



We had a tasty day exploring the Culinary Institute of America in March.

## *Your* ALBANY NNORC

**This is your unique three square mile neighborhood of support.**

GET INVOLVED! Call our nurse or care manager. Attend a program. Join the Residents' Council. Ask us questions: 518-516-1114 or [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org). Visit us: [jfsneny.org/nnorc](http://jfsneny.org/nnorc)

## *Our* CREDO

### We Believe:

- We are happier when we are independent & interconnected.
- Living as long as we want in our homes & community is best.
- Having access to support & resources is critical to our mental & physical health.
- Education, recreation, & wellness programs keep us engaged & connected.
- Being active is fun!

## *About* JFS

JFS provides counseling, promotes independence, aging well, and access to basic needs, mitigates food insecurity and social isolation. Our mission is amplified by volunteers and sustained by donors to ensure support for our community is within reach.

### JFS STAFF HAS EXPERTISE IN:

- Helping older adults stay safe & independent
- Providing resources to older adults & their families
- Home safety assessments
- Occupational therapy
- Spiritual support & guidance
- Geriatric care management
- Counseling (Medicare & insurance accepted)

JFS has an active corps of volunteers. If you want to help your neighbors of all ages, contact JFS: [volunteer@jfsneny.org](mailto:volunteer@jfsneny.org) or 518-482-8856, option 0.

## *May* BREAKFAST CLUB

### Mayor Applrys' First 100 Days

Thursday, 5/21 at 10 a.m. | Albany JCC



Join Mayor Dorcey Applrys as she shares an overview of her first 100 days, including the survey carried out during the beginning of her term. Please join us to give her a warm NNORC welcome! In partnership with the Albany JCC.



Congratulations to LB for winning the NNORC Passport Program sponsored by MVP! Stay tuned for our next Passport Program this summer!

**Kyra Alte, LMSW**

NNORC Director

**Marla Gornstein, LMSW**

Director of Programs

**Susan Riback, RN**

Community NNORC Nurse Educator

**Eva Murphy**

NNORC Care Manager

**Monica Tan**

Director of Marketing

**Naomi Roter**

Marketing & Social Media Associate

**Resident Council**

Maryellen Casey Usis

Eric Copland

Jim Dennehey

Leslie Dykeman

Mary Going

Maria Hazapis

Ann Kutter

Barbara Michalski

Victor Reiner

Olga Tenney

Mark Waldman

**Program Partners**

**Lead Agency:** Jewish Family Services

Albany Public Library's Bach Branch

B'nai Shalom Reform Congregation

Community Caregivers

Congregation Beth Emeth

First Congregational Church

Helderberg Neighborhood

Association

Jewish Federation of NENY

Maria College

Mater Christi Parish Center

St. Peter's Health Partners

St. Sophia Greek Orthodox Church

Sidney Albert Albany Jewish

Community Center

Temple Israel

**NNORC is a Program of**



@YourAlbanyNNORC



Supported in part by



**Community HEALTH NURSE EDUCATOR**

**Susan Riback, RN | 518-516-1120**

Susan provides compassionate guidance to help you better understand your health and navigate the healthcare system with confidence. She also offers blood pressure checks, health education, and Therapeutic Touch™.

**Susan can help you:**

- Interpret and better adhere to doctors' orders
- Review medications and their side effects, efficacy, etc.
- Organize medications
- Pre- and post- surgery support/education
- Answer wellness and health concerns
- Navigate healthcare system

**NEIGHBORHOOD BLOOD PRESSURE CLINICS**

St. Sophia Greek Orthodox Church | Tuesdays at 10:45 a.m. prior to Chair Yoga and Nia.

**OFFICE HOURS**

Tuesdays, Wednesdays, Thursdays; 10 a.m. – 3 p.m.

**APL's BACH BRANCH**

Thursdays, 5/7, 5/21, 6/4 & 6/25; 1 - 2 p.m.

