



To be added to our monthly email list please email Ann at [avotaw@ywhi.org](mailto:avotaw@ywhi.org)



Take advantage of our diverse programing!  
Join us for innovative classes, and healthy, nutritious, delicious meals!  
We offer a wide range of activities and more to suit your interests!

October 2021

Center for Adults Living Well @ the Y  
for those 60 and better

Center Staff

Thank you for your Donations:

Linda Salomon  
Pearlina Jennings  
Nieves Guzman



We strongly recommend making an appointment to discuss your housing, benefits & entitlement concerns. Please sign up at the "Center for Adults Living Well Social Work Office" located on the first floor. You can come in or call to make an appointment. Please see the listing for Social Services below, and please contact our Case Assistant staff.

**CALW Director**  
Dee Hernandez x 211

**Director of Health and Wellness**  
Ann Votaw x 221

**Recreation Therapist**  
Jawanza Govern x 262

**Director of Social Services**  
Christine Mirelys x 231

**Case Assistance Coordinator**  
Willie Diaz x 235

**Benefits Coordinator-Russian Speaker**  
Julia Ramm x 260

**Transportation** x 222



54 Nagle Avenue, New York, NY 10040  
Tel: (212) 569-6200 | Fax: (212) 567-5915 | [info@ywashhts.org](mailto:info@ywashhts.org)



Dear Friends and Members,

Hello October and hello autumn! As the Greek philosopher Heraclitus once said, "The only constant is change." Autumn reminds us that our bodies, minds, and surroundings are always evolving.

I look forward to the beautiful changes that fall brings. My favorites are the crisp fall air, the changing of the leaves, the smells of pumpkin and spice, and, of course, a nice, warm, cozy scarf!

Here at CALW we are continuing to add new and exciting programs to our schedule. We are ramping up to provide more amazing indoor programing while being mindful of our capacity limitations and social distancing.

Thank you all for participating in the free beautiful Rosh Hashanah Luncheons and our first ever Luau BBQ. The staff did an amazing job pulling it all together! Please note that monthly themed events will require a \$5 contribution from each member; be sure to register in advance as space is limited.

Dee Hernandez,  
Director of the Center for Adults Living Well @ the Y



Please remember to bring in your DFTA barcode every time you visit!

54 Nagle Avenue, New York, NY 10040  
Tel: (212) 569-6200 | Fax: (212) 567-5915 | [info@ywashhts.org](mailto:info@ywashhts.org)



# Center for Adults Living Well @ the Y

*for those 60 and better*



**The Y is Open for Lunch**  
Face coverings required.

The Dining Room is open for lunch at 25% capacity following DFTA guidelines.

There are two seating's for lunch Monday through Friday:

11:30 AM – 12:15 PM & 12:30 PM – 1:15 PM

Pickup meals are available, if you cannot participate in congregate lunch.

