

**Take advantage of the Autumn weather!  
Join us for our fantastic day trips, innovative classes  
and healthy and nutritious meals! We offer a wide  
range of activities to suit your interests and more!**

**November 2018**

Dear Friends and Members,

it is November... which signals a time to get ready for winter. Please make sure you stock up on non-perishables such as powdered milk and canned goods in case you are not able to go out due to inclement weather.

When it is cold outside, please join us at CALW for interesting education programs, as well as health and fitness classes. We have new and exciting programs this month. Please read the newsletter carefully!

Please join us for our annual Thanksgiving luncheon on Tuesday November 20th. Please register with Mira so we may share a meal and give thanks together. Do not forget to sign up for the November 29th trip to the Garden State Mall for holiday shopping!!!

In order to continue these exciting programs we encourage you, our members and guests to contribute to the cost of meals and provide contributions according to your ability for the many classes you take. We cannot do this without your support, please do your part for this Center.

We hope to see you at Center for Adults Living Well @ the Y.

Shalom,

Leah Ferster  
*Director, Center for Adults Living Well @ the Y*  
(for those 60 and better)

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#### **A Message from Carol Daly, Director of Health & Wellness**

The cooler weather and a few sniffles inspired me to refresh my diet with new and colorful fruits and vegetables, soups and healthy foods. This is a good time to add into our meals healthy foods that boost our immune system. Try something new and be sure to have healthy snacks on hand as we move into the cooler months.

Painting a single ceiling in my home led me to clean up clutter that had accumulated over the years. Though unpleasant meeting the dust bunnies, afterwards I felt refreshed as some things found a new place, and others discarded. My home is more comfortable and safe as I cleared unnecessary items from the floor.

Thanks to all of you for your wonderful support, the Y is a safe and healthy haven for you to meet friends, take a wonderful class and have a healthy lunch daily and dinner Mondays and Wednesdays.

Let's add new and good things into our lives and enjoy the beautiful crisp fall weather together!

Sincerely, Carol

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



# Center for Adults Living Well @ the Y

for those 60 and better



## LUNCH MENU

Lunch is served Sunday-Friday from 12:00-1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>11/1</b> Pepper Steak or Egg Salad w/ Greens	<b>11/2</b> Sesame Chicken or Vegetarian Chili
<b>11/4</b> Swedish Meatballs w/ Beef & Turkey or Tuna Salad w/ Greens	<b>11/5</b> Baked Breaded Fish or Chicken Salad w/ Greens	<b>11/6</b> Stuffed Cabbage w/ Beef or Egg Salad w/ Greens	<b>11/7</b> Baked Flounder or Egg Salad w/ Greens	<b>11/8</b> Spanish Style Baked Chicken or Salmon Salad w/ Greens	<b>11/9</b> Beef Hamburgers or Veggie Burgers
<b>11/11</b> Baked Chicken or Egg Salad w/ Greens	<b>11/12</b> Pasta Bolognese or Tuna Salad w/ Greens	<b>11/13</b> Hungarian Beef Goulash or Egg Salad w/ Greens	<b>11/14</b> Tilapia w/ Herbs & Tomato or Egg Salad w/ Greens	<b>11/15</b> Turkey Moussaka or Tuna Salad w/ Greens	<b>11/16</b> Baked Fish w/ Garlic Sauce or Chicken Salad w/ Greens
<b>11/18</b> BBQ Chicken Quarters or Egg Salad w/ Greens	<b>11/19</b> Stuffed Flounder or Chicken Salad w/ Greens	<b>11/20</b> <b>CALW Thanksgiving Luncheon</b>	<b>11/21</b> Breaded Pollock or Egg Salad w/ Greens	<b>11/22</b> <b>Closed in Observance of Thanksgiving</b>	<b>11/23</b> <b>Closed in Observance of Thanksgiving</b>
<b>11/25</b> Apricot Glazed Salmon or Chicken Salad w/ Greens	<b>11/26</b> Rosemary Chicken or Egg Salad w/ Greens	<b>11/27</b> Turkey Burgers or Tuna Salad w/ Greens	<b>11/28</b> Arroz con Pollo or Egg Salad w/ Greens	<b>11/29</b> Turkey Stuffed Peppers or Chicken Salad w/ Greens	<b>11/30</b> BBQ Chicken Breast or Black Bean Chili

