New Beginnings

CENTER FOR CONTEMPORARY ADULTS 60+

November 2026

Riverdale Y's Older Adult Trip to Newport, RI

New Beginnings is funded by the

New York City Department For The Aging and Participant Contributions

NYC Department for the Aging

PROUD PARTNER UJA FEDERATION

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November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/2 **VEGETARIAN CHILI** Orzo Steamed Carrots Apple	**11/3** **BAKED FISH** Egg Barley California Blend Vegetables Strawberries	**11/4** **TURKEY BURGER** French Fries Salad Pineapple	**11/5** **BEEF STEW** Yellow Rice Steamed Spinach Watermelon	**11/6** **OVEN FRIED CHICKEN** Bake Potato Steamed Broccoli Grapes
11/9 **BAKED FISH** Macaroni Salad Steamed Spinach Pears	**11/10** **VEGAN SANCOCHO** Brown Rice Avocado Salad Apple Sauce	**11/11** **SPAGHETTI W/MEAT SAUCE** Garlic Bread Garden Salad Banana	**11/12** **FRITTATA** Roasted Potatoes Steamed Broccoli Tangerine	**11/13** **SPANISH STYLE BAKED CHICKEN** Noodle Kegel Steamed Spinach Canned Peaches
11/16 **CHILI CON CARNE** Brown Rice Baby Carrots Strawberries	**11/17** **BIRTHDAY LUNCH** **BAKED SALMON** Wide Noodles Roasted String Beans Tangerine	**11/18** **GENERAL TSO'S CHICKEN** Wild Rice Cabbage Banana	**11/19** **VEGGIE BURGER** Baked Fries Garden Salad Orange	**11/20** **BAKED CHICKEN** Baked Sweet Potato California Blend Vegetables Watermelon
11/23 **TUNA CAKES** Orzo Steamed Broccoli Watermelon	**11/24** **THANKSGIVING LUNCHEON** **TURKEY** Baked Sweet Potato Roasted Vegetables Stuffing Apple Pie	**11/25** **VEGETARIAN STUFFED CABBAGE** Brown Rice Steamed Yellow Squash Tangerine	**11/26** **CLOSED FOR THANKSGIVING**	**11/27** **CLOSED FOR THANKSGIVING**
11/30 **HAMBURGER** Sweet Potato Beet Salad Applesauce		**11/22 OPEN SUNDAY** **CAESAR SALAD W/GRILLED CHICKEN** Garlic Bread Oranges	**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,

Dear New Beginnings Community,

Hello! I'm Nancy Cabrera, and I'm so excited to introduce myself as the new Director of Impact & Programs at the Riverdale Y. I come to this role as a social worker, educator, and nonprofit leader with more than 15 years of experience building strong programs, teams, and communities. From joining you at lunch to experiencing karaoke, I'm quickly discovering the wonderful personalities that make this community so special and a few very important things: you take your music seriously, you know how to have a good time, and soup is serious business around here! ***(A special shout out to our Kitchen Team!)***

Over the next few weeks, I'll be working closely with Sharon as I learn the ropes and get to know all of you. You can find me on the second floor in Sharon's office, so please stop by to say hello, share an idea, tell me what you love about New Beginnings! I'm looking forward to listening, learning, laughing, and working alongside you to make sure New Beginnings continues to be a place where friendships, fun, and community thrive.

Warmly,

Nancy Cabrera

Director of Impact & Programs

🚨 NEW & NOTEWORTHY IN NOVEMBER 🚨

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

***Please refer to the Centerfold for any Class Cancellations, classes may be cancelled at the last minute --we try our best to notify people but not always possible. ***

Chair Aerobics with Stuart

Tuesday, November 3rd and Tuesday, November 17th, at 9:00 AM

Wednesdays Wellness Support Groups

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. All workshops are facilitated by Josefina Guerra Correa, LCSW-R, Social Worker from the Center for Aging in Place. Topics include:

- November 4th, at 10:30am: **Thanksgiving:** The Many Gifts of Gratitude and their Role in Aging Well.
- November 11th, at 10:30am: **Veterans Day**: Share stories, photos or letters from relatives who served. Processing service-related stress, readjustment, and building community mental health support.
- November 18th, at 10:30am: **Physical Health & Daily Habits**: Exercise, Fitness, Diet & Nutrition.
- November 25th, at 10:30am: **Physical Health & Daily Habits:** Sleep & Preventive Care. Regular doctor visits, routine screenings, and recommended vaccines.

