



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

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

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

Center Staff

**CALW Director**

Dee Hernandez x 211

**Administrative Assistant**

Justin Ramirez x 208

**Recreation Therapist**

Jawanza Govern x 262

**Transportation x 222**

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 feel free to contact our Case Assistant staff.

**Director of Social Services**

Christine Mirelys x 231

**Case Assistant**

Wilfred Santana x235

**Case Assistant**

Cecilia Tavaréz x244

**Benefits Coordinator-Russian Speaker**

Julia Ramm x 260



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

April 2022

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

Dear Friends and Members,

Hello Spring!

I don't know about all of you, but I am very excited for warmer weather, blooming flowers, and even some April showers! For me, April represents a time of regrowth, and a fresh start. It gives us all the opportunity to get outside, and take a much needed deep breath. As we spring forward there are some fun activities and events planned here at the center.

Many of you may have noticed that we have increased the number of chairs in the dining room. DFTA has finally lifted the capacity limits and the center is operating at 100% for the first time in two years! Such a huge milestone. We will continue to reach out to members who have not returned since we reopened in June 2021, to let them know we are open, and looking forward to their return. We ask that all members reach out to their friends within the community to help us with our outreach efforts.

Now that the long months of winter have come to an end; the center is preparing to kick off spring, CALW style! After numerous requests for more music and dancing, I am happy to announce, that we will be resuming monthly birthday dance parties, that will take place on the last Wednesday of every month. Make sure to bring your dancing shoes for two hours of uninterrupted music, dancing and laughter, registration will not be required for the monthly dance parties.

This month we will also be celebrating Passover with a wonderful dinner, prepared by our very own Chef Julio, so make sure that you register during lunch for your seat.

The Walkies Talkies walking club will also be back starting April 1st. They will meet every Monday and Friday for a fun, after lunch, stroll. Let's walk off those calories together! All members are welcomed to join, and I have ordered pedometers, which will be coming in soon, so we can track our steps as a fun group challenge.

Let's Spring forward, and make this a memorable one!

Dee Hernandez, Director

Center for Adults Living Well

# Weekly Schedule of Ongoing Classes

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

Monday	Tuesday	Wednesday
<p>9:00am – 1:30pm Single Stop Tax Preparation (By appointment only) Rms 310 &amp; 312 (Ending on April 18<sup>th</sup>)</p> <p>9:30-10:30 am Tai Chi w/ Pin Pin (Auditorium)</p> <p>10-10:45am Tech Talk w/ Justin (Rm 1)</p> <p>10:30-11:30 am Shape Up with Linda (216/217)</p> <p>11:30 am -12:00 pm Recuerdos de la Vida - Discussion Group in Spanish (Hobby Room)</p> <p>12:00 PM Walkies Talkies Walking Club</p> <p>12:45-1:45 pm Technology with Ron Session A (Room 1)</p> <p>1:30- 2:30 pm Latin Dance with Walter (Auditorium)</p> <p>1:45-2:45 pm Technology with Ron Session B (Room 1)</p> <p>2:30-3:30 Coffee Hour (WHCR)</p>	<p>9:30-10:00am Muscle Tension w/ Jawanza (Rm 216/217)</p> <p>10-10:45 am Tech Talk w/ Justin Computer Lab (3<sup>rd</sup> Floor)</p> <p>10:15-10:45 am Form &amp; Flow w/ Jawanza (Auditorium)</p> <p>10:45-11:15 am <b>Live Stream-</b> Strength and Balance with Peggy Levine* (Auditorium)</p> <p>11:00 am-12:00 pm Men's Health Group (Rm 1)</p> <p>1:00-2:00 pm Trivia Tuesdays (Auditorium)</p> <p>1:30-2:30 pm Chair Yoga w/ Briana (Auditorium)</p> <p>2:30-3:30 Nagle Avenue Theater Troupe w/ Cyndi Rand</p>	<p>9:00am – 1:30pm Single Stop Tax Preparation (By appointment only) Rm's 310 &amp; 312 (Ending on April 18<sup>th</sup>)</p> <p>9:30-10:15am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</p> <p>10am-12pm (Re) Newed Vision (Hobby Room) <b>Registered members only.</b></p> <p>10:30-11:00am Morning Meditation (Auditorium)</p> <p>12:15-1:15 pm- Blood Pressure Wednesdays (Auditorium)</p> <p>2:00-3:00 pm- Coffee Hour (Rm 1)</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>	