### Center Dinner Cafe- Monday & Wednesday, 4:30-5:15pm

- MON 11/5 ROAST CHICKEN LEGS
- WED 11/7 TURKEY MEATLOAF
- MON 11/12 APRICOT GLAZED SALMON
- WED 11/14 CRANBERRY CHICKEN
- MON 11/19 POT ROAST W/ MUSHROOMS
- WED 11/21 BAKED ZITI (BEEF)
- MON 11/26 CHICKEN MARSALA
- WED 11/28 BREADED POLLOCK

### Center Breakfast- Thursdays, 9-9:45am (Please note Breakfast will only be served on Thursdays)

- 11/1 EGG WHITE OMELET & PEPPERS
- 11/8 CINNAMON FRENCH TOAST
- 11/15 SCRAMBLED EGGS & WAFFLES
- 11/22 CLOSED FOR THANKSGIVING
- 11/29 MANGU & ONIONS W/ HARD BOILED EGGS

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

**PLEASE NOTE: MENUS ARE SUBJECT TO CHANGE  
ALL MEALS INCLUDE EITHER A SOUP OR SALAD, VEGETABLES,  
STARCH, MILK, BREAD AND FRUIT**

**Lunch and Dinner are offered for a suggested contribution of \$1.50 for our participants who are 60 and better.**

**Breakfast is offered for a suggested contribution of \$1.00. Guests are subject to a \$3.00 per meal.**

# Special Events & Classes, Activity Listings and more

Arts & Culture	Special Events/ Activities	Trips for the Month	Lectures / Discussions	Notes	New Additions
<p><b>Wed 11/7</b> Vocal Ease Performance. Enjoy this afternoon of entertainment with our Self-Help friends. 1:30pm. Refreshments served.</p> <p><b>Wed 11/14</b> Dance Party w/ Bob from Ella Events, 1:30pm. Refreshments served.</p> <p><b>Wed 11/21</b> Dance Party w/ Andres. 1:30pm. Refreshments served.</p> <p><b>Wed 11/28</b> Birthday Party w/ Juan Ortega 1:30pm, Special refreshments served.</p>	<p><b>Thurs 11/8</b> Veterans Day Celebration, 11:45am- Auditorium</p> <p><b>Tues 11/20</b> Thanksgiving Luncheon -Entertainment by Claremont Strings &amp; Ensemble. Price: \$5, in Advance, \$7 Day of the Event. Register w/ Senior Center Office in advance. Space limited.</p> <p><b>Mon 11/26</b> Dancing w/ the Senior Stars. Join Master teacher &amp; performer Walter Perez for this fun dance warm up that will get you moving. During this event he will teach Latin Dance moves- refreshments will be served, 1pm</p> <p><b>Wed 11/28 &amp; Thurs 11/29- Special Jewelry Sale w/ Janice Bruce. 11am-12pm &amp; 1-2:30pm. Proceeds go to the Center for Adults Living Well</b></p>	<p><b>Thurs 11/15</b> Culinary Institute of America -Bocuse (French) Restaurant. Price: \$80. Depart Y at 8:30am</p> <p><b>Thurs 11/29</b> Holiday Shopping Trip - Garden State Mall. Price: \$12. Bagged Lunch included.</p> <p><b>Regarding Trips- Call Mira to register: (212) 569-6200 x 231</b></p>	<p><b>Health Related: Every Thurs</b> Health Management Tip, 11:45am</p> <p><b>Wed 11/14</b> "Diabetes &amp; Diet", Health Talk w/ Joan Alman, RN, Hospital for Special Surgery, 3pm</p> <div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><b>* Personal Nutrition Consultations w/ the Nutrition Consultant Mondays, from 11am- 2pm (Check Calendar for changes)</b></p> </div>	<p><b>Time Changes:</b></p> <p><b>Tues 9:30-10:30am</b> Yoga w/ Carol</p> <p><b>Tues 10:45-11:45am</b> Pilates w/ Ann</p> <p><b>Tues Chair Aerobics w/ Darlene 11:30am-12:30pm</b></p> <p><b>Wed 11:15am-12pm</b> Supervised Cardio</p> <p><b>Fri 10-11am</b> Zumba w/ Eleanor</p> <p><b>Fri 11am-12pm</b> Belly Dancing w/ Noora</p> <p><b>*** Please note:</b> Room Changes have been made and are listed in Daily Schedule!</p>	<p><b>We will be adding new classes in December!</b></p> <p><b>Make sure you check back with us to see the new additions as we head into the winter season!</b></p>

Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Trips	Important Announcements
<p>Benefit Presentations <b>Wed 11:30-12pm</b></p> <p><b>11/7 Medicare Part D change plans</b></p> <p><b>11/14 Medicare Part D change plans</b></p> <p><b>11/21 Tips on How to Recognize, Report &amp; Prevent Elder Abuse</b></p> <p><b>11/28 How to Obtain NYC Housing Lottery Information</b></p>	<p><b>Thurs Book Club w/ Bill 11/15--See Mira for Copies, 1pm (Wein House Library)</b></p> <p><b>November Next NYLAG- Legal Clinic. By appointment only. 10am-1:30pm To schedule, see or call Mira at x 231</b></p>	<p><b>11/4 Dark Passage w/ H. Bogart &amp; L. Bacall, NR</b></p> <p><b>11/ 11 The Best Years of Our Lives w/ M. Loy &amp; F. March, NR</b></p> <p><b>11/18 Blonde Venus w/ M. Deitrich &amp; C. Grant, NR</b></p> <p><b>11/25 Little Woman w/ S. Sarandon &amp; W. Ryder, PG</b></p>	<p><b>11/5 All the Money in the World w/ M. Williams &amp; M. Wahlberg, R</b></p> <p><b>11/12 Midnight Sun w/ B. Thorne &amp; P. Schwartzenegger, PG_13</b></p> <p><b>11 /19 Extraordinary Measures w/ H. Ford &amp; B. Fraiser, PG</b></p> <p><b>11/26 Boundaries w/ V. Farminga &amp; C. Plummer, R</b></p>	<p>Call Mira to register: (212) 569-6200 x 231</p> <p><b>12/17</b> Westchester Dinner Theatre: Christmas Carol; Price \$70</p> <p>Contact Mira to Register/information ( 212) 569-6200 x 231</p>	<p>We are able to offer you a Take Home Dinner Monday-Friday if you have been here for programs and lunch. One per person and the suggested contribution is \$1.50 <b>(Please note, there is a maximum of 2 meals per day, per person.)</b></p>

**\*\*PLEASE NOTE: MOVIES ARE SUBJECT TO CHANGE**

# Weekly Schedule of Ongoing Classes

## Sunday

**10-11am Heart Healthy Move 'n Groove** w/ Ann

**10am- 12pm Computer Lab** w/ Dr. Rani

**11am-11:45am Stretch Yoga** w/ Ann

**1-2pm Computer Class (In Spanish)** w/ Antonio

**1pm Sunday Movie**  
(See Events Page)

**2-3pm How to Use Mobile Devices** w/ Antonio (In Spanish)

**Volunteer**



### Interested In Volunteering?

We are always looking for volunteers to assist us with a variety of tasks- including, clerical, translation, kitchen service, etc. By volunteering your time and skills you help us to serve the community. For more information, please contact (212) 569-6200 x 227

