

July 2018

Dear Friends and Members,

Looking forward to seeing you at Center for Adults Living Well @ the Y!

Join us at the Center for Adults Living Well at the Y each day where you can remain active by taking our Zumba class, participate in a current events discussion, or register for a picnic on our trip to Rye Beach Park on July 19th. There is a program for everyone!

As the summer heats up please make sure you wear a hat to shade you from the sun and drink plenty of water! CALW is a cooling center. Join the center take some classes and stay cool at the Y.

In July we will celebrate our volunteers. Whether is it rolling silverware together for lunch, sitting at the volunteer desk or teaching a class-- we know the center is so much richer when volunteers help to run programs at CALW.

If you are interested in volunteering, please contact me so we can see how to match your skills with the volunteer opportunities available.

No matter what your interests are, as a volunteer or a participant in a program, we look forward to seeing you this summer at the Center for Adults Living Well @ the Y.

Shalom,

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

A Message from Carol Daly, Director of Health & Wellness

July is National Mental Health Awareness Month, a good time to reflect on our emotional health and well-being. It's not unusual, at times, to feel isolated or a little down in the dumps. Often, with awareness and effort we can make a choice that uplifts, like changing the channel on the TV to a program we want to see.

Here are some tips to keep positive mindset and lifestyle:

***Stay connected to friends and make social dates for lunch, a walk or a workout**

***Develop a rhythmical daily life with routines that build a strong body, mind and heart**

***Add foods to your diet that boost energy and lift your mood** (Join us for "The Food & Mood Connection" Tuesday 7/17 @ 3pm during coffee hour)

***Develop a "Wellness Toolbox" to keep stress in check. Include things that make you feel good like spending time in nature, listening to music, reading a good book, watching a favorite movie, taking a bath or listing what you like about yourself**

***Get a good nights's sleep and practice relaxation techniques regularly**

***And of course, come to the Center for Adults Living Well @ the Y**

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
7/1 BAKED SALMON OR EGG SALAD W/ GREENS	7/2 CHICKEN OR TUNA SALAD W/ GREENS	7/3 HUNGARIAN GOULASH W/ BEEF OR EGG SALAD W/ GREENS	7/4 Closed in Observance of Independence Day	7/5 FISH IN GARLIC SAUCE OR CHICKEN SALAD W/ GREENS	7/6 ISRAELI MOUSSAKA OR CHICKEN SALAD W/ GREENS
7/8 BBQ CHICKEN QUARTERS OR EGG SALAD W/ GREENS	7/9 POLLOCK OR BLACK BEAN BURGER	7/10 SHEPHERDS PIE OR EGG SALAD W/ GREENS	7/11 ASIAN CHICKEN OR TUNA SALAD W/ GREENS	7/12 STUFFED FLOUNDER OR CHICKEN SALAD W/ GREENS	7/13 ORIENTAL PEPPER STEAK OR TUNA SALAD W/ GREENS
7/15 ROSEMARY CHICKEN OR EGG SALAD W/ GREENS	7/16 GLAZED SALMON OR TUNA SALAD W/ GREEN	7/17 TURKEY MEATBALLS OR CHICKEN SALAD W/ GREENS	7/18 ARROZ CON POLLO (CHICKEN W/ RICE) OR EGG SALAD W/ GREENS	7/19 BREADED POLLOCK OR CHICKEN SALAD W/ GREENS	7/20 SPAGHETTI BOLOGNESE OR BLACK BEAN & SWEET POTATO CHILI
7/22 MEATLOAF W/ BROWN GRAVY OR SALMON SALAD W/ GREENS	7/23 BAKED FLOUNDER OR CHICKEN SALAD W/ GREENS	7/24 BAKED CHICKEN & OR VEGGIE MEATBALLS	7/25 BEEF & BROCCOLI OR EGG SALAD W/ GREENS	7/26 TURKEY MOUSSAKA OR TUNA SALAD W/ GREENS	7/27 BAKED FLOUNDER OR CHILI CON CARNE
7/29 BREADED CHICKEN CUTLET OR EGG SALAD W/ GREENS	7/30 BEEF STEW OR SALMON SALAD W/ GREENS	7/31 STUFFED PEPPERS W/ TURKEY OR TUNA SALAD W/ GREENS			***Please note, there is a maximum of 2 meals per day, per person.

