

February 2018

Dear Friends and Members,

We are in the middle of winter and there are many cold and windy days. Don't stay at home! Reserve a seat on the Y Van! We have transportation Monday through Friday and the van will take you door to door. If you would like more information on using the van for transportation to the Y please speak to Mira Myteberi, Director of CALW Social Services and Education.

The Van is also used to take members of the Center for Adults Living Well @ the Y on trips. This month we have five trips planned. Please look in the newsletter under special events for the different places we will be going. I hope you will join us on one of our many trips. If you have any ideas of sites to visit please let us know we are always looking for new and interesting places to go!

This month please join us on February 7th as we celebrate the Chinese New Year, with a special meal and The Chinese Music Ensemble of New York, and then join us for our Sweetheart Dance on February 12.

Don't forget to look for flyers on the Occupational Therapy Students "Be Well OT Health & Wellness Program" Wednesdays at 10am, please sign up with Carol Daly, Director of CALW Health and Wellness. Starting February 1, AARP volunteers will be here on Monday's and Wednesday, by appointment only. Please sign up at the volunteer desk or call 212 569 6200 x 227 or x 231.

We look forward to seeing you each day at the Center for Adults for Living Well @ the Y

Shalom,

Leah

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

A Message from Carol Daly, Director of Health & Wellness

February is American Heart Month

Do happy and optimistic people live longer and more fulfilling lives? Whether you view the glass as half empty or half full may help determine your risk for heart disease. Just as negative emotions such as depression, anger, and hostility are risk factors for heart attack and stroke, happiness seems to protect the heart. This was the finding from a large study that examined the impact of positive personality traits like happiness, contentment, and enthusiasm on heart disease risk. Happiness may produce a host of positive chemical changes and a reduction in stress hormones.

Other factors that affect our heart health include getting a good night's sleep, eating a healthy diet and exercising regularly. Since heart disease is the leading cause of death for both men and women, your heart deserves your time and attention!

Join us this February in the Healthy Heart Valentine Challenge.

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
				2/1 SWEET & SOUR MEATBALLS OR SALMON SALAD W/ GREENS	2/2 CURRIED CHICKEN OR BLACK BEAN BURGER
2/4 LEMON-TARRAGON SALMON OR EGG SALAD W/ GREENS	2/5 SPAGHETTI BOLOGNESE OR TUNA SALAD W/ GREENS	2/6 HOMEMADE TURKEY BURGER OR VEGETABLE POT PIE	2/7 CHICKEN & BROCCOLI SPECIAL CHINESE LUNCH OR EGG SALAD WRAPS	2/8 STUFFED CABBAGE OR CHICKEN SALAD W/ GREENS	2/9 CLASSIC BEEF STEW OR SALMON SALAD W/ GREENS
2/11 BBQ CHICKEN QUARTERS OR EGG SALAD W/ GREENS	2/12 LEMON-GARLIC FLOUNDER OR BLACK BEAN BURGER	2/13 MOUSSAKA OR SALMON SALAD W/ GREENS	2/14 STUFFED CHICKEN BREAST OR EGG SALAD W/ GREENS	2/15 BEEF BRISKET OR TUNA FISH ON RYE	2/16 CHICKEN POT PIE OR VEGETARIAN CHILI
2/18 ROSEMARY CHICKEN QUARTERS OR EGG SALAD W/ GREENS	2/19 CENTER CLOSED/ CENTRO CERRADO	2/20 CHICKEN STIR FRY OR TUNA FISH SALAD W/ GREENS	2/21 ROAST BEEF DELI PLATE OR EGG SALAD DELI PLATE	2/22 STUFFED CABBAGE OR BLACK BEAN/ SWEET POTATO CHILI	2/23 ROAST TURKEY OR SALMON SALAD W/ GREENS
2/25 CHICKEN & RICE OR COD-FISH SALAD (ADA DE BACALAO)	2/26 BAKED COCONUT CRUSTED FISH OR CHICKEN SALAD W/ GREENS	2/27 BEEF & BROCCOLI OR VEGGIE MEATBALLS	2/28 CHICKEN POT PIE OR EGG SALAD WRAPS		