## Monday

**9:30-10:30am Tai Chi** w/ Pin Pin (RM 312)

**10am-12pm Canasta** w/ Margot

**10:30-11:30am Brainercise** w/ Pin Pin (RM 312)

**10:30am-11:30am Shape Up / Stay Well** w/ Linda S (RM 216/217)

**10:30am-12pm Quilting** w/ Sylvia (All levels welcome)

**11am-2pm Personal Nutrition Consultations & Nutrition Tip** w/ Nutritionist

**11:15am-12pm Supervised Cardio /Cardio Express** w/ AnnV

**1-2:15pm Latin Dance Mix** w/ Walter (RM 216/217)

**1pm Spanish Class** w/ Masiel

**1-3pm Painting** w/ Cappy

**1:30-4pm Monday Movie**

**1:30-2:30pm How to Use Mobile Devices** w/ Ron  
(Bring your smartphone, tablet or laptop)

**3-4pm Computer Lab** w/ Ron

**4:15pm-5pm Strength&Balance** w/Peggy (RM216/217)

**4:30-5:15pm Center Cafe (See Menu Page)**

## Tuesday

**NEW TIME\* 9:30-10:30am Yoga (Seated & Standing)** w/ Carol (RM 312)

**NEW TIME\* 10:45-11:45am Pilates** w/ Ann (RM 216/217)

**10-11:30am Blood Pressure Readings** w/ Ann Goldberg

**10:30-12pm Computer Lab**

**10:30-11:30am Men's Group** w/ Harold

**10:30am-12pm Learn to Make Beaded Jewelry** w/ Argentina

**NEW TIME\* 11:30am-12:30pm Chair Aerobics** w/ Darlene (RM 216/217)

**1:30-3pm Spanish Poetry Class** (In Spanish) w/ Frank Adolfo

**1-2pm Current Events** w/ Mira

**1-3pm Bridge Group** w/ Amalia

**2-3pm Social Issues Discussion Group** w/ Edward

**2-3 pm The Art of Origami** w/ Sang

**3pm Coffee Hour**

# Weekly Schedule of Ongoing Classes

## Wednesday

**10:30-11:45am Yoga** w/ Gloria  
(Wein House Community Rm)

**10:30-12pm Magic for Mature Adults** w/ Gary (Beginner)

**10:30am-12pm Quilting**  
w/ Sylvia (All levels welcome)

**10:30am-11:30am Stay Well** w/  
Seniors  
(RM 216/217)

**10:30-11:30am Computer Lab**

**NEW TIME\*** 11:15am-12pm **Supervised Cardio/Express Cardio**  
w/ Ann V

**11-11:30am Benefit Presentations**

**11:30am-12:30pm Shall We Dance** w/ Andres (RM 216/217)

**1-2:30pm Computer Lab**

**1:30pm Parties & Performances**  
( See Special Events Page)

**4-4:30pm Current Events**  
w/ Leah

**4:30-5:15pm Center Cafe**  
(See Menu Page)

★ Please remember to bring your barcoded tags—this is a requirement from our funding source and determines our funding reimbursement.

If you do not have a tag and are a registered member of the Center for Adults Living Well @ the Y, please see Maribel Flores-Ortiz or call x 244

