



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:

- Juana Maria Mora
- Mariana Lo
- Chinghua Chen
- Herbert Satzman
- Juana Maria Mora
- Robert Reitman
- Bruce Goldman
- Joshua Motelow
- Leah Azoulay
- J.P.Morgan Charitable Giving Fund
- The Morton H. Meyerson Family Foundation



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 x221



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!

November 2022

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

Dear Friends and Members,

I have been having the best time celebrating with all of you, and I hope the feeling is mutual! From our amazing Richard Simmons class luncheon to the awesome Disco party, this October was one for the books. Special shout out to all of you that put on your best disco attire and came to boogie with us!

November will also be filled with celebrations and activities! Since our bus is temporarily not in use there will be plenty of inhouse activities to enjoy. Save the dates for our very first Senior Prom, Karaoke, the Thanksgiving luncheon, our first stage production of the Tempest, and music galore. Be sure to check the weekly calendar for events and sign up for our weekly constant contact newsletter, which is emailed to members every Sunday.

Help us build the CALW's photo library by emailing pictures from trips and events to me at dhernandez@ywhi.org. We are still in the process of creating albums so that we can share some of the amazing pictures we have taken over the past year with all of our members. Be sure to check out our Y Instagram account @ywashhts for photos, and information on upcoming events.

All of your contributions make these special events possible so I thank you all for investing back into the Y.

Sincerely,
Dee Hernandez, Director, Center for Adults Living Well



Weekly Schedule of Ongoing Classes

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

Monday	Tuesday	Wednesday
<p>9:30-10:30 am Tai Chi w/ Pin Pin (Auditorium)</p> <p>9:30-10:30 Mat Yoga w/ Judi Checo (Rm 216/217)</p> <p>10-10:45am Tech Talk w/ Luke (Rm 1)</p> <p>10:30-11:30 am Shape Up w/ Linda (Rm 216/217)</p> <p>11:30-3:00pm City Tour Walk with Ease w/ Jawanza (No Trips 10/26 – 11/18)</p> <p>12:45-1:45 pm Technology with Ron Session A (Comp Lab)</p> <p>1:30- 2:15 pm Latin Social Dance & Exercise w/ Walter (Auditorium)</p> <p>1:45-2:45 pm Technology with Ron Session B (Comp Lab)</p> <p>2:30-3:30 Coffee Hour (WHCR)</p> 	<p>9:15-9:45am Muscle Tension w/ Jawanza (Rm 216/217)</p> <p>9:45-10:10 am Form and Flow w./ Jawanza (Rm 216/217)</p> <p>10:30-11:30 am Live Stream- Strength and Balance with Peggy Levine* (Rm 216/217)</p> <p>11:30Am-12:30PM pm Men's Health Group (Rm 1)</p> <p>12:15pm – 1:00pm Cooking w/ Chef Julio (Kitchen) (Starting Nov 15th)</p> <p>12:30-2:30 pm Painting Picasso w/ Cathy O'Keefe (Art Room) (No Class on 11/08)</p> <p>1:00-2:15 pm OATS (Older Adults Technology Services) Exploring Social Media Series (Computer Lab – 3rd Fl)</p> <p>1:30-2:30 Chair Yoga w/ Briana (Auditorium) (No Class on 11/08)</p>	<p>9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</p> <p>10:15pm-10:45am Caribbean Rhythms w/ Jawanza (Rm 216/217) (Class for 10/26 – 11/16)</p> <p>11:30-3:00pm City Tour Walk with Ease w/ Jawanza (No trips 10/26 – 11/18)</p> <p>12:30-1:30pm – Learn English w/ Roberto (Rm 216/217) (Starting Nov 9th)</p> <p>1:30-2:30pm – Learn Spanish w/ Roberto (Rm 216/217) (Starting Nov 9th)</p> <p>1:00-2:00 pm Origami Table Designs with Sang Takieddine (Rm 1)</p> <p>2:30-3:30 pm- Coffee Hour (Rm 1)</p> 