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

- MON 7/2 SPAGHETTI BOLOGNESE (BEEF)
- WED 7/4 CLOSED
- MON 7/9 BEEF BAKED ZITI
- WED 7/11 BEEF POT ROAST W/ MUSHROOMS
- MON 7/16 CHICKEN MARSALA
- WED 7/18 STUFFED CABBAGE W/ BEEF
- MON 7/23 STUFFED PEPPERS W/ TURKEY
- WED 7/25 BAKED BREADED FISH
- MON 7/30 BAKED FISH W/ GARLIC CRUMB CRUST

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

- 7/5 HARD BOILED EGGS W/ APPLE PANCAKES
- 7/12 MANGU W/ ONIONS & TURKEY BACON SIDE
- 7/19 BAKED EGG OMELET, ENGLISH MUFFINS, CHEERIOS
- 6/26 CINNAMON TOAST & SIDE OF CHICKEN SAUSAGE

**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>Sun 7/1 Concert with "Listen Closely", Neighborhood/Local Group, 1:30pm</p> <p>Wed 7/11 Dance Party w/ Cecelia, Refreshments served 1:30pm</p> <p>Wed 7/18 An afternoon of Classical Music w/ the Inna Leytush & the Allegro Singers. Special Refreshments served, 1:30pm</p> <p>Wed 7/25 Birthday Party w/ Juan Giovanni. Special refreshments served, 1:30pm</p>	<p>Mon 7/30 Dancing with Senior Stars Master Performer and Teacher, Walter Perez will get you moving with a fun dance warm up and Latin Dance Moves during this event. Refreshments, served! 1pm</p>	<p>7/5 Trip to JoAnn's Fabric, Price: \$8 Bagged Lunch Included</p> <p>7/12 NYC Public Library "Peace, Love & Revolution"- Exhibit- Call Masiel for details, 212.569.6200 x 235</p> <p>7/19 Picnic Day at Rye Beach Park BBQ hot dogs& hamburgers, Refreshments, Games & More Price\$20 Depart: 10am Please sign up by July 9th, 2018</p> <p>7/26 Westchester Theater- "Anything Goes", Price: \$70 Depart Y 10am</p> <p>Regarding Trips- Call Mira to register: (212) 569-6200x231</p>	<p>Health Related: Every Thurs Health Management Tip, 11:45am</p> <p>Tue 7/17 "The Food & Mood Connection" w/ Carol – during coffee hour, 3pm</p> <p>Wed 7/25 "Keeping our Eyes Healthy as We Age"-- Common Eye Issues with Aging w/ Joan Altman, BSN, RN, MPH from the Hospital for Special Surgery, 3pm</p>	<p>Time Changes:</p> <p>Mon Tai Chi, moved to 9:15am Brainercise moved to 10:15am</p> <p>Tues Yoga w/ Carol moved to 9:15am</p> <p>Summer Break Classes Not Taking Place in July/August</p> <ul style="list-style-type: none"> -Quilting -Adult Coloring Book -Greeting Cards -Plastic Canvas <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p>* Personal Nutrition Consultations w/ the Nutrition Consultant Mondays, from 11am- 2pm</p> </div>	<p>We will be adding new classes in the near future- Check back soon!</p>

Benefits & Entitlement Presentation	One Time/ Monthly Events	Sunday Movies @1pm	Monday Movies @1:30pm	Upcoming Trips	Important Announcements
<p>Benefit Presentations Wed 11:30-12pm</p> <p>7/11 Changes in Medicare/Medicare Card</p> <p>7/18 Section 8 & NYCHA updates/important information</p> <p>7/25 How to Get Information about Housing Lotteries in NYC</p>	<p>Thurs Book Club w/ Bill 7/12- See Mira for details & Copies, 1pm (Wein House Library)</p> <p>Thurs 7/19 NYLAG Legal Clinic. By appointment only. 10am-1:30pm To schedule, see or call Mira at x 231</p>	<p>7/1 Bridget Jones' Diary w/ R. Zellweger, R 7/8 Room with a View, H. Carter & J. Sands, NR</p> <p>7/15 To Have and To Have Not, H. Bogart & K. Hepburn, NR</p> <p>7/22 Bell, Book & Candie J. Stewart & K. Novak, NR 7/29 The Great Escape w/ S. McQueen, NR</p>	<p>7/2 i, Tonia w/ M. Robbie, R 7/9 Belle Epoque w/ P. Cruz, R (Spanish)</p> <p>7/16 The Crime of Padre Amaro w/ G. Bernal (Spanish)</p> <p>7/23 Pitch Perfect w/ A. Kendrick & R. Wilson, PG 7/30 Going in Style w/ M. Freeman & M. Caine, PG-13</p>	<p>8/2 Philadelphia Trip- Visiting Museum of American Jewish History & Museum of American Revolution. Price \$25, Bagged Lunch included; Depart Y 8:00am</p> <p>8/23 Holiday Hill Day Trip Picnic Area. Food & Activities all day long. Price: \$45 Depart Y 8:30am</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 (No Class- 7/15 & 7/29)

