

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.

May 2017

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 Masiel or Maribel to get this completed.

This month is chock full of programs! Join us on May 10th at 11:30 am when staff from the New York City Department for the Aging will discuss the SCRIE/DRIE (Senior Citizens Rent Exemption) program. Then stay for lunch and enjoy our Mother's Day Concert with the Allegra singers and InnaLeytush on piano.

On May 11th we have a trip to Ellis Island, join us and explore the gateway for over 12 million immigrants to the United States as the nation's busiest immigrant inspection station for over sixty years from 1892 until 1954.

In each of our classes the consultants bring in a donation box asking that you help support the programs a CALW. Your donations make a difference in deciding whether we can sustain a class. We hope you enjoy our physical fitness and educational programs but we do need your help to make sure we are able to fund the classes. Please help us by putting a donation into the box when you participate in a class.

Please note the Center will be closed during the Memorial Day observance on Sunday, May 28th and Monday, May 29th.

See 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)

Y Sponsored 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...
Fore More information, please contact Mira at (212) 569-6200 x 231

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

May is National Arthritis Awareness month. Arthritis affects about 1 in 4 adults in the United States (approximately 54 million people have some form of arthritis) and is the leading cause of disability. As the population ages the number of adults with arthritis is expected to reach 78 million by 2040. The most common form of arthritis in the United States is osteoarthritis, but there are more than 100 different types of arthritis and related conditions. People with arthritis can help manage & reduce their symptoms by learning self-management strategies and being physically active. To learn more about arthritis join the discussion on May, 30th with Joan Altman, BSN, RN, MPH from the Hospital for Special Surgery at 2pm.

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
	5/1 Pepper Steak or Egg Salad w/ Greens	5/2 Hawaiian Chicken or Tuna Salad w/ Greens	5/3 Baked Breaded Fish or Egg Salad w/ Greens	5/4 Stuffed Cabbage or Tuna Salad w/ Greens	5/5 Turkey Meatloaf or Egg Salad w/ Greens
5/7 Sesame Chicken or Tuna Salad w/ Greens	5/8 Baked Tilapia or Egg Salad w/ Greens	5/9 Beef Stew or Tuna Salad w/ Greens	5/10 Turkey w/ Gravy or Egg Salad w/ Greens	5/11 Roasted Chicken or Tuna Salad w/ Greens	5/12 Breaded Pollock or Egg Salad w/ Greens
5/14 Cheese Blintzes & or Tuna Salad w/ Greens	5/15 Salisbury Steak or Egg Salad w/ Greens	5/16 BBQ Chicken or Tuna Salad w/ Greens	5/17 Breaded Fish or Egg Salad w/ Greens	5/18 Stuffed Cabbage or Tuna Salad w/ Greens	5/19 Meatloaf w/ Brown Gravy or Egg Salad w/ Greens
5/21 Hawaiian Chicken or Tuna Salad w/ Greens	5/22 Baked Tilapia or Egg Salad w/ Greens	5/23 Pepper Steak or Tuna Salad w/ Greens	5/24 Veggie Burger or Egg Salad w/ Greens	5/25 Sesame Chicken or Tuna Salad w/ Greens	5/26 Breaded Pollock or Egg Salad w/ Greens
5/28 Closed in Observance of Memorial Day	5/29 Closed in Observance of Memorial Day	5/30 Roasted Chicken or Tuna Salad w/ Greens	5/31 Breaded Fish or Egg Salad w/ Greens		