***Please note: we are closed on Monday, February 19th. We will be giving a special take home meal on February 16th.

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

Mon 2/5 BBQ Grilled Chicken Breast
Wed 2/7 Stuffed Flounder
Mon 2/12 Baked Mushroom Chicken
Wed 2/14 Baked Pollock
Mon 2/19 Center Closed
Wed 2/21 Apricot Glazed Salmon
Mon 2/26 Shepherd's Pie

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

2/1 Cinnamon French Toast
2/8 Pancakes & Eggs
2/15 Pancakes & Turkey Bacon
2/22 French Toast & Turkey Sausage

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.*

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

Special Events & Classes, Activity Listings and more

Arts & Culture	Special Events/ Activities	Trips for the Month	Lectures / Discussions	Notes	New Additions
<p>Wed 2/7 The Chinese Music Ensemble of New York, 1-2pm. Refreshments Served.</p> <p>Mon 2/12 Sweet Heart Dance Party w/ Juan Giovanni ; 1:30pm Special Refreshments Served</p> <p>Wed 2/14 Concert with Katherine Licardo (violin) and Matt Consul (Viola) Playing music by Mozart, Leclair and Telemann.</p> <p>Wed 2/21 Dance Party w/ Cecilia 1:30pm refreshments served</p> <p>Wed 2/28 Birthday Party w/Juan Ortega, 1:30pm. Refreshments Served.</p>	<p>Wed 2/7 Decoupage w/ Dorrie. Take home a planting in an artfully decorated pot using the decoupage method, 2:30pm</p> <div data-bbox="349 819 560 1176" style="border: 2px solid black; padding: 5px; text-align: center;"> <p>* Personal Nutrition Consultations w/ the Nutrition Consultant Mondays, from 11am- 2pm</p> </div>	<p>Thurs 2/1 Stew Leonard Shopping Trip, Price \$8, Bagged Lunch Included. Depart 10am</p> <p>Thurs 2/8 Trip to Empire City Casino, Price: \$10, Bagged Lunch Included.</p> <p>Thurs 2/15 Trip to Museum of American Finance, \$12 Depart at 10am, Bagged lunch included</p> <p>Thurs 2/22 Shopping Trip to White Plains-Galleria Mall. Price: \$10, Bagged Lunch Included.</p> <p>Mon 2/26 Shopping Trip to Target & Marshalls, 10am</p> <p>Contact Mira to Register/information (212) 569-6200 x 231</p>	<p>Health Related: Every Thurs Health Management Tip, 11:45am</p> <div data-bbox="836 840 1047 1165" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Please note: we are closed on Monday, February 19th</p> </div>	<p>"A Matter of Balance" Series In Spanish. 8 Sessions from February-March</p> <p>Breakfast will be served only on Thursdays, 9-9:45am</p> <p>**Please see changes in schedule for Computer Class/ Labs during Tax Season</p> <p>Time Changes: Mon Computer Lab, 3-4pm Wed Computer Lab, 3-4pm Thurs Supervised Cardio w/ Ann, 11:30am-12pm</p>	<p>Wed Be Well OT Health & Wellness Program, 10-11am Registration Required (Sign Up w/ Carol x 221)</p> <p>Wed Mindful Matters Unwind with games & activities helping you to relax and be present on purpose, 3pm</p> <p>Thurs Pilates Sculpt w/ Ann, 10:30-11:15am</p> <p>Thurs Bingo w/ Olivia, 1:30-3pm</p>
Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Trips	Important Announcements
<p>Benefit Presentations w/ Maribel Wed 11:30-12pm</p> <p>2/7 Tax Preparation Season: What you need to know about the process</p> <p>2/14 How to get information about housing lotteries in NYC?</p> <p>2/20 Are you a caregiver? Receive information about resources and support</p> <p>2/27 Housing Kiosk- Information about Tenant's Rights</p>	<p>Thurs 2/15 Book Club w/ Bill "Fitness Junkie" by Lucy Sykes, 1-2pm</p> <p>Thurs 2/22 Book Club Movie, 1-2pm</p> <div data-bbox="349 1764 560 1984" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>**PLEASE NOTE: MOVIES ARE SUBJECT TO CHANGE</p> </div>	<p>2/4 The Bedford Incident. w/ R. Widmark & S. Paitier, NR</p> <p>2/11 Rio Bravo w/ D. Martin & J. Wayne, NR</p> <p>2/18 The Trouble with Angels w/ H. Mills & R. Russell, PG</p> <p>2/25 Deadline USA w/ H. Bogart & E. Barrymore</p>	<p>2/5 Certain Women w/ L. Dern & K. Stewart, R</p> <p>2/12 Mariposa w/ R. Fernando & F. Gomez, R</p> <p>2/26 Sin Nombre w/ P. Gaitan & E. Flores, R</p>	<p>3/8 Westchester Theater: Chorus Line, \$70</p> <p>3/15 Walmart/ Burlington Coat Factory, White Plains \$10</p> <p>3/22 Botanical Garden, Orchid Show \$20</p> <p>Day trips: Future Trips: Norwegian Cruise Line- Bermuda April 22-29 (Y Sponsored) Please contact Mira x 231 for more information</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>

