will be facilitated by Tommy Donohue.

Sunday, August 30, 2026, at 12:00 pm - 4:00 pm

New Beginnings Fundraising BBQ

Join us for a Tiki BBQ! Choose one entrée: (1) BBQ Chicken or (2) 1 Hot Dog and 1 Hamburger or (3) 2 Veggie Burgers. Afterwards the ice cream truck will arrive with dessert! And there will be no dairy parve "ice cream" available. Enjoy your ice cream along with music and dancing under the tent on the back deck!

Participation in this event will be limited to 65 persons, with priority to those who did not attend last year's barbeque. Priority online registration opens Monday, August 3, 2026 for members who did not attend last year's BBQ. Online Registration for all members opens Monday, August 10, 2026. There will be a limit of two tickets per person. The price is **$30.00**.

Use your credit card to register online and – important! – be sure to tell us which entrée(s) you choose, and who you prefer to sit with. We'll do our best to accommodate your seating requests.

Registration Link:

https://riverdaley.org/calendar/annual-new-beginnings-summer-bbq-fun-raiser/

TECH CLASS

Wednesdays at 9:00 AM

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

August 5th | *How to install Apps on your phone.*

August 12th | *How to use the Bus App***

August 19th | *How to use various email features:* *Reply All, Forwarding, Attaching documents and Photos.*

August 26th | *How to use Google Maps***

****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****

August 7th | Wildflower (2023) a heartfelt, coming-of-age comedy-drama based on a true story. It follows Bea Johnson from birth to high school graduation as she navigates teenage life while caring for her two intellectually disabled parents, balancing her own future and independence with deep family devotion. **Rated R 1h 24 min**

August 14th | **Being the Ricardos (2021)** In 1952, Hollywood power couple Lucille Ball and Desi Arnaz face a series of personal and professional crises that threaten their careers, their relationship and their hit TV show. **Rated R 2h 11 Min**

August 21st | **CODA (2021)** As a CODA (Child of Deaf Adults), Ruby is the only hearing person in her home. When she discovers a passion for singing, Ruby must choose between family obligations and her dreams. **Rated PG-13 1h 52 min**

August 28th | **Wonder (2017)** A 10-year-old boy with severe facial anomalies begins 5th grade at a new school where he tries to convince his peers to look behind his appearance to see all that they have in common. **Rated PG 1h 48 min**

🗓️ SAVE THE DATE/LOOKING AHEAD 🗓️

1. **Cemetery Visit with Rabbi Scott Kalmikoff**: Join Riverdale Y on visits to Jewish cemeteries in Queens, Long Island, and New Jersey leading up to Rosh HaShanah and Yom Kippur. You must be a member of New Beginnings to participate. The Rabbi will be available to recite prayers and provide pastoral care. 13 seats are available per day. Registration is on a first come, first served basis and closes on **Friday, August 28th, 2026**. **$30.00** per person, per day. Register with Rabbi Scott at 347.913.4432 or by using the link below: https://riverdaley.org/calendar/high-holiday-cemetery-visits-2026/?occurrence=2026-09-03&time=1788422400. Cemeteries: Thursday, September 3rd to Beth David, Mount Hebron, & Old Montefiore; Tuesday, September 8th to Beth Moses, Mount Ararat, New Montefiore, & Wellwood; Wednesday, September 9th to Beth El, Cedar Park & Riverside.

2. **Flu Vaccine Clinic Tuesday, September 8th, at 9:30 AM - 2:00 PM**
   Join us for our Vaccine Clinic Event, seasonal and high dose flu shots will be provided. You must bring your ID, Insurance Card, Medicare/Medicaid Card. Pre-registration is required. To register for this event, please contact Grethel at (347) 913-4395 or via email at gsamuel@riverdaley.org.

3. **Rosh Hashanah Luncheon:** Enjoy a Rosh Hashanah (Jewish New Year) Luncheon with a traditional holiday menu on **Thursday, September 10th, 2026**. Rabbi Scott will lead and share holiday insights with us. The suggested donation is **$6.00** in advance and **$8.00** the day of the event. Please be sure to purchase your tickets early to secure a seat. After our Luncheon, we will have Jewish/Klezmer entertainment. Tickets go on sale on **Monday, August 17th, 2026**.

