



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:

Amanda Parker
Columbia University Medical Center
Dr. Mary Alice Kane
Chigurupati S Rani
Anselma Dilone
Linda Salomon
Michelle Carr
Joshua Motelow
Elliot Stendig
Stacie and Ben Dattner
Clive Priddle
Chinghua Chen

Marilyn Richman
Adriel Koschitzky
Flora Atkins
Bruce Goldman
Robert Reitman
Lesley Halliday
Lori Myers
Donna Caron
Harold Adler
Jason and Dena Aingorn
Marci Greenberg
Elizabeth Healy
Jenna Levine
Allen Levine
Joseph Penteadó
Robyn Schwartz



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

Administrative Assistant
Laura Neves x 262

Program Coordinator
Luke Smith x 208

Recreation Therapist
Jawanza Govern x 221

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!

January 2024

Dear Friends, *And a special thank you to all of our anonymous donors.*

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.



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

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

Еженедельное расписание текущих занятий

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

Special Events & Classes, Activity Listings, and more!

Понедельник	Вторник	Среда	Разовые мероприятия	События в области искусства и культуры	Хороший материал @ Y	Специальные объявления
<p>9:30-10:30 Тай Чи с Пин Пин (Комн 312)</p> <p>9:30-10:30 Йога со стулом с Брианой (Комн. 216/217) Продолжится с 8ого января</p> <p>10:30-11:30 Формируй фигуру с Линдой (Комн. 216/217)</p> <p>11:30 -13:15 Ланч Конгрегации (Аудиторий)</p> <p>12:45-13:45 Технология с Роном Сессия А (Комп Лаб)</p> <p>13:30- 14:15 Латинские танцы и упражнения (Аудиторий)</p> <p>13:45-14:45 Технология с Роном Сессия В (Комп Лаб)</p> <p>14:30-15:30 Час Кофе (Комн 1)</p>	<p>9:30-10:15 Форма & Движение с Джаванзой (Комн 216/217)</p> <p>10:30-11:30 Прямой Эфир: Сила и Равновесие с Пегги Левайн * (Ком 216/217) Продолжится со 2ого января</p> <p>11:30 -13:15 Ланч Конгрегации (Аудиторий)</p> <p>12:00-14:00 Иголка & Нитка-шьем с Терезитой (Art Room)</p> <p>13:30:-14:30 Боксируем с Джаванзой (Аудиторий)</p> <p>Время и место проведения занятий может измениться. Об изменениях ежедневно сообщается во время ланча.</p>	<p>Активные и независимые всегда (SAIL) с Джаванзой (Комн 216/217)</p> <p>10:30–11:30 Зумба (312)</p> <p>10:30-11:15 Расту с нами Новинка (Межпоколенческое занятие по садоводству)- Сад на крыше – 4^{ый} этаж</p> <p>11:30 -13:15 Ланч Конгрегации (Аудиторий)</p> <p>12:30-14:30 Быстро и свободно Учи испанский с Роберто (Rm 216/217)</p> <p>13:00-14:00 Узоры Оригами за столом с Санг (Ком 1)</p> <p>14:30-15:30 Час Кофе-Комната 1</p>	<p>Праздник Страна Зимы! 1/11 11:30 – 13:30 Наденьте белое! \$5 на чел (регистрация) \$10 в день праздника</p> <p>2024</p> <p>Январские дни рождения! 1/29</p> <p>BIRTHDAYS THIS MONTH</p> <p>Ongoing Services Автобус Райана Автобус здоровья Райана по вторникам и четвергам будет открыт для желающих перед входом Y для тестов и по вопросам здоровья.</p> <p>Библиотечный</p> 	<p>Paint & Sip Ниоми & Челси 1/18 \$3 на чел Материалы предоставляются</p> <p>Health Wellness Events Медсестра Айлин Презентация медсестры Айлин 8^{ое} января 12-13 (Аудиторий)</p>	<p>Собрание совета January 9^{ое} @ 13:00 (Комн 312)</p>  <p>Class Updates Peggy Levine's Strength & Balance will resume on January 2nd</p> <p>Chair Yoga w/ Briana will resume January 8th</p> <p>Dr.Rani's Computer Class will resume January 21st</p>	<p>31^{ого} декабря & 1-ого января CALW будет закрыт, ланчей не будет.</p> <p>Meal Service Мы будем готовить ланчи для вас. По решению DFТА одна еда в день будет доступна. Второй еды не предусматривается. Предполагаемое пожертвование \$1.50 для людей, старше 60 за еду и/или транспорт.</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	Парад испанского Гарлема	\$5	9:45AM -3:00PM
1/9	Хадсон Ярдс Молл	\$5	10:00AM-3:00PM
1/15	Chelsea Market	\$5	10:00AM-3:00PM
1/16	Джерси Гарденс Молл	\$5	9:45AM-3:00PM
1/22	Купер Хевитт музей	\$5	10:00AM-3:00PM
1/24	Маленькая Италия (Бронкс) Без ланча	\$5	10:00AM-3:00PM
<p>Lunch will be provided for trips unless otherwise stated.</p> <p>*Weather permitting* Registration required for all outings.</p>			

Еженедельное расписание текущих занятий

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

Четверг	Пятница	Воскресенье
9:30-10:30 Йога на мате с Джослин (216/217)	9:30-10:30 Активные и независимые всегда (SAII) с Джаванзой (Комн 216/217)	10:30-11:30 Утренняя Йога с Джослин (Аудиторий)
10:30-11:15 Напрягаем мускулы с Джаванзой (Комн 216/217)	10:00-11:00 Театр прямо здесь с Шейен Новинка (Art Room)	11:00-12:00 Док Рани Комп. Лаб (Комп Лаб) Продолжается с 1/21
10:30-11:15 Расту с нами! Новинка (Межпоколенческое занятие по садоводству)- Сад на крыше-4ый этаж	10:30-11:30 Танец живота с Нурой (216/217)	11:30 -13:15 Ланч Конгрегации (Аудиторий)
11:30 -13:15 Ланч Конгрегации (Аудиторий)	11:30 -13:15 Ланч Конгрегации (Аудиторий)	12:00-13:00 Зумба (Комн. 312)
13:00-15:00 – Делаем украшения с Аргентиной (Комн 1 до июня 2024)	12:00--13:00 Еженедельные размышления с Деборой (Art Room)	13:00-14:00 Индийские танцы со Слока (Ком 312 – 3ий эт) Возврат
14:30-15:30 Час Кофе (Комн 1)	13:00-15:00 Клуб вязания крючком с Эди (Комн 1 до июня 2024)	14:00- 16:00 Дневной фильм (Аудиторий)
Хотите быть волонтером? Мы приветствуем волонтеров, готовых работать в разных областях: административной, переводческой, а также на кухне, etc.	13:15-14:15 Текущие события с Мирой (Art Room)	15:00-16:00 Игры - Домино, Карты, Судоку, и Тривия (Аудиторий)
Даря свое время и умения, вы помогаете нашей комьюнити. Для получения информации звоните Вилфреду Санатане в отдел социальных служб.	13:30- 14:15 Латинские Танцы с Волтером (Аудиторий)	
	Время и место проведения занятий может измениться. Об изменениях ежедневно сообщается во время ланча.	



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- Eggplant & Lentil Curry, Rice Pilaf, Braised Spinach Green, Banana (Dinner available for Purchase)	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>	

