

January 2018

Dear Friends and Members,

The staff of the Center for Adults Living Well @ the Y wishes you, your family and friends a Healthy and Happy New Year. We hope that 2018 brings peace, health and happiness to you and all you know.

We will be having a number of special programs in the month of January. Join us on January 15th as we celebrate Martin Luther King's Birthday with poems, music and a film "Race". Race is the story of Olympic legend Jesse Owens and his decision to participate in the 1936 Olympics in Germany. On January 17th we are hosting "A Taste of the Mediterranean". Chef Julio will be creating a special mid-eastern lunch and our own Belly Dancing Class will be performing for us and you will get a chance to take a lesson.

Income Tax season is beginning; please make your appointment as soon as possible. Then sign up for a trip to the Museum of American Finance that will take place on February 15th.

These are just some of the programs that will take place in January. Please review the calendar- don't miss out on all our new classes!!

Don't let the cold weather keep you indoors! Call us- we have a van that can pick you up and take you home.

Please let your friends know about our programs and services. We are always happy to welcome new members to this community. I am looking forward to a fun, productive and hopefully a not too cold month.

We hope to see you at Center for Adults 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

There's a quote I like that says "Begin something, make a success of something"- how wonderful to begin a New Year in high spirits and make a fresh start in one or more areas of our lives!

We have a new Zumba class starting this month on Thursdays at 9:30am and on January 17th a special lunch and culture performance, "A Taste of the Mediterranean", with Waleska Tirado and her students. On January 18th, at 1pm in our auditorium, Columbia Presbyterian will host an interactive lecture on "Back and Spine Health in Older Adults".

This year we want to make sure everyone is exercising and participating enjoyably and safely. So, we would like to remind you to complete your Y and Medical Waiver if you have not done so or if you did this before 2017. Please see Ann Votaw to get the forms or if you have questions.

Thank you!
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
	1/1 Y Closed in observance of New Year's Day	1/2 SHEPHERDS PIE OR SALMON SALAD w/ GREENS	1/3 CHICKEN STIR FRY OR EGG SALAD W/ GREENS	1/4 PEPPER STEAK OR TUNA SALAD W/ GREENS	1/5 STUFFED FLOUNDER OR CHICKEN SALAD W/ GREENS
1/7 ROSEMARY CHICKEN OR EGG SALAD W/ GREENS	1/8 TURKEY MEATBALLS OR TUNA FISH W/ GREENS	1/9 BAKED FISH OR CHICKEN SALAD W/ GREENS	1/10 MEATLOAF OR SALMON SALAD W/ GREENS	1/11 CHICKEN BREAST OR BLACK BEAN CHILI	1/12 BREADED POLLOCK OR CHICKEN SALAD W/ GREENS
1/14 ARROZ CON POLLO OR COD-FISH SALAD	1/15 BAKED FISH W/VEGETABLES OR CHICKEN SALAD W/ GREENS	1/16 STUFFED PEPPERS OR VEG-GIE MEATBALLS	1/17 CHICKEN OR MEDITERRANEAN LUNCH	1/18 TURKEY BURGER OR TUNA SALAD W/ GREENS	1/19 CREOLE FISH OR CHILI CON CARNE
1/21 ROASTED CHICKEN OR EGG SALAD W/ GREENS	1/22 BEEF STEW OR SALMON SALAD	1/23 STUFFED PEPPERS OR TUNA SALAD W/ GREENS	1/24 BREADED POLLOCK OR CHICKEN SALAD	1/25 SWEET & SOUR MEATBALLS OR EGG SALAD W/ GREENS	1/26 CURRY CHICKEN OR VEGETERIAN CHILI
1/28 PEPPER STEAK OR TUNA SALAD W/ GREENS	1/29 LEMON GARLIC SNAPPER OR CHICKEN SALAD W/ GREENS	1/30 TURKEY MEATLOAF W/ MUSHROOM GRAVY OR TUNA SALAD W/ GREENS	1/31 ORANGE-GLAZED CHICKEN OR EGG SALAD W/ GREENS		

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

Mon 1/1 No Cafe- Happy New Year!
 Wed 1/3 APRICOT GLAZED SALMON
 Mon 1/8 LEMON CHICKEN
 Wed 1/10 STUFFED FLOUNDER
 Mon 1/15 BBQ CHICKEN BREAST

