

All Classes

In Center Classes

Online Classes

Trips



Letter from Tina Cardoza-Izquierdo

Executive Director

Dear RSS Community,

August offered us a lovely mix of relaxation and community fun. Our terrace has been buzzing with activity, from serene Tuesday morning Tai Chi with Bruce to breezy outdoor Bingo games, followed by a cool ice cream socials indoors.

Now rested and refreshed, we are eager to step into September! This month, we look forward to celebrating both the Jewish New Year and Hispanic Heritage Month. We are also excited to launch a new Chair Zumba class on Wednesday afternoons to keep everyone moving. To round out the month, we will gather on the terrace for a creative flower-drawing session, and the RSS Book Club will meet to discuss Allen Levi's touching novel, *Theo of Golden*.

Thank you for bringing so much energy to our center. We can't wait to share another wonderful month with you!

Warmly,

Tina Cardoza-Izquierdo
Executive Director

WHAT'S NEW IN SEPTEMBER AT RSS?

**Rosh Hashanah
Celebration
with Apples & Honey**

**Thursday, September 10
2:00 pm to 2:45 pm
In Center**



Celebrate Rosh Hashanah with us as we ring in a sweet Jewish New Year! Join us on Thursday, September 10 at 2:00 PM for delicious apples, honey, and great company as we welcome new beginnings together. All are welcome—come share the sweetness!



Lotería

(Mexican Bingo)

Tuesday, September 15
2:00 pm to 2:45 pm
In Center-Event Room



Get ready to shout “¡Lotería!” Join us for Mexico’s colorful version of bingo—only instead of matching numbers, we’ll match pictures. It’s easy to learn, fun to play, and there’ll be prizes to win

Fitness

NEW! Recess and Gardening on the Terrace

Get moving while enjoying the beautiful autumn weather and terrace views! Walk laps, stretch, do light calisthenics, or simply relax, chat with friends, read, meditate, or enjoy the garden.

- **Mondays & Wednesdays, 10-11 AM**
- **Tuesdays, Thursdays & Fridays, 2-3 PM**

Starting:
Wednesday, September 30
1:30 pm to 2:15 pm
Hybrid - Event Room

NEW!
CHAIR ZUMBA
WITH MARIA



[Click Here to Register](#)

Technology

★ **TECH TUESDAYS** ★
with
CAROLINE ★

11AM on Zoom

1PM in the Center

3PM Open Tech Office hour.

★ 9/15 - How to Book appointments

★ 9/22 - Phone accessories

★ 9/29 - Scam awareness

[Click Here to Register](#)

September
Movies at



RIVERDALE SENIOR SERVICES
CENTER FOR AGELESS LIVING
(PARTLY FUNDED BY NYC AGING)



Join us for an afternoon at the movies

Wed, Sept 9, Book Club: The Next Chapter 1:00 pm to 3:30 pm (PG-13, 1

[Subscribe](#) to our email list.

- **Fri. Sept. 18, Disclosure Day** 1:00 pm - 3:30 pm (PG-13, 2 hr. 28 min.)
- **Wed. Sept. 30, Bend it Like Beckham** 2:15 pm - 4:00 pm (PG-13, 1 hr. 51 min.)



Monthly Film Discussion Series

Our September Movie:

LA BAMBA

Wed. September 23
2:15 pm to 4:00 pm
(In Center - Event Room)



In celebration of **Hispanic Heritage Month**, RSS presents the story of Ritchie Valens, the pioneering Mexican American musician recognized as the first Latino rock 'n' roll star and a forefather of the Chicano rock movement. Join us for a discussion about the rise and influence of Latino artists, the barriers they have faced, and their lasting impact on music and popular culture.

The Arts




Theo of Golden

by Allen Levi

Tue. September 29
1:00 pm to 2:30 pm
Hybrid - Event Room



A mysterious old gentleman named Theo arrives in the town of Golden, finds 92 pencil portraits of local residents and buys them to deliver to their "rightful owners"—asking for nothing except a quiet conversation and a shared story.

Books for the book club are available for purchase in the Main Office for \$12. To reserve your copy or register for the book club: **call:** 718-884-5900 or **email** Debbie Auslander @ dauslander@rssny.org



Drawing on the Terrace with April Lombardi

Thursday, September 24
1:00 pm to 2:00 pm
In Center



Discover your inner artist with a fun sketching session out on the terrace!

Start this hour taking your most artistic flower photos on your phones with Barbara as inspiration for drawing the colorful blooms right on our terrace, April will guide you step-by-step to capture their unique shapes and vivid colors.

No drawing, or photography, experience needed!

Health and Wellness Awareness



Living Well Through Changes in Independence

Tuesdays in September

2:15 pm to 3:00 pm

Hybrid - Workshop Room

Funded by the NYC Geriatric Mental Health Initiative



RSS brings back its Living Well series with **Living Well Through Changes in Independence led by Jane Matluck, MSW**. Continuing the supportive conversations begun in Live Well with Worry, this group will explore navigating changes in independence.