Thursday, November 5th and Thursday, November 19th, at 10:00 AM

Singing with Seniors

Singing with Seniors at the Riverdale Y, is a program that brings seniors together with four-year-olds to sing, play instruments and enjoy songbooks. We will meet every other Thursday from 10:00am-10:30am in the **Yellow Room** which is on the first floor of the Y inside the Early Childhood Center. *Singing with Seniors* is a lot of fun and guaranteed to bring joy to your life. Dates are as follows: Dec 3, 17, Jan 14, 28, Feb 11, 25, Mar 11, 25, April 8, May 6, 20 and June 3. If you have any questions, please contact Renee Bock at 347-913-4445 or rbock@riverdaley.org.

Tuesday, November 10th, at 10:00 AM

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

Join us for a shopping trip to Trader Joe's, Marshalls and H-Mart in Hartsdale. The van leaves the Y at 10:00 am and returns around 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, November 2nd, spots fill up quickly.**

Wednesday, November 11th, at 1:00PM

Intergenerational Veterans Day Commemoration

Join us as we honor the courage, dedication, and sacrifice of those New Beginnings and Riverdale Y Members who have served our nation. We've invited the children who are off from school to join us with their questions for our Vets. Refreshments will be

provided afterwards. Veterans need to R.S.V.P. with New Beginnings Director Sharon Asherman so we can appropriately honor you.

Thursday, Nov. 12th and Thursday, Nov. 19th, at 10:00 AM

Trip: Shopping Trip to Walmart

Join us for a shopping trip to Walmart. 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 Monday, November 2nd, spots fill up quickly.**

Monday, November 16th, at 10:00 AM

Trip: Shopping Trip to Wegmans

Join us for a shopping trip to Wegmans Supermarket. 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 Monday, November 2nd, spots fill up quickly.**

Monday, November 16th, at 10:45 AM

Open Chat: *Spa Day*

Join JASA's Karl Custer in an open-discussion about the use of heat and cold in mental and physical health, as well as a peek at the most creative and surprising "spa treatments" on Earth.

Tuesday, November 17th, at 10:00 AM

Discussion: Art History: The New British Galleries at the MET

Join us for a discussion of The Metropolitan Museum of Art's New British

Galleries, exploring how British art and design reflect the nation's rich cultural history, evolving tastes, and global connections. We will consider how the objects in the exhibit reveal the lives, values, and aspirations of the people who created, commissioned, and used them. The conversation will also examine how the galleries present Britain's complex history, including the influence of trade, empire, and cultural exchange. This workshop will be facilitated by Elana Kaplan, Lecturer and Educator at the Metropolitan Museum of Art.

Tuesday, November 17th, at 11:30 AM

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

Enjoy a special lunch and stay for entertainment and dancing with **DJ Lex**. Tickets are a suggested contribution of **$5.00** in advance or **$6.00** the day of the event. Persons earning over 185% of the annual poverty level are encouraged to contribute the full cost of the meal which is $7.50. Please be sure to purchase yours early to secure a seat. Registration starts November 5th.

Wednesday, November 18th, 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. If you're already registered, you can simply show up.

Thursday, November 19th 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 the Older Adult Center.

Thursday, November 19th, at 10:00 AM

Nutrition Lecture: Understanding Type 2 Diabetes

Join us for an informative and practical nutrition lecture on Type 2 diabetes. Learn about risk factors, healthy eating habits, blood sugar management, and simple lifestyle strategies that can support overall health and well-being. This session is designed especially for older adults with plenty of opportunities to ask questions and gain useful, everyday tips. This workshop is facilitated by Dietitian, Tamar Elkin, MS, RDN, CDN.

Thursday, November 19th, at 1:00 PM

Book Club (Virtual - FULL)

For registered participants. The book for September is ***"Night Watch"*** by Jayne Ann Phillips.