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

Mon 5/1 Breaded Fish

Mon 5/15 Baked Tilapia

Wed 5/3 Roast Chicken

Wed 5/17 BBQ Chicken

Mon 5/8 Turkey Leg

Mon 5/22 Baked Chicken Legs

Wed 5/10 Baked Fish

Wed 5/24 Baked Fish

Mon 5/29 No Cafe- Memorial Day

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>Wed 5/3 Vocal Ease Concert, 1:30pm</p> <p>Wed 5/10 Mother's Day Concert w/ Allegro Singers. Piano- Inna Leytush, 1:30pm</p> <p>Wed 5/24 Birthday party with Juan Ortega. 1:30pm, Refreshments served</p>	<p style="text-align: center;">NEW!</p> <p style="text-align: center;">Walk w/ Ease - 6 weeks from 5/1 -6/19 registration required</p> <p style="text-align: center;">Mon, 10am</p> <p style="text-align: center;">Contact Wendy x221</p>	<p>5/11 Ellis Island Trip</p> <p>5/22- 5/25 Y sponsored Washington DC Overnight Trip</p> <p>Contact Mira for more information (212) 569-6200 x 231</p> <p style="text-align: center;">* Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant</p> <p style="text-align: center;">Mondays, from 11am- 1:30pm and Fridays from 12pm- 2pm</p>	<p>Wed 5/10 Scie Presentation/ Housing- Experts from the Department for the Aging will provide important information and answer questions, 11:30am</p> <p>Thurs 5/11 & 5/25 Disease Management Tip, 11:45am Topics: 5/11- Arthritis & 5/25 Protecting Your Skin from the Sun</p> <p>Wed 5/30 Nurse Presentation from Hospital for Special Surgery (HSS) Topic: Arthritis 2pm</p>	<p>Mon Thai Chi-time has been moved to 9:15am</p> <p>Mon Computer Lab w/ Ron extended, 2:30-4pm</p> <p>Mon 5/8 Strength & Balance will not take place</p> <p>Wed Magic for Mature Adults returns 5/3</p> <p>Wed Computer Lab 10:30-11:30am/ 1-2:30pm</p> <p>Thurs Computer Lab, 10:30-11:30am</p> <p>Thurs Computer Lab w/ Chaz changed to 1:30-3:30pm</p> <p>Fri Nutrition Counseling w/ Loyce, 12-2pm</p>	<p>Mon (starting on 5/1) Walk w/ Ease, 10am</p> <p>Advanced Registration Required, call x 221</p> <p>Thurs 5/5 Lunch & Learn w/ Norma Katz, NP, 12:45-1:30pm</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 & Masiel Wed 11- 11:30am</p> <p>5/3 Life Line Safety Alert Program</p> <p>5/10 SCRIE/DRIE changes- Are you paying more than 1/3 of your income for rent? DFTA Presentation</p> <p>5/17 Housing Kiosk- See Masiel and Maribel to discuss your housing concerns</p> <p>5/24 Medicare Savings/Extra Help Program. Are you eligible?</p> <p>5/31 Tips on how to report Elder Abuse?</p>	<p>Sun 5/21 Russian Writers Club, 12pm</p> <p>Thurs 5/25 Book Club w/ Bill (Monthly Meeting), 1pm "St. Zita's Society" by Ruth Rendell.</p>	<p>5/7 Guarding Tess w/ S. McLaine & N. Cage, PG-13</p> <p>5/14 A Cry in the Dark w/ M. Streep & S. Neill, PG-13</p> <p>5/21 Queen Bee w/ J. Crawford & B. Sullivan, NR</p>	<p>5/1 The Tourist w/ A. Jolie & J. Depp, PG-13</p> <p>5/8 Heaven is for Real w/ G. Kinnear & K. Reilly, PG</p> <p>5/15 The Monument Man w/ G. Clooney & M. Damon, PG-13</p> <p>5/22 The Boss w/ M. McCarthy & P. Dinklage, R</p>	<p>For more information call Mira, x. 231</p> <p>Day trips:</p> <p>6/15 Brotherhood Winery , Lunch Buffett & Woodbury Commons Shopping</p> <p>7/12 Kruckers Picnic Grove. All day activities and food.</p> <p>9/14 Westchester Theater "Annie Get Your Gun", Price: \$70</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

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

10-11am Zumba Gold w/ Eleanor (5/7 & 5/21)

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

9:15am Tai Chi

NEW !! 10am Walk with Ease
(6 weeks 5/1 - 6/19)
(Registration Required)

