

Summer Technology Workshops Continue

It's a summer tradition. We're excited to again host students from Columbia University's summer program for high school students. This year the program concludes on **Thursday, August 4**. Join us from **12:30-1:30 PM** for programming on music streaming, including Spotify and Pandora.

Reap The Benefits Of Handcrafts

Earlier this year Jane Brody's Personal Health column (*NYTimes*, 01.26.2016) focused on the benefits of handcrafts — specifically knitting and crocheting — for relieving stress, anxiety, and enhancing memory skills and social interaction. Research on the Internet finds studies that show that hand arts also help relieve restlessness, insomnia, depression, and physical and emotional pain, while helping one to learn to focus and improve brain function. The rhythm of knitting and crocheting, once you get past the learning stage, has the benefits of meditation plus the satisfaction of building self-esteem by creating one's own work of art.

Want to reap the benefits of working with your hands right here in the Gardens? Join **A Circle of Hands**, now in our 8th year, to learn or relearn yarn-crafting skills from knitting and crocheting to embroidery. We have a good time and would love to welcome you at our first fall meeting: **Tuesday, September 13 from 7:00 to 8:00 PM**. Email Mary Davidson at marywickens@gmail.com with questions. Call Margaret Bianchi in MRHS Office for location: 212-666-4000.

Wave Hill Garden & Cultural Center and Lunch

Join MRHS for a trip to Wave Hill, a 28-acre public garden and cultural center in the Bronx overlooking the Hudson River and the Palisades. MRHS will take a guided tour of Glyndor Gallery, a visually exciting, thought-provoking



space that was once a historic residence and is now an exhibition space for contemporary art. We will also have time to visit the public gardens.

Lunch will follow at Madison's, a local popular Italian restaurant, which has been rated by Zagat. (<https://www.zagat.com/r/madisons-new-york>). Lunch includes a choice of chicken or pasta, a house salad and soft drink and coffee or tea. Reserve today by calling MRHS at (212) 666-4000!

DATE: Wed., August 17 PRICE: \$60.00
DEPART: 10:00 AM RETURN: 4:00 PM

MEN: A Message For YOU!

The **August Men's Group Luncheon** will take place on **Wednesday, August 10 at 1:00 PM** in the **Thurgood Marshall Room**. Men's Group meetings take place on the second Wednesday of the month.

A security officer from Morningside Gardens will lead an informal discussion on safety at Morningside Gardens at the August luncheon.

We look forward to seeing you in August. The cost of lunch is \$10 payable to MRHS. Please call 212 666 4000 to RSVP.

Director's Column

We are happy to report that progress continues to be made on our renovation plans. We expect that sometime in the early fall MRHS will be headquartered in Building VI, as our space in Building I begins renovation. There will be room in the temporary Building VI office for smaller groups to meet; larger groups, or those that need more room to spread out, will meet in the Thurgood Marshall Room or the Recreation Center. We are told that the renovation should take four to six months.

We are proceeding slowly and carefully as we plan for a new center that will be serving the Morningside Gardens community for decades to come. Again, we would like to thank MHHC as well as Assembly Member Daniel O'Donnell for their generosity and ongoing support. We also want to thank you, all the residents of Morningside Gardens, for your patience and encouragement as we move forward on this exciting project. I assure you it will be well worth the wait when you are able to stop by our new Media Lounge, sip a cup of coffee or tea, chat with neighbors, and browse our library's books or the internet with our new computers.



Happy August Birthday!!

To: Anne Burley, Fungying Chao, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Ruby Johnson, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewellyn Williams, Lucienne Yoshinaga.

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 August are all invited to our Birthday Party! Come on **Tuesday, August 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

**Saturday Afternoon Movies resume
on September 3.**

Mark Your Calendars

Flu shot season is on the way!

On **Tuesday, October 18 from 10:00 AM to 2:00 PM** the seasonal *influenza shots* will be given in the Recreation Center, Building I, Basement. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost.

Please note: If you have a health condition that calls for a flu shot, or if you work with older adults, it is advisable for you to receive a shot.

Seeking *Read Ahead* Volunteer Mentors for PS 36!

***Read Ahead* is recruiting Morningside Gardens residents to be mentors for their reading-based mentoring program. Volunteers will mentor and read one-on-one with a student at nearby PS 36 during lunchtime throughout the school year.**

Overview & Mentor Commitment: (see Newsletter insert for more information)

- *Read Ahead's* mission is to ignite a love of reading in young students through mentoring, improving their confidence as well as their odds for success in school and life. We build students' social-emotional skills that are essential for success.
- Mentors commit to one lunch hour each week or every other week (alternating with a colleague) and build a relationship with an individual student throughout the duration of the school year (October-June).
- Mentors receive training and resources to ensure they are fully supported and engaged.
- Mentor-student pairs often spend multiple years together if the mentor desires.

