

### Day Trips!

Join us for a jaunt- take advantage of our many upcoming trips in the Spring and Summer. Please make sure you sign up in advance with the Volunteer Desk at (212) 569-6200 x 227.

April 2017

Dear Friends and Members,

Spring has finally arrived. The Center for Adults Living Well @ the Y will hold its Passover Seder on Wednesday April 5th. We hope all of you can attend. Please note that in observance of Pass-over, CALW will be closed on Tuesday April 11th, Wednesday April 12th, Monday April 17th and Tuesday April 18th.

The month of April brings exciting new programming. Chair Aerobics begins April 13 and Norma Katz, a Nurse Practitioner will join us on Fridays in the auditorium for lunch and learn. The first topic will be "How to create a safe home environment". Join the classes and try something new! Don't forget to register for the trip to Atlantic City on April 27th. Please register for the Y's 4 days and three nights Washington D.C. trip, the bus is filling up fast!

We hope to begin to fill our time capsule celebrating the Y's 100th anniversary. Please let me know if you have any memorabilia related to the Y that you would like to submit to put into the capsule. We are always interested in your ideas for new programs or trips. Please let us know if you have any suggestions for classes or services you would like to see at CALW. Enjoy the wonderful weather! If you are able, take advantage of spring and walk to the Y. See you at Center for Adults Living Well @ the Y

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

Shalom,

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

#### **Trip to Washington D.C. May 22nd-25th**

**4 days & 3 nights \$520 for double room occupancy/ \$690 for single occupancy**  
**Round Trip Motor Coach Transportation, Guided Illumination Night Tour of D.C.,**  
**Guided Tour of Washington D.C., Smithsonian Institute and more...**

**For More information, please contact Mira at (212) 569-6200 x 231**

#### **A Note from the Director of Health & Wellness, Wendy Isaacs:**

April 23rd – 29th is National Sleep Awareness Week<sup>®</sup>. Sleep plays in a very important part in our everyday and long term health. An average adult needs between 7.5 and 8 hours of sleep per night. Studies have shown that sleep deprived individuals have a bigger appetite and tend to eat more calories. Poor sleep affects hormones that regulate appetite. Those who get enough sleep tend to eat fewer calories. Sleep is also important for various aspects of brain function. This includes thinking, concentration, productivity and performance. All of these are negatively affected by not getting enough sleep. Getting a good night sleep is just as important as eating healthy and getting exercise.. Join us on April 27th at 11:45am in the dining room for more information on the importance of sleep.

**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>4/2</b> Macaroni & Cheese or Egg Salad w/ Greens	<b>4/3</b> Pepper Steak or Tuna Salad w/ Greens	<b>4/4</b> Hawaiian Chicken or Egg Salad w/ Greens	<b>4/5 Seder Luncheon</b>	<b>4/6</b> Stuffed Cabbage or Tuna Salad w/ Greens	<b>4/7</b> Turkey Meatloaf or Egg Salad w/ Greens
<b>4/9</b> Sesame Chicken or Tuna Salad w/ Greens	<b>4/10</b> Baked Tilapia or Egg Salad w/ Greens	<b>4/11 Center Closed</b>	<b>4/12 Center Closed</b>	<b>4/13</b> Roasted Chicken or Tuna Salad w/ Greens	<b>4/14</b> Breaded Fish Fillet or Egg Salad w/ Greens
<b>4/16</b> Cheese Blintzes or Tuna Salad w/ Greens	<b>4/17 Center Closed</b>	<b>4/18 Center Closed</b>	<b>4/19</b> Breaded Fish Fillet or Egg Salad w/ Greens	<b>4/20</b> Stuffed Cabbage or Tuna Salad w/ Greens	<b>4/21</b> Meatloaf w/ Brown Gravy or Egg Salad w/ Greens
<b>4/23</b> Hawaiian Chicken or Tuna Salad w/ Greens	<b>4/24</b> Baked Tilapia or Egg Salad w/ Greens	<b>4/25</b> Pepper Steak or Tuna Salad w/ Greens	<b>4/26</b> Veggie Burger or Egg Salad w/ Greens	<b>4/27</b> Sesame Chicken or Tuna Salad w/ Greens	<b>4/28</b> Breaded Fish Fillet or Egg Salad w/ Greens
<b>4/30</b> Baked Ziti or Tuna Salad w/ Greens					

**PLEASE NOTE THE CENTER WILL BE CLOSED ON APRIL 11TH AND 12TH, AS WELL AS APRIL 17TH AND 18TH**

### Center Cafe - Mondays & Wednesdays, 4:30-5:15pm

Mon 4/3 Rosemary Chicken  
Wed 4/5 No Cafe

Mon 4/17 Center Closed- No Cafe  
Wed 4/19 Apricot Glazed Salmon  
Mon 4/24 Baked Fish w/ Vegetables

Mon 4/10 No Cafe  
Wed 4/12 Center Closed

Wed 4/26 Chicken Piccata

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.

