

All Classes

In Center Classes

Online Classes

Trips



Letter from Tina Cardoza-Izquierdo

Executive Director

Dear RSS Community,

As autumn settles in and the leaves begin to turn, it's one of the most beautiful times of year to gather at our center.

The crisp autumn air and ideal weather make it the perfect season for Tai Chi on the Terrace. We invite you to join us outdoors and enjoy these refreshing sessions on the terrace through October!

Inside the center, momentum continues to build. Our interior renovations are progressing smoothly as we enhance our spaces, and we are thrilled to welcome a steady stream of new members to the RSS family every week.

October is also **Breast Cancer Awareness Month**, and we are dedicated to bringing critical health education and support to our community. This month, we are partnering with leading healthcare providers to bring you an educational **Breast Cancer Awareness Presentation** with nurses from Montefiore Health System and a **Forum Discussion & Survivor Panel** exploring key issues around breast cancer, featuring first-hand insights and experiences shared by survivors.

Whether you are enjoying our outdoor fitness classes, participating in our health forums, or stepping through our doors for the first time, there is vibrant energy throughout our halls.

Thank you for being such an active, essential part of our community. We look forward to seeing you on the terrace and around the center this season!

Warmly,

Tina Cardoza-Izquierdo
Executive Director

WHAT'S NEW IN OCTOBER AT RSS?

A banner for a World Sight Day presentation. It features logos for RSS (Riverdale Senior Services, Funded in part by NYC Department for the Aging, Center for Ageless Living), visions (services for the blind and visually impaired), and the 100th Anniversary of VISIONS (1926-2026). The main text reads "WORLD SIGHT DAY PRESENTATION" and "Vision and Everyday Life" with an eye icon. Below this, it says "October 8, 2026" with a calendar icon and "2:00 PM-3:00 PM" with a clock icon. The background shows a man and a woman looking at a document together.

RSS RIVERDALE SENIOR SERVICES
FUNDED IN PART BY NYC Department for the Aging
CENTER FOR AGELESS LIVING

visions
services for the blind and visually impaired

100th
Anniversary
1926 – 2026

WORLD SIGHT DAY PRESENTATION

Vision and Everyday Life 

 **October 8, 2026** |  **2:00 PM-3:00 PM**

In honor of World Sight Day and the 100th anniversary of VISIONS Services for the Blind and Visually Impaired, join us for an informative presentation on vision health and independence. Lisa Sluszka will cover common eye conditions, how vision loss impacts daily life, available services that support independence, and practical ways to assist individuals who are blind or have low vision. Following the talk, explore a hands-on resource table featuring adaptive devices, tools, and materials to learn more about VISIONS' support services.

[Click Here to Register](#)

A graphic for Breast Cancer Awareness. It features a pink ribbon tied around a green leafy branch on the left. To the right, the words "Breast Cancer Awareness" are written in large, bold, pink letters.

Breast Cancer Awareness

October is Breast Cancer Awareness Month—a dedicated time to honor those affected, promote early detection, and support lifesaving research. Breast cancer remains one of the most common cancers worldwide, but early detection through regular screenings and mammograms dramatically increases treatment success and saves lives.

Breast Cancer Awareness Events

[Subscribe](#) to our email list.

Breast Cancer Awareness Art Project with Linda: Paint It Pink: A Garden of Hope

Tuesday, October 6 @ 1:00 PM

Join us for a creative afternoon in recognition of Breast Cancer Awareness Month. Paint and decorate flowers with messages of hope, strength, and support for our community garden display. No art experience necessary—all are welcome!

Members paint or decorate pink flowers, then add a word or short message to the petals: hope, strength, friendship, courage, love. Combine the flowers into a community display titled “Together, We Grow Hope.”

Breast Cancer Awareness with NY Presbyterian & Survivor Forum

Wednesday, October 14 @ 2:30 PM

[Click Here to Register](#)

Hear powerful stories of strength, hope, and resilience. This interactive forum features a representative from NewYork-Presbyterian alongside community survivor testimonies to share valuable health insights and personal journeys through diagnosis, treatment, and recovery.

