

**May 2018**

Dear Friends and Members,

May has arrived, flowers are in bloom and spring reminds us that it is a time of renewal. Please make sure you keep your information current at CALW. If you have not re-registered this year please sign up for an appointment with our social service staff. This month is chock full of programs!

On May 9th we will have an Open House; inviting seniors from the community to learn about our programs take classes and enjoy meeting you, our members. We will have an afternoon concert and a special treat, make your own Sundaes! Please join us and help us in welcoming new members. If you can help by placing flyers about the Open House in the community please let me know. We would like to let as many seniors know about the program!

Join us on May 16th for a special lunch for Mother's Day- sign up with Mira and reserve a space for our Concert and Dance Party with Juan Giovanni. On May 24th we will have our Thursday Living Arts program, a "Paint Out" with our Art teacher, Cappy. Express yourself through the art of painting. No experience necessary. The goal is to have fun and gain new skills. Who knows you might be the next Picasso.

On May 23rd we will have our CALW General meeting. Please join us as we discuss elections for the Advisory Board and give you an update on how CALW is doing and listening to any suggestions you may have for programming.

Please note the Center will be closed during the Memorial Day observance on Sunday, May 27th and Monday, May 28th.

Looking forward to seeing 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**

May is National Arthritis Awareness month. As you may know, Arthritis is a disease that impacts more than 50 million Americans. The most common form in the US is osteoarthritis, but there are more than 100 different types of arthritis and related conditions. The great news is that symptoms can be greatly reduced by learning self-management strategies and being physically active. On Wednesday, May 23rd @ 3pm, Joan Altman, RN will facilitate an interactive discussion on keeping our bones strong and healthy through diet and exercise. We will discuss ways to manage arthritis including definitions of osteopenia and osteoporosis.

On May 1st, we kick off another "Walk with Ease" Tuesdays at 2pm, a great way to get moving and enjoy the fresh air. You may also want to take a look at the many classes we offer and try something new like Belly or Latin Dancing, Zumba, Chair Aerobics or Flex & Tone. For new and current members feel free to set up an appointment with Ann Votaw, our Recreation Therapist or me to create a personalized Wellness Prescription of classes suited for you here at the CALW. There is something for everyone!

Sincerely,  
Carol

**54 Nagle Avenue, New York City, NY 10040**

**Tel: (212) 569-6200 | Fax: (212) 567-5915 [info@ywashhts.org](mailto:info@ywashhts.org)**



# 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
***Please note, there is a maximum of 2 meals per day, per person.		<b>5/1</b> Beef & Broccoli or Vegetable Meatballs	<b>5/2</b> Baked Chicken Quarters or Egg Salad w/ Greens	<b>5/3</b> Turkey Meatballs or Tuna Salad w/ Greens	<b>5/4</b> Baked Fish or Chili con Carne
<b>5/6</b> Baked Breaded Chicken Cutlet or Egg Salad w/ Greens	<b>5/7</b> Beef Stew or Salmon Salad w/ Greens	<b>5/8</b> Breaded Pollock or Egg Salad w/ Greens	<b>5/9 OPEN HOUSE Israeli Moussaka</b>	<b>5/10</b> Stuffed Peppers or Tuna Salad w/ Greens	<b>5/11</b> Sesame Chicken or Vegetarian Chili
<b>5/13</b> Meatballs or Tuna Salad w/ Greens	<b>5/14</b> Breaded Fish or Chicken Salad w/ Greens	<b>5/15</b> Hamburgers or Tuna Salad w/ Greens	<b>5/16</b> Baked Flounder or Egg Salad w/ Greens	<b>5/17</b> Baked Chicken or Salmon Salad w/ Greens	<b>5/18</b> Stuffed Peppers or Tuna Salad w/ Greens
<b>5/20</b> Baked Salmon or Egg Salad w/ Greens	<b>5/21</b> Pasta Bolognese or Tuna Salad w/ Greens	<b>5/22</b> Cranberry Chicken or Salmon Salad w/ Greens	<b>5/23</b> Beef Goulash or Egg Salad w/ Greens	<b>5/24</b> Baked Fish w/ Garlic Sauce or Chicken Salad w/ Greens	<b>5/25</b> Moussaka or Tuna Salad w/ Greens
<b>5/27</b> Closed in Observance of Memorial Day	<b>5/28</b> Closed in Observance Memorial Day	<b>5/29</b> Breaded Pollock or Egg Salad w/ Greens	<b>5/30</b> Chicken Stir Fry or Salmon Salad w/ Greens	<b>5/31</b> Stuffed Flounder or Chicken Salad w/ Greens	

