



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:



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In Memory of Nilda Sorroca

Mr. Stephen E. Offerman

Pearlina Jennings

Bruce Goldman

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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
To Be Announced**

Case Assistant Supervisor
Wilfred Santana x235

Administrative Assistant
Laura Neves x 262

Case Assistant
Daliza Ocasio x244

Program Coordinator
Luke Smith x 208

Case Assistant
Jeraldines Coello x231

Recreation Therapist
Jawanza Gobern x 221

**Benefits Coordinator-
Russian Speaker**
Julia Ramm x 260

Transportation x 222



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!

December 2023

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

Dear Friends and Members,

I hope that this holiday season is filled with love, laughter and amazing food.

As many of you already know November 22nd was my last day here at the Y as the director of CALW. And so today I want to take a moment to give thanks for all of you and the amazing relationships that I have built over the past two years.

From the first day I walked through those doors you all accepted me and made me feel welcome. You have shared your lives and hearts with me and for that I am forever grateful.

I will miss you all so very much, but I will always smile when I think of all of the amazing parties, trips and conversations we have shared. I hope I was able to make this place a little better while I was here.

My hope was always to make sure that members felt comfortable, safe and excited when they walk through those doors.

I also hope that you all are able to continue to look out for one another because whether you realize it or not we are all family here.

Our amazing team will continue to support day to day programming until a replacement can be identified. Should you need help with any classes, registration or events please speak with Luke Smith. For all of your social service needs or questions, Wilfred Santana is available to assist. Victoria Neznansky, Chief Development and Social Service Officer oversees the center, is also available to members in need of additional assistance.

Wishing you all the best always.





Sincerely,
Dee Hernandez, Former Director, CALW

Weekly Schedule of Ongoing Classes

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

Monday	Tuesday	Wednesday
9:30-10:30am Tai Chi w/ Pin Pin (Rm 312)	9:30-10:15am Form and Flow w./ Jawanza (Rm 216/217)	9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)
9:30-10:30am Chair Yoga w/ Briana (Rm 216/217)	10:30-11:30am <i>Live Stream-</i> Strength and Balance with Peggy Levine* (Rm 216/217)	10:30am–11:30am Zumba (Rm 216/217)
10:30-11:30am Shape Up w/ Linda (Rm 216/217)	11:30am -1:15 pm Congregate Lunch (Auditorium)	10:30-11:15am Grow with Us NEW (Intergenerational Horticulture Class)- Roof Garden- 4 th floor
11:30am -1:15 pm Congregate Lunch (Auditorium)	12:00-2:00pm Needle & Thread- Sewing w/ Teresita (Art Room)	11:30am -1:15 pm Congregate Lunch (Auditorium)
12:45-1:45pm Technology with Ron Session A (Comp Lab)	1:30:-2:30 pm Boxing w/ Jawanza (Auditorium)	12:30-2:30pm Fast Fluency Learn Spanish w/ Roberto (Rm 216/217)
1:30- 2:15pm Latin Social Dance & Exercise (Auditorium)		1:00-2:00pm Origami Table Designs with Sang Takieddine (Rm 1)
1:45-2:45pm Technology with Ron Session B (Comp Lab)		2:30-3:30pm- Coffee Hour (Rm 1)
2:30-3:30pm Coffee Hour (Rm 1)		<u>Time and location of classes are subject to change. Changes will be announced daily during lunch.</u>

Special Events & Classes, Activity Listings, and more!

One-Time Events	Arts & Culture Events	Good Stuff @ the Y	Special Announcement
<p>Taco Tuesday December 5th \$3 p/p 11:30am-1:15pm</p>  <p>Hanukkah Luncheon December 14th \$5p/p <i>\$10p/p day of event</i> <i>Please pre-register</i> 11:30am-1:15pm Live music!</p> 		<p>Advisory Council Meeting</p> <p>*Date TBA*</p> 	<p>Suggested contribution is \$1.50 for members for each meal, and transportation.</p> <p>*Christmas Day* CALW will be <i>closed for classes</i>, however lunch will be served. A holiday meal will be distributed on 12/22 during lunch.</p>
Ongoing Services	Health Wellness Events	Class Updates	Meal Service
<p><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.</p> <p><u>Library Bus</u> 12/11</p> 	<p><u>Timebank Presentations:</u></p> <p>Why Do You Need a Therapist? Presentation in English & Spanish Dec 3rd 12-1pm</p> <p>Medicare Basics & Enrollment at the YMCA Dec 5th 12-1pm</p> <p>Nurse Aileen Presentation Dec. 11th 12-pm ‘Seasonal Affective Disorder Awareness’</p>		<p>As per DFTA regulations only one lunch meal can be given per member per day. There is no option for a second meal.</p>

Come join us as we discover and explore new restaurants, historical sites and famous landmarks throughout NYC!
Registration is required.



