

RIVERDALE SENIOR SERVICES APRIL 2017 NEWSLETTER



**SATURDAY
APRIL 22
10am to 3pm
EARTH DAY
HORACE MANN
HIGH SCHOOL
SERVICE
LEARNING DAY**



**SAVE
THE DATE**

**SUNDAY
MAY 21st**

**RIVERDALE
SENIOR CENTER
VINTAGE ARTIST
SHOW**

NEW MEMBERS:

- Ilen W. Ervin
- Diane Gaddy
- Madeline Ginzburg
- Maria Gomez
- Sharon Krinsky
- Herbert Martin
- Susan Martin
- Eileen Matsushita
- Athena Monahan
- Anna Pantazis
- Laura Pucher
- Anneliese Scheef
- Barbara Verlin
- Josephine Perri



**THE WOMEN'S CIRCLE
Building a Community for Women**



**Judy Chicago's "The Dinner Party"
Wednesday, April 12th, 2017
4-6 PM (3:45 Registration)**

The Woman's Circle presents: Judy Chicago's "The Dinner Party" which is widely regarded as the first epic feminist artwork. It depicts a ceremonial banquet, arranged on a Triangular table with a total of 39 place settings, each commemorating an important woman in western civilization. April Lombardi, Art Instructor will talk about this icon of 1970's feminist art that is permanently installed in the Brooklyn.

**A Light dinner will be served
Suggested \$2.00 donation
RSVP BY 4/7/17 in the Office or
Call 718 884-5900 to register**

BIRTHDAY PARTY**

Tuesday April 25 , 2017

Born in April?

Let us know no later than
Wednesday, April 19

When you call to RSVP, please let us know if anyone else will be sitting with you. If you are planning to attend, please sign up with the office.

Juan Manuel Ortega @ 1:00 P.M.



**Birthday Celebrant:
Suggested Donation—\$1.50
Non-Birthday Celebrant
Suggested Donation—\$3.00**

**IT IS IMPORTANT TO SIGN-UP IN ADVANCE
FOR ALL SPECIAL EVENTS AND PARTIES, SO
WE CAN ACCOMODATE EVERYONE.**

APRIL 2017

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**2600 Netherland Ave.
Bronx, NY 10463
Phone:
718-884-5900
Fax: 718-796-9624
www.riverdalesenior.org
"A Glorious Past,
A Brighter Future"**



**Language
Interpretation
Services Available**
(Please see : Selina Ng,
Social Worker for
assistance)

Riddle: I am a daily ritual involving using a metal tool on the body. What am I?

Last month's Answer:
Bubble

You can give us the answer during the month of April.

Three Winners will be chosen on the Day of the Birthday Celebration. Winners will win a **Free Lunch!**

*****FRIDAY'S WEEKEND MEAL IS A VOLUNTARY CONTRIBUTION—ONLY \$1.00 -TAKE ONE HOME WITH YOU.*****

ACTIVITY () REQUIRES PRIOR REGISTRATION**

EXECUTIVE DIRECTOR'S REPORT - JULIA SCHWARTZ-LEEPER, LMSW



A Note From The Executive Director:

Happy Spring! Although a little reluctant to get here, Spring is finally here. This year we hope once again to enjoy the outside terrace. I invite you all to sit outside and enjoy the amazing view.

On Saturday April 22nd RSS will be open 10-3pm. There will be a Service Learning Team for Horace Mann School working on our garden but there will be other activities and of course great food!!

June 12th is our Annual Fundraising Gala.

This year we are honoring N.Y. Presbyterian Hospital/The Allen Hospital:

Evelyn Granieri, MD. Chair of Geriatrics

Eileen Kornfeld, Manager of Care Coordinator & Social Work

Rose Mary Cortez, Director of HealthOutreach &

Robert Brewster, LCSW—Former Executive Director of Riverdale Mental Health Association

Please support this event and thank our honorees for their service

to Older Adults in our Community.

See Betty if you'd like to advertise in our journal this year. Deadline for ads is May 1st.