Please join us for this weekly group meeting to learn simple ways to Manage Worry, Reframe Difficult Thoughts, Stay Present, and Discover New Ways to continue doing the things that bring meaning and joy because life may change, but you can still live well.

[Click Here to Register](#)

Healthy Aging

with **Montefiore**



Wed., September 23

1:00 PM TO 2:00 pm

Hybrid - Event Room

Join us for an engaging, informative presentation with Montefiore Health System on taking charge of your health as you age. Learn practical strategies for maintaining mobility, supporting brain health, managing chronic conditions, and navigating preventative care. Discover local resources and actionable habits to help you stay vibrant, active, and independent.

[Click Here to Register](#)

Elder Law



Presentation with **Bob Rubenstein**

Thurs., September 24

1:00 pm TO 1:45 pm (In Center)



Navigating the legalities of aging doesn't have to be overwhelming. **Join Bob Rubenstein at RSS** for an engaging and practical Elder Law Workshop to learn the essentials of protecting your health, assets, and independence.

Falls Prevention Workshop

with **Columbia OT interns**

Friday, September 25

1:00 pm to 2:00 pm

Hybrid - Event Room



COLUMBIA

COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER
PROGRAMS IN

[Subscribe](#) to our email list.

Falls are common but many can be prevented. This friendly, hands-on workshop will help you stay steady, confident, and independent.

What will be covered:

- Simple balance and strength exercises you can do at home
- Reviewing your medications
- Questions to ask your doctor or pharmacist.
- Home safety tips.

[Click Here to Register](#)

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

Come volunteer at RSS. There are various opportunities available. You can run a class, work on administrative projects, help in our dining room, or help with fundraising, marketing, or creative.

To Volunteer:

- Call 718.884.5900
- Email: info@rssny.org
- Use the [form on the website](#)

If you or someone you know is experiencing a mental health crisis.

- Call or Text 988
- Chat at <https://988lifeline.org/chat/>

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](#)

Benefits Outreach and Assistance from LiveOn NY

LiveOn NY's Benefits Outreach and Assistance program works to ensure older New Yorkers can make ends meet through easy access to public benefits in New York City.

This is accomplished in three ways:

- **Working with older New Yorkers**, their families and caregivers to assist in every step of the application and renewal processes.
- **Partnering with organizations and elected officials' offices** to offer in-person and virtual outreach events, and act as a referral source for clients and constituents in need of assistance.
- **Training and education on the many benefits programs available to older adults** with a focus on eligibility criteria, application process and an emphasis on reducing the barriers that prevent older adults from accessing benefits.

To find out if you are eligible for benefits if you need help with buying groceries, paying for Medicare costs, or rent freeze,

- **contact RSS Social Worker, Gigi Estevez @ gestevez@rssny.org or**
- **call 718-884-5900.**

Notes from the Social Work Team

Funded in part by NYC Aging

**Riverdale Senior Services: Supporting Older Adults Through
Compassion, Innovation, and Education**

[Subscribe](#) to our email list.

The Geriatric Mental Health Initiative Continues to Grow

For six years, the Geriatric Mental Health Initiative (GMHI) has supported the emotional well-being of local older adults. Led by Elizabeth Alvarado, LCSW-R, and Gidalthy (Gigi) Estevez, LMSW, GMHI offers depression, anxiety, and substance use screenings, individual counseling, home visits, and wellness workshops designed to reduce isolation and build resilience.

Current GMHI Programs (Check monthly calendar for schedule)

Women's Empowerment Group: Connect with peers in a supportive environment.

Caregiver Support Group for Spouses: Safe space for spousal caregivers to gain education and encouragement.

Mental Health Workshops: Educational sessions on topics like Living with Worry.

Friendly Check-Ins: Licensed social workers and MSW interns conduct brief wellness calls to ensure members stay connected.

Investing in Future Social Workers

Each academic year, RSS hosts graduate Master of Social Work (MSW) interns from partner universities. This September, a new cohort joins our clinical team to deliver screenings, individual counseling, support groups, and workshops.

Did You Know?

- Depression is not a normal part of aging? That's why the MSW will screen for it at RSS.
- Remaining socially active keeps the brain healthy.
- Participating in RSS group work activities can enhance your mental health.

Five Ways to Keep Your Brain Active

- Read something new every day.
- Stay physically active.
- Learn a new skill or hobby.
- Spend time with family and friends.

- Participate in programs and activities at Riverdale Senior Services.

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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You Tube

Instagram

LinkedIn

**RSS - Riverdale Senior Services
Center for Ageless Living**
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Email: info@rssny.org
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Funded, in part by NYC Aging

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