



newsletter

Celebrating our 57th Year!

April 1, 2023
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

SU-CASA Art Program

MRHS will once again be hosting a resident artist through the SU-CASA program. The title is ***India's Ephemeral Art of Kolam*** and will be taught by artist/instructor *Jayanthi Moorthy*.

Visual artist Jayanthi (Jay) Moorthy will be guiding participants through the exploration of India's ephemeral art of Kolam. Jay says participants will learn to draw simple patterns and labyrinths with a series of dots, lines and curves, inspired by the Indian age-old art of kōlam.

Join Jay on **Friday, April 7 at 1:00 PM** for an informational session at MRHS, during which Jay will explain the history and the significance of Kolam in Indian cultural.

Participants will be both creating the art and learning about the importance of using rice flour and chalk powder in this art form. The workshop will begin on Friday April 14 from 1:00 PM - 3:00 PM and it will continue on Fridays at 1:00 PM - 3:00 PM through Friday, June 30.

Please contact Robin Aloï at 212-666-4000 or Robina@mrhsny.org to reserve a spot.

Friday, April 7, at 1:00 PM
MRHS Center, 100 LaSalle St., #MC

MRHS Book Group

The next meeting of the MRHS Book Group is **Wednesday, April 19, at 3:00 PM** to discuss ***Where the Crawdads Sing*** by *Delia Owen*. Via Zoom. All are welcome.

For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, April 3, at 7:00 PM** in the **New Building 1 Community Center**.

The meeting will include brief committee reports, introduction of new Board Members, Annual Report, and other business. The Executive Director will comment on the work of the organization including the return to in-person programs.

A social hour follows with light refreshments. If you are unable to come for the business part of the meeting, stop by for refreshments and to see friends at 8:00 PM!

All Gardens residents are invited.

Moving For Life

Dance Exercises for Health

Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

Fridays, 3:00 PM to 4:00 PM
Starting April 14, Eight Sessions
New Building 1 Community Center

Community Seder

MRHS will once again be hosting a **Community Seder**. This year the Seder will take place on **Thursday, April 13, from 3:00 PM to 5:00 PM** (the 8th night of Passover), in the **MRHS Center**. The cost is \$20.00 per person.

We particularly invite those who can no longer observe Passover with family or friends as well as those who have never attended a Seder and experienced the tradition-rich event. Passover recounts the flight of the Hebrews from years of slavery in Egypt.

Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot, or if you would like to volunteer.

MRHS Board Game Café

Please join us **Friday, April 28 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, April 28, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

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 **China and the U.S.**, facilitated by Building I resident, *Rita Pullium*.

For the past ten years, the United States and China have been locked in a competition for who has the greatest global influence. One major point of contention is the status of Taiwanese sovereignty, which has become even more relevant recently with the possibility that Russia's invasion of Ukraine may prompt China to take similar action regarding Taiwan. How will the United States engage a China which is increasingly seeking to expand its sphere of influence?

Tuesday, April 4, 7:00 PM, Via Zoom

Happy April Birthday!!

To: Anne Boggan, Alice Dunsker, Sally Elliott, John Flack, Hardy Geer, Conchita Gonzalez, Inge Graff, Peggy Kane, Zheng Liu, Patricia Mack, Suzanne Mack, Allen Mellen, Forrest Murphy, Chris Pawelski, Sue Wan Sun, Usa Ungsunan, Deborah Wallace, and Shirley Yeh.

MRHS 2022 Supporters

- Assembly Member Daniel O'Donnell
- City Council Member Shaun Abreu
- Columbia Community Service
- Geraldine R. Dodge Foundation
- Lower Manhattan Cultural Council
- Manhattan Borough President Mark Levine
- Metzger-Price Fund
- Morningside Heights Housing Corp.
- Morningside Heights Community Coalition
- New York State Department of Health
- New York State Office for the Aging
- NYC Aging
- West Harlem Development Corp.
- *Residents of Morningside Gardens*

Kundalini-Shakti Yoga

We are delighted to offer Shakti Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Shakti Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Shakti Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 16 years.

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register. If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Thursdays, 5:00 PM to 6:15 PM, Via Zoom

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 the **first and third Tuesdays of the month from 2:00-3:15 PM. The next session will be held on Tuesday, April 4.**

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

Helpful Hearing Hints Program

Columbia University Occupational Therapy students, **Megan Sofield and Lauren Mitchell** have been running a program for residents impacted by hearing impairment.

Objectives for this program include providing participants with education on nonverbal communication, facial expressions, assistive hearing devices, and strategies for socialization and community navigation through interactive activities, guided group discussions, and creative expression groups. We hope to help people move towards their home maintenance, community navigation, and other goals.

**Wednesdays at 11:15 AM, until April 5
MRHS, 100 LaSalle St., #MC**

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, April 21, 2023). 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.***

Bloomington School of Music

Music Appreciation Series via Zoom

***"Great Performers: Isaac Stern"
with Marc Peloquin***

March 31 – April 28 (no class on 4/14)

Fridays from 1:00-2:30 PM

This course will explore the career and repertoire of one of the most important and influential American performers. We will discuss Isaac Stern's impact on the musical world, the legacy he has left behind, and explore the great violin concertos and chamber music works he often performed.

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to register.

