



To be added to our monthly email list please email Luke at lsmith@ywhi.org

Please remember to bring in your DFTA barcode every time you visit!

Center for Adults Living Well @ the Y
for those 60 and better

Thank you for your donations:

- Norma Leong
- Judith Brickman
- Mariana Lo
- Chinghua Chen
- Robert Reitman
- Alexi Praskin



We strongly recommend making an appointment to discuss your housing, benefits & entitlement concerns. Please sign up at the “Center for Adults Living Well Social Work Office” located on the first floor. You can come in or call to make an appointment.

Center Staff

CALW Director

Dee Hernandez x 211

Administrative Assistant

Luke Smith x 208

Recreation Therapist

Jawanza Govern x 262

Transportation x 222

Director of Social Services

Christine Mirelys x 231

Case Assistant

Wilfred Santana x235

Benefits Coordinator-Russian Speaker

Julia Ramm x 260

Program Coordinator

Cecilia Tavarez x244



Take advantage of our diverse programming! Join us for innovative classes, and healthy, nutritious, delicious meals! We offer a wide range of activities and more to suit your interests!

September 2022

Center for Adults Living Well @ the Y
for those 60 and better

Dear Friends and Members,

I hope everyone had a wonderful summer! As the school year starts, and the leaves change, so begins another beautiful fall. The Y is kicking back into full gear with Nursery School and Be Me (Afterschool) starting next week. The halls will once again be filled with the laughter of little children, and the hustle and bustle of pick up, and drop offs. We will do our best to keep spaces open for those waiting to leave on trips, but we ask that everyone be prepared for the morning rush.

After a recent visit by NYC Department For The Aging (DFTA) we have been asked to make some changes to our day to day operations. These changes will be in the form of new lunch sign in forms, and scanning as well as providing education around the importance of member contributions. Member contributions are vital to the operation of CALW. While DFTA provides funding for meals; **parties, entertainment, special events, and trips are not funded by DFTA.** We therefore rely on our member contributions to provide the amazing programming and events that are scheduled each month. Contributions will be collected for lunch, dinner, transportation and special events. Contribution boxes will be located at sign in tables.

During the pandemic many of us have become accustomed to the convenience of meal pick up, however another major change will be the availability of Grab and Go for lunch. DFTA has asked that all centers begin to **phase out Grab and Go and resume congregate meal service only.** In cases of emergencies Temporary Pick Up is an option. If you have any questions or concerns about meal pick up please speak with someone in social services.

We are asking for patience and understanding as we implement these changes, and look forward to more amazing activities, trips and events here at CALW this fall.

Sincerely,

Dee Hernandez, Director, Center for Adults Living Well



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Weekly Schedule of Ongoing Classes

(Hobby) Wien House Hobby Room (WHCR) Wien House Community Room

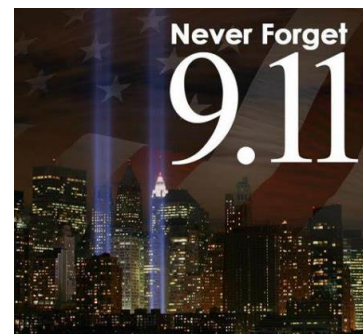
Monday	Tuesday	Wednesday
9:30-10:30 am Tai Chi w/ Pin Pin (Auditorium)	9:15-9:45am Muscle Tension w/ Jawanza (Rm 216/217)	9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)
9:30-10:30 Mat Yoga w/ Judi Checo (216/217)	9:45-10:10 am Form & Flow w/ Jawanza (Auditorium)	10:30-11:30AM Belly Dancing with Francesca (Auditorium)
10-10:45am Tech Talk w/ Luke (Rm 1)	10:30-11:15 am Live Stream- Strength and Balance with Peggy Levine* (Auditorium)	11:30-3:00pm City Tour Walk with Ease w/ Jawanza
10:30-11:30 am Shape Up with Linda (216/217)	11:30Am-12:30PM pm Men's Health Group (Rm 1)	1:00-2:00 pm Origami Table Designs with Sang Takieddine (Rm 1) (For the month of September only)
11:30-3:00pm City Tour Walk with Ease w/ Jawanza	1:00-2:00 pm Trivia Tuesdays (Auditorium)	2:00-3:00 pm- Coffee Hour (Rm 1)
12:45-1:45 pm Technology with Ron Session A (comp lab) Starting March 7th	1:30-2:30 Fit & Fine w/ Stuart Haden (Auditorium) NEW September 6th & 20th	
1:30- 2:15 pm Latin Social Dance and exercise (Auditorium)	1:00-3:00pm Painting Picasso w/ Cathy O'Keefe (Art Room)	
1:45-2:45 pm Technology with Ron Session B (Comp lab)		
2:30-3:30 Coffee Hour (WHCR)		