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

*\*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	Lectures	Notes	New Additions
<p><b>Wed 4/5</b> Seder Luncheon, 12pm Price \$4 in advance, \$5 at door. Please sign up with Mira for assigned seating</p> <p><b>Mon 4/24</b> Holocaust Remembrance Day. 12pm, Auditorium</p> <p><b>Wed 4/26</b> Birthday party with Juan Ortega. 1:30pm, Refreshments served</p>	<p><b>Fri 4/28</b> Tender Touch Massages, 1-3pm, Price \$2</p> <p><b>Fri 4/7</b> Lunch &amp; Learn w/ Norma Katz "How to create a safe home environment", 12:45-1:30pm</p> <p><b>Fri 4/21</b> Lunch &amp; Learn w/ Norma Katz "How to be safe when out and about in your community and beyond", 12:45-1:30pm</p> <p><b>Fri 4/28</b> "How to have safe interactions with your health care providers", 12:45-1:30pm</p>	<p><b>Thurs 4/6</b> Westchester Theater trip: Mama Mia, \$70</p> <p><b>Thurs 4/27</b> Atlantic City Trip - Tropicana Casino. Price \$ 35 , Receive \$25 to play and bagged lunch included.</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>* Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant Mondays, from 11am-1:30pm</b></p> </div>	<p><b>Thurs 4/13 &amp; 4/27</b> Disease management tip: 11:45am, in the dining room</p> <p><b>Thurs 4/20</b> Healthcare Choice &amp; Decisions- Presentation by the Department of the Aging (DFTA), 11am</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>Walkw/ Ease 6 week program – starts May 1st 10:30am Sign up in advance, space is limited</b></p> </div>	<p><b>Sun 4/16</b> No Zumba Class</p> <p><b>Mon</b> Brainercise will not take place in April-returns in May</p> <p><b>Tues 4/4</b> "Remember When" will not be held, 2pm</p> <p><b>Wed 4/12 &amp; 4/26</b> No Magic Class</p> <p><b>Thurs 4/6</b> Last SAIL session</p> <p><b>Thurs 4/6 &amp; 4/13</b> No Memory Games/ Women's Group</p> <p><b>Fri 4/14 &amp; 4/28</b> No Belly Dancing</p> <p><b>Fri 4/7 &amp; 4/21</b> No Zumba</p> <p><b>Mon 4/24</b> Tango Resumes (note: begins at 1pm)</p>	<p><b>Thurs 4/13 Chair Aerobics begins, 9:30-10:30am</b></p> <p><b>Fri Nutrition Consulting w/ Loyce, 1-2pm &amp; Nutrition Workshop, 2-3pm</b></p> <p><b>Fri 4/7, 4/21, 4/28 &amp; 5/5 Lunch &amp; Learn w/ Norma Katz, NP, 12:45-1:30pm</b></p> <p><b>Sun 4/9, 4/23, 4/30 Zumba Gold w/ Eleanor returns, 10-11am</b></p>
Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Events/ Classes	Important Announcements
<p>Benefit Presentations w/ Mira &amp; Masiel <b>Wed 11-11:30am</b></p> <p><b>4/5 Life Line Safety Alert program</b></p> <p><b>4/19 Medicare Savings &amp; Extra Help program. Find out if you are eligible for help.</b></p> <p><b>4/26 Housing Kiosk. See Masiel &amp; Maribel to discuss your housing concerns</b></p>	<p><b>Mon 4/3 &amp; Tues 4/4</b> "What's On the Table" w/ Michael-Special Holiday Bilingual Session, 2-3pm</p> <p><b>Thurs 4/23 Russian Writers Club, 12pm</b></p> <p><b>Thurs 4/27 Book Club w/ Bill</b> (Monthly Meeting), 1pm "Sons and Daughters of Ease and Plenty" by Ramona Ausubel.</p>	<p>4/2 Imitation of life w/L Turner &amp; J. Gavin NR</p> <p>4/9 The Boy in the Striped Pajamas w/ V. Farmiga &amp; D. Thewlis PG-13</p> <p>4/16 A Man Called Horse w/R. Harris &amp; J. Anderson. R</p> <p>4/23 Sisters w/ M.Kidder &amp; J. Salt R</p> <p>4/30 The Comedians w/ R. Burton &amp; E. Taylor NR</p>	<p>4/3 Ben Hur w/J. Huston &amp; M. Freeman PG-13</p> <p>4/10 Sully w/T Hanks &amp; A. Eckhart PG-13</p> <p>4/24 Jackie w/ N. Portman &amp; P. Sarsgaard R</p>	<p>Y sponsored Washington DC Overnight Trip <b>5/22- 5/25</b></p> <p>For more information call Mira, x. 231</p> <p>Day trips:</p> <p><b>5/11</b> Ellis Island Trip</p> <p><b>6/15</b> Brotherhood Winery , Lunch Buffett &amp; Woodbury Commons Shopping</p> <p><b>7/12</b> Kruckers Picnic Grove. All day activities and food.</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 <b>(Please note, there is a maximum of 2 meals per day, per person.)</b></p>
<p><b>PLEASE NOTE: MOVIES ARE SUBJECT TO CHANGE</b></p>					