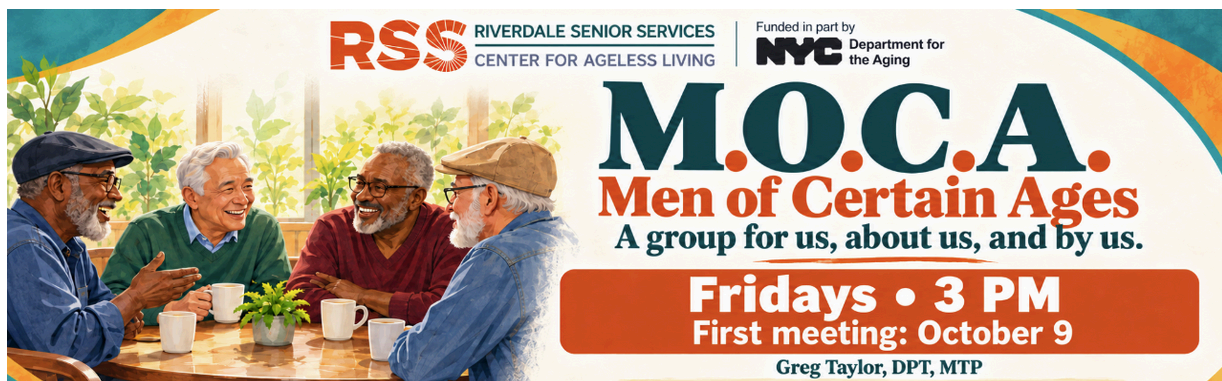
Breast Cancer Awareness with Montefiore

Friday, October 23 @ 1:00 PM

[Click Here to Register](#)

Join us for an informative presentation featuring two visiting nurses from Montefiore Health System. They will share crucial information on breast health, risk factors, preventative measures, and answer questions about early detection and care.

NEW! Men's Group



The poster features an illustration of four diverse older men sitting around a table, engaged in conversation and drinking coffee. The background is a warm, sunlit indoor setting with plants. The text is arranged in a clear, hierarchical manner, starting with the logos of the organizing institutions, followed by the group name in large, bold letters, a tagline, and meeting details in a prominent orange box.

RSS RIVERDALE SENIOR SERVICES
CENTER FOR AGELESS LIVING

Funded in part by
NYC Department for the Aging

M.O.C.A.
Men of Certain Ages
A group for us, about us, and by us.

Fridays • 3 PM
First meeting: October 9

Greg Taylor, DPT, MTP

[Subscribe](#) to our email list.

Pull up a chair and find your community!

M.O.C.A. is a new men's group created for us, about us, and by us—offering a welcoming space to share experiences, work on group projects, explore relevant health trends, share skills and hobbies, and weather life's transitions together.

At our first meeting on October 9, facilitator Greg Taylor will share how finding community and support at RSS helped him regain his footing following a life-changing accident.

Fitness

Fit for Life with Female Fight Club is now 3X/wk!

You asked for it and we heard you. In order to accommodate everyone who wants to take the class we have added a second Wednesday class.

Wednesdays:

- 10:00 AM to 10:45 AM
- 11:00 AM to 11:45 AM

Thursdays:

- 11:00 AM to 11:45 AM

You can only take ONE Fit for Life class per day.

Sign up for Fit for Life classes will be at the Greeter's desk starting at 9:30 am day of class.

Technology

★ TECH TUESDAYS ★ with CAROLINE ★

11AM on Zoom

1PM in the Center

3PM Open Tech Office hour.

★ 10/6 - Texting: group chats, sending pictures, saving contacts

10/13 - Using Instagram: browsing and posting

10/20 - Joining RSS online classes through Zoom

10/27 - Ordering on Doordash: food and grocery delivery

[Click Here to Register](#)

October
Movies at
RSS
RIVERDALE SENIOR SERVICES
CENTER FOR AGELESS LIVING
FUNDED IN PART BY NYC Department for the Aging



 Join us for an afternoon at the movies

- Wed. Oct. 7 @ 1:00: The Breadwinner (PG) 1 hr. 39 min.
- Tue. Oct. 13 @ 2:00: Superman (PG-13) 2 hr. 9 min.
- Thu. Oct. 22 @ 1:00: Practical Magic 2 (PG-13) 2 hrs. 10 min.
- Thu. Oct. 29 @ 1:00: That Darn Cat (PG) 1 hr. 25 min.

Beginner Mahjong 4-wk. Series

Learn the basics and master the tiles

Starting Wed. October 14

1:00 to 1:45 & 2:00 to 2:45



Join us for a fun, step-by-step 4-week series designed for complete beginners. You'll learn the tiles, basic rules, and winning strategies in a friendly, low-pressure environment. **Space is limited—sign up today!**

[Subscribe](#) to our email list.

- **Wed. Oct. 14** – Tiles and the Object of the Game: Learn the tile families, basic rules, and how to read the National Mah Jongg League card.
- **Wed. Oct. 21** – Setting Up and Starting to Play: Review the tiles; practice building the wall, dealing, sorting a hand, and the Charleston; then try open-handed play
- **Wed. Oct. 28** – Open-Handed Game Play: Play guided rounds with tiles face up
- **Wed. Nov. 4** – Guided Game Play: Play a full game with the instructor available to answer questions.

Classes will be held at 1:00 to 1:45 and 2:00 to 2:45.

Pre-register at the Greeter's Desk.

