

Day Trips!

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

October 2016

Dear Friends and Members,

Autumn has begun, the sun is setting earlier and the leaves turn beautiful shades of red, yellow and purple.

So much is happening at the Y. The renovation is in full swing. While we have to make adjustments during the renovation I am sure it will be well worth it when we dine in our redecorated auditorium and brand new kitchen. In the meantime I hope you continue to enjoy dining 'El Fresco' in our tent in the Wien House.

The Jewish New Year, Rosh Hashanah will begin Sunday evening, October 3rd and Yom Kippur, the Day of Atonement will begin Tuesday evening October 11th. This year CALW will be closed for all the Holidays relating to the Jewish New Year. We will be closed:

Monday and Tuesday, October 3rd and 4th for Rosh Hashanah

Wednesday, October 12 – Yom Kippur

Monday and Tuesday, October 17th and 18th- Sukkot

Monday and Tuesday, October 24th and 25th– Shemini Atzeret and Simchat Torah

On Rosh Hashanah we greet each other by saying "shanatova u'metukah" which means "a good and sweet year". I wish all the members of CALW (whether or not you celebrate this holiday) a "good and sweet year" with health, peace and joy to you and your families.

Shalom,

Leah

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

Health and Wellness: A Note from Director, Wendy Isaacs

It is that time of year again. As the flu season approaches it is a good time to get your flu vaccine. We will be offering the flu shot again this year at the Center on October 20th from 10am – 2pm. The Center for Disease Control (CDC) recommend that everyone six months of age or older be vaccinated against the flu. The vaccine is never 100% effective in preventing the flu but it does reduce your risk and the severity of the flu should you get it. If you are unsure of whether or not the flu vaccine is right for you please speak to your doctor.



Center for Adults Living Well @ the Y

for those 60 and better



LUNCH MENU

Lunch is served Sunday-Friday from 12:00-1:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2 Baked Ziti or Tuna Salad	10/3 Center Closed	10/4 Center Closed	10/5 Baked Breaded Fish Fillet or Egg Salad	10/6 Stuffed Cabbage or Tuna Salad	10/7 Turkey Meatloaf or Egg Salad
10/9 Sweet & Sour Chicken Tenders or Tuna Salad	10/10 Baked Mustard Tilapia or Egg Salad	10/11 Classic Salisbury Steak or Tuna Salad	10/12 Center Closed	10/13 BBQ Chicken or Tuna Salad	10/14 Baked Breaded Fish Fillet or Egg Salad
10/16 Macaroni & Cheese or Tuna Salad	10/17 Center Closed	10/18 Center Closed	10/19 Baked Tilapia or Egg Salad	10/20 Stuffed Cab- bage or Tuna Salad	10/21 Turkey Meatloaf or Egg Salad
10/23 Sesame Chicken or Tuna Salad	10/24 Center Closed	10/25 Center Closed	10/26 Turkey Burgers or Egg Salad	10/27 Roasted Chick- en or Tuna Salad	10/28 Baked Breaded Fish Fillet or Egg Salad
10/30 Cheese Blintzes or Tuna Salad	10/31 Classic Salisbury Steak or Egg Salad				

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.

