MRHS
Morningsside Retirement & Health Services
Helping Elders. Building Community.

newsletter

Celebrating our 60th Year!

November 1, 2026
Vol. XLV, No. 11

100 LaSalle Street, NY, NY 10027 (212) 666-4000 **President: B. Chandra Chandrasekaran**
www.mrhsny.org **Executive Director: Ronald Bruno**

Covid-19 Vaccination

MRHS and Town Drug Pharmacy will be distributing the ***Covid-19 vaccination*** on **November 5, from 11:30 AM to 1:30 PM** at MRHS. You will need to provide your insurance card and sign a release form. *Please call or text* MRHS at 212-666-4000, or stop by to make an appointment. You can also email Margaret Bianchi at MargaretB@mrhsny.org to schedule an appointment.

Thursday, November 5, 11:30 – 1:30 PM
MRHS Center, 100 LaSalle St.

Cook 'n Converse!

Cook 'n Converse is a monthly baking activity encouraging socialization and sharing stories. For the month of November, we will explore the fall spirit by making pumpkin cinnamon rolls. Together, we will discuss the foods we associate with the month of November, our Thanksgiving traditions, and our favorite ways to enjoy cinnamon rolls.

There will be a 30 minute break to allow residents to bake their cinnamon rolls in their homes if they want to. *Hosted by social work intern, Ky Alvy.*

Monday, November 9, 1:00 – 2:30 PM
MRHS, 100 LaSalle St., #MC

****** MRHS will be closed on Wednesday, November 11 for Veterans Day and Thursday, November 26 for Thanksgiving. ******

Take Charge of Your Health

Fiber: How Fiber Can Keep Your System Going

Focus on digestive health, constipation prevention, nutrition, hydration, and the importance of adequate fiber intake. Join us for a discussion of this important healthcare topic led by MRHS nurse, *Stacey Steen, RN, BSN*.

Tuesday, November 10, 11:30 AM
MRHS, 100 LaSalle St., #MC

Upcoming Topics:

December - *Coping with the Holidays*
January - *Energize Your Energy*

Book Reading and Dialogue

Morningside Gardens resident, **Scott Cheshire's** novel *High as the Horses' Bridles* is a tale of America's dangerous Christian apocalyptic addiction, even as it is also a story about a father and son, and the problematic legacies we do not want...

High as the Horses' Bridles was named a Best Book of the Year in the *Washington Post, The Wall Street Journal*, *New York Magazine*, *Salon*, *Electric Literature*, and *Amazon.* The Washington Post called it: "Daring and brilliant…Something of a miracle." The *New York Times Book Review* called it: "A powerful book, an unflinching examination of two centuries of American yearning and desire." Scott currently teaches graduate fiction writing at Columbia University and lives in building five.

Scott will offer a reading and then have a dialogue with the audience.

Thursday, November 19, 7:00 PM
MRHS, 100 LaSalle St., #MC

Sing Along With Herb!

The *MRHS Singalong* is back. Building V resident, Herb Michael, leads the group in traditional folk tunes and other popular favorites.

November 12 and 23, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午3-4點，下樓來MRHS長者中心，我們一起聊聊大家的人生故事～

本週故事話題是：1）你堅持過最久的一件事是什麼？是怎麼開始的？2）請分享一個你曾作出的承諾，可以是對自己的，也可以是對他人的？

關於人生故事會：在十週內，我們免费為長者組織15人以內，每週一次的小型聚會, 一起分享人生故事、建立友誼。在故事會的最後，我們还可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網：
https://lifestoryclub.org/

有任何疑問，歡迎撥打主持人譚小姐電話302-321-4199！

我們週四4點見！Chinese LIFE STORY CLUB, **every Thursday at 3:00 PM**, at MRHS.

Please feel free to contact the facilitator, *Effy, at 302-321-4199.*

DVP – Movement Speaks

Dances For a Variable Population (DVP) MOVEMENT SPEAKS® is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:30 AM
Building I Community Center

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve.