# Special Events & Classes, Activity Listings, and more!

Arts & Culture	NEW Classes/ Programing	Health & Wellness Special Events	Special Announcements
<p>(Re) Newed Vision 12 week- <b>Photography Series</b> Registration required <b>February 2-April 20<sup>th</sup></b> <b>10AM-12PM.</b> (Hobby Room)</p> <p><b>1<sup>st</sup> &amp; 3<sup>th</sup> Monday of the month remote Short Stories with the Inwood Public Library (Live Stream in Rm 1) 11am-12pm</b></p>	<p><b>Walkies Talkies Walking Club Meeting</b> Mondays &amp; Fridays @ 12:15 in front of the Y</p> <p><b>The Nagle Avenue Theater Troupe</b> w/ Cyndi Rand- sharpen your drama skills while learning fun acting techniques!</p>	<p><b>Nutrition Education April 12<sup>th</sup> (Auditorium)</b> Substitutions for Sugar</p> <p><b>Nurse Aileen</b> 12-1PM (Auditorium) <b>April 11<sup>th</sup>-</b> Colorectal Health <b>April 25<sup>th</sup>-</b> Mask Mandates 101</p> <p><b>Occupational Therapy Students- Train Your Brain (Hobby)</b> <b>Wednesdays 1:30-2:15 PM through April 13th</b></p>	<p><b>Sunday, April 17<sup>th</sup> and Friday April 22<sup>nd</sup> The Y will be closed.</b></p> <p><b>Grab and Go only on April 6<sup>th</sup> and 12<sup>th</sup></b></p>
<b>CALW Updates</b>	<b>April Events</b>	<b>One-Time/ Monthly Events</b>	<b>Take Home Meals @ 12:00pm</b>
<p><b>Advisory Council Meeting April 12<sup>th</sup> 12:00-1:00PM (Art Room)</b></p> <p><b>Food Committee Meeting April 14th 1-2 PM (Rm 1)</b></p> <p><b>Please join our Advisory Council and Food Committee. We would love to hear your feedback!</b></p>	<p><b>Tax Preparation with Single Stop</b> Every Monday and Wednesday through <b>April 13<sup>th</sup></b> from <b>9:00am- 1:00pm.</b> <b>All members must be vaccinated and have an active membership.</b> Call ext 235 to schedule an appointment.</p> <p><b>Fire Safety Education Presentation hosted by the FDNY</b> April 14<sup>TH</sup> 1-2PM (Auditorium)</p>	<p><b>Passover Seder Luncheon April 6<sup>th</sup> 11:30 AM-1:15 PM</b> <b>Registration Required \$5 per Ticket</b></p> <p><b>Birthday Dance Party April 20<sup>th</sup> @ 1pm-3pm</b> <b>Music by Manny</b></p> <p><b><u>MASKS MUST BE WORN AT ALL TIME</u></b></p>	<p>We offer hot take-home dinners on Mondays, Wednesdays and Fridays.</p> <p><b>Suggested contribution is \$1.50 for those 60 and better for all meals, and transportation.</b></p> <p>Please note: There is a maximum of two meals per day, per person allowed.</p>



# April 2022

National Garden Month 		1  One Cent Day	2  Peanut Butter & Jelly Day	3  Find a Rainbow Day	4  Jeep 4 x 4 Day
5  Dandelion Day	6  Caramel Popcorn Day	7  Beer Day	8  Zoo Lover's Day	9  Cherish an Antique Day	10  Farm Animals Day
11  Pet Day	12  Easter	13  Scrabble Day	14  Dolphin Day	15  Rubber Eraser Day	16  Orchid Day
17  Bat Appreciation Day	18  Animal Cracker Day	19  Garlic Day	20  Lima Bean Respect Day	21  Tea Day	22  Earth Day
23  Picnic Day	24  World Laboratory Animals Day	25  DNA Day	26  Pretzel Day	27  Tell a Story Day	28  Blueberry Pie Day
29  Zipper Day	30  Bugs Bunny Day	National Celery Month 			

