RSS
RIVERDALE SENIOR SERVICES
CENTER FOR AGELESS LIVING
2600 NETHERLAND AVENUE
BRONX, NEW YORK 10463
718-884-5900 | WWW.RSSNY.ORG
FUNDED IN PART BY NYC Department for the Aging

November 2026

KEY: VIRTUAL HYBRID ONSITE OUTSIDE / TRIP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Breakfast 10:00 Leisure Games 10:00 Get Fit with Stuart 11:00 Art with Linda 11:00 Poetry Group 11:00 Tap Dancing with Maria 12:00 Lunch 12:30 Write On! w/Susan 12:45 Duplicate Bridge with Rich (By invite only) 1:00 Current Events with Sarah 1:00 Mah Jongg 1:30 Chair/Chi/Prana with Melissa 2:00 Bingo 2:00 SW: Stories & Strengths: 3:30 Balance Training with Peggy 4:30 Writing Your Memories with Susan	**3** ELECTION DAY 9:00 Tai Chi on The Terrace 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Boosters with Maritza 11:00 Technology Group Training with Caroline 12:00 Lunch 1:00 Collage with Annelen 1:00 Technology Group Training with Caroline - Ordering on Amazon 1:00 Coloring Books for Relaxation 3:00 Chair Yoga for Joint Health with Kathleen	**4** 9:00 Breakfast 9:30 Self Massage with Kathleen 10:00 Basic Pastel Drawing with Daniel Hauben 10:00 Women's Empowerment Group 10:00 Fit for Life with Sarah 11:00 Fit for Life with Sarah 12:00 Lunch 1:00 Movie: Spider-Man: Brand New Day 1:00 Mah Jongg 1:00 Caregivers Support Group w/ Gigi 1:00 Mah Jongg Lessons for Beginners with Shana 3:00 EFT- CANCELED	**5** 9:30 Conversational English 10:00 Knitting Group 10:00 Folk Dancing 11:00 Fit for Life with Sarah 12:00 Lunch 1:00 Chorus with Cheryl 1:00 NY Presbyterian Health Education: Palliative Care 2:00 Navigating Changes in Independence: Social Work Intern Series 2:30 Watercolor with April	**6** MEN'S HEALTH AWARENESS MOVEMBER 9:00 Breakfast 10:00 Sculpture Studio 10:00 Get Fit with Stuart 11:00 Creative Writing 11:00 Feldenkrais 11:00 Columbia OT Sensory Wellness series: Taste and Gustatory Awareness 12:00 Lunch 12:45 Non ACBL Bridge with Rich 1:00 Presentation: Medicare with Caitlin 2:00 Leisure Games Bridge 2:00 M.O.C.A. Men of a Certain Ages
9 9:00 Breakfast 10:00 Leisure Games 10:00 Trip: Shoprite & Amazing Savings 10:00 Get Fit with Stuart 11:00 Art with Linda 11:00 Poetry Group 11:00 Tap Dancing with Maria 12:00 Lunch 12:30 Write On! w/Susan 12:45 Duplicate Bridge with Rich (invite only) 1:00 Mah Jongg 1:00 Current Events with Sarah 1:30 Chair/Chi/Prana with Melissa 2:00 Bingo 2:00 SW: Stories & Strengths 3:30 Balance Training with Peggy 4:30 Write Your Memories w/ Susan	**10** DIABETES AWARENESS 9:00 Tai Chi on the Terrace 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Trip Committee 11:00 Brain Boosters with Maritza 11:00 Technology Group Training with Caroline 12:00 Lunch 1:00 Collage with Annelen 1:00 Technology Group Training with Caroline - Track your Mail with a USPS account 1:00 Coloring Books for Relaxation 2:00 Nutrition with Maudene: Food Myths & Facts 3:00 Chair Yoga for Joint Health with Melissa	**11** 	**12** 9:30 Conversational English 10:00 Knitting Group 10:00 Folk Dancing 11:00 Fit for Life with Sarah 12:00 Lunch 1:00 Chorus with Cheryl 2:00 Movie: Coyote vs Acme 2:00 Navigating Changes in Independence: Social Work Intern Series 2:30 Watercolor with April 3:00 Journaling for Creatives During Difficult Times	**13** 9:00 Breakfast 10:00 Sculpture Studio 10:00 Get Fit with Stuart 10:00 Presentation: Alzheimer's Disease Awareness w/ St. Johns College 11:00 Creative Writing 11:00 Feldenkrais 11:00 Columbia OT Sensory Wellness series: Proprioception and Movement and Wellness 12:00 Lunch 12:45 Non-ACBL Bridge w Rich 2:00 Leisure Games Bridge 2:00 M.O.C.A. (Men of Certain Ages)