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

9:15-10:15am Tal Chi w/ Pin Pin

10:15-11:15am Brainercise w/ Pin Pin

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) (No Class- 7/2, 7/16, 7/23) *Special Event on 7/30

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

9:15-10:15am 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) (Resumes 7/17)

1-3pm Bridge Group w/ Amalia

2-3 pm The Art of Origami w/ Sang

2:45-4pm OATS Computer Class (Spanish) (Resumes 7/17)

3pm Coffee Hour

Weekly Schedule of Ongoing Classes

Wednesday

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

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)

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

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

10:30-11:30am Computer Lab

11:30-12:15pm Artful Breath-Breathing & Meditation 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 (7/12)

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

10:30-11:30am Zumba w/ Eleanor
(RM 216/217) (No Class 7/6 & 7/13)

10:30am-12pm Computer Lab

11am-12pm Music & Memories
w/ Yael

11:30am-12:30pm 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

1:30-2:45pm OATS Computer Class (English) (Resumes 7/20)

2:45-4pm OATS Computer Class (Spanish) (Resumes 7/20)

Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>10-11am "Healthy Heart" con Ann 10am-12pm Laboratorio de Computadora</p> <p>11am-11:45am Yoga (312) (No Clase 7/15 & 7/29) 1pm Domingo de Pelicula 1-2pm Clase de Computadoras con Antonio 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>9:15-10:15am Tai Chi 10:15am-11:15am Brainercise con Pin Pin</p> <p>10:30am Ejercicios de la Manana con Linda (216/217) 11:15am-12pm Ejercicios Cardios 1pm Pintar con Cappy</p> <p>1-2:15pm Clase de Baile: Mixta Latina (216/217) (No Clase 7/2, 7/16, 7/23) 1:30pm Peliculas en Espanol a Lunes (7/9 & 7/16)</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>9:15-10:15am Yoga (Sentados y de Pie) con Carol (312)</p> <p>10:15-11am Presion Arterial con Ann 10:15-11am Ejercicios- Pilates Sculpt (216/217) 10:30-12pm Laboratorio de Computadoras 10:30-12pm Clase de Joyeria con Argentina 11am-12pm Ejercicios con Silla con Darlene (216/217) 1-2pm Clase de Poesia Español con Frank Adolfo 1:30-4PM OATS en Ingles (7/17) 2-2:45pm Camino con Ann 2-3pm Origami con Sang 2:45AM-4pm OATS en Español (7/17)</p>	<p>10:30-11:30am Laboratorio de Computadoras</p> <p>10:30-12pm Yoga con Gloria (201)</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 Cenas</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</p> <p>1:30-3pm Laboratorio de Computadoras con Chaz</p> <p>1:30-3pm Bingo con Olivia 3pm: Hora de Cafe</p>	<p>10:30-11am Zumba con Eleanor (216/217) (No Clase 7/6 & 7/13)</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 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 (Comenzado 7/20)</p> <p>2:45AM-4pm OATS en Español (7/20)</p>

Fiestas/ Eventos Especiales

Dom 7/1 Concierto con Grupo "Listen Closely". Refrescos serán servidos, 1:30pm.

Miér 7/11 Fiesta de Baile con Cecelia, 1:30pm

Miér 7/18 Concierto de Piano con Inna Leytush y El Allegro 1:30pm. Refrescos serán servidos.