One-Time Events	Arts & Culture Events	Good Stuff @ the Y	Special Announcements
<p>Senior Prom \$3 p/p Nov 9th 11:30-1:30pm</p>  <p>Jane Fonda Workout Nov 16, 1:30-2:30pm</p>  <p>Thanksgiving Feast Thurs, Nov 17th 11:30-1:30pm \$5 p/p Registration Req.</p> <p>Afternoon Cinema Nov 22nd 1:00-2:45pm</p> 	<p>Karaoke Bonanza Nov 18th, 12:00-1:00pm (Auditorium)</p> <p>The Tempest Theater Performance Nov 11th, 1-2pm</p> <p>Vocal Ease Concert Nov 21st 12-1pm (Auditorium)</p> <p>Capicua Intergenerational Art Workshop <i>Breakfast will be served</i> Tuesdays/Thursdays 9:00am – 11:00 am (Auditorium)</p> 	<p>Advisory Council Meeting November 16th 1:00-2:00PM (Art Room)</p> <p>Bingo – Nov 23rd 12:30 – 2:00</p>  <p>Talent Show Tues, Nov 29th 12:00-2:00pm</p> 	<p>The Y will be CLOSED on Thurs, Nov 24th & Fri, Nov 25th in observance of Thanksgiving!</p> <p>November 22nd & 23rd we will be distributing take home meals for the holiday weekend.</p> <p>Please note: We will not be offering van service from October 26th-Nov 18th.</p> <p><u>MASKS MUST BE WORN AT ALL TIME</u></p>
Ongoing Services	Health Wellness Events	Class Cancellations	Take Home Meals
<p>The Ryan Health Bus will be available for onsite screenings every Tuesday and Thursday in front of the Y.</p> <p>The Library Van 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 1-2pm (Rm 1)</p>	<p>Nutrition Education Nov 4th 12-1pm</p> <p>Nurse Aileen Nov 7th - 12:30 – 1:30pm</p> <p>Columbia University “Emergency Dept. Visit” Nov 14th 12-1pm</p> <p>OHEL Nov 15th 12-1pm “Managing Stress”</p> <p>*All presentations are held in the auditorium</p>	<p>Please take note of this months class cancelations:</p> <p>Belly Dancing -discontinued</p> <p>Painting Picasso & Chair Yoga – No Class 11/08</p> <p>Zumba w/ Eleanor- No Class 11/13</p> <p>Strength & Balance w/ Peggy No Class 11/27</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>



NOVEMBER FIELD TRIP DATES:

We will not be offering van service from October 26th-Nov 18th.

Trips will resume November 21st.



NOVEMBER WALK W/ EASE DATES:

We will not be offering van service from October 26th-Nov 18th.

Trips will resume November 21st.

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

Weekly Schedule of Ongoing Classes

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

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) No Class on 11/27
12:00-1:00 pm I Should Know That - Mind Memory and Mischief Game (Auditorium)	10:30-11:30am Zumba Gold with Eleanor (Auditorium) No Class on 11/13	11:30 AM -1:15 pm Congregate Lunch (Auditorium)
1:00-2:15 pm OATS (Older Adults Technology Services) Exploring Social Media Series (Computer Lab)	12:00-1:00 pm Shabbat Cultural Group w/ Deborah (Art Room)	1:00- 3:00 pm Movie Matinee (Auditorium)
1:30-2:30pm Chair Yoga w/ Briana (Auditorium)	1:00-3:00pm Knitting Club (Hobby Rm)	1:00-2:00pm Indian Dance w/ Sloka (Rm 312 – 3 rd Fl)
2:30-3:30 Coffee Hour (Rm1)	1:15-2:15 pm Current Events with Mira (Art Room)	2:00-3:00 pm Dr Rani's Computer Lab (Computer Lab)
	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, see Cristine Mirelys in the Social Service office.





