

Monday

Riverdale Senior Services 2600 Netherland Avenue, Bronx, NY 10463 718-884-5900 May 2019

Funded in part by the NYC Department for the Aging

Wednesday

RIVERDALE SENIOR SERVICES

Friday

Clay Sculpture

It's Time for the Garden ******

CENTER **OPEN SATURDAY MAY 18TH** 9:00-1:00

SERVICE LEARNING WITH HORACE MANN HIGH SCHOOL Gardening (9:00-11:00) Movie: (10:00-12:00) Lunch: (12:00-1:00) Spaghetti & Meat Balls Whole Wheat Roll **Garden Salad** Fruit Jell-O

CENTER OPEN SUNDAY MAY 19TH 12:00-3:00 **RSS 40TH ANNUAL VINTAGE ARTISTS SHOW** **LUNCH AVAILABLE**

Tuesday



BAKE SALE

11:00 Belly Dancing

1:00 Coloring Books

1:00 Presentation:

Mixed Media Class

Balance & Strength

11:00 Mindfulness with Hannah

North Korea & South Korea

2:00 Reimaging Ourselves Grp

With Paul Heron, LCSW

Based Exercise

ACCESS-A-RIDE

2:00 Travels with Cecile#

Yoga with Paula

3:00 Meditation with Paula

10:00 Nuplicate Bridge 10:00 Drama Club 10:00 Zumba Gold with Kolu 10:00 Life Transitions Group with Susan Cohen, LCSW 11:00 Chair Exercise 10:45 Trip **United Nations Tour ****

1:00 Movie: Stan & Ollie 1:00 Let's Paint flowers! All levels are welcome, bring your own acrylic painting supplies with April Lombardi Caregiver Support 1:00 **Group for Spouses** 3:00 Qi Gong/Tai Chi

Learn to Play Bridge

Life Transitions Group

Zumba Gold with Kolu

Mary Queen of Scots

painting supplies

Qi Gong/Tai Chi

BlissFit

with April Lombardi

Learn to Play Bridge

Let's Paint flowers!

All levels are welcome,

bring your own acrylic

with Susan Cohen, LCSW

Breakfast Club

Nuplicate Bridge

Drama Club

11:00 Chair Exercise

Movie:

4:00

9:00

10:00

10:00

10:00

1:00

1:00

4:00

4:00

Stress and the Older Adult Montefiore Hospital With Gerri O'Connell Write On! -1:00 Grief Support Group (Loss of a Partner) Yoga For Joint Health NEW: Meditation 3:15 10:00 Knitting Group 10:00 Watercolor with April 10:00 Adjusting to Change

11:00 Trivia

1:00

11:00

1:00

Trivia

Thursday

10:00 Knitting Group 10:00 10:00 Watercolor with April 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility Presentation: with Susan Cohen, LCSW with Tiffany#

9:30

10:00

10:30

11:00

10:30 Balance & Strength **Based Exercise** ORCHID RAFFLE 12;00 **Wellness Workshops** 1:00 with Barbara Denson# 1:00 Karaoke Art & Culture Discussion 2:15 with Prof. Landgraf Max Ernst (1906-1941) **Europe** 3:00 Tai Chi Gong

Tai Chi with Bruce 10

Balance & Strength

Based Exercise

Fact & Fiction:

"Ya Ha:

Clay Sculpture

with Brenda

Women in

10:00 Chair Yoga 6 10:00 Canasta **Current Events** 10:00 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 12:30 **Duplicate Bridge** 1:00

Social Action Committee 1:00 Mah-Jongg Poetry Class 1:15 1:45 Feldenkrais 3:00

10:00 Chair Yoga

Canasta

12:30 Duplicate Bridge

Mah-Jongg

Poetry Class

Feldenkrais-

3:00 Qi Gong/Tai Chi

Face & Jaw #9 Creative Writing

Current Events

11:00 Tai Chi Gong with Bill

Christmas Tree Store**

Conversation of the

Spirit With Rabbi Aaron Frank

Women's Support Grp

3:00

10:00

10:00

11:00

1:00

1:15

1:15

1:45

3:00

11:15 Trip:

Flexible Feet #8 **Creative Writing** Qi Gong/Tai Chi

13

3:00 Men's Group with Paul Heron, LCSW 3:45 Horace Mann Service Learning Team 9:00 9:45

9:00

9:00

9:45

Mixed Media Class 14 Balance & Strength Based Exercise 11:00 Mindfulness with Hannah 11:00 Folk Dancing 11:15 Trip:

Presentation: 1:00 'Retaining Choice-Who Knows Your Wishes?" 1:30 Better Together with Kinneret 2nd graders 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula

WNET -Channel 13 Tour**

Coloring Books

3:00 Meditation with Paula 3:00 Men's Group with Paul Heron, LCSW

COLLECTIBLE SALE 15 9:00 Drama Club 10:00 Nuplicate Bridge 10:00 Zumba Gold with Kolu 10:00 Life Transitions Group 10:00 with Susan Cohen, LCSW 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall** 1:00 Movie: Ben is Back

Caregiver Support Group for Spouses Let's Paint flowers! 1:00 All levels are welcome, bring your own acrylic painting supplies with April Lombardi 3:00 Qi Gong/Tai Chi Learn to Play Bridge 6-8:00 Women's Circle **# 'Shall I Stay or Shall I Go"

22

(Loss of a Partner) with Susan Cohen, LCSW Yoga For Joint Health 3:15 NEW: Meditation with Tiffany# 10:00 Knitting Group 16 10:00 Watercolor 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation:

Group with P. Heron, LCSW

10-12 Health Mgmt./B.P.