# Weekly Schedule of Ongoing Classes

## Sunday

- 9:30-10am Supervised Cardio Exercise** w/ Ann
- 10-11am Zumba Gold** w/ Eleanor
- 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-1:30pm: Tax Preparation (Existing Appointments Only- Ends April 10)**
- 9:30 - 10:15am Tal Chi**
- 10-12pm Canasta** w/ Margot
- 10:30-12pm Quilting** w/ Sylvia
- 10:30-11:30am Morning Exercise**  
w/ Linda S
- 11am-1:30pm Personal Nutrition Consultations** w/ Loyce Godfrey, Nutrition Consultant (4/3 & 4/24)
- 11:30am-12pm Supervised Cardio /Cardio Express** w/ Ann V
- 1pm Argentinean Tango** (Begins 4/24)
- 1-2pm Spanish Class** w/ Masiel
- 1-3pm Painting** w/ Cappy (4/3 & 4/10)
- 1:30-4pm Monday Movie**
- 1:30-2:30pm Computer Class-- How to Use Mobile Devices** w/ Ron
- 2-3pm "What's On the Table?"** w/ Michael (4/3 Special Holiday Session)
- 2-3pm Living Spiritually** w/ Michael & Masiel
- 2:30-3:15pm Weight and Circuit Training** w/ Ann V
- 3-4pm Computer Lab** w/ Ron
- 4:15-5pm Strength&Balance** w/Peggy

## Tuesday

- 10-11am Yoga Sculpt Class** w/ Ann V
- 10:30am-12pm Learn to Make Beaded Jewelry** w/ Argentina
- 10-11:30am Blood Pressure**  
w/ Ann Goldberg
- 10:30-11:30am Men's Group**  
w/ Harold
- 10:30-11:30am Computer Lab**
- 11am-12pm S A I L** (Stay Active and Independent for Life)  
w/ Darlene (Last Tues Session 4/4)
- 11am-12pm Chair Aerobics** w/ Darlene (Tues Session Begins 4/25)
- 1-2pm Spanish Poetry Class (In Spanish)** w/ Frank Adolfo
- 1-2pm Current Events** w/ Mira
- 1:30-2:45pm OATS Beyond Basics** (In Spanish)
- 1-3pm Bridge Group** w/ Amalia
- 2:45-4pm OATS Social Media for Older Adults** (In English)
- 2pm "I Remember When..."**  
w/ Ann
- 2pm "What's On the Table?"**  
w/ Michael (4/4- Special Holiday Session)
- 3pm Coffee Hour**

# Weekly Schedule of Ongoing Classes

## Wednesday

**9am-1:30pm: Tax Preparation (Existing Appointments Only- Ends April 10)**

**10-11:30am Yoga**

**10:30-12pm Magic for Mature Adults** w/ Gary (Beginner 4/3 & 4/10)

**10:45-11:30am Supervised Cardio/Express Cardio** w/ Ann V

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

**11:30am-12:15pm Pilates** w/ Ann V

**1:30pm Parties and Performances**, (4/5 & 4/26- See Special Events Page)

**3pm Wellness Wednesdays** w/ Ann V

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

**Want to learn how to advocate for yourself and the community?**

Please contact Leah at x 211. If there are enough people who are interested we will start a class and meet regularly.