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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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
November 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 <i>*If you are a pescatarian or vegetarian, please let us know and we will try to accommodate you</i>	1 Eggplant Parmesan (Topped w/ Soy Cheese), Ziti Roasted Zucchini Peach	2 Chicken Marsala, Mashed Butternut Squash, Broccoli with Toasted Garlic ALT- Egg Salad Pasta with Sweet Peas Cabbage Carrot Slaw, Grapes	3 Turkey Burger, Mac & Cheese (Made w/ Soy Cheese) Hamburger Bun, Lettuce & Tomato Vegetable Ratatouille ALT- Tuna Fish Salad Rotini with Tomatoes and Black Olives Baby Carrots with Parsley, Orange	4 Baked Breaded Fish Brown Rice Broccoli and Red Peppers ALT- Avocado Egg Salad, Bulgur Salad Carrot Apple Raisin Salad, Pear
6 Rosemary Chicken Breast Roasted Potatoes Sautéed Green Beans ALT- Salmon Salad Rotini with Tomatoes, Black, Olives Apple and Beet Salad Banana	7 Falafel and Onions Couscous with Vegetables Steamed Green Beans Cantaloupe	8 Stuffed Peppers with Turkey & Brown Rice Vegetarian Braised Southern Style Greens ALT- Tuna Niçoise Salad, Southwestern Quinoa Salad, Sautéed Mushrooms, Peppers & Onions Fruit Cocktail	9 Breaded Tilapia Roasted Potatoes Cauliflower with Carrots and Parsley ALT- Chicken Salad Pasta Salad, Carrot Salad Banana	10 Swedish Meatballs with Beef and Turkey Egg Noodles Steamed Broccoli ALT- Barley Chickpea Salad with Dried Fruit, Bowtie Pasta with Kasha Health Slaw, Apple	11 Sesame Orange Chicken Brown Rice Oriental Blend Vegetables ALT- Egg Salad Classic Macaroni Salad Israeli Salad, Orange
13 Chinese Style Pepper Steak & Spaghetti, Baby Carrots with Parsley ALT- Tuna Fish Salad Barley Chickpea Salad with Dried Fruit, Tomato and Cucumber Salad with Dressing, Watermelon	14 Cornmeal Crusted Fish Pasta with Sweet Peas Cauliflower with Carrots and Parsley ALT- Chicken Salad, Pasta Salad Carrot Apple Raisin Salad, Orange	15 Ginger Chicken Mashed Yucca w/ Onions Oriental Blend Vegetables, Peach ALT- Egg Salad Tabbouleh with Garbanzo Beans Broccoli and Red Pepper Salad, Orange	16 Turkey Meatloaf w/ Mushrooms & Peppers, Mashed Sweet Potatoes Broccoli and Red Peppers ALT- Tuna Fish Salad Classic Macaroni Salad Cole Slaw, Apple	17 THANKSGIVING LUNCHEON Soup, Salad Roasted Turkey w/ Gravy Stuffing Cranberry Sauce & Green Beans Candied Yams & Dinner Rolls Special Dessert SPECIAL MEAL GIVEAWAY	18 Homemade Black Bean Burger Mac & Cheese (Made w/ Soy Cheese) Hamburger Bun, Baby Carrots with Parsley, Lettuce and Tomato Banana
20 Salmon a la Veracruz Sweet Plantains California Blend Vegetables ALT- Chicken Salad Pasta Primavera Vegetable Ratatouille, Apple	21 Meat Lasagna (Topped w/ Soy Cheese) Italian Blend Vegetables ALT- Tuna Fish Salad Basic Pasta Salad Avocado & Orange Salad, Pear	22 Falafel and Onions Kashmir Brown Rice Whole Wheat Bread Capri Blend Vegetables Applesauce	23 Oven Fried Tilapia Roasted Potatoes and Vegetables ALT- Chicken Salad Rotini with Tomatoes & Black Olives Baby Carrots with Parsley, Banana SPECIAL GIVEAWAY- 2 FROZEN MEALS	24 <div style="text-align: center;">  <u>CLOSED FOR</u> <u>THANKSGIVING</u> </div>	25 <div style="text-align: center;"> <u>CLOSED FOR</u> <u>THANKSGIVING</u> </div>
27 BBQ Chicken Leg Quarters Steamed Corn on the Cob Roasted Zucchini ALT- Salmon Salad Quinoa with Kale and Carrots Zucchini and Tomato Orange	28 Lemon Garlic Baked Fish Rice with Mushrooms Zucchini with Onions and Peppers ALT- Chicken Salad, Pasta Salad Cucumber and Tomato Salad w/ Balsamic-Lemon Vinaigrette, Apple	29 Crusty Shepherd's Pie Broccoli and Red Peppers ALT- Tuna Fish Salad Southwestern Quinoa Salad Baby Spinach Salad with Lemon Vinaigrette, Canned Pineapple	30 Chicken Stir Fry with Vegetables Chinese Style Spaghetti Oriental Blend Vegetables ALT- Barley Chickpea Salad with Dried Fruit, Bowtie Pasta (1/2 cup) Health Slaw, Baked Apple	<div style="display: flex; align-items: center; justify-content: center;">  </div> <p>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.</p>	

