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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**

Laura Neves x 221

#### **Program Coordinator**

Luke Smith x 208

#### **Recreation Therapist**

Jawanza Govern x 262

**Transportation x 222**

#### **Case Assistant Supervisor**

Wilfred Santana x235

#### **Case Assistant**

Daliza Ocasio x244

#### **Case Assistant**

Jeraldines Coello x231

#### **Benefits Coordinator- Russian Speaker**

Julia Ramm x 260



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!

August 2023

Dear Friends and Members,

July was such a crazy month of ups and downs not only in NY, but around the world. From the frequent rain storms, and unbearable heat, to the dangerous air quality, it really gave us a run for our money. However in true CALW style we endured; we were able to take some amazing trips and celebrated life and friendship!

The weather continues to be unpredictable so please be safe when venturing outdoors. When activated by NYC Aging the Y serves as a cooling center for those in need of relief. Transportation is available for members who are unable to commute to the center on their own. Call Cliff at x222 to schedule a pick up by 9:30am each day.

On the agenda for August there are more spectacular trips, and educational events planned. We ask that all members continue to register for events in advance, and to check their personal calendars to avoid double booking. Last minute trip cancellations cannot be refunded if a replacement is not found, so please make sure you can attend before registering for a trip.

As always, we try to accommodate all of our members, so please be considerate when there is a change to the schedule, if a class needs to be switched to a video, or if we need to make a cancellation. The staff at CALW work diligently to provide the best level of service possible to all of our members, so please forgive us if anything is overlooked.

I am very excited to announce that we are celebrating our 2<sup>nd</sup> annual Senior Prom. Please come in your best prom attire and be ready to dance the afternoon away. Chef Julio has some tricks up his sleeve for lunch, and desert is guaranteed to be delicious. I cannot wait to see who will be the 2023 Prom King and Queen.

Dinner will continue to be served through the month of August in the auditorium but will need to be moved to the WIEN house community room once school starts in September. As a reminder dinner is served Tuesdays and Thursdays from 4:15-5:00pm.

Wishing everyone a safe and healthy summer!

Sincerely,

Dee Hernandez, Director, CALW





Weekly Schedule of Ongoing Classes

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

Monday	Tuesday	Wednesday
<div>9:30-10:30am Tai Chi w/ Pin Pin (Rm 312)</div> <div>9:30-10:30am Mat Yoga (Rm 216/217)</div> <div>10-10:45am Tech Talk w/ Luke (Room One)</div> <div>10:30-11:30am Shape Up w/ Linda (Rm 216/217)</div> <div>11:30am -1:15 pm Congregate Lunch (Auditorium)</div> <div>12:45-1:45pm Technology with Ron Session A (Comp Lab)</div> <div>1:30- 2:15pm Latin Social Dance &amp; Exercise (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>9:45-10:30am Form and Flow w./ Jawanza (Rm 216/217) <b>Workout video Aug 1st – 7th</b></div> <div>10:30-11:30am <b>Live Stream-</b> Strength and Balance with Peggy Levine* (Rm 216/217)</div> <div>11:30am -1:15 pm Congregate Lunch (Auditorium)</div> <div>12:30-2:30pm – Painting w/ Victoria (Art Rm -2<sup>nd</sup> Fl)</div> <div>1:30:-2:30 pm Muscle Tension w/ Jawanza (Rm 216/217) <b>Workout video Aug 1<sup>st</sup> – 7th</b></div> <div>2:00pm- 4:00pm Movie Matinee (Auditorium)</div> <div>4:15- 5:00pm Congregate Dinner (Auditorium)</div> <div><b>NOTE: TIME CHANGE FOR MUSCLE TENSION AND FORM/FLOW</b></div>	<div>9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217) <b>Workout video Aug 1st – 7th</b></div> <div>10:30am–11:30am Zumba (Aud) <b>August 2<sup>rd</sup> 2-3PM</b></div> <div>11:30am -1:15 pm Congregate Lunch (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>2:30-3:30pm- Coffee Hour (Rm 1)</div> <div><u><b>Time and location of classes are subject to change. Changes will be announced daily during lunch.</b></u></div>
		

Special Events & Classes, Activity Listings, and more!