One-Time Events	Good Stuff @ the Y	Special Announcements	
<p>September 12th Wisdom & Love Grandparents Day Brunch Buffet 11:30-1:30pm</p> <p>September 16th Hispanic Heritage Celebration 11:30-1:30pm . Registration Required. \$3 p/p</p> <p>September 18th Rock the Block Party 11-3pm (Open to all)</p> <p>September 20nd Rosh Hashanah Luncheon 11:30-1:30pm \$5 p/p Registration Required</p>	<p>Vocal Ease Concert September 23rd 12-1pm (Auditorium)</p> <p>Karaoke Bonanza September 9th 1:00-2:00pm</p> <p>Chair Yoga September Dates Thurs 9/1 10:30am Thurs 9/15 10:30am Chair Yoga will return to its original Tue/Thur afternoon slot in October.</p>	<p>Advisory Council Meeting September 13th 1:00-2:00PM (Art Room)</p> <p>Food Committee Meeting September 2nd 12-1pm (Rm 1)</p> <p>Painting Picasso Student Art Exhibit On Display in the Auditorium from September 7- 22nd Come view these amazing works of art created by your fellow CALW members!</p>	<p>The Y is CLOSED on Sunday, September 4th, Monday, September 5th, Monday September 26th and Tuesday, September 27th.</p> <p>Please join our Advisory Council and Food Committee. We would love to hear your feedback!</p>
	Arts & Culture Events	Health & Wellness Events	Take Home Meals
<p><u>The Ryan Health Bus</u> will be available for onsite screenings every Tuesday and Thursday in front of the Y.</p> <p><u>The Library Van</u> will be parked outside of the Y every Monday. Register with the NY Public Library today!</p> <p><u>Book club</u> 2nd Monday of every month (Room 1) 1-2pm</p>	<p>Sip & Paint w/ Naomi September 21st 1:30-3:30pm Enjoy Mocktails while channeling your inner Van Gough. Registration Required. \$3 p/p (WHCR)</p>  <p>NEW CLASS Retabla Art Class w/ Niceli Starting Sept 8th Thursdays 1-3pm (Art Room) Ends September 29th</p>	<p>Nutrition Education September 9th 12-1pm (Auditorium)</p> <p>Nurse Aileen September 19th Sepsis Awareness 12-1PM (Auditorium)</p> <p>OHEL Mental Health vs Chronic Health September 15th 12-1PM (Auditorium)</p> <p>Columbia University Falls Prevention Sept 29th 12-1pm (Auditorium)</p>	<p>We offer hot take-home dinners on Mondays, Wednesdays and Fridays at 12pm Please note: <u>There is a maximum of two meals per day, per person allowed on Dinner days.</u></p> <p>Suggested contribution is \$1.50 for those 60 and better for all meals, and transportation.</p> <p><u>MASKS MUST BE WORN AT ALL TIME</u></p>



Weekly Schedule of Ongoing Classes

(Hobby) Wien House Hobby Room (WHCR) Wien House Community Room



SEPTEMBER DATES:

