

All Classes

In Center Classes

Online Classes

Trips



Letter from Tina Cardoza-Izquierdo

Executive Director

RSS is heating up in August with new and exciting classes and events. Welcoming key leaders, empowering our members to stay safe, and enjoying the summer weather, it has been a truly remarkable season. Here are a few recent highlights I am thrilled to share with you:

The new Terrace is looking absolutely amazing! Thanks to the dedication of our members and volunteers who have been helping tend the gardens, the flowers are blooming and looking beautiful.

We are excited to take full advantage of this space by launching our very first outdoor classes! We just had our first class, Tai Chi with Bruce on the Terrace, and will follow up with Bingo and an Ice Cream Social.

We were honored to host **Senator Gustavo Rivera** at RSS recently. Senator Rivera has long been a champion for older adults and a steadfast advocate for our center. During his visit, he spent time connecting with members and seeing firsthand the vital impact our programs have every day. We are deeply grateful for his continued leadership and support.

In partnership with the **New York National Guard**, we hosted an essential presentation through the NY Citizens Emergency Preparedness Program. Our members learned how to respond effectively to both natural and man-made disasters.

To ensure everyone is ready to put their learning into practice, each attendee received a complimentary emergency preparedness kit. Keeping our community safe, informed, and prepared remains one of our highest priorities.

Thank you to our dedicated staff, volunteers, and especially our members for making RSS such a warm and dynamic place. I look forward to seeing you on the Terrace soon!

Warmly,

Tina Cardoza-Izquierdo



WHAT'S NEW IN AUGUST AT RSS?



Terrace Programs & Activities

(Weather Permitting)

Enjoy our beautiful terrace while taking part in these new activities:

Tai Chi on the Terrace

with Bruce



Tuesdays

August 4, 11, 18, 25

9:00 am - 9:45 am

Start Your Tuesdays with Calm & Balance!

Join us for Tai Chi with Bruce every Tuesday morning in August on the Terrace (weather permitting). Flow into your morning with gentle, mindful movements designed to boost energy, improve flexibility, and enhance balance. Perfect for all skill levels!



Join us for

Bingo and Ice Cream Social on the Terrace



Wednesday, August 6
Friday, August 21

- 1:00 PM Bingo
- 2:00 PM Ice Cream Social



Bingo, Ice Cream & Fresh Air!

Come experience our newly refurbished terrace! Join us for Bingo, a cool treat, and great views. (Weather permitting)



Horticultural Wellness on the Terrace

Fridays,
2:30 PM – 3:30 PM



Horticultural Wellness on the Terrace

Fridays | 2:30 PM – 3:30 PM

Wind down your week with peaceful garden maintenance and interactive horticultural workshops. No experience necessary—all green thumbs (and beginners!) are welcome!



TECH TUESDAYS
with
CAROLINE

11AM on Zoom
1PM in the Center

8/4 - Zoom

8/11 - Security & Scams

8/18 - Duolingo & Google Translate refresh

8/25 - Password management



[Click Here to Register](#)



Jewelry Class

with Eddie

Thursdays

August 6, 13, 20, 27

1:00 pm to 2:00 pm



Ready to design your own custom jewelry? Join us this August for a hands-on class led by the incredibly talented Eddie and learn the essential techniques of jewelry making



RSS at the Movies



Newly Released Movies

We heard you! Beginning in August, we'll be showing some of the newest movies available to stream.

[Subscribe](#) to our email list.



August
Iced Tea Social
Thursday, August 20
2:15pm to 3:30pm
(In Center)



Beat the Heat with an Ice Tea Social!

Join us for a refreshing afternoon of cool drinks, delicious light treats, and great company.

Women's Equality Day Movie & Discussion:
"On the Basis of Sex"



Wednesday, August 26
1:00 pm
(In Center)



Celebrate Women's Equality Day with Sarah for an engaging movie screening and discussion! We'll be watching *On the Basis of Sex*, the inspiring true story of a young Ruth Bader Ginsburg as she balances family, academic excellence, and systemic discrimination to launch a groundbreaking legal case that redefines gender equality.



Montefiore

Immunization Awareness

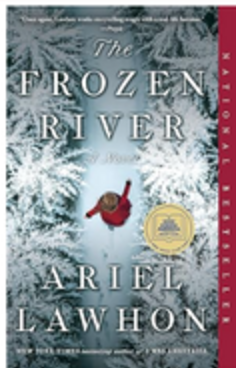
Wednesday, August 26

1:00 PM to 2:00 PM

(Hybrid)

Join Montefiore for an informative session on the importance of staying up to date on your vaccines. Learn how routine immunizations protect you and your loved ones at every stage of life!

[Click Here to Register](#)



The Frozen River

by Ariel Lawhon

Thursday, August 27

1:00 PM to 2:30 PM

(In Center)



Set in 1789 Maine, **The Frozen River** follows 54-year-old midwife and healer Martha Ballard after a man's body is discovered entombed in the icy Kennebec River.

Ariel Lawhon's novel is a gripping historical mystery about a real-life unsung heroine defying a corrupt legal system in pursuit of truth and justice.

Books 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.



