



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 Moria | Chinghua Chen |
| In Memory of Nilda Sorroca | Mr. Stephen E. Offerman |
| Pearlina Jennings | Bruce Goldman |
| Lucy Roche-Herger | Robert Reitman |
| Joshua Motelow | Ruth and Steven Hurd and Hochberg |

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 Govern 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!

January 2024

Dear Friends,

Happy New Year 2024!

As we step into this new year, we hope it brings an abundance of kindness, thoughtfulness, health, harmony, and joy into your lives.

At our Center, we are thrilled to offer a wide range of exciting programs, delectable food options, amazing trips, and a dedicated team of staff members who go above and beyond to ensure your experience at the Y is truly enjoyable. They are committed to nurturing, stimulating, and inspiring you, as well as providing any assistance you may require.

Get ready to celebrate the New Year with a series of exciting events. It all begins on **January 11** with the Winter Wonderland Party, where you're invited to dress in all white outfits. Then, on **January 29**, we'll be celebrating January birthdays. In addition to that, there are opportunities to explore various museums and exhibitions, to sign up for trips, to exercise and to dance.

If you or your loved ones are not able to make it to the Center or if you are concerned about your neighbor who is no longer able to pick up their mail or food, please reach out to the Director of Social Services, Wilfred Santana at ext. 235. Our caring staff will refer you to a social service program called APON which provides in-home assessment and assistance. We speak English, Spanish, Russian, Albanian, French, Mandarin and Cantonese.

We invite you to share your love for the Y and the Center by becoming our ambassador and volunteer. As a token of appreciation, bring a friend or neighbor along, and they'll receive a complimentary membership and a special gift.

We also welcome any suggestions, wishes, recommendations, or requests you may have. Your feedback and active participation are highly valued by us.

Wishing you a fantastic year ahead and expressing our heartfelt gratitude for your continued support.

Victoria Neznansky, LCSW
Chief Development and Social Services Officer.






Weekly Schedule of Ongoing Classes

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

Monday	Tuesday	Wednesday
<p>9:30-10:30am Tai Chi w/ Pin Pin (Rm 312)</p> <p>9:30-10:30am Chair Yoga w/ Briana (Rm 216/217) Resumes January 8th</p> <p>10:30-11:30am Shape Up w/ Linda (Rm 216/217)</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:45-1:45pm Technology with Ron Session A (Comp Lab)</p> <p>1:30- 2:15pm Latin Social Dance & Exercise (Auditorium)</p> <p>1:45-2:45pm Technology with Ron Session B (Comp Lab)</p> <p>2:30-3:30pm Coffee Hour (Rm 1)</p>	<p>9:30-10:15am Form and Flow w./ Jawanza (Rm 216/217)</p> <p>10:30-11:30am Live Stream- Strength and Balance with Peggy Levine* (Rm 216/217) Resumes January 2nd</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:00-2:00pm Needle & Thread- Sewing w/ Teresita (Art Room)</p> <p>1:30:-2:30 pm Boxing w/ Jawanza (Auditorium)</p>	<p>9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</p> <p>10:30am-11:30am Zumba (Rm 216/217)</p> <p>10:30-11:15am Grow with Us NEW (Intergenerational Horticulture Class – Community Room</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:30-2:30pm Fast Fluency Learn Spanish w/ Roberto (Rm 216/217)</p> <p>1:00-2:00pm Origami Table Designs with Sang Takieddine (Rm 1)</p> <p>2:30-3:30pm- Coffee Hour (Rm 1)</p> <p><u>Time and location of classes are subject to change. Changes will be announced daily during lunch.</u></p>

Special Events & Classes, Activity Listings, and more!

