**BIRTHDAY PARTY**

**Tuesday March 24th**  
Born in March?  
Let us know no later than  
**Wednesday March 18th**  
D.J. Lex  
@ 1:00 PM  
**Birthday Celebrant:**  
Suggested donation $1.50  
**Non-Birthday Celebrant:**  
Suggested donation $4.00  
**IT IS IMPORTANT TO SIGN-UP IN ADVANCE FOR ALL SPECIAL EVENTS AND PARTIES, SO WE CAN ACCOMMODATE EVERYONE.**

**NEW MEMBERS**

| Juliet R. Bailey | Nora Berman | Flada Byerson | Min Byong Chip | Carolyn Davis | Michael C. Dunford | Denise Florencio | Lawrence J. Florencio | Angel Giuria | Zola Golub | Paula Goodman | Linda Kaplin | Yang Kye-Young | Suzanne Marcus | Ellen C. Martin | Margaret E. Martin | Patricia Mc Manus | Min-Jung Mi Cha | Martin C. Moran | MaryEllen Muldoon | James Nelkin | Alice Rothbaum | Reesa Vaughter | Byunghee Yang |
|-----------------|-------------|---------------|----------------|---------------|-------------------|------------------|----------------------|-------------|----------|--------------|-------------|---------------|----------------|-----------------|------------------|----------------|---------------|----------------|----------------|----------------|----------------|----------------|

**RIDDLE**

Riddle:  
Tear me off and scratch my head, what once red is now black. What am I?  
Last month's Answer: Fire  
You can give us the answer during the month of March.

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

**CENTER OPEN**

**Sunday, March 15th**  
**St. Patrick's Day**  
11:00-3:00

**IN THIS ISSUE**

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- New Members
- Center Open
- Riddle
- Save The Date
- Language services
- Plastic Bags
- St. Patrick's Flyer
- March Highlights
- Women's Circle Flyer
- Honor Donations
- Opportunity to Donate
- Volunteer
- Movies
- Trips

**SAVE THE DATE**

**APRIL 2ND**  
@ 11:15  
**Model Seder**  
With Rabbi Aaron Frank

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

2600 Netherland Ave.  
Bronx, NY 10463  
Phone: (718) 884-5900  
Fax: (718) 796-9624  
www.rssny.org  
The Center for Ageless Living

To become a member call (718) 884-5900 or visit our website www.rssny.org.
Across New York, residents use 23 billion plastic bags annually. A significant number of these bags make their way into the environment causing litter and damaging wildlife, which can be seen within our waterways, along our streets and in our oceans and lakes. These bags do not biodegrade -- they persist for years.

In March 2017, Governor Cuomo created the New York State Plastic Bag Task Force, chaired by DEC Commissioner Seggos. Since its formation, the task force met several times to develop a comprehensive solution to the plastic bag problem.

The group was tasked with developing a uniform and equitable statewide plan to address New York’s plastic bag problem. As of March 1, 2020, New York State will be taking action to address the impact of single-use plastic bags with the implementation of the Plastic Bag Waste Reduction Law.
RSS Celebrates St. Patrick's Day

Sunday, March 15
11-3 PM

Irish Step Dancing with Jessica Hoffmann
Irish Music with Michael Golden
Lunch of Corn Beef & Cabbage

Reservations Required
In Office, Call 718.884.5900 or online at rssny.org
$5 voluntary contribution

RSS
RIVERDALE SENIOR SERVICES
2600 Netherland Avenue, Bronx, NY 10463
(718) 884-5900 | rssny.org
Funded in part by NYC Dept. of Aging
MARCH HIGHLIGHTS

Women's History Month

began in 1981 when Congress passed Pub. L. 97-28 which authorized and proclaimed Women's History Week beginning March 7, 1982. In 1987 the recognition was extended to become Women's History Month and now March of each year we have a Women's History Month that highlights the contributions of women to events in history and contemporary society. This month there are a number of activities planned that are for women, by women, and about women.