Wed 1/17 SALMON & LENTILS W/ QUINOA
 Mon 1/22 CHICKEN STIR FRY
 Wed 1/24 POT ROAST
 Mon 1/29 ROSEMARY CHICKEN
 Wed 1/31 POACHED SALMON

Center Breakfast- Tuesday & Thursdays, 9-9:45am

Tues 1/2 BAKED EGG W/ HOME FRIES
 Thurs 1/4 BLUEBERRY PANCAKES W/ TURKEY BACON
 Tues 1/9 APPLE RAISIN OATMEAL
 Thurs 1/11 MANGU W/ ONIONS

Tues 1/16 FRENCH TOAST W/ TURKEY SAUSAGE
 Thurs 1/18 BAKED EGG OMELET
 Tues 1/23 MANGU W/ ONIONS
 Thurs 1/25 PANCAKES W/ TURKEY BACON
 Tues 1/30 EGG FRITATTA W/ HOME FRIES

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 1/3 Dance party with Cecilia. 1:30pm Refreshments served.</p> <p>Wed 1/10 Dance Party with Andres; 1:30pm Refreshments Served</p> <p>Wed 1/17 "A Taste of the Mediterranean" Special Lunch & Cultural Performance & Presentation w/ Waleska Tirado and her students. Mini class on how to Belly Dance and the mind/body health benefits</p> <p>Wed 1/24 Piano Concert with Maxim Anikushin 1:30pm refreshments served</p> <p>Wed 1/31 Birthday Party w/Juan Ortega, 1:30pm</p>	<p>Mon 1/15 MLK Day Tribute, 12pm Celebrating the life & legacy of Dr. Martin Luther King, Jr</p> <p>Wed 1/17 Love to know more about flowers and how to plant? Join us in this wonderful session of Decoupage with Dorrie. 2pm</p> <div data-bbox="349 804 565 1150" style="border: 2px solid black; padding: 5px; text-align: center;"> <p>* Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant Mondays, from 11am- 2pm</p> </div>	<p>1/11 Trip to Museum of the City of New York \$18 bagged lunch included. Depart 10am</p> <p>1/25 Trip to Jo-Ann's and Trader's Joe. Price: \$ 10, bagged lunch included. Depart 10 am</p> <p>Contact Mira to Register/information(212) 569-6200 x 231</p>	<p>Health Related: Every Thurs Health Management Tip, 11:45am</p> <p>Thurs 1/18 Columbia Presbyterian Doctor Visit- Topic "Back and Spine Health for Older Adults", 1pm</p> <p>Tues 1/23 Seminar from the Hospital for Special Surgery Topic: Advanced Directives "How to put everything in order for the future", 1:15pm</p>	<p>Time Change: Tues Chair Aerobics, 11am-12pm</p> <p>Thurs Healthy Heart Move n Groove, 10:30-11:30am</p> <p>Fri Zumba 10:30-11am</p> <p>Upcoming Classes "AMatterofBalance" In Spanish. 8 Sessions from February -March</p> <div data-bbox="1078 810 1284 1129" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Please note: we are closed on Monday, January 1st</p> </div>	<p>Thurs Pop Art Cards w/ Paul Ferrara, 1-2:30pm</p> <p>Thurs Pump it Up-Zumba w/ Selena, 9:30-10:30am</p> <p>Fri Adult Coloring Book w/ Linda Rozowicz, 11:15am-12:15pm</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>1/3 Tax preparation season-What you need to know.</p> <p>1/10 Access-A-Ride service information</p> <p>1/17 SNAP information and application assistance.</p> <p>1/24 Housing Kiosk. See Masiel & Maribel to discuss your housing concerns</p>	<p>Thurs 1/25 Book Club w/ Bill "Underground Railroad" by Colson Whitehead 1-2pm</p> <p>Thurs 1/18 Legal Clinic with NYLAG, 10:30am-2pm. By appointments only. Call x. 235, 244 for an appointment.</p> <div data-bbox="349 1818 565 2032" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>**PLEASE NOTE: MOVIES ARE SUBJECT TO CHANGE</p> </div>	<p>1/7 The Chase w/M. Brando & J Fonda, UR</p> <p>1/14 A Breath of Scandal w/ S Loren & M. Chavalier, NR</p> <p>1/21 Indiscreet w/ G. Grant & R. Bennett, NR</p> <p>1/28 Extremely Loud & Incredibly Close w/ T. Hanks & S. Bullock, PG-13</p>	<p>1/8 Cantinflas w/ Oscar Jaenada, R (Spanish/Espanol)</p> <p>1/15 Race w/S. James & J. Sudeikis, PG-13</p> <p>1/22 El Diario de Motocicleta w/ Gael Garcia Bernal, R (Spanish/Espanol)</p> <p>1/29 Extraordinary Measures w/ H. Ford, PG</p>	<p>2/15 Trip to Museum of American Finance, \$12 Depart at 10am, Bagged lunch included</p> <p>3/8 Westchester Theater: Chorus Line, \$70</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

