

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

Shaw, Comedy and War

Gardens resident **Mimi Lamb** (Bldg. VI) will give a talk on "**Shaw, Comedy and Modern War**" at the **Tuttle Center, 100 La Salle, #MC** on **Monday, May 18**. The time is **7:30 PM**. The subject is intended to be a prelude to the upcoming Morningside Players production of Shaw's *Arms and the Man*, directed by **Susanna Frazer** (Bldg. V). (Performances are scheduled for May 29-31 and June 5-7.) Mimi teaches English at Fordham University and is writing a book on playwriting theory.

Get Your Word's Worth!!

An annual and very popular event over the years – the annual reading by the Writing from Life Experience group is planned as a more multidimensional event this year. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community. MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. Light refreshments will be served. Please join us on **Wednesday, May 27, 2:00 - 5:00 PM** in the **Recreation Center, 100 La Salle, Basement**.

Mambo and Swing Exercise

Mambo and Swing yourself into the summer with Gardens resident, Kathy Sanson. This demonstration class includes a fun easy stretch warm-up to keep the joints oiled. Mambo, cha-cha, merengue, swing and good ole jazz dance. All can participate.

Kathy has been teaching for forty years and teaches UFT retirees at various centers in the city. Join us on **Friday, May 29 at 1:00 PM** in the **Tuttle Center, 100 La Salle, #MC**.

Discussion on Low Vision Services

Please join us on **Friday, May 15 at 2:00 PM** for a discussion with **Michael Fink, LCSW**, from the Jewish Guild for the Blind (the Guild). He will be presenting information on Low Vision services in the community. One of these programs is the InTouch Networks, a subsidiary of the Guild.

InTouch Networks is an international reading service available online and on air for people who are blind or visually impaired. Stories from major magazines and newspapers are broadcast 24-hours a day/ 7-days a week. Join us to learn more about InTouch Networks and other services in the community. The program is in the **Tuttle Center, 100 La Salle, #MC**.

Do You Have Creative Hands?

If you crochet, knit, embroider (cross stitch, crewel), quilt or appliqué and would like to share your needlework skills, designs and techniques with others, or just work in friendly company, please attend a planning meeting at MRHS, **100 La Salle, #MC**, on **Wednesday, May 6 at 6:00 PM**. (Bring a snack if you'd like.) We hope your skills and interests will lead to the forming of a circle of hands (both men's and women's) to meet evenings in the fall. Questions? Call **Mary Davidson**, Bldg. IV, at 212-316-0140.

Please Note: The monthly 2009 Great Decisions program on U.S. foreign policy will meet on **Tuesday, May 12 at 7:00 PM** at the MRHS office, **100 La Salle, #MC**. The topic for this month's meeting is "The Arctic Age." All are welcome! ATTN: We are changing this month only to the second Tuesday to avoid a schedule conflict.

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Thanks to All Our Supporters

In 2008, we received support from the following corporations and foundations, in addition to our nearly 300 individual supporters at Morningside Gardens. Thank you!

- Barnard College
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Happy May Birthday!!

To: Leoni Adler, Laura Brown, Phyllis Calese, Eliza Chiu, Margaret Cleary, Phyllis Darby, Cynthia Harris, Alec Harvey, Leslie Kiss, Elinor Levin, Elmer Lokkins, Sue Miles, Daniel Morgan, Winifred Shearer, George Staller, Herbert Thorne, and Gil Willis.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in May are all invited to our Birthday Party! Come on **Tuesday, May 19 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 2 Stranger Than Fiction (2006)

1 hr., 53 min. A romantic comedy with a twist that is strange indeed. The male lead (Will Ferrell) somehow feels he is living in a novel being written by the female lead (Emma Thompson). He is desperate to stop her from killing him off.

May 9 Dangerous Beauty (1998) 1 hr., 51 min. A costume movie based on real events in 16th-century Venice. The central character is a famous courtesan whose mother, played by Jacqueline Bisset, is her role model.

May 16 Carmen Jones (1954) 1 hr., 48 min. A popular musical made in the 1950s. Based on Bizet's opera, it stars Dorothy Dandridge and Harry Belafonte. Oscar Hammerstein wrote the lyrics.

May 23 Cat on a Hot Tin Roof (1958)

1 hr., 48 min. Here is the next installment of our Paul Newman retrospective. "Sizzling" is the word often used for this adaptation of a Tennessee Williams play. The cast also includes Elizabeth Taylor and Burl Ives.

May 30 Harold and Maude (1971) 1 hr. 31 min. There has been a wide range of opinions about this odd romantic comedy that has become a cult classic. Maude (brilliantly played by Ruth Gordon) is 79, Harold is 20.