## Thursday

**9-9:45am Breakfast** (See Menu Page)

**9:30-10:30am Zumba** w/ Selena  
(RM 216/217)

**10:30-11:30am Computer Lab**

**11:45am Health Management Tip** (Auditorium)

**1-2pm Flex & Tone**  
w/ Ann (RM 216/217)

**1-2pm Women's Group** w/  
Dana (*First Thursday of the month, Men & Women's Group Combined*)

**1-2pm Book Club** w/ Bill (11/15)

**1-2pm Social Issues Group (In Spanish)** w/ Edward

**1:30-3:30pm Computer Lab**  
w/ Chaz

**1:30-3pm Bingo** w/ Olivia

**2-3pm English Conversation w/ Edward**- English Conversation Practice - Improve your English speaking skills!!!

**2-3pm Memory Games**  
w/ Dana

**3pm Coffee Hour**

## Friday

**NEW TIME\*** 10-11am **Zumba** w/  
Eleanor (RM 216/217)

**10:30am-12pm Computer Lab**

**11am-12pm Music & Memories**  
w/ Yael

**NEW TIME\*** 11am-12pm **Belly Dancing** w/ Noora (RM 312)

**12pm Shabbat** w/ Ezra

**1-2pm Discussion Group**  
w/ Ann Goldberg

**1-2pm Strength & Balance**  
w/ Peggy (RM 216/217)

**1-3pm Bridge Class** w/ Amalia

**1:30-2:30pm Knitting Circle**  
w/ Edie

# Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>10-11am "Healthy Heart" con Ann 10am-12pm Laboratorio de Computadora 11am-11:45am Yoga (312) 1pm Domingo de Pelicula 1-2pm Clase de Computadoras con Antonio Nuevo! 1:15pm Stretch en la Tarde 2-3pm Clase de Como Utilizar Moviles Telefono con Antonio</p> <p><b>Te interesaría ser Voluntario?</b> Siempre estamos buscando voluntarios para que nos ayuden con una variedad de labores incluyendo, administrativas, traducción, servicio de cocina, etc. Al ofrecer su tiempo y habilidades nos ayudan a servir a la comunidad. Para obtener más información, póngase en contacto con Maribel x 244</p>	<p>9:15-10:15am Tai Chi (Cuarto 312) 10:15am-11:15am Brainercise con Pin Pin (Cuarto 312)</p> <p>10:30am Ejercicios de la Manana -Programa "STAYWELL" con Linda (216/217) 10:30am-12pm</p> <p>10am-12pm Clase de Acollar con Sylvia 11:15am-12pm Ejercicios Cardios 1pm Pintar con Cappy</p> <p>1-2:15pm Clase de Baile: Mixta Latina (216/217) 1:30pm Peliculas en Espanol a Lunes</p> <p>3-4pm Laboratorio de Computadoras</p> <p>4-5pm Clase de Equilibrio y Fuerza con Peggy (216/217)</p> <p>4:30-5:15pm Cafe Cinar</p>	<p>Nueva Tiempo! 9:30-10:30am Yoga (Sentados y de Pie) con Carol (312)</p> <p>10-11:30am Presion Arterial con Ann Nueva Tiempo! 10:45-11:45am Ejercicios- Pilates (216/217) 10:30-12pm Laboratorio de Computadoras 10:30-12pm Clase de Joyeria con Argentina Nueva Tiempo! 11:30am-12:30pm Ejercicios con Silla con Darlene (216/217) 1:30-3pm Clase de Poesia Español con Frank Adolfo 2-3pm Gropo de Temas Sociales con Edward 2-3pm Origami con Sang</p>	<p>10:30-11:30am Laboratorio de Computadoras 10:30-11:30am Programa "STAYWELL" (216/217)</p> <p>10:30-11:45am Yoga con Gloria (Cuarto Wein Comunidad) 10am-12pm Clase de Acollar con Sylvia</p> <p>Nueva Tiempo! 11:15am-12pm Ejercicios Cardios</p> <p>11:30-12:30pm Clase de Baile con Andreas (216/217)</p> <p>1:30pm Conciertos y Fiestas</p> <p>3-3:45pm Clase por Salud</p> <p>4:30-5:15pm: Cafe Cinar</p>	<p>9-9:45am Desayuno 9:30-10:30am Zumba con Selena 10:30-11:30am Laboratorio de Computadoras 1:30-3pm Laboratorio de Computadoras con Chaz 1-2pm "Flex y Tone" Ejercicios con Ann (216/217) 1:30-3pm Bingo con Olivia 1-2pm Discusión- con Temas Sociales Espanol con Edward 2-3pm: Conversación en inglés con Edward</p>	<p>Nueva Tiempo! 10am-11am Zumba con Eleanor (216/217) 10:30-12pm Laboratorio de Computadoras</p> <p>Nueva Tiempo! 11am-12pm Baile del Vientre con Nora (312)</p> <p>1-2pm Clase Equilibrio y Fuerza con Peggy (216/217)</p> <p>1:30-2:30pm Circulo de Tejer con Edie</p>

## Eventos Especiales

**Miér 11/7** Actuación Vocal. Disfrute del entretenimiento y refrescos con nuestros amigos de "SelfHelp". 1:30pm

**Miér 11/14-Fiesta de baile con de "Ella Events".** 1:30pm refrescos serán servidos.

**Mar 11/20** Almuerzo de Acción de Gracias \$5. \$ 7 el día del evento. Entretenimiento por ClaremontStringyEnsemble.

**Miér 11/21** Fiesta de baile con Andrés. 1:30 pm. Refrescos serán servidos

**Miér 11/28** Fiesta Cumpleaños con Juan Ortega, 1:30 p.m. refrescos serán servidos

**Presentación de Beneficios: Todos los Miércoles 11:30am-12pm durante Almuerzo**

11/7 Medicare parte D información sobre cambio de planes  
11/14 Medicare parte D información sobre cambio de planes  
11/21 Consejos sobre cómo reconocer, reportar y prevenir el maltrato a personas mayores  
11/28 Cómo obtener información sobre loterías de viviendas en Nueva York

## Paseos

### Próximos viajes:

**Jue 11/15** Visita guiada al Instituto Culinario acompañado con un almuerzo en el Restaurante Francés Bocuse \$80. Salida del Y a las 8:30am

Jue 11/29- Viaje de compras navideñas al Garden State Mall. \$12. Almuerzo en bolsa será incluido.

### CLINICA LEGAL

Clinica Legal NYLAG. Solo con citas. Para programar una cita, llame Maribel en la extensión x 244, o visítela en persona.

