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

newsletter

Celebrating our 60th Year!

September 1, 2026
Vol. XLV, No. 9

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

Salsa/Swing/Dance Class

Returns with Kathy Sanson

Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jazz

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles while you have fun dancing. **Classes begin Tuesday, September 8, 2:00 PM, through November 24,** in the **Thurgood Marshall Room, Building III.**

If interested, please contact MargaretB@mrhsny.org to sign up. (For more information call or text or email dance instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com)

Ice Cream Social!

MRHS will be offering its annual Ice Cream Social to the Morningside Gardens community! MRHS board members and staff will be present to provide information, but the focus of the event will be fun, neighborliness and *free ice cream!*

Everyone is invited including, of course, children of all ages!

Tuesday, September 1, 5:30 to 7:00 PM
Outdoors, the Plaza between Bldgs. I & II

A Pop-Up Ceramics sale will take place during the ice cream social. Come see what the MG Workshop ceramists have been creating and start your holiday shopping early! Proceeds benefit MRHS.

****** MRHS is closed on Monday, September 7 for Labor Day. We wish everyone a good holiday. ******

Cardiovascular Health

The presentation will focus on high blood pressure including what blood pressure is and how to take it at home, methods to lower blood pressure, and lifestyle changes to promote healthy blood pressure.

Led by Ruth Masterson Creber, PhD, the Mary Crawford Professor of Nursing at Columbia University School of Nursing. She is focused on addressing cardiovascular disease and related chronic conditions in diverse—often underserved—populations. She is a Fellow of both the American Academy of Nursing and the American Heart Association.

Wednesday, September 30, 1:00 PM
MRHS, 100 LaSalle St., #MC

Cybersecurity

This 75-minute workshop on ***Cybersecurity Awareness*** teaches older adults about basic definitions in cybersecurity, improving cyber hygiene by doing password checkups, strengthening privacy settings, and about artificial intelligence (AI) safety. Participants will also learn to protect their identity with help from the Identity Theft Resource Center (ITRC), a free resource available to them. The workshop is taught by *Dr. Laura Scherling*, a director and lecturer at Columbia University, and graduate student, Josefina Piddo.

Lunch will be served at the start of the workshop, followed by the 1-hour cybersecurity awareness session. Volunteers from the Manhattan Global Shapers will join the workshop and will do a meet and greet during the lunch period.

Friday, September 11, 12:30 PM
MRHS, 100 LaSalle St., #MC

Flower Power!

We will enjoy a private tour of this 1960s-themed showcase at the **NYBG in The Bronx** that features psychedelic horticultural displays, water peace signs, vintage flower buses and art from period artists. We will also be savoring the gourmet sandwiches offered by the **NYBG** after our spectacular tour. Following our lunch there will be time to visit the gift shop and/or ride the tram through parts of the gardens before our private bus picks us up to take us home.

Thursday, September 24 Cost $50.00
Depart MRHS: 10:00 AM Return 4:00 PM

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

Tech Fireside Chat

Back by popular demand! Join us for Part 2 of our **Cord-Cutting** series, where we'll dig deeper into ditching cable and getting the most out of streaming and over-the-air TV. Whether you came to Part 1 or are just curious about saving money on your TV bill, all are welcome.

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

Thursday, September 17, 1:00 PM
MRHS, 100 LaSalle St., #MC

Monthly Movie Matinee

"*An Affair to Remember*"

Hosted By Usa Ungsunan

Although each is already engaged to another, Nickie Ferrante (Cary Grant) and Terry McKay (Deborah Kerr) meet on an ocean liner and fall in love. As the ship returns to New York City, they agree to reunite at the top of the Empire State Building in six months' time. The most famous line from *An Affair to Remember* is spoken by Terry McKay: "Winter must be cold for those with no warm memories."

Thursday, September 3, 1:00 PM
MRHS, 100 LaSalle St., #MC

Happy September Birthday!!

To: Gilda Brodsky, Ralph Della Cava, Skip Delano, Nancy Eder, Paul Foreman, Peggy Haskins, Carl Jones, Tim Kelley, Leila Lieberman, Donald Meeker, Maggy Sears, Celestein Twining, Edith Valentine, Joan Walrich, and Shaun Worthington.