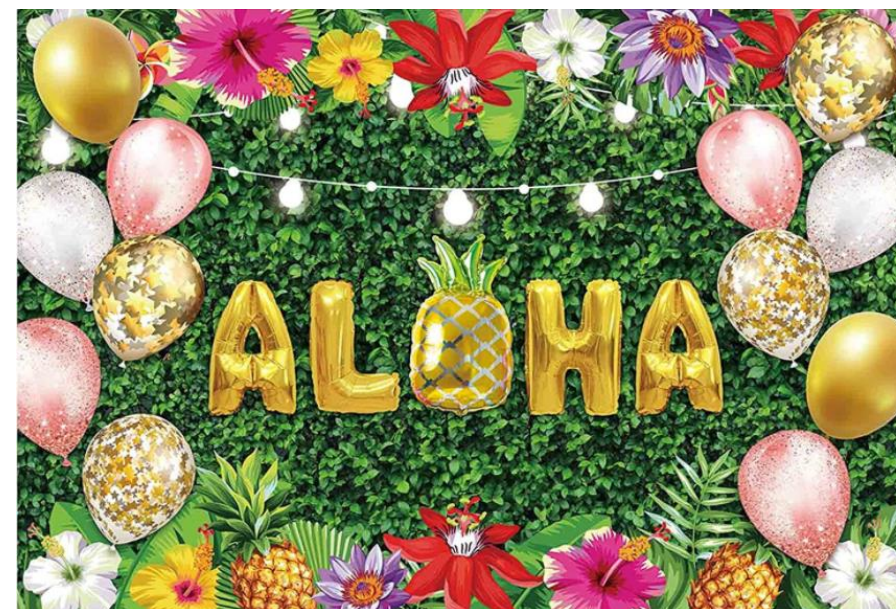


Monday	Tuesday	Wednesday	Thursday	Friday
<b>OCTOBER 2021 CALW LUNCH MENU</b>				<b>1</b> Spanish Style Baked Chicken - OR - Chicken Salad
<b>4</b> Beef Stroganoff with Noodles - OR - Chicken Salad	<b>5</b> Orange Chicken with Rosemary - OR - Egg Salad	<b>6</b> Fillet of Sole Florentine - OR - Tuna Fish Salad	<b>7</b> Shepherds Pie with Beef & Turkey - OR - Chickpea Salad with Dill	<b>8</b> Baked Fish with Garlic Sauce - OR - Salmon Salad
<b>11</b> Rolled Flounder With Zucchini and Carrots – OR - Veggie Chili	<b>12</b> Maple Dijon Chicken Thighs- OR - Egg Salad	<b>13</b> Breaded Pollock - OR - Salmon Cakes	<b>14</b> Chicken Stir Fry with Vegetables - OR - Tuna Fish Salad	<b>15</b> Shepherds Pie with Beef & Turkey - OR - Egg Frittata with Potatoes & Peas
<b>18</b> Apricot Glazed Salmon - OR - Chicken Salad	<b>19</b> Turkey Burger - OR - Tuna Fish Salad	<b>20</b> Kosher Beef Stroganoff - OR - Egg Salad	<b>21</b> Stuffed Peppers with Turkey - OR - Salmon Salad	<b>22</b> Oven Fried Chicken - OR - Black Bean and Sweet Potato Chili
<b>25</b> Chicken Marsala - OR - Egg Salad	<b>26</b> Beef and Broccoli - OR - Chili con Carne	<b>27</b> Rolled Flounder With Zucchini and Carrots - OR - Salmon Cakes	<b>28</b> Turkey Meatballs - OR - Chili con Carne	<b>29</b> Baked Salmon with Lemon, Tarragon and Thyme - OR - Tuna Fish Salad

Lunch and dinner are offered for a suggested contribution of \$1.50 for our participants who are 60 and over. Guests are subject to a \$3.00 per meal fee.

*\*If you are a pescatarian 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**



*Goodbye  
Summer!*



# Pumpkins

## Key Points

- For the best buy, choose pumpkins with bright orange skins without spots.
- To prepare a fresh pumpkin, rinse and remove skin, cut into small pieces and remove seeds. Boil small pieces for 10-20 minutes.
- To keep fresh, store in a cool dry place for up to 1 month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



## Pumpkin Bread

### Ingredients:

- 1 cup canned pumpkin
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1/2 cup applesauce
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup raisins

### Directions:

1. Preheat oven to 350°F.
2. In a large bowl, stir together pumpkin, sugar, oil, applesauce and eggs.
3. In a separate bowl, combine remaining ingredients, except raisins.
4. Add flour mixture to large bowl. Stir until moist. Stir in raisins.
5. Pour batter into a greased loaf pan.
6. Bake for 1 hour and 10 minutes.

**Makes 8 servings.**

## Creamy Pumpkin Soup

### Ingredients:

- 1 can (14.5 ounces) low-sodium chicken broth
- 1 chopped onion
- 1 chopped garlic clove
- 2 teaspoons brown sugar, packed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) pumpkin
- 1 1/2 cups low-fat milk\*
- 1/8 teaspoon cinnamon (optional)

### Directions:

1. In a large pot, heat 1/4 cup chicken broth over medium heat.
2. Add onions, garlic and brown sugar. Cook until soft, stirring often.
3. Add the rest of the broth, 1/2 cup water, salt and pepper. Turn up heat to high and bring to a boil, stirring often.
4. Turn down heat to low, and cook for 15 minutes, stirring often.
5. Stir in pumpkin, milk and cinnamon. Cook for 5 more minutes.
6. Serve and enjoy!
7. Refrigerate leftovers.