20 de Noviembre - Almuerzo de Acción de Gracias \$5. \$7 el día del evento. Inscribirse con Mira o Maribel- en la oficina (Piso 1)

### Nota:

**El 28 y 29 de noviembre habrá una venta de joyas con Janice Bruce. 11am-12 pm y 1pm-2:30pm.**

**Necesitamos su ayuda! Su contribución para la comida de \$1.50 es crucial para nuestro Centro.**

El Departamento de NYC para las Personas Mayores (DFTA) no compensa la diferencia de su contribución para proporcionarles comida a ustedes. El costo real de una comida puede variar desde \$ 4 a \$ 7 en función de los costos de los alimentos de cada comida en particular. Somos afortunados de que el Y ofrece comidas de calidad y un suplento todos los días. Se necesita la contribución de la comida diaria de \$ 1.50 hacia el almuerzo para ayudar a cubrir los costos reales de las comidas servidas. **USTED HACE UNA DIFERENCIA POR CONTRIBUIR cada vez come en el Y.**

Gracias, El Consejo Consultivo (10/2014)

## New and Important Announcements...!



**We are having our annual  
Thanksgiving Luncheon  
on Tuesday,  
November 20th, 2018.  
12pm**

**Price: \$5 in advance,  
\$7 Day of the Event  
Do not wait!**

**Register with the Senior  
Center Office or call Mira  
(212) 569-6200 x 231**

**Martes, 20 de Noviembre  
Almuerzo de Acción de  
Gracias \$5 en Avanzado/  
\$ 7 el día del evento.  
Entretenimiento por  
Claremont Strings y  
Ensemble. 12pm  
Inscribirse con Maribel  
(212) 569-6200 x 244**



### **About our New Safe at Home Director...**

**My name is Deborah Gross, and I am thrilled to introduce my self as the new Program Director of the Hudson Community Project: Safe-at-Home Program. I am licensed master social worker (LMSW) who brings over 25 years of experience in the field of aging to the position. I have devoted the entirety of my professional career to community based programs for seniors, with the focus on providing comprehensive supports which enable people to age with grace, dignity and safety in their own homes. I am so excited to now be a part of the CALW family here at Washington Heights & Inwood YM/YWHA, and I look forward to meeting you all!**

**My office is located on the 3rd floor, and my door is always open. Please feel free to stop by in person if you need any assistance, or call me at (646) 738-6092.**



Members who renew and new members who register with us receive a free gift—so remember to reactivate your membership annually!

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



### Thank You for Your Donations

#### General Donations

Rita Rosenthal  
Ruth and Gunther Bechhofer

**We strongly recommend making an appointment to discuss your housing, benefits & entitlement concerns, please sign up at the Center for Adults Social Work Office located on the first floor. You can come in to sign up or call to make the appointment- Please see the listing for Social Services below.**

#### Center Staff Listing

##### Center Director

Leah Ferster x 211

##### Administrative Assistant

Amber Castorf x 208

##### Director- Social Services/ Education

Mira Myteberi x 231

##### Director- Health & Wellness

Carol Daly x 221

##### Social Services/ Benefits & Entitlements

Masiel Veras x 235

##### Social Services/Case Worker

Maribel Ortiz- Flores x 244

##### Recreational Therapist

Ann Votaw x 262

##### Bookkeeper

Marilyn Gutman x 228

##### Transportation x 222

Volunteer Desk x 227

### Welcome New Members/Renewal

Aceredo, Yrma  
Acevedo, Margarita  
Alvarado, Francisco  
Arias, Elvira  
Beato, Francisco Joaquin  
Berhe, Yacob  
Calderon, Maria  
Chicaiza, maria  
Fernando, Asuncion  
Gonzalez, Ava  
Gonzalez, Xiomara  
Guzman, ANA  
Jimenez, Candida  
Krinsky, Sharon  
Martinez, Nilda  
Matos, Mirta  
Meixner, Jirina

Mendoza, Bolivar  
Paulino De  
Rosario, Altagracia  
Pena, Medisis  
Ramos, Josefina  
Rivas, Francisco  
Rosenberg, Paul  
Sanchez, Carmen  
Sanchez, Esther  
Smith, Marion  
Urena, Gladys  
Valdes, Luis  
Wasserfall, Howard  
Webb, Vernell  
Yeend, Bessie  
Yeend, Norman

#### Upcoming Special Meals

Please note, a special meal will be given out during the week of Thanksgiving - courtesy of a grant received and funded by Temple Emanu-El

#### UPCOMING! THANKSGIVING LUNCHEON

TUESDAY, NOVEMBER 20, 2018 12PM

\$5 IN ADVANCE/ \$7 DAY OF THE EVENT

REGISTER WITH MIRA

(212) 569-6200 X231

#### Would you like to receive the monthly calendar via email?

Please send an email to Amber, [acastorf@ywashhts.org](mailto:acastorf@ywashhts.org) and ask to be added to the email distribution.