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

**WED 5/2 BAKED BREADED FISH**  
**MON 5/7 BAKED TILAPIA**  
**WED 5/9 BAKED CHICKEN**  
**MON 5/14 BBQ CHICKEN BREAST**  
**WED 5/16 TURKEY MEATLOAF**  
**MON 5/21 APRICOT GLAZED SALMON**  
**WED 5/23 TILAPIA W/ HERBS & TOMATO**  
**MON 5/28 CLOSED**  
**WED 5/30 POT ROAST**

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

**5/3 OMELET**  
**5/10 SCRAMBLED EGGS & TURKEY BACON**  
**5/17 CINNAMON FRENCH TOAST**  
**5/24 APPLE PANCAKES & HARD BOILED EGG**  
**5/31 TBA**

**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.

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

# Special Events & Classes, Activity Listings and more

Arts & Culture	Special Events/ Activities	Trips for the Month	Lectures / Discussions	Notes	New Additions
<p><b>Wed 5/2</b> Dance Party w/ Cecelia from Ella Events, Refreshment served; 1:30pm</p> <p><b>Wed 5/9</b> <b>OPEN HOUSE</b>- Check for program</p> <p><b>Wed 5/16</b> Mother's Day Party w/ Juan Giovanni. 1:30pm, Refreshments served and gifts <b>Price: \$3</b> <b>Sign up w/ Mira x 231</b></p> <p><b>Wed 5/23</b> Dance Party w/ Andres. 1:30pm, Refreshments served</p> <p><b>Wed 5/30</b> Birthday Party w/ Juan Ortega, 1:30pm, Refreshments served.</p>	<p><b>Tues 5/1</b> Visiting Nurse Presentation w/ Aileen Fitzpatrick, DNP, 2-3pm</p> <p><b>Tues 5/8</b> NYPD Presentation <b>Pedestrian Safety (During lunch)</b></p> <p><b>Wed 5/23</b> <b>General Membership Meeting, 1:15pm</b></p> <p><b>Thurs 5/24</b> <b>Living Arts Paint-Out afternoon w/ Cappy. Share the art of painting, express yourself... No experience necessary, 1:15 pm</b></p> <p><b>Tues 5/29</b> <b>Jazz Presentation w/ Joseph Washington- Latin Jazz and the effect on cultural integration in New York City, 1pm</b></p>	<p>Norwegian Cruise Line- Bermuda April 22-29 (Y Sponsored)</p> <p><b>5/10 Mother's Day Shopping trip: Woodbury Commons Outlets, Price: \$12</b> Bagged lunch included, 10am</p> <p><b>5/3 Stonecrop Gardens</b> Price: \$10; Bagged Lunch included. <b>Depart 9am (Arrive at 8:30am for check in)</b></p> <p><b>5/24 Wave Hill Trip,</b> Price \$10. Bagged lunch included; Depart 10am</p> <p><b>Thurs 5/31 Atlantic City Trip-</b> Boardwalk, Shopping &amp; Dining. Price: \$35, Bagged Lunch Included. <b>Depart 9am (Arrive at 8:30am for check in)</b> Contact Mira to Register/information ( 212) 569-6200 x 231</p>	<p><b>Health Related: Every Thurs</b> Health Management Tip, 11:45am</p> <p><b>Fri 5/18 "Cooking for One"</b>, registered dietician Lisa Ronco will discuss delicious meals for one person, 2:30pm</p> <p><b>Wed 5/23 "Strong Healthy Bones"</b>- Joan Altman from the Hospital of Special Surgery will discuss ways to manage arthritis, 3pm</p> <p><b>Fri 5/25 "Reading Food Labels"</b> Registered dietician Lisa Ronco will discuss reading food labels- bring a food product to review!, 10am</p>	<p><b>New Time:</b></p> <p><b>Time Changes:</b></p> <p>Wed Computer Lab, 10:30-11:30am 1-2:30pm</p> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p><b>* Personal Nutrition Consultations w/ the Nutrition Consultant Mondays, from 11am- 2pm</b></p> </div>	<p><b>Tue The Art of Origami w/ Sang</b> Learn how to create beautiful figures using the method of Japanese paper folding (Origami), 2-3pm</p> <p><b>Tue Walk with Ease, 2-2:45pm</b></p> <p><b>Fri Jewelry Making w/ Argentina, 10:30am</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>5/2</b> Section 8 &amp; NYCHA updates/important information</p> <p><b>5/9</b> Learn about STAR (School Tax Relieve Program) Program</p> <p><b>5/16</b> <b>SCRIE &amp; DRIE Program</b> information w/ Betsy Hernandez from NYC Finance Department</p> <p><b>5/23</b> How to Get Information about Housing Lotteries in NYC</p> <p><b>5/29</b> Medicaid &amp; Pooled Income Trust</p>	<p><b>Thurs 5/10</b> <b>Book Club "Hillbilly Elegy" by J. D. Vance, 1-2pm</b></p> <p><b>Thurs 5/17</b> <b>NYLAG Legal Clinic. By appointment only. To schedule, see or call Mira at x 231</b></p>	<p><b>5/6</b> <b>Fiddler on the Roof / Topal &amp; N. Crane, G</b></p> <p><b>5/13</b> <b>Three Days of Condor w/R. Redford F. Dunaway, R</b></p> <p><b>5/20</b> <b>To Catch a Thief w/ G. Grant &amp; G. Kelly, NR</b></p>	<p><b>5/7</b> <b>The Murder on The Orient Express w/ K. Branagh &amp; P. Cruz, PG-13</b></p> <p><b>5/ 14</b> <b>Aquí entre nos w/J. Ochoa, C. Beato &amp; D. Garcia</b></p> <p><b>5/ 21</b> <b>Wonder w/ J. Roberts &amp; O. Wilson, PG</b></p>	<p><b>6/7</b> <b>Westchester Theater: Sister Act</b></p> <p><b>6/14</b> <b>Jo-Ann's Fabric Trip</b></p> <p><b>6/21</b> <b>Trip to The Museum of Modern Art, Price: \$5</b></p> <p><b>6/28</b> <b>Westchester Theater: "Everything Must Go"</b></p> <p>Contact Mira to Register/information ( 212) 569-6200 x 231</p>	<p>We are now 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 (Please note, there is a maximum of 2 meals per day, per person.)</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