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 1:00 PM**.

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

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

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 4 9 – 4 9 – 4 9 – 4 9 – 4

Hypertension Screening on Wednesday,

Resumes in the Fall.

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" will resume in the Fall.

"Later Life Transitions" group will resume in the Fall.

The **MRHS Book Club's** next meeting will be Wednesday, September 21, at MRHS. The group will discuss **Portrait of the Artist as a Young Man** by James Joyce. Everyone is welcome!

Great Decisions 2016 program resumes on Tuesday, September 6 with a discussion on Korea.

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, August 19, 2016). 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.**

Neuroscience Wednesdays

The program is on vacation for the summer. Please Note: The series will resume on September 21 with a talk by Tiana Leonard on Autism.

E-Waste And Textile Recycling Day This Month

On Saturday, August 20 from 10:00 AM to 4:00 PM (rain or shine) vendors will be on hand to accept e-waste and textiles. They will be set up on La Salle Street east of Broadway. Items accepted include all electronics e.g., computers, cell phones DVD players, etc. No microwaves, refrigerators, air conditioners, smoke detectors, or carbon monoxide detectors. All clean clothes, including torn textiles, shoes, belts, handbags. No pillows or quilts. *For questions call Joan at 212-666-6157, Marie at 212-866-8348 or Sarah at 212-662-6738.*

Emergency Preparedness

Please be reminded that it is recommended to keep a stockpile of water and non perishable food in your home.

Make a Difference As An RSVP Volunteer

As an RSVP mentor you can transform lives and strengthen communities. The Retired & Senior Volunteer Program (RSVP) of the Community Service Society provides the opportunity to connect nurturing adults, age 55+, with New York City youth in need. Spend a few hours a month at a site based program in your neighborhood. Mentoring can make a difference in a child's life and yours. On September 8 and September 12, from 10:00 AM to 2:30 PM, the Community Service Society invites you attend a breakfast orientation to learn more about this rewarding opportunity. For more information contact Karen Brown at 212-614-5557 or kbrown@cssny.org

Enjoy a Philharmonic Concert Evening at a Discount

John Seaman is once again, hosting a discount concert evening at the New York Philharmonic. Exclusive privileges in the EAST (not West) Patron's Lounge (orchestra level Broadway side) are included. This means free drinks (wine, Pellegrino water, coffee, chocolates.)

The concert takes place on **Saturday, October 8, at 8:00 PM.** (Plan to arrive by 7:15 PM) Tickets are **\$\$30.50** each (25% discount). The program takes place at **David Geffen Hall (formerly Avery Fisher Hall).**



Music program includes Beethoven's Piano Concerto No. 4 and Bartok's Music for Strings, Percussion, and Celesta. The renowned pianist **Lang Lang** is guest soloist. The seats are **3rd tier box seats**. If you would like tickets, please call the MRHS office at 212-666-4000.

Do You Love Poetry?

Some MG residents have asked if MRHS could offer a poetry workshop. Participants could share work they have already done and get inspiration to create new works. Ideally, we would have an experienced leader to help the group stay in focus and generate creativity. If you would like to lead such a workshop or if you want to join a group like this, please contact MRHS at 212-666-4000. We are hoping to get underway in the fall.

"At seventy-seven it is time to be in earnest." --- Samuel Johnson

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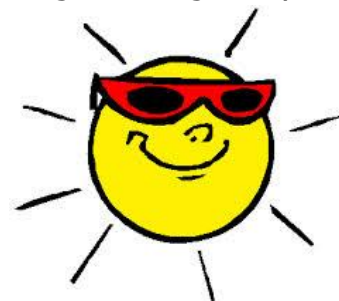
John Seaman's Liberty Salons

On **Tuesday, August 16 from 4:00 to 6:00 PM, Dr. Joaquin Flores** will convene a "Socratic Dialogue on the Nature of Happiness." Joaquin is a psychologist, artist, and writer. He lives in Morningside Gardens and has often led programs for MRHS.

On **Wednesday, August 31 from 7:00 to 9:00 PM, Ms. Jane Rose** will present a Liberty Mini Salon on the subject of the haunts of the influential 1920's horror writer, **H. P. Lovecraft**. She will describe the places Lovecraft frequented that were the inspiration for his works. It's his Brooklyn component. It will include historical and literary perspectives. Jane is a précis writer for the **NY Times** and an active member of the Times Toastmaster Group. She is also an ex-model.

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. Please call MRHS at 212-666-4000 to arrange for Laundry service. On the day scheduled for service, the Health Aide will call you to let you know what time she will be at your apartment.



***** 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. *****