REBECCA COBBINAH - HEAD CHEF



I have been Head Cook here at RSS for over 20 years – Where did the time go?

Cooking is my passion. Growing up in Ghana, I have wonderful memories of cooking with my mother as a young child, this is where my love of cooking began. Coming to America is where I honed my professional skills in cooking. I was trained at the New York Institute of Dietetics Inc. in commercial cooking and catering. After my training I

worked for several hospitality institutions. I also did private catering parties on my own

before joining RSS. Meeting your needs and all the many different preferences is a both a challenge and my pleasure. I thought you might be interested in some of the processes that take place to ensure your dining experience is a good one.

The NYC Department for the Aging (DFTA) oversees everything that happens in the kitchen.

This includes making sure we serve food at the proper temperature, using the correct kitchen equipment, serving food properly in the dining room, maintaining a clean kitchen and complying with the many food safety regulations. DFTA also requires that the components and each meal contain the correct amount of calories and the right kind of vitamins. Supplies are checked to ensure low salt content and no trans-fats. DFTA provides us with many menu choices from which we must choose. Once they are chosen we send a semi-annual plan (6 month plan) for approval. We are given some leeway to serve extra items such as a cake and ice cream for special occasions.

Speaking of special occasions I'd like to ask your help in ensuring that everyone gets a meal on our many celebrations and that no one is turned away. Please make sure to **sign up in advance** as required so that I can make sure to order the correct amount of food. We also try to make sure there are enough staff and volunteers to serve you in a timely manner.

Another behind the scenes effort is handled by the menu committee who help to make the menu choices fresh and varied. Anyone can be a member of the committee and all are welcome to make suggestions in the suggestion box. There is always room for improvement!

The next menu committee meeting will be posted in the May calendar.

I thank you for the many compliments you have given to me and to the kitchen staff.

Please come and dine with us!

COMPUTER COURSES

FREE COMPUTER CLASSES FOR OLDER ADULTS . All are welcome!

About the Classes

Beyond the Basics covers use of the Internet as an everyday resource for entertainment, socialization, and life-management. *Participants should feel somewhat comfortable using email and the Internet. *

Ready, Set, Bank is an introduction to the world of online banking. *Participants should already feel comfortable using email and the Internet.*

Explore Tech is a dynamic lecture series that covers a different technology topic each Session (Intro to iPhones, Cloud Storage, Choosing a new computer, Protecting Your Personal Info Online, eBay and PayPal, Online Shopping, Intro to Social Media, Connecting to the Internet Hands On, Twitter, Google Maps).*

Schedule (choose one)

Beyond the Basics for Older Adults (10 weeks)

April 3 to June 12, 2017

Every Monday and Wednesday

9:30 AM - 10:30 AM

Ready, Set, Bank (5 weeks)

April 3 to May 3, 2017

Every Monday and Wednesday

10:30 – 11:45 AM

Explore Tech (5 weeks)

May 8 to June 12, 2017

Every Monday and Wednesday

10:30 – 11:45 AM



To reserve your spot, or to find out more, call 718-884-5900.

***Registration and commitment to attend all classes is required**

Classes are made possible, in part, by the NYC Council and the NYC Department for the Aging.

THE FELDENKRAIS METHOD

Would you like to have better posture, greater flexibility, improved ease of movement, more comfort in your joints, better balance, less muscular tension and more energy?

The Feldenkrais Method is a type of exercise devised by Moshe Feldenkrais that aims to promote better brain-body connections.

**New at Riverdale Senior Services Winter & Spring 2017 Class Schedule
March 21-June 6 Tuesdays 3-4pm**

Class Date	Lesson # - Title	Teacher	Assistant
April 4	3 – Better Balance	Janet	Terrie
April 11	4 – Low Back Comfort	Terrie	Janet
April 18	5 – Healthy Spine	Janet	Terrie
April 25	6 – Shoulders	Joyce	Janet
May 2	7 – Better Breathing	Janet	Joyce
May 9	8 – Flexible Feet	Joyce	Janet
May 16	9 – Face & Jaw	Janet	Joyce
May 23	10 – Better Turning (Hand hold chin)	Joyce	Janet
May 30	11 – Comfortable Upright	Janet	Joyce
June 6	12 – Easier Standing	Joyce	Janet