\*If using nonfat dried milk (NFDM), mix 1 1/2 cups water with 1/2 cup NFDM and add to recipe.

**Makes 4 servings.**

## Quick Tips

- Chop cooked pumpkin, lightly butter and serve hot.
- Add canned pumpkin to pancake batter.
- Scoop seeds from pumpkin. Salt lightly and bake at 350° F for 15 minutes.
- Remember to rinse all fruits and vegetables before using.



Arts & Culture Special Events	Trips for the October	Health & Wellness Special Events	Special Announcements
<p><b>Series of the month: Golden Girls</b> (2 episodes per week) - every Tuesday from 2-3pm in the Hobby Room – Snack and Coffee will be served.</p> <p><b>October 21<sup>st</sup></b> 1:30-2:30 PM MetroTango Theater <b>Registration Required and remember to wear black and red!</b></p>	<p><i>Outdoor trips may be cancelled due to weather.</i></p> <p><i>For trips: Registration Required as well as proof of Vaccination for indoor locations (as required by NYC).</i></p>	<p><b>City Walk With Ease:</b> October 4<sup>th</sup>- Cloisters October 11<sup>th</sup>- GWB October 18<sup>th</sup>- Highline October 25<sup>th</sup>- Hudson River Waterfront Walkway</p> <p><b>Local Walk with Ease:</b> October 27<sup>th</sup> – Fall Foliage with Author Leslie Day.</p> <p><b>Talk with Nurse Aileen</b> @10am (Room 1) 10/4 Covid Update 10/25 Breast Cancer 101</p>	<p>October is Breast Cancer Awareness Month</p> <p><b>Making Strides for Breast Cancer Walk</b> October 13<sup>th</sup> 11:30-1 PM</p> <p>Keep an eye on the weekly calendars for special events.</p> 
<p>CALW Updates</p>	<p>October Events</p>	<p>One-Time/ Monthly Events</p>	<p>Take Home Meals @ 12:30pm</p>
<p>We would like to welcome two new staff members to the CALW family!</p> <p><b>Cecilia Tavares</b> Case Assistant x 244</p> <p>AND</p> <p><b>Justin Ramirez</b> Administrative Assistant x 262</p> <p>Please join me in giving them a very warm welcome!</p>	<p><b>Alfred Hitchcock Twilight Zone Matinee</b> Every Thursday: 3-4 PM</p> <p><b>Make It and Bake It</b> w/ Chef Julio Every Tuesday from 3-4 PM <b>(registration required)</b></p>	<p><b>October 6<sup>th</sup> 1:30-2:30PM</b> October Birthdays Party With Juan Ortega <b>Registration is required</b></p> <p><b>October 14<sup>th</sup> 12-1 PM</b> Jigsaw Puzzle Competition <b>(Team registration required)</b></p> <p><b>October 20<sup>th</sup> 12:30-2:30pm</b> Roaring 20's Party <b>Tickets are \$5 per member Registration Required</b></p>	<p>We offer hot take-home dinners on Mondays and Wednesdays.</p> <p>Suggested contribution is \$1.50 for those 60 and better.</p> <p>Fridays only: FREE frozen weekend meal; ask during lunch.</p> <p>Please note: There is a maximum of two meals per day, per person allowed.</p>