Happy November Birthday!!

To: Stuart Aaronson, Luis Argueta, Marion Butler-Mills, Greg Darling, Ellen Fried, Susanna Jacobi, Margaret Johnson, Noam Kogen, Dilys Lande, Yen-Chi Le, Rita McLaughlin, Cynthia Meyers, Galila Morahg, Susan Opotow, Daniel Pekarsky, Nancy Ross, Reto Ruedy, Donald Smith, Mark Speyer, Molly Sweeney, Mary Taylor, Peggy Thomas, and Joan Walrich.

MRHS Board Game Café

Please join us **Friday, November 27 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, November 27, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Blood Pressure Screening

Blood Pressure Screening has returned to MRHS! *Stacey Steen*, MRHS nurse and healthcare coordinator, is available to take your blood pressure on ***Tuesdays, from 11:00 AM to 1:00 PM at MRHS***. Stacey will also be available to answer any questions you may have during that time. Everyone is welcome, so feel free to stop by.

The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics.

Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *MET* locations.

Please note the program will be meeting on **Friday, November 20 at 1:00 PM.** For more information, please call MRHS at *212-666-4000* or email *Robina@mrhsny.org*

Monthly Movie Matinee

"To Sir With Love"

Hosted By Usa Ungsunan

A novice teacher faces a class of rowdy, undisciplined working-class punks in this classic film that reflected some of the problems and fears of teens in the 60s. Academy Award winner Sidney Poitier gives one of his finest performances as Mark Thackeray, an out-of-work engineer who turns to teaching in London's tough East End. The graduating class led by Denham (Christian Roberts) sets out to destroy Thackeray as they did his predecessor by breaking his spirit. But Thackeray, no stranger to hostility, meets the challenge by treating the students as young adults.

Tuesday, November 10, 2:30 PM
MRHS, 100 LaSalle St., #MC

Tech Fireside Chat

"Smart TV Smarts"

Your TV got smarter. Did you? Stop squinting at that remote and let's tame the beast! Join us for a cozy, no-judgment Tech Fireside Chat on making your Smart TV work for you. We'll uncover free shows and movies, wrangle streaming apps, talk to your TV (yes, it listens!), and lock down those sneaky privacy settings. Bring your questions, your curiosity, and even your remote if you like.

Moderated by **Dan Baruah, MRHS Tech Coordinator**. Space is limited, call 212-666-4000 to reserve your spot.

Tuesday, November 10, 1:00 PM
MRHS, 100 LaSalle St., #MC

**** All information, statements, and material contained in the MRHS newsletter, brochures, classes, and programs of any kind are offered in good faith for the general information, education and/or recreation of our clients and other attendees. There is no intent to indicate an implicit or explicit endorsement of any content by MRHS. ****

Longing for Foliage!

We are looking forward to seeing ***beautiful Fall foliage*** on our private tour of **Wave Hill.** We will enjoy a guided tour that will include strolling through the galleries in addition to enjoying the breathtaking views of the ***Fall beauty*** in the gardens and across the **Hudson.** After we drink in the beauty of the Fall colors we will have the signature Great Performance boxed lunches on the terrace. This tour will involve walking for an hour over some uneven paths and walkways. *We have limited space on this tour so it would be advised that you make your paid reservation by November 6.*

Friday, November 13 Cost $50.00
Depart MRHS: 10:00 AM Return: 4:30 PM

If you would like to join us or if you would like more information, please call or text ***MRHS*** *at 212-666-4000 or email* ***Robin Aloi*** *at* ***Robina@mrhsny.org***

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom, sponsored by MRHS. This month's topic of discussion will be **"The Future of Human Rights and International Law,"** facilitated by Building I resident*, Peggy Thomas.*

As democracy and human rights retreat globally—and the U.S. pulls back—how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity? For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

Tuesday, November 3, 7:00 PM, Via Zoom

****** MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******

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

Pop-Up Coffee Bar

It's all about the coffee and conversation: *MRHS's* ***Pop Up Coffee Bar****.* Take a break, enjoy a cup and connect with friends and neighbors. We will be offering a wide selection of coffees and teas! While you're here, check out our library or enjoy specially curated brain-exercise handouts to keep your mind active and engaged. See you there!