One-Time Events	Arts & Culture Events	Good Stuff @ the Y	Special Announcements
<div><b>Senior Prom \$8</b> <b>Aug 22<sup>nd</sup> 11:30-2pm</b> Music, dancing, three courses and desert</div> <div>Prize for best dressed!</div> <div></div> <div>2022 Prom King and Queen Ms. Sabina Fuentes &amp; Mr. Harold Adler</div>	<div><b>Ecuadorian Cultural Day</b> August 9<sup>th</sup> 11:30-1pm (Aud.)</div> <div></div> <div><b>Body Painting W/ Naomi &amp; Chelsie</b> August 7<sup>th</sup></div> <div><b>Come join one of our Art classes:</b> Origami w/ Sang Painting w/ Victoria</div>	<div><b>Advisory Council Meeting</b> Tues, August 16 1:00-2:00pm (Hobby Room)</div> <div><b>SCRIE Sign up Event</b> Aug 17 &amp; 24<sup>th</sup> 10:30am-3:30pm</div>	<div>Suggested contribution is \$1.50 for those 60 and better for ALL meals, and transportation.</div> <div></div>
Ongoing Services	Health Wellness Events	Class Updates	Meal Service
<div><b><u>The Ryan Health Bus</u></b> will be available for onsite screenings as well as Primary Care Appointments every Tuesday and Thursday in front of the Y.</div> <div><b><u>Library Bus</u></b> 8/21</div>	<div>*All presentations are held in the auditorium</div> <div><b><u>Nurse Aileen</u></b> August 14<sup>th</sup> 12-1pm</div> <div><b><u>Oak Street Health</u></b> Kidney Health 12-1pm August 11<sup>th</sup></div> <div><b><u>St. John's University</u></b> Immunization 101 Presentation Aug 10<sup>th</sup> 11-12pm</div>	<div><b>Jawanza will be on vacation from 8/1-8/7</b> All of his classes will be replaced with a workout video as a replacement could not be found.</div> <div><b><u>NEW CLASSES</u></b> ZUMBA will resume on Sunday's ( 12:30 – 1:30pm) &amp; Wednesday's (9:30am – 10:30am) starting August 3rd</div> <div>Dyckman Run Club Wellness Clinic (6 week series through Sept 9rd)</div>	<div>Dinner will resume on Tuesdays and Thursdays in July.</div> <div>As per DFTA regulations only one lunch and one dinner meal can be given per member per day.</div> <div>There is no option for a second meal.</div>



## NEW: Restaurant Hopper

Come join us as we discover and explore new restaurants and cuisine throughout NYC!

Information for each restaurant will be posted monthly on the bulletin board and will describe the cuisine and any special pricing per person.

Registration is required.



### AUGUST DATES:

08/02 Katz Delicatessen \$5  
08/10 Little Italy, Bronx, NY \$5  
08/18 Chinatown \$5  
08/21 Junior's Cheesecake, Brooklyn \$5

Flyer with additional information for each trip posted in front of the auditorium.



### AUGUST FIELD TRIP DATES:

08/03 Burlington- Shopping- Yonkers \$5  
08/08 Empire Resorts Casino and Horse Races \$10  
08/11 Brotherhood Winery Tour \$40  
08/15 Lake Welsh, Harriman State Park \$15  
08/16- JoAnns' Craft Store \$5 \*free for knitting club  
08/17 American Folk Art Museum- (14 spots only) \$5  
08/24 Yankee's vs Washington National's Game \$10