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## Weekly Schedule of Ongoing Classes

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

Thursday	Friday	SUNDAY
<p>10-10:45am Tech Talk w/ Justin (Computer Lab)</p> <p>10:30-11:15am Muscle Tension w/ Jawanza (Rm 216/217)</p> <p>12:00-1:00 pm I Should Know That - Mind Memory and Mischief Game (Auditorium)</p> <p>1:00- 1:30 pm Shake out Exercise with Jawanza (Auditorium)</p> <p>1:00-2:00 pm Origami Table Designs with Sang Takieddine (Rm 1)</p> <p>1:30-2:30 pm Chair Yoga w/ Briana (Auditorium)</p> <p>2:30-3:30 Coffee Hour (Rm1)</p>	<p>9:30-10:30 am Staying Active and Independent for Life (SAIL) with Jawanza (Rm 216/217)</p> <p>10-10:45am Tech Talk w/ Justin (Computer Lab)</p> <p>10:30-11:30am Zumba Gold with Eleanor (Auditorium)</p> <p>10:30-11:30am Zumba Gold with Eleanor (Auditorium)</p> <p>11:30-1:00 pm OATS A- Older Adults Technology Services (Computer Lab)</p> <p>12:00-1:00 pm Shabbat Cultural Group w/ Deborah</p> <p>12:00 PM Walkies Talkies Walking Group</p> <p>12:15 -1:15 pm Cornhole. Players Welcome! (Auditorium)</p> <p>1:00-2:30 pm OATS B- Older Adults Technology Services (Computer Lab)</p> <p>1:15-2:15 pm Current Events with Mira Myteberi (Art Room)</p> <p>1:30- 2:30pm Latin Dance with Walter (Auditorium)</p>	<p>10:00 – 10:30pm Morning Meditation (Auditorium)</p> <p>10:30-11:30am Zumba Gold with Eleanor (Auditorium)</p> <p>11:30 AM -1:15 pm Congregate Lunch (Auditorium)</p> <p>1:00- 3:00 pm Movie Matinee (Auditorium)</p> <p>2:00-3:00 pm Puzzle Making (Rm 1)</p> <p>3:00-4:00 pm Games- Dominoes, Cards, Suduko, and Trivia (Auditorium)</p>
		<p><b>Interested in Volunteering?</b>            We welcome volunteers to assist us with a variety of tasks: clerical, translation, kitchen service, etc.</p> <p><b>By Volunteering your time and skills, you help us serve the community.</b>            For more information, please call Dee Hernandez at (646) 738-6084.</p>



# Center for Adults Living Well @ the Y

*for those 60 and better*

PLEASE NOTE: MENUS ARE SUBJECT TO CHANGE  
ALL MEALS INCLUDE EITHER A SOUP OR SALAD, VEGETABLES,  
STARCH, MILK, BREAD AND FRUIT

The Y is Open for Lunch  
Face coverings required.