Registration is required: Call 718-884-5900

NEW CLASSES

MONDAY :

**COMPUTER CLASSES:
BEYOND THE BASICS @ 9:15
ONLINE BANKING @ 1:00**

**LOW VISION SUPPORT GROUP
HEARING LOSS SUPPORT GROUP
@ 10:00**

TUESDAY:

RIVERDALE WALKERS @

10:00 FELDENKRAIS CLASS @ 3:00

WOMEN IN FACT AND FICTION @ 11:00



WEDNESDAY

**COMPUTER CLASSES:
BEYOND THE BASICS @ 9:15
ONLINE BANKING @ 10:30
CREATIVE MIND ART
CLASS @ 1:30**



THURSDAY

WRITE ON!

**Beginners writing
Class @ 1:00**



FRIDAY:

DRAWING CLASS:

**"How to draw
Spring Flowers" @ 1:00**

VOLUNTEER OPPORTUNITIES

CALLING ALL VOLUNTEERS:

So many volunteer opportunities at RSS! What is your passion?

We are in need of the following positions:

- Center Greeters
- Dining Room Services, i.e. Servers, Platters, & Clean-up.
- Program Assistants for a variety of our exercise and special programs
- Neighborhood Outreach Coordinators
- Trip Committee Coordinators & Assistants
- Computer Data Entry



If you have a passion to volunteer contribute contact - Cheryl Kann-Ferst - (718) 884-5900 Ext.22

Those who can, do. Those who can do more, volunteer. ~Author Unknown



APRIL MOVIE GUIDE

April 5-Moonlight



A young man deals with his dysfunctional home life and comes of age in Miami during the War on Drugs era. The story of his struggle to find himself is told across three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love, while grappling with his own sexuality.

April 12-Jackie



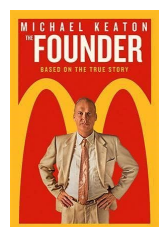
Jacqueline Kennedy was just 34 when her husband was elected President of the United States. Elegant, stylish, and inscrutable, she instantly became a global icon, one of the most famous women in the world, her taste in fashion, décor and the arts widely admired. Then, on November 22, 1963, while on a campaign trip to Dallas, John F. Kennedy is assassinated – Jackie's pink suit is showered in her husband's blood. As she boards Air Force One back to Washington, Jackie's world – and her faith – is completely shattered. Traumatized and reeling with grief, over the course of the next week she must confront the unimaginable: consoling their two young children, vacating the home she painstakingly restored, and planning her husband's funeral. Jackie quickly realizes that the next seven days will determine how history will define her husband's legacy – and how she herself will be remembered.

April 19-Lion



Five-year-old Siro gets lost on a train which takes him thousands of miles across India, away from home and family. Siro must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

April 26-Founder



This is the true story of how Ray Kroc, a struggling salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. (1:55)

MISSION STATEMENT: *Riverdale Senior Services, Inc. (RSS, Inc.) is a multipurpose non-profit agency whose mission is to promote the physical, intellectual, social and emotional well-being of older adults in the Northwest Bronx. RSS, Inc.'s programs and services take place at a community facility and are designed to encourage and enable seniors to continue living independently and with dignity.*

MARCH DONATIONS

Shirley Goldman— To: **Selina Ng**—Thank you very much for all your help.

Myra & George Kaufman— To: **Margie Shustack**—In memory of your loving mother. Kind, generous feisty about human rights. We miss her dearly.

Mary Lynch— To: **RSS**—To the Executive Director and all the people involved in our Senior Center. Just a note of appreciation to all of you.

Stuart Olsen—To: **The Staff & Senior Pals at RSS**—Thanks for all of your kind well wishes. It's greatly appreciated. I'm recovering slowly but surely.