Celebrating International Cat Day 	Thursday, October 29 Movie @ 1:00 PM: That Darn Cat Bring your favorite photos of your fur babies to share
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The Arts

A Presentation and Conversation with Phoenix Art Museum: Fantasy vs History: From The Lord of the Rings to Middle Earth Art (Online)

Thursday, October 15 @ 2:15 PM

Tolkien was both an author and an artist, so we look at his own art illustrating his various works (including annual Christmas cards). We also see the basis for his fantasy literary world in the history and cultural objects of Celtic and Anglo-Saxon civilization, which was his area of expertise. (He was a professor of ancient languages.) We look at weaponry, armor, jewelry, and various other objects from Celtic and Anglo-Saxon Europe from about 3,000 BCE to the coming of William the Conqueror.

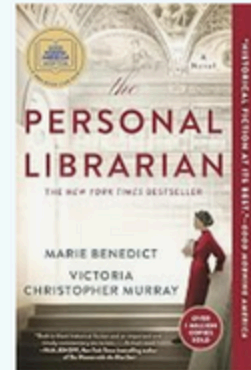
[Click Here to Register](#)

The Personal Librarian

by Marie Benedict
and Victoria Christopher Murray



Tue. October 27
1:00 pm to 2:30 pm
Hybrid - Workshop Room



Step into Gilded Age New York with **The Personal Librarian** by Marie Benedict and Victoria Christopher Murray. This gripping novel tells the true story of Belle da Costa Greene, a Black woman passing as white who rose to become J.P. Morgan's personal librarian and one of the most influential figures in the art world. A compelling story of passion, ambition, and identity.

Books for the book club are available in the Main Office for \$10.

To reserve your copy or register for the book club:

call: 718-884-5900 or **email** Debbie Auslander @
dauslander@rssny.org

Health and Wellness



Flu & Covid Shot Clinic

@ RSS

Friday, October 9

10:00 AM to 3:00 PM

Register at the Greeter's desk

Get your Flu and Covid vaccinations Friday, October 9 starting at 10:00 AM at RSS.

You must register ahead of time. Bring your insurance information for the appointment

[Subscribe](#) to our email list.

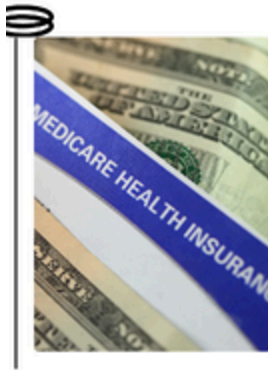
Riverdale Specialty Pharmacy will offer both Pfizer and Moderna Covid vaccines.

To get more information call 718-884-5900 or email: info@rssny.org

Register at the Greeter's desk.

Form more information: Call 718-884-5900 or email

info@rssny.org



RSS RIVERDALE SENIOR SERVICES
FUNDED IN PART BY NYC Department for
CENTER FOR AGELESS LIVING

MEDICARE ENROLLMENT
WITH CAITLIN STIENE
Thursday, October 15
1:15 - 2:15 PM (Hybrid)



[Click Here to Register](#)

Sensory Awareness Series with Columbia OT Interns (Hybrid)

Our senses connect us to everything we love doing, from gardening and cooking to chatting with friends. Join Columbia OT Interns each week to focus on a different sensory system and learn how to keep our minds and bodies tuned in to the world around us.

- **Fri. October 2 @ 11:00 am:** Visual Awareness and Wellnes
- **Fri. October 9 @ 11:00 am:** Hearing and Auditory Wellnes
- **Fri. October 16 @ 11:00 am:** Smell and Olfactory Wellnes
- **Fri. October 23 @ 11:00 am:** Touch and Tactile Wellnes
- **Fri. October 30 @ 11:00 am:** Taste and Gustatory Wellnes
- **Fri. November 6 @ 11:00 am:** Body Awareness and Movement Wellnes
- **Fri. November 13 @ 11:00 am:** Posture and Balance Wellness

[Click Here to Register](#)

Social Work Corner

New Member Orientation

New to RSS and want to learn more about our programs and services?

Meet Tauren Hagans, MSW Intern, by the front tables every **Wednesday and Thursday from 11:15am-12:00pm** to:

- Meet other new members
- Learn more about the classes, trips, and services at RSS
- Take a tour of the center
- Get your questions answered!

For questions: **Call** 718-884-5900 or **email** info@rssny.org

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/>

[Subscribe](#) to our email list.

The Home Energy Assistance Program (HEAP):

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.**

Wanted: people interested in playing Leisure Bridge or Mahjong.

- **Mahjong:** Mondays from 10:00 - 12:00

[Subscribe](#) to our email list.

- **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](#)

Facebook

You Tube

Instagram

LinkedIn

**RSS - Riverdale Senior Services
Center for Ageless Living**

2600 Netherland Avenue
Bronx, NY 10463

Website: rssny.org

Email: info@rssny.org

Phone: 718.884.5900

Funded, in part by NYC Aging

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