4. **Text and Tradition**:With a focus on intermediate Hebrew reading, this class offers participants the opportunity to deepen their connection to Jewish life in a warm and engaging environment. The class takes place on Thursdays from 10:30 am – 11:30am, starting on **Thursday, September 17th, 2026** - **Thursday, May 27th, 2027**, and led by Rabbi Scott Kalmikoff, Director of Community Engagement at Riverdale Y. All participants must be members of New Beginnings, membership is free. Register for the Text and Tradition class with Rabbi Scott by phone at 347.913.4432 or by email at skalmikoff@riverdaley.org.

📣CLASS ANNOUNCEMENTS/REMINDERS📣

1. **ART EXPLORATIONS**: There will be no Art Explorations on Tuesday, August 4th.

2. **CHAIR AEROBICS:** There will be no Chair Aerobics on **Wednesday, August 19th**, **Wednesday, August 26th** and **Wednesday, September 2nd**.

3. ***RETURNING*** **ADVANCED WATERCOLOR CLASS with Dmitriy Moshkovich:** This Y-sponsored Class for older adults will run for ***twelve weeks***, starting **Thursday, September 3rd, 2026** at **10:00 am** and ending on **Thursday, November 19th, 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 **twelve week** session. Please sign up and pay the full amount at the Y's reception desk on the first floor. Registration opens on **Monday, August 10th, 2026**.

4. **BEGINNERS WATERCOLOR CLASS with Dmitriy Moshkovich**: This Y-sponsored Class for older adults will run for ***eight weeks***, starting **Wednesday, September 2nd, 2026** at **10:00 am** and ending on **Wednesday, October 21st, 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 **$100** for the **eight week** session. Please sign up and pay the full amount at the Y's reception desk on the first floor. Registration opens on **Monday, August 10th, 2026**. Space is limited to **10 spots**. There will be a ***mandatory*** meeting on **Wednesday, August 26th, 2026** at **10:00am** with the art instructor, Dmitriy Moshkovich.

5. **IMPROV WITH FRANK**: Looking for a fun way to meet new people, boost your confidence, and share some laughs? Join our **8- Week** Improv Class

with Frank Ingrasciotta, Acting Instructor. No acting experience is needed—just bring your imagination and a willingness to have fun. Classes start on **Monday, September 28th, 2026**. Space is limited to **20 spots**.

Please sign up with Grethel, **registration opens on Monday, August 17th, 2026**.

6. **SILVER SWANS DANCE CLASS**: Silver Swans Dance Class will be going on hiatus for the summer. Class will resume on **Thursday, September 24th, 2026**.
7. **FUNCTIONAL MOVEMENT**: The class will go on summer hiatus and will return on **Thursday, September 3rd, 2026**.
8. **INTERMEDIATE SPANISH**: The class will go on summer hiatus starting **Thursday, June 25th, 2026** and resume in **September**.
9. Starting **Wednesday, July 1st, 2026** until **Thursday, October 1st, 2026,** the kitchen staff will be taking a break from cooking **soup** in our hot kitchen.

🚙 IMPORTANT TRANSPORTATION UPDATE 🚙

Effective Wednesday, July 8th, 2026 our drivers will be available to drive members roundtrip from the Y to Stop-n-Shop and Garden Gourmet on Broadway. The bus will return at 11:30 a.m. to the Y. This service will be offered every Wednesday until the supermarket in the Skyview Shopping Center reopens. You must be able to navigate the supermarkets independently as there will not

be a staff escort on this trip. Please be in front of the Y at 10:20 a.m. for 10:30 a.m. departure. There is a suggested contribution of $5.00 ($2.50 each way).

How to be picked up from your home to the Y:

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!

Paul Birnbaum
Sonia Byron
Sarah Chan
Sean Connell
Oliva Davila
Sheila Dempsey
Patricia DiLieto
Rena Fein
Nancy Honig
Milton Honig
Donovan Jones
Frances Jones
Amelia King
Diana LeBlanc
Olga Maldonado
Patricia Maldonado
Randall Mateer
Mary McLaughlin
Australia Ramos
Agatha Samuel
Raul Santiago
Anne Siegel

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
Arnel Tirado, Vice President
Jerry Klein, Treasurer
Shelagh Masline, Communications
Members at Large:
Leslie Boaz, Julieta Butler, Susan Chasky, Ruth Kraus,Theodora Levine, Deborah Leonardo, Dawne Maldonado,

Riverdale Y Leadership

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