One-Time Events	Arts & Culture Events	Good Stuff @ the Y	Special Announcement
<p>Winter Wonderland party! 1/11 11:30AM – 1:30PM <i>Wear all white!</i> \$5 p/p pre-registered \$10 p/p the day of event</p> <p>2024</p> <p>January Birthday's Party! 1/29 11:30AM – 1:15PM</p> 	<p>Paint & Sip Niomi & Chelsie 1/18 \$3 p/p <i>Materials will be provided</i></p>	<p>Advisory Council Meeting January 9th @ 1PM (Room 312)</p> 	<p>* December 31st & January 1st* CALW will be closed. Lunch will not be served.</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> 1/29</p> 	<p><u>Nurse Aileen</u> Nurse Aileen Presentation January 8th 12-1PM (Auditorium)</p>	<p>Peggy Levine's Strength & Balance will resume on January 2nd</p> <p>Chair Yoga w/ Briana will resume January 8th</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> <p>Suggested contribution is \$1.50 for members for each meal, and transportation.</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
1/5	Spanish Harlem Parade	\$5	9:45AM -3:00PM
1/9	Hudson Yards Mall	\$5	10:00AM-3:00PM
1/15	Chelsea Market	\$5	10:00AM-3:00PM
1/16	Jersey Garden's Mall	\$5	9:45AM-3:00PM
1/22	Cooper Hewitt Museum	\$5	10:00AM-3:00PM
1/24	Little Italy (Bronx) No lunch provided	\$5	10:00AM-3:00PM

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
<p>9:30-10:30am Mat Yoga w/ Jocelyn (216/217)</p> <p>10:30-11:15am Muscle Tension w/ Jawanza (Rm 216/217)</p> <p>10:30-11:15am Grow with Us NEW (Intergenerational Horticulture Class)- Community Room</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>1:00-3:00pm Jewelry Making w/ Argentina (Rm 1 until June 2024)</p> <p>2:30-3:30pm Coffee Hour (Room 1)</p>	<p>9:30-10:30am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</p> <p>10:30-11:30am Belly Dancing w/ Noora (216/217)</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:00-1:00pm Weekly Reflections w/ Deborah (Art Room)</p> <p>1:00-3:00pm Knitting & Crochet w/ Edie (Rm 1 until June 2024)</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>11:00am-12:00pm Dr Rani's Computer Lab (Computer Lab)</p> <p>11:30am -1:15 pm Congregate Lunch (Auditorium)</p> <p>12:00-1:00 Zumba (Rm 312)</p> <p>1:00-2:00pm Indian Dance w/ Sloka (Rm 312 – 3rd Fl) Return</p> <p>2:00- 4:00pm Movie Matinee (Auditorium)</p> <p>3:00-4:00pm Games- Dominoes, Cards, Suduko, and Trivia (Auditorium)</p>
	<p>Time and location of classes are subject to change. Changes will be announced daily during lunch.</p>	<p>Interested in volunteering? We welcome volunteers to help us with a variety of tasks: translation, kitchen service, etc.</p> <p>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