**WALK WITH EASE WILL BE POSTPONED UNTIL SEPTEMBER.**

Lunch will be provided for WWE 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 (216/217)</p> <p>10:30-11:15am Muscle Tension w/ Jawanza (Rm 216/217) <b>Workout video August 1st – 7th</b></p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>1:00-3:00pm Jewelry Making w/ Argentina (Hobby Rm)</p> <p>2:30-3:30pm Coffee Hour (Rm1)</p> <p>2:00pm- 4:00pm Movie Matinee (Auditorium)</p> <p>4:15- 5:00pm Congregate Dinner (Auditorium)</p>	<p>9:30-10:30am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217) <b>Workout video August 1st – 7th</b></p> <p>10:30-11:30am Belly Dancing w/ Noora (Auditorium)</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:00-1:00pm Shabbat Cultural Group w/ Deborah (Art Room)</p> <p>1:00-3:00pm Knitting &amp; 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>10:30-11:30am Morning Yoga w/ Jocelyn (Auditorium)</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:30-1:30 Zumba (216/217) <b>August 13<sup>th</sup> 2PM – 3PM</b></p> <p>1:00pm-2:00pm Dyckman Run Club Wellness Clinic (6 week series through Sept 9rd)</p> <p>2:00- 4:00pm Movie Matinee (Auditorium)</p> <p>1:00-2:00pm Indian Dance w/ Sloka (Rm 312 – 3<sup>rd</sup> 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 Service office.</p> 
		<p><b><u>Time and location of classes are subject to change. Changes will be announced daily during lunch.</u></b></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