Earth Day "Plein Air Paint Out"

MHHC Workshop Art Group announces an Earth Day "Plein Air Paint Out." The upper lawn between buildings five and six will be the gathering place for a "Plein Air Paint Out" on Saturday April 22, starting at 1:00 PM (Rain date Sunday 4/23). We invite everyone (beginners to masters) to join this event to appreciate and draw or paint the landscape of our beautiful grounds. Participants are urged to bring their own art materials, but there will be limited art materials available on site.

**** 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 Program Calendar

Paper copies of the MRHS Program Calendar are now available in the lobby of your building and at MRHS. The Program Calendar is also available on our website at www.mrhsny.org.

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

Low Vision Support Group

Come join the Low Vision Group! This group meets at MRHS twice a month on Wednesdays. The purpose of this group is to offer social/emotional support and education for individuals living with vision impairment in a judgement-free space.

Our April sessions will be **Wednesday, April 5 at 4:00 PM** (topic: accessibility devices & services) and **April 19** (topic: podcast & discussion).

Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

Michael Greene

Sunrise 7/3/1943, Sunset 2/27/2023

Michael was a native New Yorker and a long-time resident of Building 6. He grew up on the upper Westside of Manhattan and loved to play baseball. He was first clarinet in his high school band orchestra. Michael was bar mitzvah'd at Stephen Wise Synagogue and graduated from City College.

Anyone who knew Michael would say he was a good friend and a good son. He made very generous donations to the causes he believed in, such as the Wietzmann Institute for Science and Manhattan School of Music, where he established a scholarship for jazz, in perpetuity.

Michael enlisted in the US Coast Guard while getting his Master's degree in Library Science. He worked as a librarian in various public schools in New York and he also taught English. He enjoyed reading the NY Times especially the Sunday edition. Michael was a big NY Giants baseball fan in the 1940's and 1950's. He admired Sandy Koufax and Hank Greenberg. Memorial Service info to follow.

Black History Book Winners

The winners of the Black History Month book raffle were: Edna Philiba, Joaquin Flores, and Molly Sweeney. Thanks to all who participated and thank you to Alice Lilly for donating the books!

Frank Minaya

With great sadness, we announce that Building 4 resident, Frank Minaya, passed away on March 2, 2023.

Frank loved the Morningside Community and all it had to offer, especially acting with The Players, participating in MRHS programming, and socializing in the plaza, filled with neighborly greetings and conversation. Frank is best known for his special passion of photographing The Morningside Players and serving as volunteer photographer at MRHS activities and other community events.

A memorial service is planned for Wednesday, April 26, 2023, at 5:00 PM at the Riverside Church. It will be followed by Repast and a Dance Celebration until 8:00 PM. The service will be live-streamed and recorded. Details to follow.

Condolences may be sent to Frank's wife, Dana, in building 3, 14G, and to Frank's son, Greg, in building 4, 9E. Donations may be sent to MRHS at the request of Frank's family.

Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.

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



West Harlem
Development
Corporation

Solutions through collaborations™

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

MRHS Library

Coming This April: A Trip Of Your Choice Via The MRHS Library

Do you remember the 1965 song, "We Gotta Get Out of This Place" sung by the Animals? You may feel this way as the weather turns warmer. Even if you do not leave the Gardens, you can escape in your favorite chair or on a bench in the sun with one of the MRHS Library's books on travel. Travel guides give you an historic and cultural background on a country and point out the notable sites. Think of the guides as a travelogue and add your own video by searching specific places on the internet. For example, you may tour parts of the British Museum in London. Go to Youtube.com and type in the search line, "Curator's Corner/British Museum". You may also choose several street walks in Berlin on Youtube.com by typing "Berlin Street Walks" in their search box. So now pick your destination and book a tour within the pages of the MRHS Library guides and travel memoirs. It's free – no passport or travel expenses required - although we ask that you return the book when you finish your trip!

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is **Thursday, April 27 at 1:00 PM**. *Lunch will be served. Cost: \$10.*

Please send an email to Michael.Davidson@MRHSNY.org if you have any questions.

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 MRHS: margaretb@mrhsny.org.

Tax Prep

George Bruce Library, 518 W 125th St, will be hosting free tax assistance starting February 3. Patrons can prepare their tax returns using IRS-approved software with tax prep volunteers to help/answer questions. This facilitated self-assistance is offered by Food Bank.

Help is available Fridays and Saturdays from 11:00 to 2:30 and will run through April 15. Drop-ins are welcome, but patrons can also make an appointment in person or by phone at 212-662-9727.

Morningside Players

Morningside Players Theater Co. presents the comic hit *The Understudy!!!*

Don't miss Broadway playwright Theresa Rebeck's hilarious and heartwarming gem in our first full production since the reopening of the Community Center. Come to the show and see the excellent new lighting, sound and ADA improvements!

The Understudy runs until April 8.

Suggested donation. For more information, please call 646-200-5089, or check our website www.morningsideplayers.org.

MRHS Movie Series

During the pandemic MRHS has been screening monthly online movies thanks to volunteer Michael DeBorja, called the "Great Movies" Series. Michael is taking a break and we thank him for bringing so much enjoyment to the community over these past many months.

Now MRHS would like to re-start our Saturday Afternoon in-person movie series. But we need volunteers to help. In the past MRHS has had a "movie committee" that has planned and screened the movies on the flat screen in MRHS's West Room. If you are interested in learning more and in possibly volunteering, please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org.