CENTER DINNER CAFE HOURS: Monday & Wednesday: 4:30-5:15pm

Monday, 10/3 Center Closed

Wednesday, 10/5 BBQ Chicken

Monday, 10/10 Pasta Bolognese

Wednesday, 10/12 Center Closed

Monday, 10/17 Center Closed

Wednesday, 10/19 BBQ Chicken

Monday, 10/24 Center Closed

Wednesday, 10/26 Baked Fish

**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>Thurs 10/20 Sukkot Celebration; Details TBA</p> <p>Wed 10/26 Birthday Party with flowers and cake, 1pm</p>	<p>Fri 10/14 Tender Touch Massages, 1-3pm. Cost has been raised to \$3, Please sign up in advance with the Volunteer Desk</p> <p>We have an 8 week Martial Arts/ Self Defense Class starting in November.</p> <p>Contact Wendy, (212) 569-6200 x 221 for more information</p>	<p>10/20 Teatro Repetorio, "El Don QuiXote" Departure at 9am Price: \$30.</p>	<p>* Personal Nutrition Consultations w/ Loyce Godfrey, Nutrition Consultant Tuesdays, from 11am- 2pm</p>	<p>I Remember When... has been moved from Wed to Thurs, 2pm</p> <p>Thurs 10/27 I Remember When will not be held</p>	<p>Sun 10/23 Latin Rhythms will return for an 8 week class starting, 1pm</p> <p>Tues Find the Hidden Artist Within You w/ Doug Leblang, 11am-12pm</p> <p>Wed Wise Aging w/ the nurses from Columbia University, 1:30pm</p> <p>Wed "Wellness Wednesdays" health discussion w/ nurses from Columbia University, 2:30pm</p> <p>Fri Adult Coloring Book w/ Linda, 11am-12pm</p> <p>Fri 10/28 OATS Computer Class- Shopping Online, 12:45-1:45pm</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>10/5 Voter registration information/Assistance.</p> <p>10/19 Advanced directives information and assistance??</p> <p>10/26 If you are not satisfied with your health insurance, the time to switch is coming. Department for the Aging Guest Speaker, 1pm note time change</p>	<p>Thurs 10/27 De-coupage with Dorrie. 11am-12pm</p>	<p>10/2 Key Largo w/ H. Bogart & E. G. Robinson, NR</p> <p>10//9 Up the Down Staircase w/S. Dennis, P. Bedford, NR</p> <p>10/16 The Unforgiven w/ B. Lancaster & A. Hepburn NR</p> <p>10/23 The Twelve Chairs w/ R. Moody & F. Langella, R-G</p> <p>10/30 A New Leaf w/ W Matthaw & E. May, G</p>	<p>10/10 Whiskey, Tango, Foxtrot w/ T. Fay & M. Robbie, R</p> <p>10/31 Mothers and Daughters w/ S. Blair & C. Cox, PG-13</p>	<p>11/10 Westchester Dinner Theater, "Saturday Night Fever", Price: \$72</p> <p>11/27- 12/2 Pine Grove Dude Ranch, \$500 double room pp \$570 Single room</p> <p>12/1 Christmas Inn; Westchester Dinner Theater</p> <p>12/8 Museum of the City of New York</p> <p>12/15 Holiday Shopping trip. Palisades Shopping mall. \$ 12</p> <p>Please call Mira Myte-beri x231</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

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

11am-11:45am Stretch Yoga w/ Ann

1-2pm Computer Class (In Spanish) w/ Antonio

NEW!! 1pm Latin Rhythms returns for an 8 week class starting 10/23

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 - 9:45am Tai Chi w/ Pin Pin

10-10:45am Brainercise w/ Pin Pin

10am-12pm Computer Lab w/ Ron

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

10-11am ESL (Beginner) Class

10-12pm Canasta w/ Margot

10:30-12pm Quilting w/ Sylvia

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

NEW!! 11am-12pm Find the Hidden Artist Within You w/ Doug Leblang

11am-12pm English Conversation Class (ESL)

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

1-2pm Spanish Class w/ Masiel

1:15pm Argentinean Tango

1-3pm Painting w/ Cappy

1:30-4pm Monday Movie

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

4:15-5pm Strength&Balance w/Peggy

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

Tuesday

9:30-10:30am Zumba

10:30am-12pm Learn to Make Beaded Jewelry w/ Argentina
Advanced Session 1st& 3rd Tuesday

Beginner Session 2nd & 4th Tuesday

10:45-11:45am SAIL w/ Darlene

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

1-2pm Current Events w/ Mira

1-3pm Computer Lab w/ Ron

1-3pm Bridge Group w/ Amalia

2-3pm Poetry Class w/ Joy & James

3pm Coffee Hour

★ 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 Masiel Veras or call x 235