September 7th- Croton Gorge Park \$5 p/p
 September 14th Apple Picking- Stuarts Farm \$5 p/p
 September 28th Apple Picking- Stuarts Farm \$5 p/p



SEPTEMBER DATES:

September 15th – White Plains Jazz Festival \$3 p/p
 September 19th – San Gennaro - Little Italy \$3 p/p
 September 21st – San Gennaro- Little Italy \$3 p/p

Lunch will be provided for WWE and Field trips.
 Registration Required. *Weather permitting*

Thursday	Friday	SUNDAY
9:30-10:30 am Mat Yoga w/ Judi Checo (216/217)	9:30-10:30 am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)	10:00 – 10:30pm Morning Meditation (Auditorium)
10:30-11:15am Muscle Tension w/ Jawanza (Rm 216/217)	10-10:45am Tech Talk w/Luke (Computer Lab)	10:30-11:30am Zumba Gold with Eleanor (Auditorium)
12:00-1:00 pm I Should Know That - Mind Memory and Mischief Game (Auditorium)	10:30-11:30am Zumba Gold with Eleanor (Auditorium)	11:30 AM -1:15 pm Congregate Lunch (Auditorium)
1:00-3:00 pm Retabla Art Class w/ Niceli NEW (Art Room) 4 week series: Sept 8th – 29 th	12:00-1:00 pm Shabbat Cultural Group w/ Deborah	1:00- 3:00 pm Movie Matinee (Auditorium)
2:30-3:30 Coffee Hour (Rm1)	1:00-3:00pm Knitting Club (Hobby Rm)	1:00-2:00pm Indian Dance w/ Sloka (WHCR)
	1:15-2:15 pm Current Events with Harold Adler (Art Room)	2:00-3:00 pm Puzzle Making (Rm 1)
	1:30- 2:15 pm Latin Dance with Walter (Auditorium)	3:00-4:00 pm Games- Dominoes, Cards, Suduko, and Trivia (Auditorium)

Interested in volunteering?
 We welcome volunteers to help us with a variety of tasks: administrative, translation, kitchen service, etc.

By offering your time and skills, you help us serve the community. For more information, call Dee Hernandez at (646) 738-6084



Center for Adults Living Well @ the Y

for those 60 and better

PLEASE NOTE:

MENUS ARE SUBJECT TO CHANGE
ALL MEALS INCLUDE EITHER A SOUP OR SALAD,
VEGETABLES, STARCH, MILK, BREAD AND FRUIT

The Y is Open for Lunch
Face coverings required.

Monday through Friday and Sundays:
 11:30 AM - 1:15 PM

Pickup meals are available, if you cannot participate in congregate lunch.