The Dining Room is open for Lunch Monday through Friday:  
11:30 AM -1:15 PM

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 2022 CALW LUNCH MENU The Center for Adults Living Well @ The Y <i>For those 60 and Better</i></p>	<p>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.</p>	<p>ALL MEALS SERVED WITH 8oz 1% MILK</p>			<p>1 Shepherd's Pie with Beef &amp; Turkey, String Beans <b>Alt- Egg Frittata</b> Whole Wheat Bread Banana</p>
<p>3 Chicken &amp; Rice, Broccoli &amp; Red Peppers <b>Alt- Veggie Burger</b> Whole Wheat Bread Orange</p>	<p>4 Cornmeal Crusted Fish, Cauliflower w/ Carrots &amp; Parsley <b>Alt.- Chicken Salad</b> Dinner- Chicken &amp; Broccoli Stir Fry Whole Wheat Bread Pear</p>	<p>5 General Tso's Chicken, Brown Rice, Oriental Blend <b>Alt.- Egg Salad</b> Whole Wheat Bun Apple</p>	<p>6 Turkey Meatloaf w/ Mushroom Gravy, Mashed Potato, Broccoli <b>Alt- Tuna Fish Salad</b> Dinner- Baked Fish Oreganata Whole Wheat Bread Orange</p>	<p>7 Spanish Style Baked Chicken, Brown Rice &amp; Beans, Capri Blend Vegetables <b>Alt.- Chickpea Salad</b> Whole Wheat Bread Applesauce</p>	<p>8 Homemade Black Bean Burger, Baked Fries, Baby Carrots w/ Parsley, L&amp;T Whole Wheat Bread Cantaloupe</p>
<p>10 Baked Salmon, Roasted Vegetable Couscous, California Blend Vegetables <b>Alt.- Salmon Salad</b> Whole Wheat Bread Apple</p>	<p>11 Spaghetti &amp; Meat Sauce, California Blend Vegetables, <b>Alt.- Tuna Fish Salad</b> Dinner- Stuffed Flounder Whole Wheat Bread Orange</p>	<p>12 Vegetarian Chili, Kashmir Rice, Capri Blend Vegetables Whole Wheat Bread Grapes</p>	<p>13 Baked Chicken, Potato Gnocchi, Cali Blend <b>Alt.- Chicken Salad</b> Matzah Apple</p>	<p>14 Fresh Salmon, Cabbage &amp; Apples, Roasted Cauliflower <b>Alt.- Egg Salad</b> Matzah Orange</p>	<p>15 Beef Brisket, Potato kugel, Carrot Tzimmes <b>Alt.- Sunshine Salad w/ Grilled Chicken</b> Whole Wheat Bread Banana</p>
<p>17 Roast Chicken, Mashed Butternut Squash, Broccoli <b>Alt.- Chickpea Salad</b> Matzah Pear</p>	<p>18 Baked Salmon, Fingerling Potato, Roasted Vegetables <b>Alt.- Chicken Salad</b> Matzah Banana</p>	<p>19 Orange Chicken, Sweet Potato, Green Zucchini <b>Alt.- Tuna Salad</b> Matzah Apple</p>	<p>20 Baked Flounder, Mashed Potato, Broccoli &amp; Red Peppers <b>Alt.- Barley Chickpea w/ Dried Fruit</b> Matzah Pear</p>	<p>21 Pepper Steak, Roasted Potato, Normandy Blend <b>Alt.- Salmon Salad</b> Matzah Banana</p>	<p>22 Baked Chicken, Butternut Squash, Cali Blend Vegetables <b>Alt.- Egg Salad</b> Matzah Orange</p>
<p>24 Pot Roast w/ Mushrooms, Egg Noodles, Carrots &amp; Green Beans <b>Alt.- Codfish Salad</b> Whole Wheat Bread Pear</p>	<p>25 Turkey Meatballs, Mashed Sweet Potato, Cali Blend Vegetables <b>Alt.- Egg Salad</b> Dinner- Baked Chicken Ziti Whole Wheat Bread Orange</p>	<p>26 Baked Fish w/ Garlic Crust, Couscous w/ Peas &amp; Lemon, Roasted Garden Vegetables <b>Alt.- Chicken Salad</b> Whole Wheat Bread Tangerine</p>	<p>27 Beef Meatloaf, Garlic Mashed Potato, Capri Blend Vegetables <b>Alt.- Tuna Salad</b> Dinner- Breaded Fish Fillet Whole Wheat Bread Applesauce</p>	<p>28 Black Bean &amp; Sweet Potato Chili, Brown Rice w/ Mushrooms, Steamed Carrots Whole Wheat Bread Orange</p>	<p>29 Breaded Fish Fillets, Kasha, Kale &amp; Tomato <b>Alt.- Egg Salad</b> Whole Wheat Bread Apple</p>

*\*If you are a pescatarian or vegetarian, please let us know and we will try to accommodate you.*

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