10am-12pm Canasta w/ Margot

10:30am-12pm Quilting w/ Sylvia

10:30am-11:30am Morning Exercise w/ Linda S

11am-1:30pm Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant

11:30am-12pm Supervised Cardio /Cardio Express w/ Ann V

1pm Argentine Tango

1-2pm Spanish Class w/ Masiel

1-3pm Painting w/ Cappy

1:30-4pm Monday Movie

1:30-2:30pm Computer Class-- How to Use Mobile Devices w/ Ron

2-3pm Living Spiritually w/ Michael & Masiel

2:30-3:15pm Weight and Circuit Training w/ Ann V

2:30-4pm 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 Chair Aerobics w/ Darlene

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

3pm Coffee Hour

Weekly Schedule of Ongoing Classes

Wednesday

10-11:30am Yoga

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-12:15pm Pilates w/ Ann V

1-2:30pm Computer Lab

1:30pm Parties and Performances, (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 Chair Aerobics

10:30am- 12pm Quilting w/ Sylvia

10:30-11:30am Computer Lab

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

1-2pm Women's Group w/ Dana (5/4 & 5/18)

1-2pm Book Club w/ Bill (5/25)

1pm Xbox Bowling

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

2-3pm Memory Games w/ Dana (5/4 & 5/18)

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

3pm Coffee Hour

Celebrating 100 Years of the Y!

And we are asking our members to share their stories, photographs and any memories they have of the Y for our time capsule. We would like to include history as far back as anyone can contribute and of course, the present, for a time capsule that will be opened in the future.

Friday

10-11am Zumba w/ Natasha

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

11am-12pm Computer Lab

11am-12pm Music & Memories w/ Yael (5/12 & 5/26)

11am-12pm Belly Dancing w/ Noora

NEW !! 12:45-1:30pm Lunch & Learn w/ Norma Katz (5/5)

1-2pm Discussion Group w/ Ann Goldberg

1-2pm Balance & Strength w/ Peggy

12-2pm Nutrition Counseling w/ Loyce

1-3pm Bridge Class w/ Amalia

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

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

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

★ 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
<p>9:30-10am Ejercicios Cardio con Ann</p> <p>10-11 am Zumba Oro con Eleanor</p> <p>11am-12pm Yoga</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>9:15am Tai Chi 10am-11:30am Clase de Acolchar</p> <p>10:30am Ejercicios de la Manana con Linda</p> <p>11:30am-12pm Ejercicios Cardios</p> <p>1pm Pintar con Cappi 1pm Argentine Tango</p> <p>1:30-3:30pm (Especial) Asunto de Equilibrio con Andreas</p> <p>2:30-3:15pm Ejercicios Especial con Pesas con Ann V</p> <p>2:30-4pm Laboratorio de Computadoras</p> <p>4:15-5pm Clase de Equilibrio y Fuerza con Peggy</p> <p>4:30-5:15pm Cafe Cinar</p>	<p>10-11am Yoga Especial con Ann V</p> <p>10-11:30am Presion Arterial con Ann</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>11am-12pm Ejercicios de La Silla con Darlene</p> <p>1-2pm Clase de Poesia Español con Frank Adolfo</p> <p>1:30-2:45pm Clase de Computadoras con OATS (Avanzado)</p> <p>3-4pm Hora del Cafe</p>	<p>10-11am Yoga con Gloria</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>10:45-11:30am Ejercicios Cardio</p> <p>11:30am-12:15pm Pilates con Ann V</p> <p>1-2:30pm Laboratorio de Computadoras</p> <p>1:30pm Conciertos y Fiestas</p> <p>4:30-5:15pm: Cafe Cinar</p>	<p>9:30-10:30am Ejercicios de Silla con Darlene</p> <p>10:30am Clase de Joyeria con Argentina</p> <p>10:30-11:30am Laboratorio de Computadoras</p> <p>11-11:30am Clase de Acolchar</p> <p>10:45-11:30am Ejercicios Cardio</p> <p>1pm XBOX Bowling</p> <p>2pm Entrenamiento con pesas con Ann V</p>	<p>10-11 am Zumba</p> <p>10:30am Clase de Arte Especial con Argentina</p> <p>11am-12pm Baile del Vientre con Nora</p> <p>1-2pm Clase de Equilibrio y Fuerza con Peggy</p> <p>1:30-2:30pm Circulo de Tejer con Edie</p> <p>1:30-2:45pm Clase de Computadoras con OATS (Avanzado)</p>