Tuesday, November 24, 3:00 – 5:00 PM
MRHS, 100 LaSalle St., #MC

"Come Dine With Me"

"Come Dine With Me" for Thanksgiving is a new MRHS program for the Thanksgiving Holiday. If you are interested in hosting 1 to 4 people in your home for Thanksgiving or want to be hosted for Thanksgiving, let us know.

For more information please call MRHS at 212.666.4000 or text us at 212.666.4000.

Salsa/Swing with Kathy

Last chance to boogie down and dance salsa and swing before the holidays. Be the life of the party and come by the **Thurgood Marshall Room, Building III, Tuesdays at 2:00 PM,** for the month of November. We'll break then until the spring, so get your last four classes in, so you can show off your skills.

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, November 20, 2026). 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.

Super Saturday Screenings!

Emmy's pick for this month is ***The Philadelphia Story!*** In this 1940 jewel of a movie Katherine Hepburn plays Tracy Lord, the elder daughter of a wealthy Philadelphia Main Line socialite family. She was married to C.K. Dexter Haven, a yacht designer and member of her social set, but divorced him two years prior because, according to her father, he does not meet the standards that she sets for all her friends and family. She is soon to marry the wealthy George Kittredge. Enjoy seeing the movie with your neighbors while you enjoy the movie snacks that will be provided. The film will be shown on **Saturday, November 21 at 1:00 PM**

If you would like more information, please call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org

MRHS Book Group

The next meeting for the MRHS Book Group is set for **Wednesday, November 18 at 3:00 PM** via Zoom. The discussion is on the novel ***Invitation to a Beheading*** by *Vladimir Nabokov*. Looking ahead, on Wednesday, December 16 at 3:00 PM the group will discuss *The Prime of Miss Jean Brodie* by Muriel Spark.

The programs are on Zoom. All are welcome. For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

You may be interested in attending an event at Book Culture on Tuesday, November 10 at 7:00 PM when *David Levine*, a member of the Book Group, will lead a discussion of Muriel Spark's novella, *The Girls of Slender Means*. The address of the bookstore is 536 West 112th Street.

Gentle Yoga

Join MRHS for a series of **Gentle Yoga** classes with *Hilary Nudell,* long-time Morningside Gardens' resident and Yoga teacher.

Thursdays, 4:00 PM
Thurgood Marshall Room, 80 LaSalle St.

MRHS Men's Group

The **Men's Group** meets for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be **Thursday, November 19, 1:00 PM.** *Lunch will be served. Cost: $10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

Cribbage

Cribbage has arrived at MRHS. This game is usually played on the second and fourth Sundays of the month from 2:00 PM to 6:00 PM or whenever you want to come or leave. If you don't play, please join us and we will teach you. If you already are a player, then join us to have a good time while playing a fun game.

Sundays, Nov. 8 and 22, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

From MG Resident, Ann Ramsay:

On Thursday Nov 5 we will have our second 1 Million Tables Vegan Pot Luck here at MG. One Million Tables is an international organization that promotes eating more Vegan meals (no animal products) to benefit the environment.

Check their website, 1milliontables.org, where you will read about the organization. You can also read about current research on how eating vegetables, legumes, and fruits can reduce carbon in our environment. There are of course other benefits to eating a plant based meal such as health, animal welfare, and cost. Even eating one meal can make a difference. Their goal is to multiply one table, one meal, by a million! The website also has great recipes you can try!