**Care MANAGER**

**Eva Murphy | 518-516-1112 | emurphy@jfsneny.org**

Eva offers practical, non-judgmental support to help you stay organized, informed, and independent.

**Eva can help you:**

- Set up transportation and meal delivery services
- Organize bills, clarify statements, and set up autopay
- Explore home care options to help you age in place
- Understand health insurance benefits so you don't overpay
- Connect with services that support your daily life

**JCC SENIOR CENTER - Wednesdays, 5/13 & 6/24; 12:30–2:30 p.m.**

**SENIOR CENTER (former St. Rose Campus, Neil Hellman Library, 392 Western Ave.) - Mondays, 5/4 & 6/8; 9:30–11:30 a.m.**



**Information & ASSISTANCE**

**NNORC Main Contact | 518-516-1114 | NNORC@jfsneny.org**

- Home safety assessments
- Information on NNORC services & supports
- Register for a health or wellness program

# Save the DATE

## New York Ballet at SPAC!

Friday, 7/10 | Bus leaves the Albany JCC at 12 p.m. Returns by 5:30 p.m.

Celebrate 60 years of SPAC and New York City Ballet's historic partnership with works by innovative and iconic choreographers both past and present.

Get swept away by George Balanchine's romantic masterpiece Serenade, then embark on a feverish journey with Jerome Robbins' Opus 19/The Dreamer. The program closes with a new work by Principal Dancer Tiler Peck.

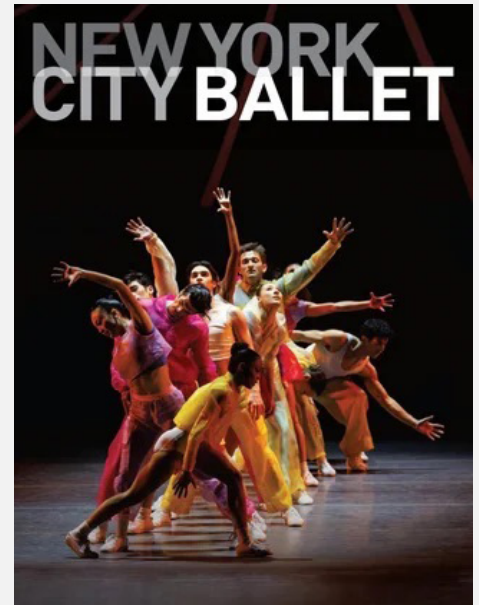
\$85 cash/check (\$87.47 credit card) for NNORC residents, \$102 cash/check (\$104.96 credit card) for guests. Please call the JCC at 518-438-6651 (make sure to mention that you live in the NNORC). No refunds will be issued.

## Mystic Pizza at Capital Repertory Theatre

Wednesday, 7/29 at 1:30 p.m. | Capital Rep

Based on the beloved 1988 movie, three girlfriends sling pizza, fall in and out of love, grow up and never grow out of their loyalty to each other.

NNORC has a limited number of tickets to this show. The cost is \$34/ticket.



## NNORC 20th Anniversary Celebration

Thursday, 10/15

Jewish Family Services of Northeastern NY and New York State Office for the Aging have been working together for 20 years to serve the older adults in our neighborhood. Whether you've been participating since the beginning, or are just joining us, we THANK YOU for your support. Keep an eye out for activities throughout the year and **SAVE THE DATE** for the NNORC's 20th anniversary party.

### 2026 NNORC Supporter

Name(s)

Address

City

Zip

Email

Phone

**Giving Amount\*** \_\_\_\_\_

Return form and check, payable to: Jewish Family Services, 184 Washington Ave Extension, Albany, NY 12203. Please include NNORC in memo line. Donate online at [jfsneny.org/donations](http://jfsneny.org/donations) or scan this QR code with your smart phone camera.

\*Contributions are tax deductible.



### Support the NNORC in 2026

*Invest in your neighborhood.*

Since 2006, we've provided free healthcare advocacy, care management, and social programs for our local seniors. Our work is powered by partners and generous neighbors.