Friday, November 20th, at 10:00AM

Nutrition Lecture: Food Demo: Brussels Sprout Salad

In this food demo, participants will learn how to make a crisp, colorful Brussels

sprouts salad that's ready in just 15 minutes. Participants will learn simple ways to combine fiber-rich vegetables and naturally sweet fruits to help support balanced blood sugar, all without heating the kitchen. Plus, we'll share tips for quick prep and easy holiday serving so it's both festive and practical. This demonstration is facilitated by Nutritionist Samantha Podob MS, RD, CDN.

Tuesday, November 24th, at 10:00 am

Talent is Timeless Video Performance

Join us for a special video presentation of the previously recorded live showcase: **Talent is Timeless**, capturing the energy, artistry, and memorable moments of the show. Experience the performance on screen and enjoy a chance to relive the magic of the event.

Tuesday, November 24th, at 11:30 am

Thanksgiving Luncheon and Entertainment

Join us to celebrate Thanksgiving with a wonderful meal prepared by our talented Kitchen Manager, Nekiya Edwards and her staff. After lunch we'll enjoy entertainment by Pianist **Isaac ben Ayala**. The actual cost of the meal is $7.50. Members earning over 185% of the poverty level are encouraged to donate the full amount of the meal. Registration starts November 5th.

Monday, November 30th, at 10:00 AM

🎉***Culminating Event*** **: Improv(e) with Frank Ingrasciotta**🎉

Join us for a culminating celebration of our senior improv group! After a season of taking risks, thinking on our feet, building trust, and creating spontaneous moments together, our performers are ready to take the stage and share what

they've been working on. Come cheer on our seniors for a memorable showcase filled with fun, connection, and unexpected moments! Refreshments will be served.

OPEN SUNDAY: **Sunday, November 22nd, 2026**

9:00 AM: Welcome Brunch for New Members

New Members are invited to join us for a bagel buffet to learn more about our programming and introduce our new members to our staff. You're invited if you became a member of New Beginnings within the last six months. Please RSVP to gsamuel@riverdaley.org.

10:00 AM: Movie and Discussion: Ingelore (2009)

Join us for a screening of *Ingelore*, followed by a discussion facilitated by **Stan Friedmann**, exploring her extraordinary life and journey of resilience. Born deaf, Ingelore faced profound communication barriers and isolation within her own family. Her education was interrupted by Kristallnacht, and she witnessed her father's imprisonment and eventual release from Dachau. After surviving a brutal assault in Berlin, she courageously negotiated with officials at the U.S. Consulate in Stuttgart and fled to the United States while pregnant. Ingelore rebuilt her life in America and went on to become a teacher. Her story is a powerful testament to courage, perseverance, and the human spirit.

10:00 AM-11:30 AM: Sunday Karaoke

Warm up those vocal cords and join us for **Sunday Karaoke at the Senior Center!** Whether you love golden oldies, classic rock, or timeless ballads, it's your time to shine. Sing solo, duet with a friend, or just come enjoy the music and good company. No experience required—just bring your smile and your

favorite tune! Snacks will be provided.

11:30 PM -12:30 AM: Lunch

1:00 PM: Movie Sunday: November 22nd | The Devil Wears Prada 2

Set two decades after the original 2006 film, the story follows Andy Sachs (Anne Hathaway) returning as a features editor to help Miranda Priestly (Meryl Streep) navigate a shifting, modern media landscape and corporate threats aimed at the survival of *Runway* magazine. **Rated PG-13 1h 59min**

TECH CLASS

Wednesdays at 9:00 AM

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

November 4th | *Optimize your phone storage*: Learn how to delete unnecessary apps and pictures to free up storage on your phone.

November 11th | *How to create Email Folders:* To help organize your emails.

November 18th | *How to change your phone's screen saver*

November 25th | *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 your video on and off. Learn how to use the chat feature.**

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

🍿 THIS MONTH'S MOVIE PICKS 🍿

(Fridays at 12:40 PM)

November 6th| Passion Fish (**1992**) After soap opera actress May-Alice Culhane (Mary McDonnell) has a car accident, she is paralyzed and forced into a wheelchair. She retreats to her family's vacant home in Louisiana and indulges in alcohol and self-pity. When nursing aides come to help, May-Alice unleashes her anger, prompting each to quit. Chantelle (Alfre Woodard), a nurse who desperately needs the job, arrives determined to change May-Alice's outlook. As the two women become friends, they help each other cope with challenges. **Rated R 2h 15 min**