**9-10am Tai Chi** w/ Pin Pin

**10-11am Brainercise**  
w/ Pin Pin

**10am-12pm Quilting** w/ Sylvia

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

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

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

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

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

**1-2pm 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

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

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

## Tuesday

**9:30-10:15am Yoga (Seated & Standing)** w/ Carol (RM 312)

**10:15-11am Pilates Sculpt**  
w/ Ann (RM 216/217)

**10:15-11am 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

**11am-12pm Chair Aerobics** w/ Darlene (RM 216/217)

**1-2pm Spanish Poetry Class**  
(In Spanish) w/ Frank Adolfo

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

**1:30-2:45pm OATS Computer Class (English)**

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

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

**NEW! 2-2:45pm Walk with Ease**

**2:45-4pm OATS Computer Class (Spanish)**

**3pm Coffee Hour**

# Weekly Schedule of Ongoing Classes

## Wednesday

**10:30-12pm Yoga** w/ Gloria  
(RM 201)

**10am-12pm Quilting** w/ Sylvia

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

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

**10:45-11:30am 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)

**3-3:45pm Mindful Matters** w/ Ann (Room 1)

**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) (no class 5/10)

**10:30-11:30am Flex & Tone**  
w/ Ann (RM 216/217)

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

**11:30-12:15pm Artful Breath-Breathing & Gentle Movement to Music (Seated/Standing)** w/ Carol (RM 216/217)

**11:45am Health Management Tip**

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

**1-2pm Book Club** w/ Bill (5/10)

**1pm Xbox Bowling** w/ Harold

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

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

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

**3pm Coffee Hour**

## Friday

**NEW! 10:30am-12pm Jewelry Making**  
w/ Argentina

**10:30-11:30am Zumba** w/ Eleanor (RM 216/217)

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

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

**11:30am-12:30pm Belly Dancing** w/ Noora (RM 312)

**11:15am-12:15pm Greeting Cards** w/ Marliese

**11:45am Shabbat** w/ Ezra

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

**1-2pm Strength & Balance**  
w/ Peggy (RM 216/217)  
(No class 5/18)

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

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

**1:30-2:45pm OATS Computer Class (English)**

**2:45-4pm OATS Computer Class (Spanish)**

# Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>10-11am "Healthy Heart" con Ann 10am-12pm Laboratorio de Computadora</p> <p>11am-12pm Yoga (312)</p> <p>1pm Domingo de Pelicula 1-2pm Clase de Computadoras con Antonio</p> <p>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>9-10am Tai Chi</p> <p>10am- 12pm Clase de Acolchar</p> <p>10-11am Brainercise con Pin Pin</p> <p>10:30am Ejercicios de la Manana con Linda (216/217)</p> <p>11:15am-12pm Ejercicios Cardios</p> <p>1pm Pintar con Cappy</p> <p>1-2:15pm Clase de Baile: Mixta Latina (216/217)</p> <p>1:30pm Peliculas en Espanol a Lunes (5/14)</p> <p>3-4pm Laboratorio de Computadoras</p> <p>4:15-5pm Clase de Equilibrio y Fuerza con Peggy (216/217)</p> <p>4:30-5:15pm Cafe Cenar</p>	<p>9:30-10:30am Yoga (Sentados y de Pie) con Carol (312)</p> <p>10:15-11am Presion Arterial con Ann</p> <p>10:15-11am Ejercicios- Pilates Sculpt (216/217)</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>10:30-12pm Clase de Joyeria con Argentina</p> <p>11am-12pm Ejercicios con Silla con Darlene (216/217)</p> <p>1-2pm Clase de Poesia Español con Frank Adolfo</p> <p>1:30-4PM OATS en Ingles</p> <p>2-2:45pm Camino con Ann</p> <p>2-3pm Origami con Sang</p> <p>2:45AM-4pm OATS en Español</p>	<p>Nuevo! 