MRHS Board Game Café

Please join us **Friday, September 25 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, September 25, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

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, Sept. 13 and 27, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, September 16, at 3:00 PM** to discuss ***Good Dirt*** by *Charmaine Wilkerson,* who is planning to attend the meeting. Then on Wednesday, October 14 at 3:00 PM, the group will discuss *Fonseca* by Jessica Francis Kane. 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.

Super Saturday Screenings!

This month's **Saturday Movie Event** is movie art! **Mona Lisa Smile** from 2003. The plot unfolds in 1953 when 30-year-old Katherine Ann Watson accepts an Art History teaching position at Wellesley College. She quickly discovers her students have memorized the entire textbook and syllabus, so she introduces modern art and encourages discussion about what art is. Katherine also challenges her students to achieve more in life than marriage. Enjoy the self-discovering that this group of young women indulge in. With snacks! We will show the movie on **Saturday, September 19 at 1:00 PM, at MRHS**.

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

MRHS Memory Café!

Thursday, September 24, 4:00 to 5:00 PM
Dear Mama Café, 611 W. 129 St.
(Inside the Jerome Greene Science Center)

Experience includes light refreshments from the café. Please call MRHS at 212.666.4000 or email margaretb@mrhsny.org with any questions or to RSVP.

Writing From Life Experience

The **Writing From Life Experience** group will enter its 33rd year in September. The group is looking for a few new members. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org if you are interested. The group meets on (mostly) alternate Mondays from 2:30 - 4:30 PM. No previous writing experience necessary – you will be met either as a beginner or as a seasoned writer. Classes take place via Zoom.

The fee for 20 sessions is $50.

Gentle Yoga

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

Thurs. 4:00 PM, Thurgood Marshall Room

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.

Monday, September 28, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

Balance Assessments

Robin Stoller, Ph.D., P.T. is offering free balance testing. This brief screening measures your balance and helps identify your risk for falls. **Advance sign-up is required.** *Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot.*

Tuesday, September 29, 2:00 – 5:00 PM
MRHS Center, 100 LaSalle St.

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 **September 1 and 15.**

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

**** 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. ****

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

Film: "Grains of Sand"

With filmmaker, Sarah Gross

Grains of Sand is a positive "coming-of-age" story about two women in their 80s. Filmed over eight years, the documentary accompanies the filmmaker's mother and mother-in-law, artists and close friends, as they enter their ninth decade.

Margot & Barbara, close friends and artists, meet for a work retreat in a stone farmhouse in the German countryside. They are both about to turn 80. As they begin to work on the large stones they have brought to sculpt, they embark on a conversation about creativity and aging, exploring what it means for them to arrive at this stage of their lives. The retreat becomes a ritual where the women meet to share their art, reflect on their lives, and enjoy their friendship.

Film: Tuesday, Sept. 29, 7:00 PM
Community Center, Building I

Screenings of *Grains of Sand* are enhanced by accompanying creative workshops:

Building on the film, Collage Workshop participants will have a chance to experiment in a tactile, visual realm. We discuss scenes from the film which continue to resonate for us, and at the same time begin to play with color and shapes on the page. We can use the materials in front of us to fold in thoughts, memories and references to lived events. Participants find themselves sharing aspects of who they are and connecting with the other participants in unexpected ways. The conversation with those around us at the table becomes a dialogue with ourselves, a kind of collage self-portrait in the materials we bring to paper.

Workshop: Wednesday, Sept. 30, 2:30 PM
Community Center, Building I

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot for the workshop.

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

Rev. Boyd Lowry, 1933 – 2026

Boyd Lowry passed away on August 10, 2026. He was 92 years old. He and his wife, Mary, of 68 years, moved to Morningside Gardens in 1993. Together they enjoyed many events, participated in programs hosted by MRHS and created an enormous network of friends. He was well loved by his children, Eva, Ruthanne, Boyd and Genevieve, and his 9 grandchildren and 4 great grandchildren.

Reverend Boyd Lowry spent most of his career in service to others. Boyd worked with governments overseas to provide food to third world countries. In Boyd's retirement years, he provided interim ministry services to area churches. And later shared his beautiful tenor voice with the Unforgettable Chorus, a program for patients with dementia and Alzheimer's. He especially enjoyed his time making friends at Riverstone Memory Center.