Weekly Schedule of Ongoing Classes

Wednesday

10-11:30am Yoga w/ Gloria

10am Walk with Ease

6 week walking program (Must already be registered)

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

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

11-11:30am Benefit Presentations

11:30am-12:30pm Shall We Dance w/ Andres

NEW!! 1:30pm Wise Aging w/ Nurses from Columbia

1:30-3pm Computer Lab

NEW!! 2:30-3:30pm Wellness Wednesdays

Health discussion w/ nurses from Columbia University

2:30-3:15pm Lite Bites/ Health Chat

3:30-4:15pm Bingo w/ Olivia

4-4:30pm Current Events w/ Leah

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

Thursday

9:30am-10:30am SAIL w/ Darlene

10:30am- 12pm Quilting w/ Sylvia

11-11:30am Supervised Cardio w/ Darlene

11:30-12pm Supervised Weights w/ Darlene

1-2pm Women's Group w/ Dana

1pm XBox Bowling

1-3pm Computer Lab w/ Charles

1:30-2:30pm Flores del Alma w/ Graciela

2pm I Remember When...

2-3pm Memory Games w/ Dana

3pm Coffee Hour

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.

Friday

9:30-10:30am Zumba

10:30am-12pm Computer Class w/ Steve (In Spanish) 1st half Theory/2nd half Practice

10:30-12pm Beading w/ Argentina

11am-12pm Music & Memories w/ Yael

NEW!! 11am-12pm Adult Coloring Book w/ Linda

11am-12pm Belly Dancing w/ Noora

1-2pm Discussion Group w/ Ann Goldberg

1pm-2pm Balance & Strength w/ Peggy

1-2:30pm Computer Class w/ Steve (In English) 1st half Theory/ 2nd half Practice

1-3pm Bridge Class w/ Amalia

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

2-2:45pm Moving Forward with the Feldenkrais Method w/ Emily

2:30-3:30pm Computer Class

Programas en Español

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>9:30-10am Ejercicios Cardio con Ann</p> <p>10-11 am Zumba Oro</p> <p>11am-12pm Yoga</p> <p>1pm Domingo Pelicula</p> <p>1-2pm Clase de Computador con Antonio</p> <p>1pm Ritmo Latino (por 8 semanas, comenzado 10/23)</p> <p>2-3pm Clase de Moviles Telefono con Antonio</p> <p>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.</p>	<p>9am Tai Chi</p> <p>10am Brainercise</p> <p>10am- 11:30am Clase de Acolchar</p> <p>10-11am ESL Básico</p> <p>10-11:30am Presion Arterial con Ann</p> <p>10:30am Ejercicios de la Manana con Linda</p> <p>11am-12pm Clase: Conversacion Ingles</p> <p>11:30am-12pm Ejercicios Cardios</p> <p>1:15pm Tango</p> <p>4:15-5pm Clase de Equilibrio y Fuerza con Peggy</p> <p>4:30-5:15pm CaféCena</p>	<p>9:30-10:30am Zumba</p> <p>10:30am Clase de Joyeria con Argentina</p> <p>10:45am Ejercicios de Silla con Darlene</p> <p>1-3pm Laboratorio de Computadoras</p> <p>2-3pm Clase de Poesia con Joy y James</p> <p>3-4pm Hora del Cafe</p>	<p>10-11am Yoga con Gloria</p> <p>10:45-11:30am Ejercicios Cardio</p> <p>11:30am-12:30pm Clase de Baile con Andres</p> <p>1:30pm Conciertos y Fiestas</p> <p>3:30-4:45pm Bingo con Olivia</p> <p>4:30-5:15pm Café Cena</p>	<p>9:30-10:30am Ejercicios de Silla con Darlene</p> <p>11-11:30am Clase de Acolchar</p> <p>11:30am-12pm Penso y Ejercicios Cardio</p> <p>1pm XBOX Bowling</p> <p>1-3pm Labortorio de Computadoras</p> <p>1:30-2:30pm Flores del Alma con Graciela</p> <p>2pm Recuerdo con Ann</p>	<p>9:30-10:30am Zumba</p> <p>10:30am-12pm Clase de Computadoras con Steve</p> <p>11am-12pm Baile del Vientre con Nora</p> <p>11am-12pm Libro de Colorear para Adultos con Linda</p> <p>1-2pm Clase de Equilibrio y Fuerza con Peggy</p> <p>1:30-2:30pm Circulo de Tejer con Edie</p> <p>2pm Feldenkrais</p>