9:30-11am Asunto de Balancia con Andres</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>10:30-12pm Yoga con Gloria (201)</p> <p>10am- 12pm Clase de Acolchar</p> <p>10:45-11:30am Ejercicios Cardio</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 Cenar</p>	<p>9-9:45am Desayuno</p> <p>Nuevo! 9:30-10:30am Zumba con Selena</p> <p>10:30-11:15am "Flex y Tone" Ejercicios con Ann (216/217)</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>11:30am-12:15pm Música, Respiración y Movimientos Sutiles (Sentados y de Pie) con Carol (216/217)</p> <p>1pm XBOX Bowling con Harold</p> <p>1:30-3pm Bingo con Olivia</p> <p>3pm Hora de Cafe</p>	<p>10:30-12pm Joyeria con Argentina</p> <p>10:30-11am Zumba con Eleanor (216/217)</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>11:30am-12:30pm Baile del Vientre con Nora (312)</p> <p>1-2pm Clase de Equilibrio y Fuerza con Peggy (216/217)</p> <p>1:30-2:30pm Circulo de Tejer con Edie</p> <p>1:30-4PM OATS en Ingles</p> <p>2:45AM-4pm OATS en Español</p>

## Fiestas/ Eventos Especiales

**Miér 5/2** Cecilia de "Ella Eventos" Refrescos serán servidos, 1:30pm.

**Miér 5/16** Fiesta del Día de las Madre con Juan Giovani. 1:30pm. Refrescos serán servidos.

**Miér 5/23** Fiesta de baile con Andrés. 1:30pm. Refrescos seran servidos.

**Miér 5/30** Fiesta Cumpleaños con Juan Ortega 1:30 p.m. refrescos serán servidos

**Clases Especial por Mayo Jue - Arte en Vivot: Clase de cocina con Julio. Comparta el arte de como cocinar saludable. 1:15pm**

**Jue 5/24 Arte en Vivo, una**

**tarde con Cappy. Comparte el arte de pintar, y exprésate... No se necesita experiencia previa. 1:15pm**

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

**5/2** Sección 8 y NYCHA- información y actualizaciones importantes

**5/9** Aprenda sobre el programa STAR (programa de desgravación fiscal escolar)

**5/16** Información del programa SCRIE y DRIE con Betsy Hernandez del departamento financiero de NYC

**5/23** Cómo obtener información sobre las loterías de

viviendas en Nueva York

**5/29** Información de fideicomiso de Medicaid y ingresos compartidos

## Eventos Especiales

**Martes 5/29** Jazz de Latinos- Presentación de Joseph Washington, profesor jubilado de Matemáticas y Ciencias y entusiasta del Jazz 1pm

## Paseos

5/10 Día de las Madres Viaje de compras a Woodbury Commons Outlets. \$12. Almuerzo en bolsado será incluido.

5/24- Viaje a "Wave Hill" Almuerzo en bolsa será incluido \$10.

5/31 Viaje a Atlantic City. "DTA"

**Jue 5/17** Clínica Legal-NYLAG. Solo con citas. Para programar una cita llame o visite a Mira a la extensión 231

**información Importante! Miér 5/9 Casa Abierta 9:30am-3pm**

**Miér 5/23 Reunión General, 1:15pm**

**(El Centro este Cerrado 5/27 & 5/28- clases este cancelado)**

**Peliculas en Español 5/14** Aquí entre nos. con J.Ochoa, C. Beato, y D. Garcia

**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)

## русскоязычных клиентов в YM&YWHA

Презентация преимуществ: каждую среду с 11:00 до 11:30

5/2 - Sec.8 и NYCHA обновления и важная информация ...