ALL MEALS SERVED W/  
8oz 1% MILK & WHOLE  
WHEAT BREAD

*\*If you are a pescatarian or  
vegetarian, please let us know and we  
will try to accommodate you*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>August 2023</b> <b>CALW LUNCH MENU</b> <b>The Center for Adults Living</b> <b>Well @ The Y</b> <i>For those 60 and Better</i></p>		1. Vegetarian- Eggplant & Lentil Curry Rice Pilaf, Braised Kale Greens, Banana Dinner- Ginger and Lime Salmon, Yellow Rice Kale with Tomato	2. Chicken Marsala, Broccoli w/ Garlic Mash, Grapes <u>Alt-</u> Egg Salad (3oz), Pasta with Sweet Peas, Cabbage Carrot Slaw, Grapes	3. Turkey Burger, Corn & Peas, Vegetable Ratatouille, Orange <u>Alt-</u> Tuna Fish Salad Rotini with Tomatoes and Black Olives, Baby Carrots with Parsley <u>Dinner-</u> Vegetarian Stuffed Cabbage, Bowtie Pasta with Kasha, Creamy Spinach	4. Baked Breaded Pollock, Brown Rice, Zucchini with Corn & Tomato, Pear <u>Alt-</u> Avocado Egg Salad Bulgur Salad, Carrot Apple Raisin Salad
6. Rosemary Chicken Breast, Roasted Potatoes & Veg's, Green Beans w/ Onions, Banana <u>Alt-</u> Salmon Salad, Whole Wheat Pasta Primavera, Vegetable Ratatouille	7. <u>Vegetarian-</u> Farmer Julio's Omelet, *Mangu & Onions (Smashed Plantains w/ Onions), Steamed Green Beans, Cantaloupe	8. Stuffed Peppers with Turkey, Brown Rice w/ Mushrooms, Cooked Cabbage w/ Shredded Carrots, Peach <u>Alt-</u> Tuna Niçoise Salad, Southwestern Quinoa Salad, Sautéed Mushrooms, Peppers, and Onions <u>Dinner-</u> Braised Beef, Egg Barley with Mushrooms, Vegetable Ratatouille	9. <u>ECUADORIAN CULTURAL CELEBRATION</u>  Arroz con Pollo (Chicken & Rice), Vegetable Empanadas, Avocado <u>Alt-</u> Barley Chickpea Salad with Dried Fruit, Chickpeas, Bowtie Pasta with Kasha, Health Slaw	10. Turkey Meatballs, Egg Noodles, Steamed Broccoli, Apple <u>Alt-</u> Egg Frittata, Whole Wheat Pasta Salad, Carrot Salad <u>Dinner-</u> Baked Tilapia, Capri Blend Vegetables, Roasted Potato, Banana	11. Sesame Orange Chicken, Brown Rice, Oriental Blend Veg's, Orange <u>Alt-</u> Egg Salad (3oz), Classic Macaroni Salad, Israeli Salad
13. *Bistec Encebollado (Steak and Onions), Rice & Beans, Okra with Tomato, Watermelon <u>Alt-</u> Tuna Fish Salad Barley Chickpea Salad with Dried Fruit, Tomato and Cucumber Salad	14. Homemade Fish Cakes, Bowtie Pasta with Kasha, Cauliflower with Carrots & Parsley, Orange <u>Alt-</u> Chicken Salad, Pasta Salad, Carrot Apple Raisin Salad	15. Chicken and Broccoli Stir Fry Brown Rice, Oriental Blend Veg's, Peach <u>Alt-</u> Egg Salad, Tabbouleh with Chickpeas, Broccoli and Red Pepper Salad, Canned Mandarin <u>Dinner-</u> Baked Fish Oreganata, Mashed Sweet Potatoes & Veggies	16. <u>Vegetarian-</u> Vegan Sancocho (a hearty stew, made with a variety of root vegetables), Halved Avocado, Banana	17. Turkey Meatloaf with Mushrooms and Peppers, Broccoli & Red Peppers, Mashed Sweet Potatoes, Apple <u>Alt-</u> Tuna Fish Salad Barley, Corn, and Black Bean Salad, Cole Slaw <u>Dinner-</u> Chicken and Broccoli Stir Fry, Egg Noodles, Oriental Blend Vegetables	18. Garlic Chicken, Brown Rice w/ Beans, Capri Blend Vegetables, Nectarine <u>Alt-</u> Chickpea Salad with Tomatoes and Parsley, Pasta w/ Broccoli and Pesto, Cherry Tomato
20. *Carne Guisada (Caribbean Style Beef Stew), Moro, Halved Avocado, Pear <u>Alt-</u> Grilled Chicken Salad, Classic Macaroni Salad, Carrot Apple Raisin Salad	21. <u>Vegetarian-</u> Three Bean Stew, Cornbread, Capri Blend Vegetables, Orange <u>Dinner-</u> Beef Meatballs in Tomato Sauce, Spaghetti, Broccoli and Red Peppers	22. <u>SENIOR PROM</u> Baked Fresh Salmon Roasted Vegetable, Garlic Red Potato, Apple <u>Alt-</u> Tuna Fish Salad, Basic Pasta Salad, Avocado and Orange Salad	23. Cranberry Chicken Brown Rice with Mushrooms, Vegetable Mix, Peach <u>Alt-</u> Chicken Salad Rotini with Tomatoes and Black Olives, Baby Carrots with Parsley	24. Turkey Burger, Cauliflower Mash, Steamed Carrots, Apple <u>Alt-</u> Egg Salad (3oz) Bulgur, Kale, Romaine, Apple, Red Cabbage <u>Dinner-</u> Apricot Glazed Salmon, Brown Rice with Mushrooms, Okra with Tomato	25. Oven Fried Pollock, Orzo w/ Veg's, California Blend Veg's, Banana <u>Alt-</u> Salmon Salad Rotini with Tomatoes and Black Olives, Apple and Beet Salad
27. BBQ Chicken Leg Quarters, Sautéed Sweet Potato, Steamed Corn Cob, Orange <u>Alt-</u> Codfish Salad Quinoa with Kale and Carrots, Beet Salad	28. Lemon Garlic Sole, Rice w/ Mushrooms, Broccoli and Red Peppers, Apple <u>Alt-</u> Chicken Salad, Pasta Salad, Cucumber and Tomato Salad	29. Shepherd Pie with Beef & Turkey, California Blend Veg's, Steamed Vegetable Mix Peach <u>Alt-</u> Tuna Fish Salad Southwestern Quinoa Salad, Baby Spinach Salad <u>Dinner-</u> Roasted Turkey Breast, Smashed Potatoes & Cauliflower, Sautéed Mushrooms, Peppers, & Onions	30. *Arroz con Pollo (Chicken and Rice), Tangy Green Beans, Yellow Plantains, Banana <u>Alt-</u> Barley Chickpea Salad with Dried Fruit, Bowtie Pasta, Health Slaw	31. Stuffed Flounder, Couscous, Sautéed String Beans, Steamed Spinach, Grapes <u>Alt-</u> Chicken Salad Bulgur Salad, Carrot Apple Raisin Salad <u>Dinner-</u> Eggplant Bake with Meat Sauce, Baked Polenta with Veggie Sauce, Steamed Kale	<p><b>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</b></p>