



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!

Thank you for your donations:

Pearlina Jennings	Joshua Motelow
Madelyn Adamson	Mariana Lo
Debra Hertz	Chingua Chen
Isabel Suede	Cheryl Fried
Marin Yafe	Robert Reitman
Aaron Newman	Aaron Kaplan
Jeffrey Neuberger	
Congregation of Emanu-EL of the City of New York	
Donation in memory of Margot (Margie) Hersch	



And a special thank you to all of our anonymous donors.

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

**To Be Announced*

Program Coordinator

Luke Smith x 208

Recreation Therapist

Jawanza Gobern x 262

Transportation x 222

Case Manager Supervisor

Wilfred Santana x235

Case Assistant

Daliza Ocasio x244

Case Assistant

Jeraldines Coello x231

Benefits Coordinator- Russian Speaker

Julia Ramm x 260

54 Nagle Avenue, New York, NY 10040
Tel: (212) 569-6200 | Fax: (212) 567-5915 | info@ywashhts.org



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!

June 2023

Dear Friends and Members,

Well hello June! We have been patiently awaiting your warm weather and sunshine! Here are a few fun facts; June 20 is the longest day of the year with the most daylight hours in the Northern Hemisphere. June is also the middle of the year and the midpoint of the growing season between planting and harvesting.

In true CALW, warm weather fashion, we will be celebrating June with music, and lots of outdoor excursions. Join us for a trip to Woodbury Commons Outlet Mall for some shopping, or a stroll through the Brooklyn Botanical Gardens. City Walk with Ease will be exploring some of our members favorite locations like City Island, and Wave hill so be sure to register during lunch. We will also be celebrating Fathers Day and an end of year Luau with two wonderful parties, live music, and amazing meals from Chef Julio! In June is also the third annual Holocaust Survivor Day event hosted by Mayor Eric Adams at Gracie Mansion. This year two WEIN house residents have been invited and we are honored that they are part of the Y family.

The change of season also brings changes to staffing here at CALW. Cecilia has moved on to the next chapter in her story and will no longer be working with us here at the Y. We wish her good fortune and happiness on the West Coast! On a happier note I am proud to announce that Luke Smith has taken her place as the new Program Director of CALW. You can always find Luke helping out during lunch or catch him during one of his tech talks! We wish him much success in his new role!

As we come to the end of our contract year I would like to once again remind members that a large part of our operating budget is based on member contribution, which means that the NYC Department of Aging expects us to collect contributions to subsidize the cost of operations here at the center. Without these contributions there is not enough money within our existing budget to pay for DJ's, trips, and special food requests such as Salmon, Brisket and BBQ buffets. We ask that members that have not done so begin to make the daily contribution of \$1.50 which allows us to continue to operate at full capacity. If contribution totals do not increase we risk putting an end to some of the much anticipated summer events.

Wishing everyone a safe and healthy summer!