5/9 - Узнайте о программе STAR (School Tax Relieve Program)

5/16 - Информация о программе SCRIE & DRIE с Бетси Эрнандесом из отдела финансов Нью-Йорка

5/23 - Как получить информацию о лотереях жилья в Нью-Йорке

5/29- Информация о доверительном управлении Medicaid и Pooled Trust.

5/1- Посещение презентации медсестры с Элин

5/2 - Танцевальная вечеринка с Цечелией в 1:30

5/3 - Поездка на StoneCrop. Отправление в 8:30

5/10- День матери. Вудбари. 12 долларов США. В пакет входит завтрак. Отъезд в 10:00.

5/15-Приглашение медсестры

5/16 -День матери с Хуаном Джовани в 1:30

5/17 - NYLAG. Только по записи. Звоните Мире на (212) 5696200 х.231

5/23- Танцевальная вечеринка с Андресом в 1:30 вечера.

5/24 – Рисование - после обеда с Сарру. Поделитесь искусством живописи, выразите себя .. Никакой предыдущий опыт не нужен .. 13:15

5/24-Поездка на волновой холм. \$ 10. упакованный в обеды. Отъезд в 10 утра

5/30- Вечеринка дней рождений с Хуаном Ортега в 2:00

5/31- Атлантик-Сити. Казино Tropicana. \$ 35. Получите \$ 25 назад, чтобы играть. В стоимость входит пакетный обед.

**Предстоящие поездки:**

7 июня - Театр Вестчестера

14 июня - Путешествие Джо-Энн Ткань

21 июня - Поездка в Музей современного искусства...бесплатно



**Наталья Пчелинцева**  
консультирует по вопросам  
**Медикайт и Медикаре, Фуд**  
**стампс, Рент контроль**  
**и другим программам.**  
**Рабочие дни понедельник**  
**с 9 до 5 и среда с 9 до 6 в**  
**комнате 203С, также с 3 до 4**  
**в Вин хаус. Жду по разным**  
**вопросам.**  
**Тел: 212-569-6200 X 260**

### По оплате за обеды

Наш центр финансируется Department for the Aging (департамент для пожилых) и это существенно,

но без пожертвований как оплата за обед (suggested contribution) мы тоже не можем обойтись, т.к. это тоже входит в сумму финансирования. Поэтому мы советуем заплатить за обед \$1.50, хотя реальная цена обеда приблизительно \$4-7.00. Ни одному из клиентов не будет отказано в обеде, если у него нет

денег заплатить, но тем не менее мы обращаемся к Вам с просьбой по возможности заплатить за обед. Это поможет нашему центру существовать и помогать Вам в повседневной жизни.



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**

**In Appreciation of Social Services**  
Consuelo Viera  
Ediburga de la Rosa & Jose Mari

**In Appreciation of Case Assistance**  
Meredith Mena

**In Memory of Barbara Garrido**  
Anonymous

**Welcome New Members/Renewal**

Amarante, Lucrecia  
Bocanegra, Emilia  
Burgos De Asis, Persio  
Camejo, Beverly  
Chang, Judy  
Coello, Gladys  
Cordova, Gerda  
Cordova, Maria  
De la Cruz-De Davila, Juana  
feliz, Hipolita  
Feliz, Maria  
Fernandez, Elsida  
Fernandez, Lucy  
Hillard, Robert  
Johnson, Naomi  
Kaufman, Alan  
Kurtz, Dennis  
Levi, Susan

Liu, Xiuhua  
Lopez Marcano, Elizabeth  
Moffa, Carol  
Mora, Juana  
Nascimento, Agostinh  
Nueces, Maria  
Ortiz, Edwin  
Ramirez, Aquiles  
Ortiz, Edwin  
Ramirez, Aquiles  
Reyes Valenzuela, Maria  
Sanchez, Vidalina  
Santana, Argentina  
Schoenolt, Regina  
Sepulveda, Manuel  
Sepulveda, Maria  
Stacy, Margarie  
Vidal, Myriam

**OPEN HOUSE!!!  
9:30am-3pm**

**MEMBERS- BRING A FRIEND TO OUR OPEN HOUSE ON WEDNESDAY, MAY 9TH!!! LEARN MORE ABOUT OUR OPEN HOUSE AND THE DAY'S EVENTS!!!!**

**CONTACT MIRA**  
(212) 569-6200 X 231

**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

**Re-Registration for the Center for Adults Living Well @ the Y is held on Fridays from 10-11:30am & 2-4pm, please bring proof of identification**

**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.**

**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.**