Date	Location	Price P/P	Time of Trip
12/7	Bryant Park Holiday Market (outdoor)	\$5	10:00am-2pm
12/11	American Dream Mall (indoor)	\$5	9:30am-3pm
12/13	Columbus Circle Market (outdoor)	\$5	10:00am-2pm
12/18	Little Italy- Bronx <u>(no lunch provided)</u>	\$5	10:30am-2pm
12/20	Union Square & Market (outdoor)	\$5	10:00am-1pm
12/27	Museum of Natural History	\$5	10:00am-3pm
Lunch will be provided for trips unless otherwise stated.			
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
9:30-10:30am Mat Yoga w/ Jocelyn (216/217)	9:30-10:30am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)	10:30-11:30am Morning Yoga w/ Jocelyn (Auditorium)
10:30-11:15am Muscle Tension w/ Jawanza (Rm 216/217)	10:00-11:00am On the Spot Theater w/ Cheyenne NEW (Art Room)	11:00am-12:00pm Dr Rani's Computer Lab (Computer Lab)
10:30-11:15am Grow with Us NEW (Intergenerational Horticulture Class)- Roof Garden- 4th floor	10:30-11:30am Belly Dancing w/ Noora (216/217)	11:30am -1:15 pm Congregate Lunch (Auditorium)
11:30am -1:15 pm Congregate Lunch (Auditorium)	11:30am -1:15 pm Congregate Lunch (Auditorium)	12:00-1:00 Zumba (Rm 312)
1:00-3:00pm Jewelry Making w/ Argentina (Rm 1 until June 2024)	11:30am – 1:15pm Fiesta Friday's : Music, Culture & Connection w/ Devon & Shayna (Auditorium)	1:00-2:00pm Indian Dance w/ Sloka (Rm 312 – 3 rd Fl) Return
2:30-3:30pm Coffee Hour (Room 1)	12:00-1:00pm Weekly Reflections w/ Deborah (Art Room)	2:00- 4:00pm Movie Matinee (Auditorium)
	1:00-3:00pm Knitting & Crochet w/ Edie (Rm 1 until June 2024)	3:00-4:00pm Games- Dominoes, Cards, Suduko, and Trivia (Auditorium)
	1:15-2:15pm Current Events with Mira (Art Room)	Interested in volunteering? We welcome volunteers to help us with a variety of tasks: 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.
	1:30- 2:15pm Latin Dance with Walter (Auditorium)	
	Time and location of classes are subject to change. Changes will be announced daily during lunch.	