DO NOT ANSWER CALLS FROM:
1-800-HHS-TIPS (1-800-447-8477)



US Dept. of Health & Human Services (HHS) Office wants you to know they would never use their hotline to make outgoing calls. Scammers will call you to verify or ask to share personal info which is used to victimize you financially— draining your bank accounts. If you believe you have been a victim, you are encouraged to call into the hotline to report the scam. That is a safe call.

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Consider leaving a legacy to RSS. We are a nonprofit and we depend on the generosity of all of our friends in order to be able to offer quality programs and services to all those in need. Allow us to continue to offer all of these services in the future by naming RSS in your Will. It is a wonderful way to live on and share your spirit with others. For more information call, 718-884-5900.
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Contributions can be made to say a special thank you or to honor a friend or loved one. Riverdale Senior Services, Inc. will inform the designated family of your thoughtfulness and generosity. In addition, donations can be made for commemorative plaques on our Tree of Life which is prominently displayed at our Center. Donation forms are available in the office.

APRIL & MAY TRIP GUIDE

April 2017

Monday, April 3--Trader Joes—Central Avenue, Yonkers--Leaving 11:15am Returning 2:15pm

Wednesday April 5—Walmart, Main Street --Leaving 11:15pm Returning 2:15pm

Friday April 7—Noguchi Museum—LIC Queens--Leaving 9:15am Returning 12:30pm—
(YELLOW SCHOOL BUS) NO CHARGE FOR TRANSPORTATION

Monday, April 17—Broadway Plaza, 230th Street and Broadway, Bronx, NY--Leaving 11:30am
Returning 1:45pm **NO CHARGE FOR TRANSPORTATION**

Wednesday, April 19—Hudson River Museum, Yonkers, NY--Leaving 12:15pm—Returning 3pm

Friday April 21—Crab Shanty Rest., City Island, NY--Leaving 11:15am Returning 2:15pm

Monday April 24—Empire City, Yonkers, NY--Leaving 11:15am Returning 2:15pm

Wednesday April 26—Ridgehill Mall Yonkers, NY--Leaving 11:15am Returning 3:00pm

Friday April 28—Botanical Gardens—Chichly Exhibit--Leaving 11:15am Returning 2:00pm—
COST \$15.00

TRIPS ARE SUBJECT TO CHANGE On or after April 1, please sign up in the office in person

May 2017

Monday, May 1—Senior Day at Museum of Modern Art (MOMA)

Leaving 10:15a.m.—Returning 1:30 pm

Wednesday, May 10— Hudson River Museum, Yonkers, NY --Leaving 12:15pm Returning 3pm

Monday, May 15—Better Together —NY Hall of Science--Leaving 9:30am --Leaving Science Hall
12:30pm

Wednesday, May 17— Kohls, Yonkers, NY --Leaving 11:30pm Returning 2:15pm

Friday, May 19—Ben's Kosher Deli—Central Park Ave., Yonkers, NY--Leaving 11:30am
Returning 2:15pm

Monday, May 22—Temple Emanu-El, 65th Street, NYC 10065--Leaving 11:30am—
Leaving Temple 1:30pm

Wednesday, May 24—Bay Plaza Mall—200 Baychester Avenue, Bronx, NY--Leaving 11:30am
Returning 2:15pm

Friday, May 26—Sammy's Restaurant, City Island, Bronx, NY--Leaving 11:30am Returning 2:15pm

Wednesday, May 31—Empire City, Yonkers, NY--Leaving 11:30am—Returning 2:15pm

TRIPS ARE SUBJECT TO CHANGE. On or after May 1, please sign up in the office in person.

THERE IS A \$5.00 SUGGESTED CONTRIBUTION FOR THE ROUND TRIP BUS RIDE

Please make reservations early. Minimum of eight people needed.

If there is not enough interest, the trip will be cancelled or rescheduled.

If the trip is cancelled for any reason you will be notified and any funds returned.