Miér 5/3 Concierto con Vocal Ease a la 1:30pm

Miér 5/10 Concierto del día de las madres con los cantantes Alegre, y la pianista InnaLeytush. 1:30pm

Miér 5/10 Presentación de SCRIE/DRIE con representantes del Departamento para las personas de la Tercera Edad (DFTA). Hora: 11:30am

Miér 5/24 Fiesta de cumpleaños con Juan Ortega. A la 1:30, incluyera refrescos

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

5/3 El beneficio de Lifeline para seguridad en su casa

5/10 ¿Está pagando más de 1/3 de su ingreso en alquiler? Venga y hable con un especialista de SCRIE y DRIE del departamento para las personas de la tercera edad para ver que se puede hacer.

5/17 Quiosco de Vivienda. Hable con Masiel y Maribel para hablar sobre problemas de la vivienda y conseguir solicitudes para apartamentos.

5/24 El programa de ahorros de Medicare y el programa para ahorros para medicinas, conocido como Extra Help. Venga y averigüe si puede calificar para estas ayudas.

5/31 Consejos de como reconocer, prevenir y repor-

tar abuso contra las personas de la tercera edad

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 Viernes**

Paseos

11 de Mayo- Viaje a Ellis Island

15 de Junio- Viña Hermanidad, 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 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

Календарь на Май

Презентация "Benefit" - каждая среда с 11.00-11.30

5/03 - Lifeline: программа по снижению платежа за телефон.

5/10 – Программы SCRIE/DRIE по уменьшению платежа за квартиру.

5/17 - Домашний киоск. Masiel, Maribel и Наталья помогут.

5/24 – Medicare “Эконом и дополнительная помощь”.

5/31 - Информация о том как предотвратить и сообщить о злоупотреблении пожилыми людьми.

Концерты:

Среда 5/3 – Вокальный концерт в 1.30

Среда 5/10 - День матери концерт с Алегро. Пианино – Инна Лейтуш в 1.30

Поездки:

Май 11 - Еллис Остров в 9.00 \$30

Май 22 - Вашингтон город в 8.30 утра

Будущие поездки:

Июнь 15 – Винная. Обед и магазин Woodbury Commons.

Июль 12 – Пикник

Сентябрь 14 - Весчестер театр



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 Honor of Marilyn Gutman becoming a Grandma

Cathy Pappas

In Memory of Maria Konovaloff

Ann Goldberg

In Appreciation of Tax Preparation

Hedy White

In Memory of Lilian Lipsman

Dan & Ursula Lipsman

In Appreciation of the OATS Program

Anonymous

In Celebration of Marilyn Anes Gutman and her 1st born grandson, Michael Alan Gutman

Anonymous

In the Memory of Barbara Garrido

Anonymous

General Donations

Dr. Chigurupati Rani

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

Welcome New Members/Renewal

Amaro, Socorro
Arias, Esther
Bear, Susan
Berney, Evangelista
Brenner, Irene
Deadman, Diana
Deliz, Peter
Deliz, Vilma
Garcia, Maria
Gharib, Natalia
Gil, Teofila
Jaquez, Rosa
Lopez, Betty
Lopez, Maria Christina
Mazara Rodriguez, Evangelista
Nunez, Mariana
Ortiz-VDaGomez, Maria
Perez, Gloria
Rahimzadeh, Sedigheh
Rodriguez, Bienvenida
Rosa, Nancy
Santana, Gladys
Schneider, Eleanor
Schonfeld, Miriam
Swanson, Glenda
Swartson, Morris
Whelan, Mary

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.