16 GO TEAL FOR ALZHEIMER'S AWARENESS 9:00 Breakfast 10:00 Leisure Games: 10:00 Get Fit with Stuart 10:30 Trip - The Whitney 11:00 Art with Linda 11:00 Poetry Group 11:00 Tap Dancing with Maria 12:00 Lunch 12:30 Write On! with Susan 12:45 Duplicate Bridge w/ Rich (invite only) 1:00 Current Events w/ Sarah 1:00 Mah Jongg 1:30 Chair/Chi/Prana w/ Melissa 2:00 SW: Stories & Strengths: 2:00 Bingo 3:30 Balance Training w/ Peggy 4:30 Writing Your Memories with Susan	**17** 9:00 Tai Chi on the Terrace 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Boosters with Maritza 11:00 Technology Group Training with Caroline 12:00 Lunch 1:00 Advisory Board Meeting 1:00 Collage with Annelen 1:00 Technology Group Training with Caroline - OMNY account balance and reload 1:00 Coloring Books for Relaxation 3:00 Chair Yoga for Joint Health with Kathleen	**18** BIRTHDAY PARTY 9:00 Breakfast 9:30 Self Massage with Kathleen 10:00 Basic Pastel Drawing 10:00 Women's Empowerment Group 10:00 Fit for Life with Sarah 11:00 Fit for Life with Sarah 12:00 LUNCH - BIRTHDAY PARTY & DJ 1:00 Mah Jongg & Mah Jongg for Beginners with Shana 1:00 Caregivers Support Group with Gigi 3:00 EFT- Release, Rebalance, Renew with Margot 	**19** INTERGENERATIONAL DAY 9:30 Conversational English 10:00 Horace Mann 9th Gr. Service Learning Day 10:00 Knitting Group 10:00 Folk Dancing 11:00 Fit for Life with Sarah 12:00 Lunch 1:00 Chorus with Cheryl 2:00 Navigating Changes in Independence: Social Work Intern Series 2:00 Social Action Group 2:15 A Phoenix Museum Presentation: Art of the Monuments Men 2:30 Watercolor with April	**20** 9:00 Breakfast 10:00 Sculpture Studio 10:00 Get Fit with Stuart 11:00 Creative Writing 11:00 Feldenkrais 11:00 Columbia OT Sensory Wellness series: Vestibular and Balance Wellness 12:00 Lunch 12:45 Non-ACBL Bridge w Rich 1:00 Movie: Heart of the Beast 1:00 Presentation: Diabetes Awareness with Montefiore 2:00 Leisure Games Bridge 2:00 M.O.C.A. (Men of Certain Ages)
23 9:00 Breakfast 10:00 Leisure Games 10:00 Get Fit with Stuart 11:00 Art with Linda 11:00 Poetry Group 11:00 Tap Dancing with Maria 12:00 Lunch 12:30 Write On! w/Susan 12:45 Duplicate Bridge with Rich (Invite only) 1:00 Mah Jongg 1:00 Current Events w/ Sarah 1:30 Chair/Chi/Prana with Melissa 2:00 Bingo - The Grateful Edition w/ SW interns 2:00 SW: Stories & Strengths 3:30 Bal. Training w/ Peggy 4:30 Write Your Memories w Susan	**24** THANKSGIVING LUNCH 9:00 Tai Chi on the Terrace 10:00 Chair Tai Chi w/ Bruce 10:00 Memoir Writing 11:00 Brain Boosters with Maritza 11:00 Technology Group Training with Caroline 12:00 Thanksgiving Lunch 1:00 Collage with Annelen 1:00 Book Club: All The Beauty in the World 1:00 Technology Group Training with Caroline - Using Calendar, Reminders & Notes Apps 1:00 Coloring Books for Relaxation 3:00 Chair Yoga for Joint Health with Kathleen	**25** 9:00 Breakfast 10:00 Basic Pastel Drawing 10:00 Women's Empowerment Group 10:00 Fit for Life with Sarah 11:00 Fit for Life with Sarah 12:00 Lunch 1:00 Mah Jongg 1:00 Movie: Thelma 1:30 Chair Zumba with Maria 3:00 EFT- Release, Rebalance, Renew with Margot	**26** 	**27** 
30 9:00 Breakfast 10:00 Leisure Games: 10:00 Chair Zumba with Maria -Stuart is on vacation 11:00 Art with Linda 11:00 Poetry Group 11:00 Tap Dancing with Maria 12:00 Lunch 12:30 Write On! with Susan 12:45 Duplicate Bridge with Rich (Invite only) 1:00 Current Events with Sarah 1:00 Mah Jongg 1:30 Chair/Chi/Prana with Melissa 2:00 Bingo 3:30 Balance Training with Peggy 4:30 Writing Your Memories with Susan				

NEW MEMBER ORIENTATION

Wednesdays & Thursdays

11:15 AM - 12 PM

HAVE A QUICK TECH QUESTION?

Tech Help Office Hour with Caroline

Only **Tuesdays 3-4 PM**

SUNDAY, NOVEMBER 8

Music Appreciation

with Diana

Pyotr Ilyich Tchaikovsky

Swan Lake Ballet

4:00 PM | Online