Sincerely,

Dee Hernandez, Director, CALW

54 Nagle Avenue, New York, NY 10040
Tel: (212) 569-6200 | Fax: (212) 567-5915 | info@ywashhts.org



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

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

<div>Weekly Schedule of Ongoing Classes</div> <div>(Hobby) Wien House Hobby Room (WHCR) Wien House Community Room</div>		
Monday	Tuesday	Wednesday
<div>9:30-10:30am Tai Chi w/ Pin Pin (Rm 312)</div> <div>9:30-10:30am Mat Yoga w/ Judi Checo (Rm 216/217)</div> <div>10-10:45am Tech Talk w/ Luke (Comp Lab)</div> <div>10:30-11:30am Shape Up w/ Linda (Rm 216/217)</div> <div>12:45-1:45pm Technology with Ron Session A (Comp Lab)</div> <div>1:30- 2:15pm Latin Social Dance & Exercise w/ Walter (Auditorium)</div> <div>1:45-2:45pm Technology with Ron Session B (Comp Lab)</div> <div>2:30-3:30 Coffee Hour (Rm 1)</div>	<div>9:30-9:45am Muscle Tension w/ Jawanza (Rm 216/217)</div> <div>9:45-10:10am Form and Flow w./ Jawanza (Rm 216/217)</div> <div>10:30-11:30am Live Stream- Strength and Balance with Peggy Levine* (Rm 216/217)</div> <div>12:30-2:30pm – Painting w/ Victoria (Art Rm -2nd Fl)</div> <div>1:30-2:30pm Chair Yoga w/ Briana (Auditorium) No Class 6/22</div> <div>3:00 – 4:00pm Chinese Social Club (WH – 14th Fl. Library) *Spoken in Chinese</div> <div><u>Time and location of classes are subject to change.</u> <u>Changes will be announced daily during lunch.</u></div>	<div>9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</div> <div>10:30-11:30am Walking Club w/ Jawanza or Cecilia *Weather Permitting</div> <div>12:00-1:00pm – Opera Class w/ MORE Opera *NEW (Auditorium)</div> <div>12:30-2:30pm Learn Spanish w/ Roberto (Rm 216/217)</div> <div>1:00-2:00pm Origami Table Designs with Sang Takieddine (Rm 1)</div> <div>1:00pm -2:00pm – Rabbi Roundtable (Hobby Rm) Scheduled for June 14th</div> <div>2:30-3:30pm- Coffee Hour (Rm 1)</div>

Special Events & Classes, Activity Listings, and more!			
One-Time Events	Arts & Culture Events	Good Stuff @ the Y	Special Announcements
<div>  <div> Father's Day Party Mon, June 19th 11:30am-1:45pm \$5/pp Advance Registration/ \$7 at the door </div> </div> <div>  <div> Luau BBQ Party Fri, June 30th 11:30am -1:45pm \$5/pp Advance Registration/ \$7 at the door </div> </div>	<div>  <div> *NEW -Opera Class w/ Cheryl Warfield from MORE Opera Wednesdays, 12-1pm </div> </div> <div>  <div> Karaoke- Open Mic Fri, June 23rd 12-1pm </div> </div>	<div> Advisory Council Meeting Tues, June 13th 1:00-2:00PM (Hobby Room) </div> <div> Rabbi's Roundtable Wed, June 14th 1-2pm (Hobby Rm) <i>Bring all your questions about Judaism!!</i> </div> <div>  <div> BBQ Fridays June 2nd & 16th </div> </div>	<div> <u>Please welcome Luke Smith has the new Program Coordinator.</u> </div> <div> <p>Suggested contribution is \$1.50 for those 60 and better for ALL meals, and transportation.</p> </div>
Ongoing Services	Health Wellness Events	Class Updates	Meal Service
<div> <u>The Ryan Health Bus</u> will be available for onsite screenings as well as Primary Care Appointments every Tuesday and Thursday in front of the Y. </div> <div> <u>Book club</u> Will be taking a pause until further notice. </div>	<div> Dept of Health “Cholesterol Disease Awareness” Tues, June 6 12-1pm </div> <div> Nurse Aileen Mon, June 26th 12-1pm </div> <div> <p>*All presentations are held in the auditorium</p> </div>	<div> ZUMBA cancelled until further notice. </div> <div> 6/08 – Mat Yoga – Jocelyn will be sub </div> <div> <u>No Classes –</u> </div> <div> 6/22 & 6/29 – Chair Yoga w/ Briana </div>	<div> <p>We will only be serving Lunch until further notice. As per DFTA regulations only one lunch meal can be given per member per day. There is no option for a second meal.</p> </div>



JUNE FIELD TRIP DATES:

Thurs, June 8th – Woodbury Trip - \$5/pp **FULL**
 Fri, June 9th – Ridgehill Yonkers Mall Trip - \$3/pp
 Thurs, June 22nd – Woodbury Trip - \$5/pp
 Tues, June 27th – Gilder Center @ AMNH - \$5/pp
 Thurs, June 29 – Hispanic Society Museum - \$5/pp