Give Today: Your tax-deductible donation of any amount keeps these vital services free.

**Here is how you can help:**

- \$250 Breakfast Club
- \$100 Health program
- \$100 Monthly featured speaker
- \$75 Nia or yoga class
- \$50 Party food
- \$25 Food & sundries for programs

**Thank you!**

# Featured PROGRAMS

Sign up for a program at [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org) or 518-516-1114 – please include your phone and email. Program addresses listed on page 9.

## Easy Mexican Cooking

**Monday, 5/11 at 1:30 p.m. | Honest Weight Food Co-op**

Join Sarah at Honest Weight Food Coop as she demonstrates some easy Mexican specialties.

## Welcome Spring with Qi Gong

**Wednesday, 5/13 at 1 p.m. & Monday, 6/15 at 1 p.m.**

**St. Vincent de Paul Parish**

Instructor: Maria Patrick

Certified Health Coach & Qi Gong Instructor

May – Building Energy and Strength

June – Heart Energy and Summer Vitality

Free for NNORC residents. \$5 per class for non-NNORC residents.

## Fraud Prevention

**Tuesday, 5/19 at 1:30 p.m. | APL's Delaware Branch**

Join Broadview Federal Credit Union for this presentation on keeping your personal information safe. Learn about the tricks that criminals use to steal your SSN, passwords, or account numbers. Find out what to do if you're a victim of identity theft. Your personal information is solid gold for criminals.

## May Breakfast Club: Mayor Applrys' First 100 Days

**Thursday, 5/21 at 10 a.m. | Albany JCC**

See front cover for details.

## L'Dor V'Dor

**Sunday, 5/31 from 1:30 - 3 p.m. | Temple Israel**

L'Dor V'Dor means from generation to generation. Join the campers from Camp Givah (ages 4-13) for a fun afternoon filled with games, crafts and more! We are looking for a few NNORC residents to spend time with the kids and see the power of Jewish day camp. Counselors will be present to organize activities.

## Picnic Time!

**Monday, 6/1 at 1 p.m. | Honest Weight Food Co-op**

We'll watch (and maybe help) prepare a picnic to share. If the weather cooperates, we'll be able to bring it outside.

## On Your Feet & Independent: A Fall Prevention Workshop

**Tuesday, 6/2 at 1:30 p.m. | APL's Pine Hills Branch**

Join Tom Moran, the Injury Prevention Outreach Coordinator at Albany Medical Center, to learn about fall risk factors, prevention strategies, and what to do after a fall. Small everyday changes can make a big difference.

## Food & Flicks: Song Sung Blue

**Thursday, 6/4 at 12 p.m. | Congregation Beth Emeth**

We are thrilled to bring back Lunch and a Movie! We'll enjoy a catered lunch by Healthy Catering, and then watch the movie. *Song Sung Blue* is a biographical, musical drama about a Neil Diamond tribute band, starring Hugh Jackman and Kate Hudson.

Please RSVP by Wednesday, May 27.

The cost is \$12 per person.



## June Breakfast Club: NNORC Town Hall

**Thursday, 6/18 at 10 a.m. | Albany JCC**

We need your insight. Join the NNORC staff for this special Breakfast Club meeting. This is a forum to voice questions and ideas about the NNORC.

In partnership with the Albany JCC.

## Let's Talk Albany: Reimagining Downtown Albany (by Introducing a Waterway & Uncovering Historic Lock One)

**Thursday, 6/18 at 1 p.m. | APL's Bach Branch**

Created by artist Len Tantillo and led by Albany Waterway Chair BJ Costello, this project reimagines Albany's historic connection to the Hudson River and Erie Canal through a transformative canal initiative.

## Building Brain-Healthy Habits

**Thursday, 6/25 at 1 p.m. | APL's Delaware Branch**

This Alzheimer's Association program provides research-backed guidance on brain health and outlines the importance of taking action at every age to protect your brain. There are everyday habits you can build today to help protect your memory and thinking as you get older — even reducing your risk of cognitive decline and possibly dementia.