9:30-10am Supervised Cardio Exercise w/ Ann

10-11am Zumba Gold w/ Eleanor (Wien House)

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

11am-11:45am Stretch Yoga (Wein House)

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 Tal 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/ Loyce Godfrey, Nutritionist

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

1-2:15pm Latin Dance Mix w/ Walter (RM 216/217) No Class 1/15, 1/22 & 1/29

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)

2:30-4pm Computer Lab w/ Ron

4:15-5pm Strength&Balance w/ Peggy No Class 1/1 (RM 216/217)

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

Tuesday

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

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

10-10:45am 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

NEW TIME! 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

2-3pm Trivia Tuesdays w/ Ann

2:45-4pm OATS Computer Class

3pm Coffee Hour

Weekly Schedule of Ongoing Classes

Wednesday

NEW TIME! 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)

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)

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

NEW TIME! 10:30-11:30am **Healthy Heart Move n' Groove (Seated/ Standing)** w/ Ann (RM 216/217) No Class 1/11

10:30-11:30am Computer Lab

10:45-11:30am Supervised Cardio/Cardio Express w/ Ann V (No Class 1/11)

NEW TIME! 11:30-12:30pm **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 (1/25)

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

1pm XBox Bowling w/ Harold

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

2-3pm Memory Games w/ Dana

3pm Coffee Hour

Friday

NEW TIME! 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)

NEW!! 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 starting 1st week of January. Please sign up at the Volunteer Desk or with Mira, (212)569-6200 x 231. Please sign up in advance - space is limited

**Registrarse con escritorio de
Voluntarios para citas de
Impuestos (Income Tax),
comenzado a
Enero 2**

Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>9:30-10am Ejercicios Cardio con Ann 10-11am Zumba Oro con Eleanor 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>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 Nuevo!! 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 1/8 y 1/22</p> <p>2:30-4pm 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>9-9:45am Desayuno</p> <p>9:30-10:30am Yoga (Sentados y de Pie) con Carol (312)</p> <p>10-11:30am Presion Arterial con Ann 10:30-12pm Laboratorio de Computadoras</p> <p>10-11 am Nuevos Ejercicios- Pilates Sculpt (216/217)</p> <p>Nuevo Tiempo! 11am-12pm Ejercicios con Silla con Darlene (216/217) 1-2pm Clase de Poesia Español con Frank Adolfo Nuevo! 1-2pm S.A.I.L con Peggy (216/217) 1:30-4PM OATS en Ingles 2-3pm C 3pm Hora del Cafe</p>	<p>10-11:30am Yoga con Gloria (201)</p> <p>Nuevo!! 10am-12pm Clase de Acolchar</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>10:45-11:30am Ejercicios Cardio</p> <p>11:30-12:30pm Clase de Baile con Andreas (216/217)</p> <p>1-2:30pm Laboratorio de Computadoras</p> <p>1:30pm Conciertos y Fiestas</p> <p>4:30-5:15pm: Cafe Cenas</p>	<p>9-9:45am Desayuno</p> <p>Nuevo! 9:30-10:30am Zumba con Selena 9:45-10:30am Ejercicios con Ann (216/217)</p> <p>11:30am-12:30pm Música, Respiración y Movimientos Sutiles (Sentados y de Pie) con Carol (216/217)</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>10:45-11:30am Ejercicios Cardio</p> <p>1pm XBOX Bowling con Harold</p> <p>2-2:30pm Pesas con Ann V 3pm Hora de Cafe</p>	<p>Nuevo Tiempo! 10:30-11am Zumba con Eleanor (216/217)</p> <p>10:30-11:30am Clase de Arte Especial con Argentina</p> <p>10:30-12pm Laboratorio de Computadoras</p> <p>11am-12pm Baile del Vientre con Nora (312)</p> <p>Nuevo! 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 1/3 Fiesta de baile con Cecilia. 1:30 p.m. Refrescos serán servidos