JUNE WALK W/ EASE DATES:

Tues, June 6 – City Island Trip- \$5/pp **FULL**
 Tues, June 13th – *Material for the Arts Tour, \$5/pp
 Wed, June 14th – Tappan Zee Bridge Walk, FREE
 Thurs, June 15th – Wave Hill Garden, \$5/pp
 Wed, June 21st – *Brooklyn Botanical Garden, \$5/pp

**Priority to “Capicua” Intergenerational Art Participants*

Lunch will be provided for WVE and Field trips. *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
<p>9:30-10:30am Mat Yoga w/ Judi Checo (216/217) 6/8 – Sub: Jocelyn</p> <p>10:30-11:15am Muscle Tension w/ Jawanza (Rm 216/217)</p> <p>1:00-2:00pm Jazz History Lecture Series (Rm 1) *Class has been extended thru June</p> <p>1:00-3:00pm Jewelry Making w/ Argentina (Hobby Rm)</p> <p>1:30-2:30pm Chair Yoga w/ Briana (Auditorium) No Class 6/29</p> <p>2:30-3:30pm Coffee Hour (Rm1)</p>	<p>9:30-10:30am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</p> <p>10-10:45am Tech Talk w/Luke (Computer Lab)</p> <p>10:30-11:30am Belly Dancing w/ Noora (Auditorium)</p> <p>12:00-1:00pm Shabbat Cultural Group w/ Deborah (Art Room)</p> <p>1:00-3:00pm Knitting & Crochet w/ Edie (Hobby Rm)</p> <p>1:15-2:15pm Current Events with Mira (Art Room)</p> <p>1:30- 2:15pm Latin Dance with Walter (Auditorium)</p> <p><u>Time and location of classes are subject to change. Changes will be announced daily during lunch.</u></p>	<p>*NO ZUMBA UNTIL FURTHER NOTICE</p> <p>10:30-11:30am Morning Yoga w/ Jocelyn (Auditorium)</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>1:00- 3:00pm Movie Matinee (Auditorium)</p> <p>1:00-2:00pm Indian Dance w/ Sloka (Rm 312 – 3rd Fl)</p> <p>3:00-4:00pm Games- Dominoes, Cards, Suduko, and Trivia (Auditorium)</p> <p>Interested in volunteering? We welcome volunteers to help us with a variety of tasks: administrative, translation, kitchen service, etc. By volunteering your time and skills, you help us serve the community. For more information, see Wilfred Santana at the Social Service office.</p>