Flu Vaccination

MRHS and Mt. Sinai Hospital will be distributing the ***flu vaccine*** on **October 2, from 10:00 AM to 1:00 PM at MRHS.** The stronger dose vaccination for older adults will be available. Please call 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.

Friday, October 2, 10:00 AM
MRHS Center, 100 LaSalle St.

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 **"Multilateral Institutions in a Changing World Order,"** facilitated by Building I resident*, Ken Thomas.*

Can multilateralism survive amid shifting global power and rising nationalism? This chapter examines the future of global cooperation across trade, health, and finance. For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

Tuesday, September 1, 7:00 PM, Via Zoom

Take Charge of Your Health

Topic To Be Announced

Join us for a discussion of an important healthcare topic to be announced. Led by MRHS nurse, *Stacia Steen, RN, BSN*.

Tuesday, September 8, 11:30 AM
MRHS, 100 LaSalle St., #MC

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.

Life Story Club

You're invited to join the ***Life Story Club***, which meets online **every Tuesday at 11:00 AM.** In this virtual group, you'll gather weekly to share stories inspired by prompt questions such as, "What did you get in trouble for as a child?" and "Can you describe the neighborhood where you grew up?" The prompts will range from humorous and light-hearted to more thoughtful and reflective. You and other participants will take turns sharing short life stories and reminiscing together.

As a member of this ***Life Story Club***, you'll have the chance to record and preserve your stories on special recording days.

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot for this class.

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: September 14, 28

MRHS Library Notice

The MRHS Library located in the MRHS Lounge is available for you to borrow books from. Each book is labeled on the book's outside binding as either General Fiction, Mystery/Thriller, Non-Fiction, Travel, or Biography. We invite you to use the MRHS Library, and out of respect for others, to return the books you borrow to it. Please do not return MRHS Library books to your building's recycle shelf or laundry room bookcase. If you find someone has left the MRHS labeled books there, kindly bring the books back to MRHS. They were donated to that library for all to enjoy!

Refreshing Fruits and Vegetables

The NYC Department for the Aging, (DFTA), **Farmer's Market Nutrition Program** has returned for the summer! **MRHS** has been provided with a small supply of coupon books that can be used by eligible New Yorkers who are 60 years old or beyond. Each book has five coupons that are valued at $5.00 each. The coupons are accepted at participating farmers markets for all fresh fruits, vegetables and herbs that are grown in **New York State.**

If you are interested in the coupon books, or if you would like more information regarding income eligibility requirements, please call Robin Aloi at MRHS (212-666-4000) or email her at *Robina@mrhsny.org*

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, September 18 at 1:00 PM.** For more information, please call MRHS at *212-666-4000* or email *Robina@mrhsny.org*

Looking Ahead

--- Life Story Club special program –
October 9, 2:00 PM
--- **Stop The Bleed –**
October 23, 2:00 PM

Morningside Theater Co returns to LaSalle /Open Street Sept 3!

We are delighted to offer a fun, light-hearted summer event – sponsored by our own Neighbors for a Greener Harlem building community. Featuring music, Broadway songs for kids and grownups and the hit short comedy CUSTOMER *SERVICE* - starring our own Carrie Worthington and TC Niemann! 6pm Thursday Sept. 3rd Free, donations welcome!

Morningside theater Co. is delighted to announce our next AEA Showcase production of the acclaimed *Birds of North America* by noted playwright Anna Ouyang Moench (*Severance, Beef, Man of God*). John and his bi-racial daughter are fervent birders – with a complex relationship. The run is from Sept. 24 to Oct. 11, 2026. Thursdays and Fridays at 7:30pm, Saturdays at 5pm and Sundays at 3pm at the Community Center. As ever suggested contribution is 25 adults, 20 seniors and students or give what you wish. Tickets via www.morningsideplayers.org or please call 646 200 5089. Hope to see you there!

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
Starting September 10
Building I Community Center

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

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, September 18, 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.

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, September 24, 1:00 PM.** *Lunch will be served. Cost: $10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

PLAYBACK Improv THEATER
Members of the community are welcome to watch!
Playback Theatre's FREE OPEN REHEARSALSaturday,
September 12, from 12:00PM - 2:00PM
in the COMMUNITY ROOM100 La Salle St.
Information and questions:
ericaitzkowitz@gmail.com 212 600-0372