Conciertos/ Fiestas/ Eventos

Jue 10/20 Celebración de Suk-koth- TBA

Miér 10/26 Fiesta de Cumpleaños con Flores y un Pastel

Jue 10/27 Decoupage con Dorrie. 11am-12pm

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

10/5 Información de Registro de Votantes/Asistencia.

10/19 Información y asistencia sobre las Directivas Avanzadas??

10/26 Si no está satisfecho/a con su seguro de salud, el tiempo para

cambiar está por venir. Habra un Orador Invitado del Departamento para el Envejecimiento a la 1:00pm Note el cambio de hora

Dom Cómo usar sus móviles en Español con Antonio, 2-3pm

Vier Domino con Marlyn, 2-4pm

Clases de computación con Antonio
Dom de 1 a 2pm

Libro de Colorear para adultos comienza en Octubre, cada Viernes de 11am-12pm

Paseos

10/20 Teatro Español, \$30.

11/10 Westchester Dinner Theater, "Saturday Night Fever", \$72

Viaje de una noche:

11/27-12/2

Pine Grove Dude Ranch (En las montañas de Catskill), TBA \$500 por persona- Habitación doble, \$570 por persona- Habitación individual

12/1 Westchester Theater

12/8

Museo de la Ciudad de

Nueva York: "Nueva York en su Núcleo"

12/15
Viaje de Compras al Centro Comercial de Palisades. \$ 12

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 октябрь

Каждую пятницу с 11 до 12 Раскраски для взрослых

Новые классы в ноябре

Четверг с 1 до 2 Цифровая фотография с Гари

Четверг 11-12. Найди в себе художника с Doug Leblang.

Нужен специальный Флайер для этого класса

Отмена

Домино

Компьютерная лаборатория до 3.00

Презентация программ:

5 Октября-Помощь при регистрации для голосования.

19 Октября –Разъяснение постановлений и помощь

26 Октября–Если вы недовольны своим страховкой, вы можете поменять.

Специальный гость из департамента бюджет выступить в 1

Поездки

11/10 Театр в Весчестере: Субботняя лихорадка

27 ноября-2 декабря

Поездка в Pine Grove Dude Ranch (In the Catskill mountains)

\$500 комната на двоих \$570 комната на одного

Декабрь

Музей Нью-Йорк сити

Первая постоянная выставка для посещения

Драма Нью-Йорк сити история четырех веков

От основания голландцами до Второй Мировой войны

До перспектив и возможностей города который не спит и смотрит в будущее.

Пожалуйста, обращайтесь к Мире за информацией

Декабрь 15 Поездка за праздничными покупками. Palisades Shopping mall. \$ 12



Татьяна Пищулина

**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 Teresa Pisco-4th Anniversary.

-Miss you but you will always be with us.

Ann and John

In Acknowledgement of Case Assistance

Nieves Guzman

General Donations

Dr. Chigurupati Rani

Pearlina Jennings

Ann Wiseman

Irma Pniewski

Welcome New Members/Renewal

Beltrez,Luisa
Diaz,Mercedes
Dolinov, Alexander
Florian,Maria
Fuentes,Sabina
Khaylenko, Tamara
Korovin, Zinovy
Lantigua, Ana
Llontop,Manuel
Mercedes,Rosalia
Morocho,Polo
Pinales, Juan

Rapopor-Milyutina, Kathy
Ratner, Lev
Rovins,Martha
Sobera, Erminda
Tasayco,Juan
Tepelyan, Ruslan
Torres,Lillian
Trevino,Maria
Vidrak, Zoya
Vonseckendorff, Deanna

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

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.