NOTE: Movies (Wednesday) - Documentaries (Thursday) - Women's Circle (3/19)
Health Presentation Series (Thursday)

Are You A Retired Teacher, Professor, Facilitator or Instructor?

We know that there are many talented and skilled people in our community that have retired and have much to contribute still. We would like to set up a meeting to get your feedback on programming and potential new programming, and find out how you can be a part of our programming efforts going forward. We are finalizing the meeting date but we first want to put together a list of invitees. Please call Margie Schustack or Andria Cassidy at 718 884 5900 if you are interested!

SUNDAY MARCH 8TH
DAYLIGHT SAVING TIME
TURN YOUR CLOCK FORWARD

NATURAL WELLNESS WORKSHOPS

Friday, March 13: Making a really nice hand lotion is fun and easy. In this workshop you will learn how to pamper yourself. Make your own hand cream, learn how to give yourself a soothing hand massage and maybe get some Reiki to top it all off!

Friday, March 27: Spring is here and the seedlings that we started need extra room to grow. Together we will be repotting our newly sprouted herbs and wildflowers to get them ready to go outside. Some will stay at RSS, some will go out into the community helping our partners and wildlife in the surrounding neighborhood. In all, a great way to give to the community.
WOMEN'S POETRY NIGHT

An Evening of Poetry, Verse, Comedy, and Performance
Hosted by Lucy Aponte

By Women For Women About Women

Thurs., March 19
5:30 - 7:30 PM
A Woman's Circle Event

$5 to attend event
Includes Dinner & Drinks

RESERVATION
In Office
Call 718.884.5900
Online: rssny.org

RSS
RIVERDALE SENIOR SERVICES
2600 Netherland Avenue
Bronx, New York 10463

Partially Funded by NYC Dept of Aging
Sponsored by the RSS Women's Wellness Project
Volunteer

Looking for people to support several RSS Volunteer Center Opportunities:

- Volunteer to support Individual Computer Instruction
- Kitchen Serving and Dining Room Set Up
- Center Greeter
- Sign in Volunteer for special day and early evening activities

To learn about volunteer opportunities contact:

CHERYL KANN-FERST - Volunteer Coordinator
718 884-5900, ext. 22

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718 884-5900, ext. 22

Opportunities to Donate

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, please call (718) 884-5900

***************

- Contributions can be made to say a special thank you or to honor a friend or loved one. RSS will inform the designated family of your thoughtfulness and generosity.
- 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.
- Come to purchase Jewelry on Tuesdays and Collectibles on 2nd Wednesdays of the month, located in our Lounge Area.

Honor Donations

Angela Best—To Joan Haahr—In Memory of Jorn Haahr.
Ruth Bromberg—To Veronica Smith—In memory of your sister Pauline.
Jane Gibson—Joan Haahr—In Memory of Jorn Haahr.
Enid Karr, Louise Star, Myra Kaufman—To Isabel Weisinger—We are sorry for the loss of your husband Marvin.
Theresa King—Joan Haahr—In Memory of your husband Jorn Haahr.
Wendl Kornfeld—RSS—In honor of The Savvy Solo Club.
Gail Lowenstein—RSS—Many Thanks for all you have done for my parents.

Gold Leaf
In memory of Elizabeth (Betsy) Schulz
Donated by Terry Roche

Bronze Leaf
Justice David & Shoshana Stadtmauer
Donated by David Stadtmauer
## MARCH MOVIES

### March 4 - Harriet (Starts at 12:45)
From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

### March 11 - Iron Jawed Angels (Starts at 12:45)
Fiery American suffragette Alice Paul lights a fire under the older women's leaders in Washington DC. President Wilson refuses to give all women the vote, but Paul is prepared to go to prison for her cause.