Miér 1/10 Fiesta de baile con Andrés. Refrescos serán servidos.

Miér 1/24 Concierto de piano con Maxim Anikushin. A las 1:30pm y refrescos serán servidos.

Miér 1/31 Fiesta Cumpleaños con Juan Ortega 1:30 p.m. refrescos serán servidos

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

1/3 Temporada de preparación

de impuestos. Aprenda lo que necesitas saber

1/10 Access-A-Ride información del servicio

1/17 Información de SNAP y asistencia con las aplicaciones

1/24 Quiosco de vivienda. Consulte con Masiel y Maribel para hablar sobre sus inquietudes sobre su vivienda

Eventos Especiales

Miér 1/17 Decoupage con Dorrie. 2pm

Paseos

1/11 Excursión al Museo de la Ciudad de Nueva York \$ 18. Almuerzo en bolsa inclu-

ida. Salida a las 10am

1/25 Viaje a Jo-Ann's y Trader's Joe. \$ 10 almuerzo en bolsa incluido. Salida a las 10am

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

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

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

1/8 Cantinflas con Oscar Jaenada, R

1/22 Diario de Motocicleta con Joel García Bernal, R

Nuevo Clase por Febrero "A Matter of Balance" con Andres, Inscribirse con Masiel

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 январь

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

1/3 - Налоги. Подготовьтесь к сезону. Что вам нужно знать

1/10 - Информация об услуге A-A-Ride

1/17 - информация об использовании и применении SNAP

1/24 - Жилой киоск.Masiel и Maribel- для обсуждения ваших жилищных проблем

1/3- Танцевальная вечеринка с Cecelia. 1:30 вечера.

1/10 - Танцевальная вечеринка с Андресом. Закуски сервируются ????

1/11-Поездка в Музей города Нью-Йорка. Отправление в 10:00

1/17- Декупаж с Дорри. 2:00 вечера

1/ 24- Концерт для фортепиано с Максимом Аникушиным 1:30 вечера

1/25 - Jo-Ann's и Trader's Joепоездка по магазинам/\$10.Отъезд в 10:00.

1/25 – Книжный клуб. 1:00 вечера.

1/31- День рождения с Хуаном Ортегой 13:30. приготовление блюд

Предстоящие поездки:

15 февраля. Поездка в Музей американских финансов. 12,00 долларов США отправляются в 10 утра.

03/08/2018 Театр Вестчестера: CorusLine

У Спонсируемый круиз на Бермудские острова 22 апреля - 29 апреля 2018 года

Внутри салона, начиная с 1,110 долларов США, вид на океан - \$ 1,310 и балкон - 1550 долларов, все двойные. Депозит в размере 150 долларов США должен быть оплачен до 8 декабря. Полный баланс должен быть представлен в январе.



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 the Bridge Class
Susan Edelstein

In Memory of Ann Finucane
Daniel Lipsman

In Appreciation of Peggy's Class
Anonymous

General Donations
Mary Ferry
Liduvina Mercedes
Linda Rozowicz
Linda Solomon

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.

Welcome New Members/Renewal

Alvarado Bobea, Mirza	Feliz, Argentina
Baldera, Modesto	Fraser, Alphonso
Baldera, Yolanda	Fraser, Ethel
Brito, Escolastica	Lopez, Joyce
Cabrera, Cesar	Nakhlis, Sima
Clavijo, Gloria	Rivera, Fior Daliza
Diaz De Miolan, Ramona	Then, Victoria
Disgoi, Naniwea	Wither, Hilda

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@ywashts.org and ask to be added to the email distribution.

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