## Paint and "Sip"

**Tuesday, 6/30 at 10:30 a.m. | Christ's Church Albany**

Enjoy a fun, guided painting experience led by a live, engaging artist. Space is limited, so registration is required. All supplies will be provided. Enjoy snacks and a mocktail while you paint! The cost is \$10 per person.

# Ongoing PROGRAMS

Sign up for a program at [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org) or 518-516-1114 – please include your phone and email. Program addresses listed on page 9.

## Chair Yoga

Tuesdays, 5/5, 5/19\*, 6/2 & 6/16 at 11:15 a.m.

St. Sophia Greek Orthodox Church

Gentle poses and stretches with the support of a chair. Free for NNORC residents. \$5 per class for non-NNORC residents. Instructor: Casey Bernstein

\*5/19 class will be held at B'nai Sholom Reform Congregation

## One Stitch at a Time

Weekly on Wednesdays at 1 p.m. | APL's Bach Branch

Bring your yarn or thread project and work with others.

## All-Levels Yoga

Thursdays, 5/7, 5/14, 6/11 & 6/18 at 5:30 p.m.

First Congregational Church

Traditional mat class will walk you through a range of poses, breathwork, and a closing relaxation. Bring your own mat, yoga ties, props, and a bottle of water. Free for NNORC residents. \$5 per class for non-NNORC residents. Instructors: Casey Bernstein (5/7, 6/11), Kimberly German (5/14, 6/18).

## Nia Moving to Heal

Tuesdays, 5/12\*, 5/26, 6/9 & 6/23 at 11:15 a.m.

St. Sophia Greek Orthodox Church

Nia is a gentle movement practice for holistic healing, blending martial arts and dance in a simple, effective practice. Participate sitting or standing, shoes or no shoes! Free for NNORC residents. \$5 per class for non-NNORC residents. Instructors: Andrea Hersh (5/12, 6/9 & 6/23); Susan Riback, NNORC Nurse Educator (5/26) and focus will be on self-care and movement.

\*5/12 class will be held at B'nai Sholom Reform Congregation

## Tech Time with Eva

Tuesdays, 5/12 & 6/9 at 2 p.m. | Temple Israel

Join NNORC Care Manager Eva Murphy for this monthly instructional series. Please bring your fully charged device.

May - Apps for Wellness in honor of mental health awareness month

June - iPhone camera tips and tricks

## Bingo!

Wednesdays, 5/13 & 6/10 at 11 a.m. | Albany JCC

Come for fellowship, conversation, fun, and of course, prizes!

In partnership with the Albany JCC.



## Springtime Walks

Thursday, 5/14 at 10 a.m. & Wednesday, 6/17 at 10 a.m.

May - Buckingham Pond. We will be meeting by the playground at Berkshire & Colonial Avenues.

June - The Crossings of Colonie. Join us for a walk around the pond. Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond.

## 1:1 Computer/Device Skills

Thursdays, 5/14 & 6/11 at 12 p.m. | APL's Bach Branch

Appointments are required. Bring your fully charged device (tablet, phone, or laptop).

## Music Circle

Thursdays, 5/19, 6/2, 6/16 & 6/30 at 2:30 p.m.

Buckingham Pond Picnic Tables

Music Circle is back! Bring a chair, your instrument (or just yourself), and enjoy an afternoon of playing, singing, and sharing music.

## Bach Craft: Summer Fruit Coasters

Wednesday, 5/20 at 1 p.m. | APL's Bach Branch

Combine your love of fruit with fun decorating by making these DIY coasters you can use all season long. All supplies are provided. Registration is required.

## Novel NNORC Book Club

Tuesday, 5/26 & Monday, 6/29 at 1 p.m.

St. Sophia Greek Orthodox Church

May - *Water for Elephants* by Sara Gruen

June - *Snow Flower and the Secret Fan* by Lisa See

## Birthday Potluck

Thursdays, 5/28 & 6/11 at 11:30 a.m.