### March 18 - The Good Liar (Starts at 1:00)
Career con artist Roy Courtnay can hardly believe his luck when he meets well-to-do widow Betty McLeish online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

### March 25 - Norma Rae (Starts at 12:45)
Like a lot of her family before her, Norma Rae (Sally Field) works at the local textile mill, where the pay is hardly commensurate with the long hours and lousy working conditions. But after hearing a rousing speech by labor activist Reuben (Ron Leibman), Norma is inspired to rally her fellow workers behind the cause of unionism. Her decision rankles her family, especially her fiancé, Sonny (Beau Bridges), and provokes no shortage of contempt from her employers.
**MARCH TRIPS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Activity</th>
<th>Departure Time</th>
<th>Return Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, March 6</td>
<td>(Reg. Began 2/17/20) An Beal Bohcht Café</td>
<td>11:15am</td>
<td>1:45pm</td>
</tr>
<tr>
<td>Monday, March 9</td>
<td>(Reg. Began 2/17/20) Stew Leonard/Costco</td>
<td>11:15am</td>
<td>1:15pm</td>
</tr>
<tr>
<td>Wednesday, March 11</td>
<td>(Reg. Began 2/17/20) Candle Light Tour of St. Patrick’s Cathedral Catacombs</td>
<td>9:30am</td>
<td>2:45pm</td>
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<tr>
<td>Friday, March 13</td>
<td>Hibachi Grill &amp; Supreme Buffet</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Wednesday, March 18</td>
<td>Hudson River Museum- Women’s Work Exhibit</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Friday, March 20</td>
<td>Rory Dolan Restaurant or Shopping at Mc Clean Avenue</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Monday, March 23</td>
<td>Aldi Supermarket</td>
<td>11:15am</td>
<td>1:00pm</td>
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<tr>
<td>Wednesday, March 25</td>
<td>Ridgehill Mall</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Thursday, March 26</td>
<td>Botanical Gardens</td>
<td>10:45 am</td>
<td>1:30 pm</td>
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<tr>
<td>Monday, March 30</td>
<td>Empire Casino</td>
<td>11:15am</td>
<td>1:45pm</td>
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**APRIL TRIPS**

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<tbody>
<tr>
<td>Friday, April 3</td>
<td>Epstein’s Restaurant</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Monday, April 6</td>
<td>Arthur Avenue</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Wednesday, April 15</td>
<td>Christmas Tree Store</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Friday, April 17</td>
<td>Pizza Beat Restaurant</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Monday, April 20</td>
<td>Aldi Supermarket</td>
<td>11:15am</td>
<td>1:00pm</td>
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<tr>
<td>Wednesday, April 22</td>
<td>Trader Joe’s</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Thursday, April 23</td>
<td>Wind Creek Casino</td>
<td>9:00 am</td>
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<tr>
<td>Friday April 24</td>
<td>Sammy’s Restaurant</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Wednesday, April 29</td>
<td>Ridgehill Mall</td>
<td>11:15am</td>
<td>1:45pm</td>
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**MAY TRIPS**

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<tr>
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<th>Location/Activity</th>
<th>Departure Time</th>
<th>Return Time</th>
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</thead>
<tbody>
<tr>
<td>Friday, May 1</td>
<td>Noguchi Museum</td>
<td>10:00am</td>
<td>1:45pm</td>
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<tr>
<td>Monday, May 11</td>
<td>Christmas Tree Store</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Museum of the City of NY</td>
<td>10:45am</td>
<td>1:30pm</td>
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<tr>
<td>Monday, May 13</td>
<td>Bay Plaza</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Friday, May 15</td>
<td>Seashore Restaurant</td>
<td>11:15am</td>
<td>1:45pm</td>
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<tr>
<td>Monday, May 18</td>
<td>Aldi Supermarket</td>
<td>11:15am</td>
<td>1:00pm</td>
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<td>Friday, May 22</td>
<td>Ike</td>
<td>10:00am</td>
<td>1:45pm</td>
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<tr>
<td>Wednesday, May 27</td>
<td>Ridgehill Mall</td>
<td>11:15am</td>
<td>1:45pm</td>
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*On or after March 1, please sign up in the office in person, unless otherwise noted.*

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.

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

Fund in part by the NYC Department for the Aging