Weekly Schedule of Ongoing Classes

Sunday

10-11am Zumba Fitness 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

9am-2:30pm Tax Preparation (By Appointment Only)

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 Morning Exercise 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) One Class this month, 2/26

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)

NEW TIME! 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)

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

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

10:30-12pm Computer Lab

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

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

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

1-2pm S.A.I.L Exercise
w/ Peggy (RM 216/217)

1-2pm Current Events w/ Mira

1:30-2:45pm OATS Computer Class

1-3pm Bridge Group w/ Amalia

2-3pm Sharing Life Stories
w/ Terri Lee

2:45-4pm OATS Computer Class

3pm Coffee Hour

Weekly Schedule of Ongoing Classes

Wednesday

9am-2:30pm Tax Preparation (By Appointment Only)

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

NEW! **10-11am Be Well OT Health & Wellness Program** (Sign up w/ Carol; Wein House)

10am-12pm Quilting w/ Sylvia

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

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)

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

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

NEW TIME! **3-4pm Computer Lab**

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)

NEW! **10:30-11:15am Pilates Sculpt** w/ Ann (RM 216/217)

10:30-11:30am Computer Lab

NEW TIME! **11:30-12pm Supervised Cardio/Cardio Express** w/ Ann V

11:30-12:30pm Artful 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 (2/15 & Book Club Movie 2/22)

1-2:30pm Pop Art Cards w/ Paul Ferrara

1pm Xbox Bowling w/ Harold

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

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

2-3pm Memory Games w/ Dana

3pm Coffee Hour

Friday

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

10:30am-12pm Computer Lab

11am-12pm Music & Memories w/ Yael

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

11:15am-12:15pm Adult Coloring Book w/ Linda

11:45am Shabbat w/ Ezra

1-2pm Discussion Group w/ Ann Goldberg

1-2pm S.A.I.L Exercise w/ Peggy (RM 216/217)

1-3pm Bridge Class w/ Amalia

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

1:30-2:45pm OATS Computer Class

2:45-4pm OATS Computer Class

INCOME TAX PREPARATION

Income Taxes Registration is ongoing until appointments are filled. Please sign up at the Volunteer Desk, (212)569-6200 x 227 or with Mira x 231. Please sign up in advance -space is limited

Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>10-11am Zumba con Ann</p> <p>11am-12pm Yoga (312)</p> <p>1pm Domingo de Pelicula</p> <p>1-2pm Clase de Computadoras con Antonio</p> <p>2-3pm Clase de Como Utilizar Moviles Telefono con Antonio</p> <p>Te interesaría ser Voluntario? 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>11:30am-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 (2/12 y 2/22)</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 Cenas</p>	<p>9:30-10:30am Yoga (Sentados y de Pie) con Carol (312)</p> <p>10-11:30am Presion Arterial con Ann</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>10-11 am Nuevos Ejercicios- Pilates Sculpt (216/217)</p> <p>11am-12pm Ejercicios con Silla con Darlene (216/217)</p> <p>1-2pm Clase de Poesia Español con Frank Adolfo</p> <p>1-2pm S.A.I.L con Peggy (216/217)</p> <p>1:30-4PM OATS en Ingles</p> <p>3pm Hora del Cafe</p>	<p>Nuevo! 9:30-11am Asunto de Balancia con Andres</p> <p>Nuevo! 10-11 am OT para Salud</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>Nuevo! 3-3:45pm Clase por Salud</p> <p>Nuevo! 3-4pm Laboratorio de Computadoras</p> <p>4:30-5:15pm: Cafe Cenas</p>	<p>9-9:45am Desayuno</p> <p>Nuevo! 9:30-10:30am Zumba con Selena</p> <p>Nuevo! 10:30-11:15am Pilates Ejercicios con Ann (216/217)</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>11:30am-12:30pm Música, Respiración y Movimientos Sutiles (Sentados y de Pie) con Carol (216/217)</p> <p>Nuevo Tiempo! 11:30am-12pm Ejercicios Cardio</p> <p>1pm XBOX Bowling con Harold</p> <p>Nuevo! 1:30-3pm Bingo con Olivia</p> <p>3pm Hora de Cafe</p>	<p>Nuevo Tiempo! 10:30-11am Zumba con Eleanor (216/217)</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>11am-12pm Baile del Vientre con Nora (312)</p> <p>1-2pm S.A.I.L con Peggy (216/217)</p> <p>1:30-2:30pm Circulo de Tejer con Edie</p> <p>1:30-4PM OATS en Ingles</p>

Fiestas/ Eventos Especiales

Miér 2/7 El Conjunto Chino de New York 1 p.m.-2: p.m. Refrescos serán servidos.

Lun 2/12 Fiesta de baile dulce corazón.. Refrescos serán servidos.

Miér 2/14 Concierto Especial-Violín y Viola. Katherine Licardo y Matt Consul. 1:30pm, Refrescos seran servidos.

Miér 2/21 Fiesta de baile con Cecilia. 1:30pm. Refrescos servidos. A las 1:30pm y refrescos seran servidos.

Miér 2/28 Fiesta Cumpleaños con Juan Ortega 1:30 p.m. refrescos serán servidos

Presentación de Beneficios:

Todos los Miércoles 11:30am-

12pm durante Almuerzo

2/7 Temporada de preparación de impuestos. Lo que necesitas saber.

2/14 ¿Cómo obtener información sobre loterías de viviendas en Nueva York?

2/20 ¿Es usted cuidador? Venga y obtenga información sobre recursos y apoyo.

2/27 Quiosco de vivienda. Obtenga información sobre los derechos del inquilino.

Eventos Especiales

Miér 2/7 Decoupage con Dorrie. 2pm

Paseos

Jue 2/1 Viaje de compras a Stew Leonard \$8. Salida del Y

a las 10:am Almuerzo en bolsa será incluido.

Jue 2/8 Viaje al Casino Empire City. \$10 Almuerzo en bolsa será incluido. Salida del Y a las 10am.

Jue 2/15 Viaje al Museo de Finanzas Estadounidenses. \$12. Salida a las 10am. Almuerzo en bolsa será incluido

Lun 2/26 Viaje de compras por la mañana al Target y Marshall de la comunidad.

3/8/18 Teatro de Westchester: 'Chorus Line' \$ 70

Nuevo!! Lunes de Películas en Español 1:30pm

2/12 Mariposa con R. Fernando, F. Gomez

2/26 Sin Nombre con P. Gaitan

Nuevo Clase por Febrero "A Matter of Balance" con Andres, Inscribirse con Masiel. Comenzado 2/7

Viajes Especiales

Crucero patrocinado por Y a las Bermudas del 22 de abril al 29 de abril del 2018 Dentro de la cabina desde \$ 1,110. Con vistas al mar \$ 1,310 y balcón \$1550, todo doble por persona. Depósito de \$150 con antes del 8 de diciembre. Saldo total se debe el 19 de enero.