Miér 7/25 Fiesta Cumpleaños con Juan Ortega, 1:30 p.m. refrescos serán servidos

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

7/11 Cambios a la tarjeta de Medicare

7/18 Informacion de registros de Sec.8 y NYCHA

7/25 Cómo obtener información sobre loterías de vivienda en Nueva York

Eventos Especiales

Lun 7/30 Baile con Adultos Mayores y Walter Perez- sirviendo aperitivos especiales, 1pm

Información Importante Jue 7/19 Clínica Legal-NYLAG. Solo con citas. Para programar una cita llame o visite a Mira a la extensión 231

Peliculas en Español 7/9 Belle Epoque w/ P. Cruz, R

7/16 The Crime of Padre Amaro w/ G. Bernal

Paseos

Jue 7/5 Viaje de Compra-JoAnn's Fabric. Precio \$8 Incluye Almuerzo en la bolsa

Jue 7/12-Libreria Publica de NYC "Paz, amor y revolución" Porqué los 60 todavía importan. Hable con Masiel para más detalles. 212.569.6200 x235

Jue 7/26 Teatro Westchester-"Anything goes" \$70

Importante! Por El Verano

No habrá clase de acolchar
No habrá clase de colorear de adulto

No habrá tarjetas de felicitación

No habrá canvac

Jue 8/2 Viaje a Philadelphia. Visita al Museo de Historia Judía Americana y al Museo de la Revolución Americana. \$25. Almuerzo embolsado será incluido. Salida del Y a las 8am.

Jue 8/23 Excursión de un día al área de picnic Holiday Hill. Comida y actividades todo el día. \$45 Salida del Y a las 8:30am

Viaje de una noche a Boston/ Maine en Octubre

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)

Предстоящие поездки:

7/12 - Общественная библиотека «Мир, любовь и революция». Почему 60-е годы все еще имеют значение.
7/26- Вестчестерский Театр "Что-нибудь идет?" - \$ 70

В июле не будет классов: (квилтинга, раскраски для взрослых, поздравительных открыток)

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

7/11- Изменения в карте Medicare

7/18 - Sec8 и NYCHA обновления и важная информация

7/1 - Концерт с «Слушай близко», группа художников Соседства. В 1:00

7/5 - Шоппинг Джо-Энн. \$ 8. Включенный обед.

7/11 - Танцевальная вечеринка с Цечелией из Эллы. В 1:30. Предоставляются прохладительные напитки.

7/12-«Мир, любовь и революция» Почему 60-е годы все еще имеют значение. Спросите Masiel о деталях

7/18-Вторая половина дня с классической музыкой Alegro Singers. Piano_Inna Laytush 1:30 вечера.

Юридическая клиника

7/19-NYLAG. Только с назначением. Чтобы записаться, звоните Мире на х.231

7/19- День Пикника в парке Рэй Бич. \$ 20. Барбекю, прохладительные напитки, игры и многое другое. Подпишитесь до 9 июля 2018. Выезд в 10:00

7/25-Birthday Party w / Juan Ortega - в 1:30 вечера

7/26- Поездка в Вестчестерский театр. \$70. Отправление в 22:30

Предстоящие поездки:

8/2 - Филадельфия. Посещение Музея Американо-Еврейской истории и музея Американской революции. \$ 25. Отправление в 8:30

8/23- Дневная поездка на пикник в Holiday Hill. Еда и развлечения в течение всего дня. \$45. Отправление at 8.00

Ночная поездка в Бостон / Мэн (в октябре)



Наталья Пчелинцева
консультирует по
вопросам Медикейт и
Медикэр, Фуд Стемпс,
Рэнт Контроль и другим
государственным
программам. Рабочие
дни: вторник и четверг,
с 9-5.30 в комнате 203С.
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

Thank You to Mira & My Daughter, Debbie for All Their Help
Walter Kehr

In Appreciation of Maribel Ortiz Flores /Case Work
Nereyda Mena
Juana Maria Mora
Consuelo Viera

General Donations
Arboro Gonzalez

Upcoming Meals

Please note, a special meal will be given out on July 3rd due to a grant received and funded by Temple Emanu-El

Welcome New Members/Renewal

Benaim, Helene
Crystal, Bernard
De Los Santos, Jose
Douglas, Marshall
Einbond, Linda
Feliciano, Maria
Gomez, Adriana
Gorn, Michael
Jenkins, Carrie
Johnston, Donna
Lisanti, Diane
Lora, Juan

Mathurin, Erica
O'Neal, Lisa
Peralta, Eugenia
Pichardo, Eusebia
Reyes, Elenira
Rivadeneira, Carmen
Ruskin, Abbott
Salazar, Lucia
Santana, Ramon
Trinidad
Caraballo, Rosario
Vasquez, Santiago

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

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.