NewYork-Presbyterian

Healthy Eating Workshops

Let's discuss: "Satisfying Summer Salads"

Friday, August 28 (Hybrid)

1:15 PM to 2:00 PM



Join NY Presbyterian Dietitian Art Gillman for an engaging session on the health benefits of "Satisfying Summer Salads." Discover how refreshing, seasonal ingredients can boost your nutrition and enhance your wellness routine.

[Click Here to Register](#)

Breakfast is ready!

Monday, Wednesday, Friday

9:00 AM to 10:00 AM



Good Food. Great Company. \$2 Suggested Donation.

 Start your morning right! Drop in for a hearty breakfast every Monday, Wednesday, and Friday between 9:00 AM and 10:00 AM

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](#)

[Subscribe](#) to our email list.

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](#)

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

Notes from the Social Work Team

Supporting Older Adults Through Compassion, Innovation, and Education

The Geriatric Mental Health Initiative Continues to Grow

For the past six years, the Geriatric Mental Health Initiative (GMHI) has been an integral part of Riverdale Senior Services, promoting the emotional health and well-being of older adults throughout our community. GMHI provides a comprehensive continuum of mental health services, including depression, anxiety, and substance use screenings, individual counseling, peer support groups, home visits for homebound older adults, and educational workshops that empower older adults to age with dignity, resilience, and purpose.

GMHI Programs Available Now

We have several GMHI funded programs and services currently available for our members. Be sure to check the monthly calendar for dates, times, and details!

Current Programs

- **Women's Empowerment Group** – Connect with other women in a supportive and welcoming environment.
- **Caregiver Support Group for Spouses** – A safe place for spouses caring for a loved one to receive support, education, and encouragement.
- **Mental Health Workshops** – Educational presentations, including topics such as Live with Worry, designed to promote emotional wellness and healthy aging.

Previous Programs Members Enjoyed: Over the years, many members have benefited from programs such as:

- **Grief Support Group**

These programs have provided valuable information, emotional support, and meaningful conversations for our members.

A Friendly Mental Health Check-In: You may also receive a phone call or speak with one of our licensed social workers or Master of Social Work (MSW) interns for a brief mental health screening. These friendly check-ins help us better understand your needs and ensure we provide the support and services that help our members remain healthy, connected, and emotionally well.

GMHI is led by Elizabeth Alvarado, LCSW-R, and Gidalthy (Gigi) Estevez, LMSW, whose commitment to excellence helps ensure that older adults receive compassionate, person-centered care.

Investing in the Next Generation of Social Workers

One of Riverdale Senior Services' greatest strengths is its commitment to educating future social work professionals. Each academic year, RSS proudly hosts three to four Master of Social Work (MSW) interns completing their first- and second-year field practicum placements. Working alongside our clinical team, interns have the opportunity to develop advanced clinical skills, gain valuable experience serving older adults, and strengthen their professional social work identity under expert supervision. This September, we are excited to welcome another outstanding cohort of graduate social work interns from our university partners. Throughout the academic year, they will help deliver GMHI services by:

- Conducting depression, anxiety, and substance use screenings
- Providing individual counseling
- Co-facilitating peer support groups
- Presenting monthly educational workshops on topics that support healthy aging and aging in place
- Assisting with outreach, member engagement, and community wellness initiatives

Our interns are an invaluable part of the RSS family, bringing enthusiasm, creativity, compassion, and fresh perspectives while making meaningful contributions to the lives of the older adults we serve.

Thank You, Johann George!

As we welcome a new class of interns, we also celebrate the accomplishments of one of our own. During his field practicum, Johann George demonstrated exceptional initiative and dedication by leading the development of Riverdale

welcoming and informative experience for every new member who joins our community.

Johann's contributions are an excellent example of the meaningful impact our MSW interns make at RSS. We sincerely thank him for his hard work, professionalism, and commitment to serving older adults. Johann completes his field practicum on August 12, 2026. While we will certainly miss him, we wish him every success as he continues his journey toward becoming an outstanding social worker.

New Member Orientation

Every Monday | 11:00 AM – 12:00 PM Our weekly New Member Orientation makes becoming part of the RSS community simple and welcoming. New members receive assistance completing their application, enjoy a guided tour of the center, learn about our many programs and services, and have the opportunity to meet members of our social work team and MSW interns who are available to answer questions and provide support. We look forward to welcoming you to Riverdale Senior Services!

Welcoming Our New Columbia University OT Interns!

We are thrilled to announce that four Occupational Therapy (OT) interns from Columbia University will be joining Riverdale Senior Services (RSS) this fall! Two interns will be stationed at the Senior Center and two will be working with our Adult Day Services (ADAP) program.

The students will be visiting on Monday, August 10, and Wednesday, August 12, to meet and connect with members. Following their visits, they will return in September to lead an 8-week series custom-designed around the needs and interests of the RSS community.

Every year, RSS is fortunate to host these talented students, whose energy and expertise enrich our programs. Past intern initiatives have included popular series on Mental Health through the Arts and Fall Prevention. Please join us in giving them a warm RSS welcome when you see them this month!

Wanted: people interested in playing Leisure Bridge or Mahjong.

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

[Subscribe](#) to our email list.

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

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Instagram

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**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

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