## Thursday

**9:30-10:30am S A I L** (Staying Active and Independent for Life) w/ Darlene (Last Class 4/6)

**9:30-10:30am Chair Aerobics** w/ Darlene (Begins 4/13)

**10:30am- 12pm Quilting** w/ Sylvia

**10:45-11:30am Supervised Cardio/Cardio Express** w/ Ann V

**1:30-2:45pm OATS Beyond Basics** (In Spanish- Tues & Thurs)

**1-2pm Women's Group** w/ Dana (4/20 & 4/27)

**1-2pm Book Club** w/ Bill (4/27)

**1pm Xbox Bowling**

**2-2:30pm Weight & Circuit Training** w/ Ann V

**2:45-4pm OATSSocial Media for Older Adults** (In English- Tues & Thurs)

**2-3pm Memory Games** w/ Dana (4/20 & 4/27)

**3:30-4:30pm Computer Lab** w/ Chaz

**3pm Coffee Hour**

## Friday

**10-11am Zumba** w/ Natasha (4/14 & 4/28)

**10:30am-12pm Plastic Canvas Art** w/ Argentina

**11am-12pm Computer Lab**

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

**11am-12pm Belly Dancing** w/ Noora (4/7 & 4/21)

**NEW !! 12:45-1:30pm Lunch & Learn** w/ Norma Katz (4/7, 4/21, 4/28 & 5/5)

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

**1-2pm Balance & Strength** w/ Peggy

**NEW !! 1-2pm Nutrition Counseling** w/ Loyce

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

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

**NEW !! 2-3pm Nutrition Workshop** w/Loyce

**2:30-3:30pm Computer Lab**

★ 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



# Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9:30-10am Ejercicios Cardio con Ann	9am Tai Chi con Pin Pin 10am-11:30am Clase de Acolchar	10-11am Yoga Especial con Ann V	10-11am Yoga con Gloria	9:30-10:30am Ejercicios de Silla con Darlene	10-11am Zumba (4/14& 4/28)
10-11am Zumba Oro con Eleanor	11:30am-12pm Ejercicios Cardios	10-11:30am Presion Arterial con Ann	10:45-11:30am Ejercicios Cardio	10:30am Clase de Joyeria con Argentina	10:30am Clase de Arte Especial con Argentina
11am-12pm Yoga	1pm Pintar con Cappy	10:30am Ejercicios de la Manana con Linda	11:30am-12:30pm Clase de Baile con Andres (Cancelado en Marzo)	11-11:30am Clase de Acolchar	11am-12pm Baile del Vientre con Nora
1pm Domingo de Pelicula	1pm Argentine Tango (Comenzado 4/24)	10:30-11:30am Laboratorio de Computadoras	11:30am-12:15pm Pilates con Ann V	10:45-11:30am Ejercicios Cardio	1-2pm Clase de Equilibrio y Fuerza con Peggy
1-2pm Clase de Computadoras con Antonio	1:30-3:30pm (Especial) Clase de Equilibrio con Andreas (Comenzado 4/24)	11am-12pm Ejercicios de Silla w/ Darlene	1-3pm Laboratorio de Computadoras	1pm XBOX Bowling	1-2pm Clase de Equilibrio y Fuerza con Peggy
2-3pm Clase de Como Utilizar Moviles Telefono con Antonio	2:30-3:15pm Ejercicios Especial con Pesas con Ann V	1-2pm Clase de Poesia Español con Frank Adolfo	1:30pm Conciertos y Fiestas	1:30-2:45pm Clase de Computadoras con OATS (Avanzado)	1:30-2:30pm Circulo de Tejer con Edie
	3-4pm Laboratorio de Computadoras	1:30-2:45pm Clase de Computadoras con OATS (Avanzado)	4:30-5:15pm: Cafe Cinar	2pm Entrenamiento con pesas con Ann V	
	4:15-5pm Clase de Equilibrio y Fuerza con Peggy	3-4pm Hora del Cafe			
	4:30-5:15pm		Ahora estamos ofreciendo cena para llevarse a sus hogares de lunes a viernes. Solo una cena por persona se permite y pedimos una contribución sugerida de \$ 1.50, solo si ha estado en el centro para los programas y almuerzo durante el día.		