Congregation Beth Emeth

Calling all May and June birthdays! Bring a dish if you'd like—cake will be provided. Everyone is welcome, birthday or not.

## NNORC Resident Council

Wednesday, 5/27 at 10 a.m.

B'nai Sholom Reform Congregation

Discuss services and supports that are important to you. This meeting is open to all NNORC residents.

## Game Afternoon at Mr. Bumbles Cafe

Wednesday, 6/24 at 3:30 p.m. | Mr. Bumbles Cafe

Let's meet up to play a few games. We'll have Scrabble, Life, and Trivial Pursuit. While you're playing, enjoy snacks provided by Mr. Bumbles Cafe!

# Community RESOURCES



## Life After the Clock: Retirement Transition Group

Wednesdays, 5/13, 5/20 & 5/27 at 10 a.m.

JFS Center for Resilience (184 Washington Ave. Ext.)

This is a supportive, therapist-led group designed for adults who are recently retired and navigating this complex life transition. This group offers a space to reflect, share, and connect with others who understand the unique experience of redefining identity, managing changing family dynamics, and balancing personal needs with caregiving responsibilities.

This group will be led by JFS Clinician, Melanie Mahler-Gabay, LCSW.

## In the Hood

APL'S PINE HILLS BRANCH - please call 518-427-4300 for more information

Art After Dark

Monday, May 11 at 6 p.m. – Figure Drawing

Monday, June 8 at 6 p.m. – Linocut

Tai Chi - Thursdays in May from 1 - 2 p.m. (registration required)

## ST. SOPHIA GREEK ORTHODOX CHURCH

54th Annual Greek Festival

Friday, May 15 from 6 - 10 p.m.

Saturday, May 16 from 12 - 10 p.m.

Sunday, May 17 from 12 - 6 p.m.



## CONGREGATION BETH EMETH

Annual Garage Sale

Sunday, June 28 from 9 a.m. - 2 p.m. Bag sale at 2 p.m.

## May is Older American Month

The 2026 theme, Champion Your Health, emphasizes prevention, wellness, and personal responsibility as cornerstones of healthy aging. This month, try a NNORC exercise class! Or you can attend a cooking class at Honest Weight Food Coop. The goal is a healthy life!

## June is National Home Safety Awareness Month

Take time to make your home safer and reduce the risk of falls or accidents. From improving lighting to removing tripping hazards, small changes can make a big difference. JFS is here to help with free home safety assessments, offering personalized recommendations to keep you or your loved ones safe.

## Spring Wellness Tips from NNORC Nurse: Susan, RN

As the weather warms up and daylight stretches longer, spring is the perfect time to reset your healthy habits.

Aim to spend at least 20 to 30 minutes outside each day. Fresh air and sunlight can boost mood, support better sleep, and encourage gentle physical activity like walking or gardening. (Don't forget your sunscreen!)

Seasonal produce such as berries, leafy greens, and asparagus are at their peak, offering a natural source of vitamins and antioxidants. Consider adding one extra serving of fruits or vegetables to your meals to give your immune system a lift.

Spring allergies often spike this time of year. Keeping windows closed on high-pollen days, showering after being outside, and using an air purifier can help reduce symptoms so you can enjoy the season comfortably.

Contact NNORC Nurse Susan Riback, RN, at [sriback@jfsnyny.org](mailto:sriback@jfsnyny.org) or call 518-516-1120 to learn more or if you have a question.

## Join Your NNORC Care Manager

May is Mental Health Awareness Month! Mental health is an important component of overall health. As with any other part of the human experience, we sometimes require a little extra support. Asking for help is one of the bravest things you can do!

Don't hesitate to reach out to NNORC Care Manager Eva for resources on mental health support.

Contact NNORC Care Manager, Eva Murphy, at [emurphy@jfsnyny.org](mailto:emurphy@jfsnyny.org) or call (518) 516-1112 to learn more or if you have a question.

*Events* CALENDAR

May - June 2026

Program Registration: 518-516-1114 or nnorc@jfsneny.org. Please include your phone and email.