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
31 BBQ Chicken Leg Quarters, Sweet Potato, Steamed Corn, Orange ALT- Salmon Salad Quinoa w/ Kale & Carrots, Beet Salad		December 2023 CALW LUNCH MENU The Center for Adults Living Well @ The Y For those 60 and Better	Lunch is offered for a <u>suggested contribution of \$1.50</u> for our participants who are 60 and over. <u>Guests are subject to a \$3.00 per meal fee</u>	*Christmas Day* CALW will be <u>closed for classes</u>, however lunch will be served. A holiday meal will be distributed on 12/22 during lunch.	1 Black Bean and Sweet Potato Chili, Brown Rice with Mushrooms Steamed Carrots, Orange ALT- Egg Salad (3oz) Basic Pasta Salad Cherry Tomatoes
3 Baked Chicken, Brown Rice, Caribbean Style Roasted Cabbage W/ Carrots, Pear ALT- White Bean Pesto w/ Whole Wheat Pasta, Cauliflower with Carrots	4 Baked Fish Oreganata Couscous w/ Peas & Lemon, Vegetable Mix, Apple ALT- Chicken Salad Basic Pasta Salad Whole Wheat Bread Avocado & Orange Salad	5 TACO TUESDAY! \$3 p/p ALT- Salmon Salad, Whole Wheat Pasta Salad Carrot Salad	6 VEGETARIAN DAY Eggplant & Lentil Curry Rice Pilaf, Braised Collard Greens, Banana, Apple	7 Turkey Burger, Corn & Peas, Vegetable Ratatouille Orange ALT- Tuna Fish Salad Rotini w/ Tomatoes and Black Olives, Baby Carrots w/ Parsley	8 Homemade Fish Cakes, Brown Rice, Zucchini w/ Corn & Tomatoes, Pear ALT- Avocado, Egg Salad, Bulgur Salad, Carrot Apple Raisin Salad
10 Rosemary Chicken Breast, Roasted Potatoes & Vegetables, Sautéed Green Beans w/ Onions, Banana ALT- Salmon Salad, Whole Wheat Pasta Primavera Vegetable Ratatouille	11 VEGETARIAN DAY Omelet w/ Peppers & Onions, Rice w/ Vegetables, Green Beans Cantaloupe	12 Stuffed Peppers w/ Turkey, Mashed Potato, Cooked Cabbage w/ Shredded Carrots, Peach ALT- Tuna Niçoise Salad Sautéed Mushrooms, Peppers & Onions Peach, Southwestern Quinoa	13 Baked Stuffed Flounder, Capri Blend Vegetables, Sweet Potato, Banana ALT- Barley Chickpea Salad w/ Dried Fruit, Chickpeas, Bowtie Pasta w/ Kasha, Health Slaw	14 .HANNUKAH LUNCHEON \$5p/p pre registered - \$10 p/p day of event Baked Fresh Salmon, Latkes, Jelly Donuts Special Meal Giveaway ALT from room #1 Baked Chicken	15 Sesame Orange Chicken Brown Rice, Oriental Blend Vegetables, Orange ALT- Egg Salad (3oz) Classic Macaroni Salad Whole Wheat Bread Israeli Salad
17 Bistec Encebollao (Steak & Onions), Rice and Beans, Okra with Tomatoes Watermelon ALT- Tuna Fish Salad Barley Chickpea Salad with Dried Fruit, Tomato and Cucumber Salad	18 Homemade Fish Cake Bowtie Pasta with Kasha Cauliflower with Carrots and Parsley, Orange alt- Chicken Salad, Whole Wheat Pasta Salad Carrot Apple Raisin Salad	19 Chicken and Broccoli Stir Fry, Brown Rice, Oriental Blend Vegetables, Peach ALT- Egg Salad, Tabbouleh with Chickpeas, Broccoli and Red Pepper Salad, Pear	20 Turkey Meatloaf w/ Mushrooms \$ Peppers, Broccoli & Red Peppers, Sweet Potato, Apple ALT- Tuna Fish Salad Barley, Corn, & Black Bean Salad, Cole Slaw	21 Garlic Chicken, Brown Rice w/ Kidney Beans, Capri Blend Vegetables, Nectarine ALT- Chickpea Salad w/ Tomatoes & Parsley Whole Wheat Pasta w/ Broccoli & Pesto Cherry Tomatoes	22 VEGETARIAN DAY Vegetarian Sancocho Halved Avocado Banana
24 Baked Salmon, Roasted Vegetable Couscous, California Blend Vegetables Apple ALT- Chicken Salad Rotini w/ Tomatoes & Black Olives, Apple & Beet Salad	25. Carne Guisada (Spanish- style Beef Stew), Dominican Moro (Rice & Black Beans), Halved Avocado, Pear ALT- Tuna Fish Salad Basic Pasta Salad, Avocado & Orange Salad	26 VEGETARIAN DAY Three Bean, Stew, Cornbread, Capri Blend Vegetables, Orange	27 Fish & Chips, California Blend Vegetables, Banana ALT- Chicken Salad Rotini w/ Tomato, Baby Carrots w/ Parsley	28. Turkey Burger, Cauliflower Mash, Steamed Carrots, Apple ALT- Egg Salad, Bulgur Salad, Kale, Romaine, Apple, Red Cabbage	29. Cranberry Chicken Brown Rice w/ Mushrooms, Vegetable Mix, Peach ALT- Egg Salad, Classic Macaroni Salad, Carrot Apple Raisin