# Weekly Schedule of Ongoing Classes

(Hobby) Wien House Hobby Room (WHCR) Wien House Community Room

Monday	Tuesday	Wednesday
9:30-10:00 AM Local Walk with Ease w/ Ann (No registration required)	9:30-10:00 AM Muscle Tension w/ Jawanza (Rm 216/217)	9:30-10:30 AM Tai Chi for Arthritis (Starting Oct 20 <sup>th</sup> )
9:30-10:30 AM Tai Chi w/ Pin Pin (Auditorium)	10:30-11:00 Form & Flow w/ Ann/Auditorium	10:30-11:45 AM Magic Class (Auditorium)
10:30-11:30 AM Shape Up with Linda (Rm 216/217)	11:00 AM-12:00 AM Men's Group (Rm 1)	10:30 – 12:00 PM A Matter of Balance w/ Andres (WHCR)
10:00 AM-12:00 PM A Matter of Balance w/ Andres (WHCR)	11:00-11:45 AM <b>Live Stream-</b> Strength and balance with Peggy Levine*/Auditorium	1:00-2:00 PM Puzzles (Teams Welcome)
11:00- 12:00 PM Ping Pong. Players Welcome! (WHCR)	1:00-2:00 PM Trivia Tuesdays / Auditorium	1:15-2:15 PM Knitting/ Auditorium
11:30 AM - 1:30 PM City Walk with Ease with Jawanza (Registration Required)	1:30-2:30 PM Chair Yoga w/ Briana (WHCR)	1:30-2:15 AM Chair Pilates w/ Ann (Auditorium)
12:00-1:30pm Documentary Series (Rm 1)	1:45-2:45 PM Monthly Series: Golden Girls (2 new episodes every week) Rm 1	2:00-3:00 PM- Blood Pressure Wednesdays /Rm 1
12:45-1:45 PM (3 <sup>rd</sup> Flr) Computer Lab A (Registration Required)	2:00-3:00 PM Collage Making (Hobby)	3:00-4:00 PM Library Hour (WIEN House Library)
1:45-2:45 PM (3 <sup>rd</sup> Flr) Computer Lab B (Registration Required)	3:00- 4:00 PM Make It and Baking It with Julio (Kitchen)	3:00-4:00 Sudoku for the Soul (Rm 1)
1:30- 2:30 PM Latin Dance with Walter*/Auditorium		
2:30-4:00 PM Table Games: Dominoes, Gin Rummy, Parcheesi (Rm 1)		

# Weekly Schedule of Ongoing Classes

(Hobby) Wien House Hobby Room (WHCR) Wien House Community Room

Thursday	Friday
10:30-11:15 AM Muscle Tension w/ Jawanza (Rm 216/217)	9:30-10:30 AM Tai Chi for Arthritis (Starting Oct 20 <sup>th</sup> )
12:00-1:00 PM I Should Know That - Mind Memory and Mischief Game	10:30-11:30 AM Zumba Gold with Eleanor/ Auditorium
1:00- 1:30 PM Shake out Exercise with Ann/ Auditorium	11:30 AM -12:30 PM Women's Group Garden (weather permitting) or Hobby Room)
1:15-2:15 PM Origami Table Designs with Sang Takieddine/ Auditorium	12:15-1:15 PM Shabbat Cultural Group w/ Deborah (Rm 1)
1:00- 2:00 PM BINGO (Auditorium)	12:15 -1:15 PM Cornhole. Players Welcome! /Auditorium
1:30-2:30 PM Chair Yoga w/ Briana (WHCR)	1:15-2:15 PM Current Events with Mira Myteberi / Art Room
3:00- 4:00 PM Alfred Hitchcock Twilight Zone Matinee (Room 1) Coffee will be served	1:15-2:15 PM Ballet/ Auditorium
	2:30-3:30 PM- Freestyle Friday's Dance Party w/ Andres- Auditorium
<p>Interested in Volunteering? We welcome volunteers to assist us with a variety of tasks: clerical, translation, kitchen service, etc.</p> <p>By Volunteering your time and skills, you help us serve the community. For more information, please call Dee Hernandez at (646) 738-6084.</p>	<p>Please remember to bring your barcode tag; this is a requirement from our funding source and determines our funding reimbursement.</p> <p>If you do not have a tag and are a registered member of the Center for Adults Living Well @ the Y, please see or call our social service department at x235.</p>