Thank you for your cooperation

FUNDED IN PART BY THE NYC DEPARTMENT FOR THE AGING



PROGRAM HIGHLIGHTS APRIL

Monday, April 3

9:30 Computer Class –Beyond the Basics**
 9:45 Intergenerational Program—Better Together
 10:30 Computer Class: Online Banking**
 11:15 Trip: **Trader Joes** **
 1:00 Social Action Group

Tuesday, April 4

10:00 RSS Walking Club (**Cloisters**)
 1:45 Intergenerational Program- **Grand parenting**
 3:00 Feldenkrais—Better Balance (Lesson #3)**
 3:45 Intergenerational Program- Horace Mann HS

Wednesday, April 5

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**
 11:15 Trip: **Walmart****
 11:30 **Nutrition:** Your Diet Plate and Diabetes?
 1:00 Movie: **Moonlight**
 1:30 **Creative Mind Art Class**
 5:00 **Caregivers Support Series**

Thursday, April 6

12:45 **Presentation:**
Crime Prevention & Peephole Installations
 1:00 **NEW:** Write On! -Beginners Writing Class

Friday, April 7

11:30 **TRIP: Noguchi Museum****
 2:15 Art & Culture Discussion
 3:30 Film: **The Leather Special w/Amy Schumer**

Monday, April 10-PASSOVER

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**

Tuesday, April 11

10:00 RSS Walking Club—(Henry Hudson Pkwy.)
 11:00 Discussion: Women: In Fact and Fiction
 2:00 Presentation: Elder Law
 3:00 Feldenkrais—Low Back Comfort (Lesson #4)**

Wednesday, April 12

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**
 1:00 Movie: **Lion**
 1:30 Creative Mind Art Class
 4:00 **Women's Circle**** -
 Judy Chicago's "The Dinner Party" w/April Lombardi

Thursday, April 13

1:00 **Presentation:**
Medication Management by Rite Aid
 1:00 **NEW:** Write On! -Beginners Writing Class

Friday, April 14-GOOD FRIDAY

2:15 Art & Culture Discussion
 3:30 Film: **Thank God for Jokes w/Mike Birgidlia**

Monday, April 17

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**
 11:30 Trip: **Broadway Plaza****
 2:15 **Ellies' Book Club**

Tuesday, April 18

10:00 RSS Walking Club-**Johnson Avenue**
 3:00 Feldenkrais—Healthy Spine (Lesson #5)**

Wednesday, April 19

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**
 12:15 Trip: **Hudson River Museum****
 12:45 MEMBERSHIP MEETING
 1:30 Movie: **Jackie**
 1:30 **Creative Mind Art Class**
 3:30 **Presentation:**

**Conservation Retirees in Service
 to the Environment (C-RISE)
 with Karl Cornell**

Thursday, April 20

1:00 **Presentation: Ready NY—
 Emergency Preparedness**
 1:00 Discussion: Short Story:
Why I Live at the PO by Eudora Welty

Friday, April 21

11:15 Trip: **Crab Shanty Restaurant****
 1:00 Drawing Art Class**
 2:15 Music Appreciation w/Yael
 3:30 Film: **Lower Classy w/Cristela Alonzo**

Monday, April 24

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**
 11:15 **TRIP: Empire City Casino****
 1:30 Holocaust Support Group

Tuesday, April 25

10:00 RSS Walking Club-Rockefeller Center
 10:00 Advisory Committee
 11:00 Trip Committee Meeting
 11:00 Reading Hour
 1:00 **Birthday Party: Juan Manuel Ortega****
 3:00 Feldenkrais—Shoulders (Lesson #6)**
 3:45 Intergenerational Program- Horace Mann HS

Wednesday, April 26

9:30 Computer Class –Beyond the Basics**
 10:30 Computer Class: Online Banking**
 11:15 Trip: Ridge hill Mall**
 1:00 Movie: **Founder**
 1:30 Creative Mind Art Class
 3:15 Discussion:

"Conversation on Spirit and Growth" w/Rabbi Frank

Thursday, April 27

1:00 Discussion: World Authors:
The Aspern Papers by Henry James

Friday, April 28

11:15 Trip: Botanical Gardens**
 1:00 Drawing Art Class**
 2:15 Music Appreciation Discussion
 3:30 Film: **Afraid of the Dark w/Trevor Noah**