

All Classes

In Center Classes

Online Classes

Trips



Letter from Tina Cardoza-Izquierdo

Executive Director

I am thrilled to share that the renovations at our center are going beautifully! Half of our new floors are officially completed thanks for the generosity of Council Member Eric Dinowitz's office, and the terrace is well on its way to being fully transformed by the end of June. We owe a massive thank you to Assemblyman Jeffrey Dinowitz's office, whose generous funding has made this beautiful new terrace possible.

Looking back at the vibrant spring we've shared, I want to thank everyone who made our recent events so memorable. Our Technology Expo was a spectacular showcase of innovation, featuring incredible AI music and art alongside invaluable, one-on-one tech support from our friends at Senior Planet and the Horace Mann students. And, we continue to offer tech help and instructions on a weekly basis through the RSS tech instructor.

We also shared a wonderful evening at our Asian-American and Pacific-American (AAPI) dinner, where we celebrated the rich heritage of our AAPI communities with fantastic company and absolutely delicious food.

Most importantly, we recently hosted our volunteer luncheon to celebrate the wonderful members who are truly the heart of our center. Quite simply, we couldn't do what we do without them!

Thank you for your patience during construction, and for making our community so vibrant. We can't wait to welcome you onto the new terrace soon!

Warmly,

We Are Here to Help

Call **718.884.5900**

Email: info@rssny.org

Need Tech Help? email info@rssny.org

Want Daily emails on classes? [Click Here](#)

Become a Member! Free to anyone 60+ who lives in the 5 boroughs of New York City

Volunteer at RSS

Call or Text 988 if you or someone you know is experiencing a mental health crisis. Chat at <https://988lifeline.org/chat/>

The Home Energy Assistance Program (HEAP):

Cooling Assistance Benefit is Open

If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

For More info and to apply:

- Call 311 or (212) 331-3125
- Online at: [HRA ACCESS](#)
- Mail application info available at [HRA Energy Assistance](#)
- Or go to [HEAP Local District Contact](#)

Senator Gustavo Rivera hosts FREE Immigration Assistance

- Naturalization
- Family Petitioning
- DACA Renewal
- TPS Application
- U-Visa
- VAWA Cases

To schedule an appointment for the next clinic date or contact:

- Call: 718-933-2034 or email: grivera@nysenate.gov

Older Adults Home Modification Program

NYC Aging may be able to help low-income older adults remain safe and independent at home through a home safety assessment by a licensed Occupational Therapist and no-cost home modifications.


Eligibility Requirements:


- Be 62 years or older
- Own or rent in NYC
- Household income less than or equal to 80% of the local Area Median Income www.nyc.gov/site/hpd/services-and-information/area-median-income.page

How to Apply:

Call: 212-602-4455 or **Email:** HomeMod@aging.nyc.gov


June Highlights

 **TECH TUESDAYS**
with
CAROLINE


 **6/2** - Accessibility settings: Fonts, senior settings, shortcuts

6/9 - WhatsApp

6/16 - MTA app & OMNY card

 **6/23** - Email attachments & saving files

6/30 - Find My Phone & Software updates



11AM on Zoom
1PM in the Center

Register for Online Classes:
bit.ly/rsstechclass

[Click Here to Register](#)

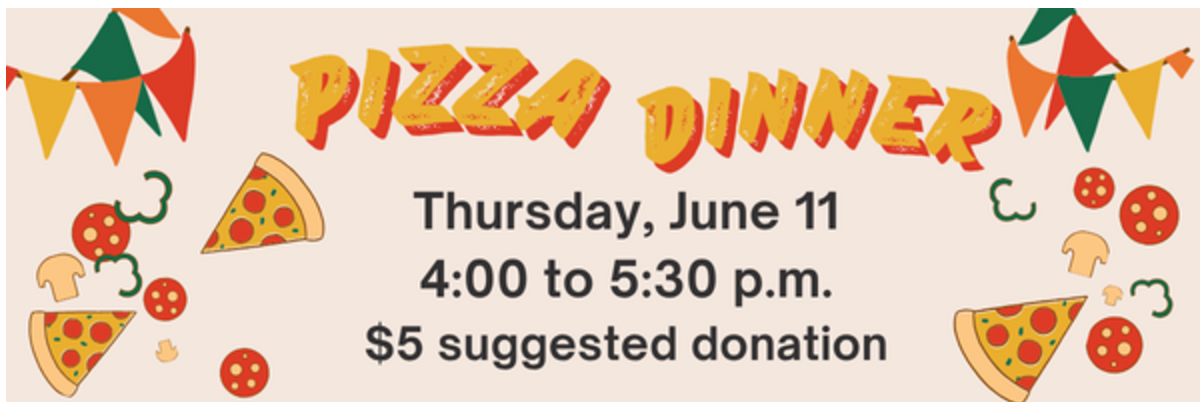


Black Mountain College with Sylvia Laudien-Meo

Wednesday, June 10
1:15 pm to 2:15 pm
(Hybrid)

From 1933-1957, near a lake in Asheville, NC, one of the most experimental colleges brought together pioneering teachers, students and visiting artists in the US, who shared communal living, learning and creativity, very similar to an art colony. Together they changed the direction of modern art, including poetry, music, and performance.