PROGRAM	DATE & TIME
Chair Yoga	Tuesdays, May 5, 19* & June 2, 16 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
One Stitch at a Time	Weekly on Wednesdays at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, May 7, 14 & June 11, 18 at 5:30 p.m. First Congregational Church, 405 Quail St
Honest Weight Food Co-op: Easy Mexican Cooking	Monday, May 11 at 1:30 p.m. Honest Weight Food Co-op, 100 Watervliet Ave
Nia Moving to Heal	Tuesdays, May 12*, 26 & June 9, 23 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Tech Time with Eva	Tuesdays, May 12 & June 9 at 2 p.m. Temple Israel, 600 New Scotland Ave
Bingo!	Wednesdays, May 13 & June 10 at 11 a.m. Albany JCC, 340 Whitehall Rd
Welcome Spring with Qi Gong	Wednesday, May 13 and Monday, June 15 at 1 p.m. St. Vincent de Paul Parish, 900 Madison Ave
Springtime Walks	Thursday, May 14 and Wednesday, June 17 at 10 a.m. May - Buckingham Pond; June - The Crossings of Colonie
1:1 Computer/Device Skills	Thursdays, May 14 & June 11 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Fraud Prevention	Tuesday, May 19 at 1:30 p.m. APL's Delaware Branch, 331 Delaware Ave
Music Circle	Tuesdays, May 19 & June 2, 16, 30 at 2:30 p.m. Buckingham Pond Picnic Tables
Bach Craft: Summer Fruit Coasters	Wednesday, May 20 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
May Breakfast Club: Mayor Applys' First 100 Days	Thursday, May 21 at 10 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club	Tuesday, May 26 and Monday, June 29 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
NNORC Resident Council	Wednesday, May 27 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
NNORC Birthday Potluck	Thursdays, May 28 & June 11 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
L'Dor V'Dor	Sunday, May 31 from 1:30 - 3 p.m. Temple Israel, 600 New Scotland Ave
Honest Weight Food Co-op: Picnic Time!	Monday, June 1 at 1 p.m. Honest Weight Food Co-op, 100 Watervliet Ave
On Your Feet & Independent: Fall Prevention	Tuesday, June 2 at 1:30 p.m. APL's Pine Hills Branch, 517 Western Ave
Food & Flicks: <i>Song Sung Blue</i>	Thursday, June 4 at 12 p.m. Congregation Beth Emeth, 100 Academy Rd
June Breakfast Club: NNORC Town Hall	Thursday, June 18 at 10 a.m. Albany JCC, 340 Whitehall Rd
Let's Talk Albany: Reimagining Downtown Albany	Thursday, June 18 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Game Afternoon at Mr. Bumbles Cafe	Wednesday, June 24 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
Building Brain-Healthy Habits	Thursday, June 25 at 1 p.m. APL's Delaware Branch, 331 Delaware Ave
Paint and "Sip"	Tuesday, June 30 at 10:30 a.m. Christ's Church Albany, 8 Kate Street

\*Class will be held at B'nai Sholom Reform Congregation, 420 Whitehall Rd



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**Albany NNORC**

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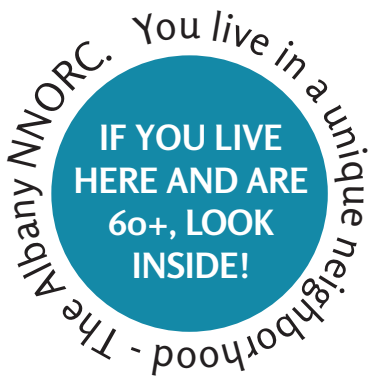
**Office Hours:**

Monday - Thursday  
9 a.m. - 5 p.m

Messages will be responded to during office hours.

**NNORC Offices are Closed:**

May 25: Memorial Day



Follow Us on **facebook**  
@Your Albany NNORC



**All adults 60+,  
regardless of  
background,  
are welcome!**