November 13th| The Perfect Game (**2009**) Amid the poverty of Monterrey, Mexico, a ragtag group of boys discovers the joys of sandlot baseball, thanks to the guidance of a coach who had once hoped to make it in the major leagues. Armed with a dream of playing in the Little League, the boys defy the odds, setting off on an unprecedented winning streak that leads them across the border to America and the 1957 Little League World Series. **Rated PG 1h 58min**

November 20th | The Memory Keeper's Daughter (**2008**) A father separates his son from his twin sister at birth to prevent him and the mother from knowing she was born with Down syndrome. Based on the novel by Kim Edwards of the same title. **Rated TV-14 1h 29 min**

📣CLASS ANNOUNCEMENTS/REMINDERS📣

1. **ART EXPLORATIONS:** There will be no Art Explorations on the following days: **Tuesday, November 17th**, **Tuesday, November 24th** and **Tuesday, December 1st**.

2. **CHAIR AEROBICS**: There will be no Chair Aerobics on **Wednesday, November 25th, 2026**.

TRIP UPDATE

Below is an update on procedures for registering for trips. These procedures were updated after discussions with the Advisory Council and discussions at our October General Membership Meeting. Questions can be directed to our Program Coordinator, Grethel Samuel.

Effective November 1st, 2026:

- Sign–up for all trips starts at 9:00am.
- Sign up starts at the beginning of the month, unless otherwise noted in the narrative section on the newsletter. Sign-up is on a first come, first serve basis
- Sign up is in person and not over the phone or email.
- Payment is due at the time of sign up.
- ***Priority*** will be given to those that have never signed up or attended a trip.
- You can only sign up for *yourself*.

Beginning **December 2026**, we will have alternating month shopping trips to Walmart and Trader Joe's. In December 2026, we will go twice to Walmart and in January 2027 we will go to Trader Joe's and trade off each month.

Social Service Updates

Medicare Open Enrollment Period

Medicare's Open Enrollment Period is running until Monday, December 7th, 2026.

This is your once-a-year opportunity to review your current Medicare health and prescription drug coverage and compare it with other available options. If you're considering a change to better meet your health care needs in 2027, be sure to make your selection by December 7th, 2026. Our staff is available to help you review your options and make an informed decision.

HEAP/HERR Benefit Update

AP Heating Equipment Repair and Replacement (HERR)

Eligible homeowners can receive help repairing or replacing a furnace, boiler, or other direct heating equipment needed to keep their home's primary heat source working. Benefit amounts are based on actual cost, up to $4,000 for a repair and $8,000 for a replacement. Applications are now being accepted.

Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes. This benefit is available to eligible homeowners to help heat their home. Benefits are paid directly to the utility company. There are also emergency funds if you are in danger of having your utility service shut off. The application period starts November 2, 2026.

For more information on any of these programs, or to make an appointment for assistance, contact Carmen Lopez at clopez@riverdaley.org or (347) 913-4391 for more information.

🚙 IMPORTANT TRANSPORTATION UPDATE 🚙

Our drivers are available to drive members roundtrip from the Y to Stop-n-Shop and Garden Gourmet on Broadway at 10:00 a.m. 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 R.S.V.P. with Gladys. 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.

THANK YOU FOR YOUR DONATIONS

In Memory of Edie Wittenberg
Betty Baumel

To Support Senior Water Aerobics
Irene Saks

In Memory of Frank Ruggiero
Clotilde (Cloe) Rodriguez

Welcome New and Returning Members!

Joel Abrams

Margarita Altshuler

Laura Ares-Roman

Sharon Asherman

Leslie Benardo

Cheryl Bluestone

Donald Bluestone

Carmen Capezza

Sandra Choi

Linda Emanuel

Jane Flechner

Seymour Halpern

Diane Harris Miller

Zoila Hermida

Ronald Korman

Felicity LaBoy

Yolanda Lozito

Johanny Martinez

Alina Navarro

Linda Pear

Motiur Rahman

Penelope Rosenblatt

Sidney Rosenblatt

Alex Rosenblum

Glen Ross

Joe Ruggiero

Sofia Safronchik

Ann Slavit Gordon

Stanley Smith

Veronica Thompson

Maria Torres

Milly Viskup

Nadine Wiggins

Robert Wiggins

Eileen Kosik

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 of Impact and Programs (Nancy Cabrera)	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