**Start time: 2:00 PM. Please arrive early.
Contribution is \$1.00**

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:15 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday
8 – 6 8 – 6 8 – 6 8 – 5 9 – 5

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 5 9 – 5 9 – 5 9 – 5 9 – 5

Hypertension Screening – Alternate Wednesdays from 9:00 - 11:00 A.M.

05/13, 05/27, 06/10, 06/24

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" group will meet this month on **Thursday, May 28 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, May 14 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, May 6 at 2:30 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **The Elegance of the Hedgehog by Muriel Barbery**.

Low Vision Group meets this month on **Friday, May 1 and Friday, May 15, at 2:00 PM**, in the Tuttle Center. (See article on page 1 about a special program on May 15.)

Supper Club News

On March 26 the MRHS Supper Club enjoyed a dinner from Dinosaur BBQ. The Supper Club will be meeting again on **Thursday, May 14 at 6:00 PM**. The cost is \$13.50. Another exciting local restaurant will provide dinner. Call 212-666-4000 for reservations.

Publication of the Newsletter is made possible by a grant from Columbia Community Services.

Singin' in the Rain *En Espanol*



On **Friday, April 3** (a rainy afternoon) Ms. Morano's bilingual first and second grade class from PS 161 joined MG residents for an afternoon of singing *en espanol*. Everyone practiced conjugating the verb "ser", the Spanish word for "to be", with a song and games. Ms. Morano's class will be joining us again at MRHS on **Friday afternoons in May** from **12:15 – 1:15**. Students young and old are invited to come together to sing *en espanol* and improve their Spanish conversational skills.

(photo thanks to Dana Minaya)

Office Hours for Chinese-Speaking Residents

MRHS has happily begun office hours for Chinese-speaking residents who may not be comfortable with English. **Every Tuesday morning from 10:00 AM to 11:00 AM**, MRHS has a Chinese-speaking volunteer on-hand to help translate for anyone who needs assistance from MRHS. Please call 212-666-4000 or visit us during those hours

Current Issues on AIDS and HIV for People Over 50

The discussion, scheduled for **June 8 at 7:00 PM**, will provide an opportunity to understand the issues connected to HIV and AIDS such as housing, lack of community and access to healthcare, racism, sexism, homophobia, sex, substance abuse, religious and cultural obstacles, immigration and more. We will also discuss how the older adult population is particularly impacted by the domestic HIV/AIDS epidemic. ***Please note that this discussion is being sponsored by Assembly Member Danny O'Donnell.***

For Your Information

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e. Friday May 15.) Please print clearly or type all information that you want included in the Newsletter. *

****Due to space limitations, it may not be possible to include all information submitted.***

Senior Strollers March On!

The MRHS Big Apple Senior Strollers will continue the same walking schedule from April. The walks are scheduled for **Thursdays** and begin sharply at **9:30 AM**. Please meet at the MRHS office, 100 La Salle, #MC.

- **May 7th:** Riverside Park
- **May 14th:** West Side Greenway Path to Riverbank State Park
- **May 21st:** Morningside Park
- **May 28th:** Harlem Meer

MRHS will be closed on **Monday, May 25** in honor of **Memorial Day**. We wish everyone a good holiday.

Gardens Resident to Exhibit Art

Morningside Gardens resident **Marion Rothenberg** (Bldg. V) will take part in an artists exhibit sponsored by **The Caring Community**, a non-profit organization working with seniors. The opening reception is **Thursday, May 14** from **6:00 – 8:00 PM**. Exhibit hours are Wednesday – Friday, 4:00 – 7:00 PM from May 15 – 29 and Saturday, May 16, from noon – 4:00 PM. Location is 20 Washington Square North, tel. 212-777-3555, ext. 113 or www.thecaringcommunity.org for more information.

Farmyard Tour

The Children's Learning Center (CLC) has invited MRHS to join them on their annual trip to the Queens County Farm in Floral Park, Queens. The Queens County Farm's history dates back to 1697; it occupies New York City's largest remaining tract of undisturbed farmland and is the only working historical farm in the City. The farm encompasses a 47-acre parcel that is the longest continuously farmed site in New York State. The site includes historic farm buildings, a greenhouse complex, livestock, farm vehicles and implements, planting fields, an orchard and herb garden. (www.queensfarm.org)

Come join the CLC on **Friday, June 5** for a day of animals, hayrides and farming. We'll even have a chance to meet Daisy the cow, a long-time resident of the farm who is now "retired". The bus will be leaving promptly at 9:15 AM and returning around 1:00 PM (the trip out to Queens will take around 40 minutes). Bring your own lunch for an outdoor picnic on the farm. Cost: \$16 (includes the cost of the bus and admission to the farm). Contact **Jamshed** at MRHS to register for the trip.

Thanks to MRHS Board member and CLC Director, Lori Woliner, and to Jamshed Kurbanov for making this intergenerational trip possible!