11:00 Exercise for Mobility

11:15 Men's Group Trip**

RSS and the

1:00 Grief Support Group

With Barbara Denson

1:00 Write On! -

Presentation:

Community Garden Project

" In our own voice" presentation of their own personal stories on their struggle with mental illness. With Clara Kiely of NAMI (National Alliance on Mental Illness) 1:00 Write On! -

Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health 3:15 NEW: Meditation with Tiffany#

Women of the American West" 11:15 Trip: **Dinosaur BBQ**** 12:00 Mother's Day Lunch Cake demonstration 1:00 by Five Star 2:00 Music Appreciation with Perrin Grace **Celine Dion** 3:00 Tai Chi Gong 10:00 Clay Sculpture 17 with Brenda 10:30 Balance & Strength **Based Exercise** 11:00 Walk with Ease w/Lisa

(Evidence Based)

with Prof. Landgraf

Max Ernst (1941-1976)

America & Europe

Art & Culture Discussion

RSS Chorus

Tai Chi Gong

1:00

1:00

1:00

2:15

3:00

23

30

10:00 Chair Yoga 20 10:00 Canasta 10:00 Current Events 11:00 Better Together 6th Grd Garden Party on the Terrace/ **End of year Celebration** 11:00 Women's Support Grp

11:00 Tai Chi Gong with Bill 11:30 Trip: Aldi Supermarket** 12:30 Duplicate Bridge 1:00 Mah-Jongg Poetry Class 1:15

Feldenkrais 1:45 **Better Turning** (Hand Hold Shin) #10 2:15 Ellie's Book Club 3:00 Creative Writing 3:00 Qi Gong/Tai Chi

9:45 Balance & Strength **Based Exercise** 10:00 Advisory Council 11:00 Trip Committee 11:00 Belly Dancing 11:00 Mindfulness with Hannah 1:00 Coloring Books Birthday Celebration** 1:00 **Juan Manuel Ortega** Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula

3:00 Men's Group

9:00 Mixed Media Class 21

11:00 1:00 1:00 1:00 with Paul Heron, LCSW 3:00 4:00 Learn to Play Bridge

10:00

Life Transitions Group with Susan Cohen, LĊSW 10:00 Drama Club Zumba Gold with Kolu 10:00 Chair Exercise Movie: On the Basis of Sex Savvy Solos Club Let's Paint flowers! All levels are welcome, bring your own acrylic painting supplies with April Lombardi Qi Gong/Tai Chi

9:00 Breakfast Club

10:00 Nuplicate Bridge

11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: JASA VanCorlandt **Senior Chorus** 1:00 Write On! -1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health 3:15 NEW: **Meditation** with Tiffany#

10:00 Knitting Group

10:00 Adjusting to Change

10-12 Health Mgmt./B.P.

11:00 Exercise for Mobility

Group with P. Heron, LCSW

10:00 Watercolor

10:00 Knitting Group

10:00 Watercolor with April

10:00 Adjusting to Change

10-12 Health Mgmt./B.P.

Group with P. Heron, LCSW

9:30 Tai Chi with Bruce 24 10:00 Clay Sculpture with Brenda 10:30 Balance & Strength Based Exercise Reading Hour 11:00 Walk with Ease w/Lisa (Evidence Based 11:15 Trip: Sammy's Restaurant** 12:00 Memorial day lunch**

Karaoke

with Barbara Denson# Short Stories: 1:00 "The Three Hermits" by Leo Tolstoy Music Appreciation 2:00 with Perrin Grace **Chaka Khan** 3:00 Tai Chi Gong

Wellness Workshops

10:00 Clay Sculpture 31 with Brenda 10:30 Balance & Strength **Based Exercise**

11:00 Walk with Ease w/Lisa

(Evidence Based 1:00 **RSS Chorus** 3:00 Tai Chi Gong

CENTER CLOSED

MEMORIAL DAY HOLIDAY

27

9:45

11:00 Mindfulness with Hannah 12:30 Duplicate Bridge 1:00 Coloring Books 1:00 Travels with Cecile North Korea & South Korea# 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group with Paul Heron, LCSW

Mixed Media Class 28

Balance & Strength

Based Exercise

11:00 Folk Dancing

10:00 Nuplicate Bridge 10:00 Drama Club 10:00 Life Transitions Group with Susan Cohen, LCSW 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 11:15 Trip: **Empire City Casino**** 1:00 Movie: What Men Want 1:00 Let's Paint flowers!

All levels are welcome, bring your own acrylic painting supplies with April Lombardi Qi Gong/Tai Chi 4:00 Learn to Play Bridge

BlissFit

4:00

11:00 Trivia 1:00 Nutrition: Foods that are **Beneficial to Reduce Arthritis** symptoms by Lisá Spinelli, R.N. 1:00 Write On! -

1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health

KEY

= See Newsletter for **Description** ** = Must Register

\$ = Has Materials Fee