The Pot Luck will be held in the Community Room in building 1. Dinner will be from 6:30 to 7:30 PM but the room is available from 6:00 PM on to set up and socialize. Please bring a dish, either homemade or store bought that has no meat, fish, dairy, or eggs.

For more information and to RSVP please email Ann at vtabt@comcast.net

Looking Ahead

--- 长期护理谁来买单？–
December 8, 7:00 PM

--- Black History Month with SRFF –
February 25, 2027, 6:00 PM

--- Socially Relevant Film Festival –
March 18, 2027, 6:00 PM

Walk-In Tech Help with Dan

Dan Baruah is available for tech support at MRHS every **Wednesday, between the hours of 12:00 and 4:00 PM.** No appointment needed, just bring in your device and Dan will do his best to help resolve your tech issues. Dan is also available by appointment and for home visits outside of these walk-in hours.

MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

Please feel free to contact Stephanie Low with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at margaretb@mrhsny.org.

Upcoming Dates: November 2, 16

Arts & Minds

The Arts & Minds program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. Arts & Minds was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person on the first and third Tuesdays of the month from 2:00 - 3:15 PM. The upcoming meetings are **November 3 and 17.**

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

From *Morningside Gardens resident, Dr. Theresa J. Canada* :

Every story offers us a chance to see the world through someone else's eyes. Tune in to *The Silk Stocking Sisters* Podcast, where we bring those stories to life through conversations with community members, educators, journalists, legal professionals, advocates, and changemakers whose experiences deserve to be heard. From education and history to sports, mental health, culture, and social issues, each episode opens the door to honest discussions that challenge perspectives, preserve history, and bring people together.

Hosted by *Dr. Theresa J. Canada*, an educator, author, advocate, and changemaker, the podcast reflects her commitment to education, equity, and community empowerment. Featured episodes highlight the voices of fellow Morningside Gardens residents Ralph Williams, Alethea West, and the late John Carter, Esq. Their stories and reflections offer a meaningful look into our community's history, sharing experiences and perspectives that might otherwise go unheard.

Our mission is to change how people of all backgrounds connect by creating opportunities to learn from one another, better understand each other, and find ways to live together with greater respect and understanding. Join us every Wednesday for meaningful conversations that celebrate diverse voices, honor our shared history, and bring our communities together. Watch The *Silk Stocking Sisters* Podcast on YouTube and subscribe to hear the stories shaping our communities. Visit http://www.youtube.com/@silkstockingsisters2857 today!

West Harlem Development Corporation
Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

Fall Plein Air

Join the Workshop Drawing Group and the Family Activities Committee in appreciating nature through art. No experience necessary. All ages, including kids, are welcome! Bring your own art supplies or use some provided. Painting, Leaf Rubbing, and more. **Saturday, November 7, 1:00 PM. The Upper Lawn. (Rain Date: November 8)**

Elections

Reminders and some useful information about the upcoming elections:

- General Election is *Tuesday, November 3*
  80 LaSalle St. (B3) 6am-9pm
- Skip the line and vote early until *November 1*,
  The Forum 605 W. 125th. St.
- If in doubt check your Registration Status at amiregistered.vote.nyc

Board of Elections in the City of New York may be reached at 212-886-2100.

Need assistance traveling to the polls? Contact MRHS by calling or texting 212-666-4000.

Bloomingdale School of Music

Music Appreciation Series via Zoom

Thursdays from 7:00-8:00 PM,
November 5 – December 3

with Marc Peloquin

"The Joy of Listening:
Debussy, Ravel, Poulenc"

Bloomingdale School of Music is excited to continue its partnership with MRHS! If you are interested in joining the *Online Music Appreciation Series* with Marc Peloquin this Fall and Winter, you are welcome to join on Thursday evenings via the Zoom link here: **https://us02web.zoom.us/j/6810011585**

No need to register online, just go to the Zoom link on the day of the program.

Riverside Church Music Series

Go to: *www.trcnyc.org/musicseason*