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.
Please bring your own containers.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 2023 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>	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		1 Turkey Burger, Baked Potato, Veg. Ratatouille, Orange ALT- Tuna Fish Salad Rotini with Tomatoes and Black Olives, Baby Carrots with Parsley,	2 BBQ Friday TURKEY BURGER, BEEF HOT DOG, BBQ CHICKEN OR: SALMON BURGER, VEGGIE BURGER *ALL MEALS COME WITH: BAKED BEANS, COLESLAW, CORN PICKLES & WATERMELON
4 Rosemary Chicken Breast, Roasted Potatoes and Veg's, Sautéed Green Beans with Onions, Banana ALT- Salmon Salad Rotini with Tomatoes and Black Olives, Apple and Beet Salad	5 Omelet with Peppers and Onions, Rice with Vegetables, Steamed Green Beans Cantaloupe	6 Stuffed Peppers with Turkey, Southern Style Greens ALT- Tuna Niçoise, Quinoa Salad, Mushrooms, Peppers, and Onions, Fruit Cocktail	7 Breaded Fish Fillets, Roasted Potatoes, Cauliflower with Carrots and Parsley, Banana ALT- Chicken Salad, Whole Wheat Pasta Salad, Carrot Salad Barley	8 Swedish Meatballs with Beef and Turkey, Egg Noodles, Steamed Broccoli, Apple ALT- Chickpea Salad with Dried Fruit Bowtie Pasta with Kasha, Health Slaw	9 Sesame Orange Chicken, Brown Rice, Oriental Blend Vegetables, ALT- Egg Salad, Classic Macaroni Salad, Israeli Salad, Orange
11 Pepper Steak, LO-Mein Noodles, Baby Carrots with Parsley ALT- Tuna Fish Salad Barley Chickpea Salad with Dried Fruit, Tomato and Cucumber Salad, Watermelon	12 Cornmeal Crusted Fish, Pasta with Sweet Peas, Cauliflower with Carrots and Parsley ALT- Chicken Salad, Whole Wheat Pasta Salad, Carrot Apple Raisin, Orange	13 General Tso's Chicken Brown Rice, Oriental Blend Vegetables, Orange ALT- Egg Salad, Tabbouleh with Chickpeas, Broccoli and Red Pepper Salad	14 Turkey Meatloaf with Mushrooms and Peppers, Mashed Potatoes, Broccoli and Red Peppers, Apple ALT- Tuna Fish Salad Classic Macaroni Salad, Cole Slaw	15 Spanish Style Baked Chicken, Brown Rice with Kidney Beans, Capri Blend Vegetables, ALT- Egg Frittata Pineapple	16 BBQ Friday BEEF BURGER, BEEF HOT DOG, BBQ CHICKEN OR: SALMON BURGER, BLACK BEAN BURGER *ALL MEALS COME WITH: BAKED BEANS, COLESLAW, CORN PICKLES & WATERMELON
18 Meat Sauce, Whole Wheat Spaghetti, California Blend Vegetables, Pear ALT- Tuna Fish Salad Basic Pasta Salad, Avocado and Orange	19 FATHER'S DAY PARTY BBQ RIBS, CORN ON THE COB, ROASTED POTATOES & VEGGIES, FRUIT SPECIAL DESSERT	20 Vegetarian Chili Kashmir Brown Rice Whole Wheat Bread Capri Blend Vegetables Applesauce	21 Oven Fried Fish, Roasted Potatoes and Vegetables, Banana ALT- Chicken Salad Rotini with Tomatoes and Black Olives, Baby Carrots with Parsley	22 Hungarian Goulash with Beef, Egg Noodles, Balsamic Roasted Green Beans ALT- Egg Salad, Bulgur Salad, Kale, Romaine, Apple, Red Cabbage Salad, Apple	23 Cranberry Chicken Brown Rice with Mushrooms, Vegetable Mix ALT- Tuna, Macaroni Salad, Carrot Apple Raisin Salad, Peach
25 BBQ Chicken Leg Quarters, Corn on the Cob, Roasted Zucchini ALT- Salmon Salad Quinoa with Kale and Carrots, Zucchini and Tomato, Orange	26 Lemon Garlic Baked Fish, Rice Mushrooms, Zucchini with Onions and Peppers ALT- Chicken Salad, Whole Wheat Pasta Salad, Cucumber and Tomato Salad, Apple	27 Crusty Shepherd's Pie, Broccoli and Red Peppers ALT- Tuna Fish Salad, Quinoa Salad, Baby Spinach Salad Polling- Lunch will be served in the Community Room.	28 Chicken Stir Fry, Lo-Mein Noodles, Oriental Blend Vegetables ALT- Barley Chickpea Salad with Dried Fruit Bowtie Pasta, Health Slaw Baked Apple	29 Lentil Stew with Carrots and Turnips Baked Brown Rice Pilaf, Steamed Broccoli and Cauliflower, Orange	30 LUAU BBQ PARTY GRILLED HULI HULI CHICKEN, PINEAPPLE FRIED RICE, HAWAIIAN ROASTED VEGGIES WATERMELON