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
September 2022 CALW LUNCH MENU The Center for Adults Living Well @ The Y <i>For those 60 and Better</i>	ALL MEALS SERVED W/ 8oz 1% MILK & WHOLE WHEAT BREAD		1 Black Bean & Sweet Potato Chili, Brown Rice w / Mushrooms, Wheat Bread Carrots, Orange	2 Breaded Fish Fillets, Kasha, Whole Wheat Bread, Whole Green Beans w/ Tomato ALT- Egg Salad, Pesto Pasta, Cherry Tomatoes, Apple	4 <u>CLOSED FOR LABOR DAY</u>
5 <u>CLOSED FOR LABOR DAY</u>	6 Eggplant & Lentil Curry, Rice Pilaf, Wheat Bread, Braised Kale, Greens, Nectarine	7 Chicken Marsala, Mashed Butternut Squash, Wheat Bread, Broccoli w/ Toasted Garlic, Banana ALT- Egg Salad, Pasta w/ Sweet Peas, Cabbage Carrot Slaw, Banana	8 Turkey Burger, Baked Potato, WW Hamburger Bun, Lettuce & Tomato, Vegetable Ratatouille, Orange ALT- Tuna Fish Salad, Rotini w/ Tomatoes & Black Olives, Baby Carrots w/ Parsley	9 Baked Tilapia, Brown Rice, Wheat Bread, Broccoli and Red Peppers, Pear, ALT- Avocado Egg Salad, Bulgur, Carrot Apple Raisin Salad	11 Rosemary Chicken Breast, Roasted Vegetables, Wheat Bread, Sautéed Green Beans, Banana ALT- Salmon Salad Pasta Primavera, Vegetable Jardinière, Banana
12 Wisdom & Love GRANDPARENTS DAY Brunch Buffet Omelet w/ Peppers & Onions, Brown Rice, Wheat Bread, Grilled Vegetables, Orange ALT- Tuna Niçoise, Southwestern Quinoa Salad, Sautéed Mushrooms & Peppers	13 Stuffed Peppers w/Turkey, Whole Wheat Bread, Capri Blend, Peach	14 Breaded Pollock, Roasted Potatoes, Wheat Bread, Cauliflower w/ Carrots & Parsley, Banana ALT- Barley Chickpea w/ Dried Fruit, Bowtie Pasta w/Kasha, Health Salad	15 Swedish Meatballs w/Beef & Turkey, Egg Noodles, Wheat Bread, Steamed Broccoli, Apple ALT- Chicken Salad Pasta Salad, Carrot Salad	16 LATIN HERITAGE CELEBRATION Pollo Guisado (ChickenStew), Stewed Black Beans Wheat Bread, Sweet Plantains, Orange ALT- Egg Salad, Macaroni Pasta, Israeli Salad	18 Beef Hot Dogs, Hamburgers or BBQ Grilled Chicken Cole Slaw, Pickles, Baked Beans Watermelon ALT- Veggie Burger
19 Cornmeal Crusted Fish, Pasta w/ Sweet Peas, Wheat Bread Cauliflower w/ Carrots & Parsley, Orange ALT- Chicken Salad Pasta Primavera, Carrot Apple Raisin Slaw	20 ROSH HASHANAH LUNCHEON- BEEF BRISKET LUNCH W/SPECIAL MEAL GIVEAWAY Baked Chicken	21 Turkey Meatloaf w/Mushrooms & Peppers Mashed Potatoes, Wheat Bread Broccoli & Red Peppers Apple, ALT- Tuna Fish Salad Classic Macaroni, Cole Slaw	22 General Tso's Chicken, Brown Rice, Wheat Bread, Oriental Blend Veggies, Pear, ALT- Egg Salad, Tabbouleh w/ Garbanzo Beans, Broccoli & Red Pepper Salad	23 Homemade Black Bean Burger, Baked Sweet Potato, WW Bun, Baby Carrots w/ Parsley Lettuce and Tomato, Banana	25 Spaghetti & Meat Sauce Wheat Bread California Blend Vegetables, Apple ALT- Chicken Salad, Rotini w/ Tomatoes & Black Olives, Apple & Beets
26 <u>CLOSED FOR ROSH HASHANAH</u>	27 <u>CLOSED FOR ROSH HASHANAH</u>	28 Oven Fried Fish Baked Sweet Potato Wheat Bread, Roasted Potatoes & Vegetables, Banana ALT- Vegetarian Chili, Kashmir Rice, Capri, Blend Vegetables	29 Hungarian Goulash W/Beef Egg Noodles ,Wheat Bread, Balsamic Roasted Brussels Sprouts, Apple ALT- Egg Salad Bulgur, Kale Slaw	30 Cranberry Chicken Brown Rice w/Mushrooms, Wheat Bread Vegetable Mix, Sliced Canned Peaches ALT- Tuna Fish Salad Pasta Pesto, Avocado & Orange	Lunch and dinner are offered for a suggested contribution of \$1.50 for our participants who are 60 and over. Guests are subject to a \$3.00 per meal fee. <i>*If you are a pescatarian or vegetarian, please let us know and we will try to accommodate you</i>