[Click Here to Register](#)



You asked, we delivered! ☐ Join us for an epic Pizza Dinner—but you'll have to act fast. **Seating is limited and spots are filling up quickly**, so grab your slice of the fun and register now!

To register: Email info@rssny.org, Call 718-884-5900 ext. 130, or register at the Greeter's Desk.



TALENT IS TIMELESS

Showcase #1

Fri June 12

2:30 pm to 3:30 pm



The spotlight is on! Join us at RSS for an unforgettable afternoon as our members bring their A-game to the Talent is Timeless showcase. Come be part of the magic and cheer on our performers as they battle for a spot in the city-wide championships!

Yes, And... An Improv Acting Workshop

Monday, June 15th

1:15 pm to 2:15 pm

(In Center)



Ever wish you could think on your feet, laugh more, and just... go with the flow? That's exactly what improv is all about! Join Johann George, professional actor and MSW intern, for an hour of high energy games, surprise moments, and genuine connection. All are welcome. Laughter guaranteed.

RSS Senior & Family Services
Center for Assisted Living

JUNETEENTH & RSS DAY

THURSDAY, JUNE 18TH

1 PM - 3 PM



COMMUNITY

LEGACY

STRENGTH

SERVICE

FREEDOM

Join us for a special celebration of Juneteenth and RSS Day as we come together to honor history, uplift our community, and celebrate the impact of Riverdale Senior Services.

[Click Here to Register](#)

Live Well With Worry

A group led by Johann George, MSW Intern

6 Mondays at 1:15pm,

June 22-August 10th

Hybrid

Join Johann George, MSW Intern, to explore how to live fully even when worry is present. Using practical skills and supportive group discussion, RSS members will explore how to be more present and stop letting anxiety call the shots.

[Click Here to Register](#)

Healthy Eating Workshop

Let's talk about "*Maximizing Flavor with Seasonings!*"

Thursday, June 25

2:15PM - 3:00PM

(Hybrid)



Presented by:
Art Gillman, MS, RDN, CDN
Registered Dietitian Nutritionist
NewYork-Presbyterian



Come learn about:

- How to maximize flavor
- How to use herbs & spices
- What seasonings can best replace salt & sugar

Presented by: Art Gillman, MS, RDN, CDN, Registered Dietitian Nutritionist,
New York-Presbyterian

[Click Here to Register](#)



BENEFITS FOR OLDER ADULTS

Friday, June 26

1:15 PM to 2:15 pm
(Hybrid)

Come join us for an informative presentation by Kim Lerner, Director of the Benefits Outreach Program from LiveOn NY. This session will highlight a wide range of benefits available to older adults, with a special focus on recent updates to eligibility criteria and the application process covering key programs such as Medicaid, SNAP, HEAP, SCHE, STAR, and SCRIE.

[Click Here to Register](#)

**The Bronx 250 Tapestry:
A Community Art Project
Reveal & Celebration**

**Monday, June 29
1:15 to 3:00**

Celebrate the Bronx 250 Tapestry Project!

Join us at RSS to celebrate the completion of this incredible community masterpiece, created in partnership with the Kingsbridge Historical Society and the talented community members who brought it to life. View the beautiful, finished tapestry, discover the creative process, and hear the stories and history behind the individual pieces. **A celebratory reception will follow the presentation.**

[Click here to Register](#)

Wanted: people interested in playing Leisure Bridge or Mahjong.

- **Mahjong:** Mondays from 10:00 - 12:00
- **Leisure Bridge:** Fridays from 1:15 - 4:00.

Fun and non-competitive. Some experience playing a must. If interested email:
info@rssny.org

[Subscribe to the RSS YouTube Channel](#)

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LinkedIn

**RSS - Riverdale Senior Services
Center for Ageless Living**
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Bronx, NY 10463
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Email: info@rssny.org
Phone: 718.884.5900

Funded, in part by NYC Aging

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