*****Inscribirse con el Centro de Adultos Mayores en Todos Los Viernes, 10-11:30am y 2-4pm**

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

Календарь на февраль

Презентация о преимуществах: каждую среду с 11:00 до 11:30

2/7 - сезон налоговой подготовки. Что вам нужно знать.

2/14 - как получить информацию о лотереях жилья в Нью-Йорке

2/20 – как позаботиться о других? Приходите и получите информацию о ресурсах и поддержке.

12/27 - жилой киоск. Получите информацию о правах арендатора.

Примечание: фильмы могут быть изменены.

2/1- Stew Leonard Шоппинг. \$ 8. Отъезд в 10:00.

2/7-Музыкальный ансамбль китайской музыки в Нью-Йорке с 13:00 до 23:00.

2/8 - В казино - Empire City. Отправление в 10:00

2/14 - Вечеринка с танцами

2/15-Поездка в Музей американских финансов. \$12. В пакет входит обед. Отъезд 10:00

2/17- Декупаж с Дорри в 2:00 вечера

2/21 - Танцевальная вечеринка с Чечелией в 1:30. Предоставляются прохладительные напитки

2/22 – Книжный клуб с LucySynkies

2/22- Поездка в торговый центр White Plains Galleria. \$ 10

2/28 - Дни рождения с Хуаном Ортегой в 1:30 вечера с закусками

2/26- Быстрая утренняя поездка в Target и Marshall

Предстоящие поездки:

03/08/2018 - Театр Вестчестера

3/22- Ботанический сад-Орхидея. \$ 20

3/29 - Экскурсионная поездка по региону. \$ 8

Y Спонсируемый круиз на Бермудские острова-с 22 апреля по 29 апреля 2018 года. Для получения дополнительной информации звоните Мире по телефону 212-569-6200 х. 231



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
- In Honor of the Y's 100th Anniversary**
Gunther Bechhofer
- In Memory of My Mother, Anita Epstein**
Meryll B. Epstein
- In Appreciation of Tax Preparation**
Hedy White
- In Memory of Liselotte Rosler**
Dorothy Pitts
- In Honor of Marilyn Anes Gutman-
1 Year as a Proud Grandma**
Anonymous
- In Appreciation of Tai Chi & Brainercise**
Dorrie Rosen
- General Donations**
Anonymous

Day Trips/ Y Sponsored Overnight Trips

Be sure to check the schedule on page 3 for upcoming trips. Advanced registration is required. Please contact Mira at (212) 569-6200 x 231.

Center Staff Listing

- | | |
|---|---|
| Center Director
Leah Ferster x 211 | Social Services/Case Worker
Maribel Ortiz- Flores x 244 |
| Administrative Assistant
Amber Castorf x 276 | Recreational Therapist
Ann Votaw x 262 |
| Director- Social Services/
Education Mira Myteberi x 231 | Bookkeeper
Marilyn Gutman x 228 |
| Director- Health & Wellness
Carol Daly x 221 | Transportation x 222 |
| Social Services/ Benefits &
Entitlements
Masiel Veras x 235 | Volunteer Desk x 227 |

Welcome New Members/Renewal

- | | |
|---------------------|---------------------|
| Aleman, Jose | Matos, Pedro |
| Almonte, Elsa | Mejia, Nelly |
| Colorado, Ana | Mendoza, Marina |
| Cox, Lilla | Moon, Carol |
| Decastro, Lucila | Perez, Carmen |
| Delgado, Carmen | Ramirez, Nelida |
| Dritsas, William | Rivas, Teofila |
| Friedman, Marion | Rodriguez, Martha |
| Garcia, Juana | Rosario, Luis |
| Gonzalez, Eugenio | Ruiz Perez, Joaquin |
| Haskins, Benjamin | Sheeran, James |
| Jones, Richards Jr. | Surigao, Adolpha |
| Lara, Judith | Tavarez, Miguelina |
| Martinez, Alicia | Torres, Lillian |

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 and ask to be added to the email distribution.