**Miér 4/5 Almuerzo Especial: Pascua, Precio \$ 4 en avanzado. \$5 al la Puerta.**

**Lun 4/24 El Dia Memoria de Holocausto, 12pm**

**Miér 4/26** Fiesta de cumpleaños con Juan Ortega. A la 1:30, incluyera refrescos

**Presentación de Beneficios: Todos los Miércoles 11-11:30am**

**4/5 Programa de Alerta de Seguridad de 'Life Line'**

**4/19 Programa de Ahorros y Ayuda Adicional de Medicare. Ven y enterate si usted es elegible para recibir ayuda.**

**4/26 Quiosco de Vivienda.**

**Vea a Masiel y Maribel para compartir sus preocupaciones de vivienda.**

**Clases de computadoras con OATS (Programa de Tecnología para Adultos)** OATS comienza a las 1:30pm-2:45 Español Más Allá de los Fundamentos **todos los Martes y Jueves**

**Paseos**

4/6 Viaje al teatro de Westchester: Mama Mia \$70

4/27 Viaje a Atlantic City, Tropicana Casino \$ 35. \$25 de vuelta en para jugar y almuerzo embolsado incluido. Por favor firme antes del 14 de abril.

11 de Mayo- Viaje a Ellis Island

15 de Junio- Viña Hermandad, Buffet de Almuerzo y Compras en Woodbury Commons

12 de Julio- Picnic en Kruckers Grove. Actividades divertidas de todo el día y comida.

Y patrocinó el viaje de Washington DC de una noche

22 de Mayo al 25 de Mayo.

Para más información llame a Mira x 231

**NUEVAS CLASES**

"MATTER OF BALANCE" COMENZADO LUN 4/24 CON ANDREAS, 1:30-3:30PM INSCRIBARSE AVANZADO CON MARIBEL X 244.

**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

**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**

**Мы приглашаем вас на наше ежегодное празднование Пассовера!**

**Когда - 5го апреля 2017**

**Во сколько - в 12.00 (двери открываются в 11.30)**

**Цена – \$4 если вы оплачиваете заранее и \$5 оплата на входе.**

**Вы можете заранее записаться у Миры или на стойке волонтеров. Места будут распределены за каждым столом.**



**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 Memory of Tillie Falkenstein**

Marci Green

**In Memory of Maria Konovaloff**

Ann Goldberg

**In Appreciation of Tax Preparation**

Inna Leytush

**General Donations**

Sue Berlin

Dr. Chigurupati Rani

**Welcome New Members/Renewal**

Alcantara, Jose  
Alvarez, Alberto  
Alvarez, Lina  
Batista, Josefina  
Borbon, Plinio  
Castro, Aurea  
Chaloney, Marina  
Engsong, Adalila  
Figueroa, Maria Leonila  
Gibson, Lorna  
Grullon, Nelson  
Guzman, Blanca  
Hernandez, Ana  
Lugo, Norma  
Luna, Maria  
Marrero, Mercedes  
Paulino De Rosario, Altagracia  
Perez, Ana  
Reynoso, Patria  
Rodriguez, Nancy  
Santos, Justo  
Taveras, Ana Mercedes

Christina Taveras  
Norma Villafain

**Would you like to receive the monthly calendar via email?**  
Please send an email to Amber, [acastorf@ywashts.org](mailto:acastorf@ywashts.org) and ask to be added to the email distribution.

**Don't forget to Register!**  
**We are heading to Washington D.C.**  
**May 22nd- 25th**  
**Contact Mira, 212-569-6200 x 231**

**Center Staff Listing**

**Center Director**  
Leah Ferster x 211

**Administrative Assistant**  
Amber Castorf x 276

**Director- Social Services/ Education** Mira Myteberi x 231

**Social Services/ Benefits & Entitlements**  
Masiel Veras x 235

**Social Services/Case Worker**  
Maribel Ortiz- Flores x 244

**Director, Health & Wellness**  
Wendy Isaacs x 221

**Recreational Therapist**  
Ann Votaw x 262

**Bookkeeper**  
Marilyn Gutman x 228

**Transportation** x 222

**Volunteer Desk** x 227