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*

December 31st & January 1st
CALW will be closed for classes,
lunch will not be served.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
31 CLOSED FOR NEW YEARS DAY	1 CLOSED FOR NEW YEARS DAY	2 Shepherd Pie w/ Beef Turkey, California Blend Vegetables, Peach ALT- Salmon Salad Bulgur Salad, Carrot Apple Raisin Salad	3 VEGETARIAN- Lentil Stew with Carrots and Turnips, Brown Rice Pilaf, Steamed Broccoli and Cauliflower, Orange (Dinner available for Purchase)	4 Stuffed Flounder, Couscous, Green Beans, Pear ALT- Chicken Salad, Pasta Salad, Cucumber & Tomato Salad	5 Arroz con Pollo (Chicken & Rice), Tangy Green Beans, Yellow Plantains, Banana ALT- Tuna Salad, Quinoa Salad, Pickled Vegetables
7 Roasted Turkey Breast, Breaded Cauliflower Roasted Potatoes, Pear ALT- Codfish Salad Barley, Corn, and Black Bean Salad, Cole Slaw	8 Bistec Encebollao (Thin- Sliced Steak Onions) Rice & Red Beans, Maduros, Orange ALT- Egg Salad, Quinoa w/ Black Beans & Corn, Tomatoes & Cucumber	9 Apricot Glazed Chicken, Couscous, Peas w/ Lemon, Apple ALT- Barley Chickpea Salad w/ Dried Fruit Bowtie Pasta, Health Slaw	10 Turkey Meatloaf, Broccoli & Red Peppers, Garlic Mashed Potatoes, Banana ALT- Tuna Salad, Pasta Salad, Carrot Apple Raisin Salad	11 NEW YEAR PARTY! \$5 p/p pre- registered \$10 p/p day of event MENU- FRESH SALMON, ROASTED RED POTATO, GRILLED VEGETABLES	12 VEGETARIAN- Black Bean & Sweet Potato Chili, Brown Rice w/ Mushrooms, Steamed Carrots, Orange (Dinner available for Purchase)
14 Baked Chicken, Brown Rice, Roasted Cabbage with Carrots, Pear ALT- Rotini Pasta with White Bean Pesto, Cauliflower w/ Carrots	15 Baked Fish Oreganata Couscous with Peas & Lemon, Apple ALT- Chicken Salad, Veggie & Pasta Salad	16 VEGETARIAN- Berenjena; curry de lentejas, Pilaf de arroz estofado Espinaca Verde, Plátano (Cena disponible para Compra)	17 Chicken Marsala, Broccoli w/ Garlic, Mashed Butternut, Squash, Grapes ALT- Egg Salad, Pasta with Sweet Peas, Cabbage Carrot Slaw	18 Turkey Burger, Corn Peas, Vegetable Ratatouille, Orange ALT- Tuna Salad - Rotini w/ Tomatoes, Baby Carrots, Orange	19 Baked Breaded Fish Brown Rice, Zucchini w/ Corn & Tomatoes, Pear ALT- Avocado Egg Salad, Bulgur Salad, Carrot Apple Raisin Salad, Pear
21 Rosemary Chicken, Roasted Potatoes, Sautéed Green Beans w/ Onions, Banana ALT- Salmon Salad, Pasta Primavera Vegetable Ratatouille	22 VEGETARIAN- Omelet w/ Peppers & Onions, Veggie Rice, Oriental Blend Vegetables, Cantaloupe (Dinner available for Purchase)	23 Stuffed Peppers w/ Turkey, Brown Rice with Mushrooms, Peas ALT- Tuna Salad w/ Southwestern Quinoa & Pickled Vegetables	24 Baked Tilapia w/ Vegetables, Roasted Potatoes, Banana ALT- Barley Chickpea Salad w/ Dried Fruit, Pasta w/ Kasha, Health Slaw	25 Turkey Meatballs Egg Noodles, Steamed Broccoli, Apple ALT- Chicken Salad, Whole Wheat Pasta Salad, Carrot Salad	26 Sesame Orange Chicken, Brown Rice, Oriental Blend, Veg., Orange ALT- Egg Salad, Classic Macaroni Salad, Israeli Salad
28 Bistec Encebollao (Thin- Sliced Steak & Onions) Rice & Red Beans, Maduros, Orange ALT- Tuna Salad, Quinoa w/ Black Beans & Corn, Sliced Tomatoes & Cucumber	29 Homemade Fish Cake Bowtie Pasta w/ Kasha, Cauliflower w/ Carrots, Orange ALT- Chicken Salad, Pasta Salad, Carrot Apple Raisin Salad	30 Chicken & Broccoli Stir Fry, Brown Rice, Oriental Blend Vegetables, Peach ALT- Egg Salad, Tabbouleh w/ Chickpeas, Broccoli & Red Pepper Salad	31 Turkey Meatloaf w/ Mushrooms & Peppers, Broccoli & Red Peppers, Sweet Potatoes, Apple ALT- Tuna Fish Salad Barley, Corn, & Black Bean Salad, Cole Slaw	<p>Lunch is 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> <p>January 2024 CALW LUNCH MENU The Center for Adults Living Well @ The Y For those 60 and Better</p>	

