

Board Game Café coming to MRHS this August!

Are you interested in playing board games with other MG residents of all ages?

We have Low Vision Scrabble, Classic Rummy, Connect Four and decks of cards. Let us know which games you like to play, and if there is one you like that is not listed here let us know that too! After we collect the results from this poll, we will let you know the day and time for our very first board game event.

Please contact Margaret Bianchi at 212.666.4000 or margaretb@mrhsny.org.

Please note that at the present time we will have to follow mask-wearing protocols required by the Department for the Aging while playing games.

New Fitness Class

Coming in September, Building V resident **Suzy Frazer** will be leading a new fitness class. Suzy has been trained in the "Silver Sneakers" method, which the class will be based on. Class size will be limited in order to accommodate the six-foot social distancing requirements of the NYC Department for the Aging (DFTA.) Eight classes will take place on Thursday afternoons, starting in mid-September.

MRHS Men's Group

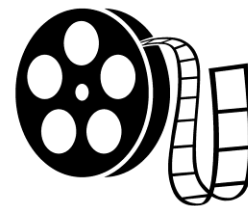
The next meeting of the Men's Group will take place via Zoom on **Wednesday, August 25, 2021 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

MRHS's "Great Movies" Series

"After Life"

(1998) 1 hr., 58 min.

Twenty-two souls arrive at a way station between life and death, where they are asked to choose just one memory to take into the afterlife. A brilliant, offbeat and tender exploration of memory, love, and life after death. Directed by Hirokazu Koreeda ("Maborosi", "Nobody Knows", "Shoplifters").



In Japanese, with English subtitles.

Thursday, August 19, 2:00 PM via Zoom
Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

Writing From Life Experience

The **Writing From Life Experience** group will enter its 28th year in September. The group is looking for a few new members. Please contact Margaret Bianchi or Ron Bruno at MRHS to let them know 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 will mostly be on zoom for the foreseeable future, though there will be a few people in person. *Please sign up before August 30.*

Life Story Workshop

Presented by the *Life Story Club*

Every week, the **Life Story Workshop** gathers as a group over Zoom, where the workshop facilitator shares engaging/thoughtful prompt questions with the group. Everyone has an opportunity to share a life story of their own and hear the life stories of their community members. All are welcome!

For those who wish to save their life stories, the facilitator can also help participants audio record and preserve their stories in a collection of audio stories to save as a keepsake or to gift to loved ones. For those who love to write, participants are also free to use the prompt questions as memoir writing prompts and share their writings with the group.

Tuesdays at 11:00 AM, continuing until September 7.

Please register with MRHS at **212-666-4000** or by email to Margaret Bianchi at **MargaretB@mrhsny.org**.

Page To Stage!

The Morningside Players and the Family Activities Committee are introducing a fun August/Sept. Workshop **Page To Stage!** for teens ages 12-18. Please alert all families you know who may have interested teens! We want to hear writing about "What This Pandemic Year Has Meant To Me."

In mid- August, participants will meet a few times (in person and/or zoom) with Teaching Artist Taryn Matusik (of Lincoln Center, Columbia, Met Museum of Art and Circle in the Square Theatre School!) They will explore playwriting/ dramatic writing of a short piece, monologue, story, scene, poem, rap or song! Our young writers can perform it – or have one of our actors read it – at a special informal Saturday performance in Sept. TBD – (probably an outside stage!)

Cost is Free!

For more information, please email morningsideplayers@gmail.com

Happy August Birthday!!

To: Mark Barth, Anne Burley, Monika Butler, Carlotta Damanda, Laila Elder, Corliss Hanson, Marjorie Horton, Robert Komatsu, Dana Minaya, Rajdai Puran, Kathy Sanson, Iris Shen, Maria Teusaba, Susan Wersan, Lou Williams, Ralph Kinnard Williams, Yongxiu Yang, Lucienne Yoshinaga.

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 Two Koreas*** facilitated by Building I resident Michael DeBorja.

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the link or look for it in an email blast from MRHS. If you do not have the 2021 Great Decisions briefing book, you may request a copy of the article from Margaret. She can send a pdf copy by email or you can arrange to pick up a printout from the MRHS office.

Tuesday, August 3, 7:00 PM Via Zoom

Upcoming Great Decisions 2021 Topics

- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

Contact Information

The MRHS office is now open with precautions in place. MRHS staff is also available by calling 212-666-4000 or by email:

Ron Bruno – ronb@mrhsny.org

Joanna Stolove – joannas@mrhsny.org

Saudia Garnette – saudiag@mrhsny.org

Stacia Steen – stacias@mrhsny.org

Margaret Bianchi – margaretb@mrhsny.org

Paul Fleischmann – paulf@mrhsny.org

Alex Schiraldi – mrhs-swi@mrhsny.org

*** The next meeting of the **MRHS Book Group** will take place in September. ***

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch), 10:00am – 11:00am

Concerts In Motion

(live classical music), 11:00am – 12:00pm

Writing Group

(Starts in September), 2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

Concerts In Motion

(live Chinese music), 1:00pm – 2:00pm

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

TBD Workout

10:00am – 11:00am

Music Appreciation

1:00pm – 2:30pm

Programs may be joined by going to www.mrhsny.org, clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join.

To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000.

A Volunteer Opportunity to Consider

Over the years, MRHS has provided volunteers when residents need someone to go with them to a medical appointment. Helpful, enthusiastic volunteers have worked with this program and felt it was rewarding. This is something you can do when you are able – there's no set schedule. When someone calls us and gives us information about an upcoming appointment, we match them with one of the volunteers on the list we keep.

The program was on hiatus for a while due to Covid. Now that people are getting out more we would like to resume the program. So, if you think this could be for you, call MRHS or send an email to margaretb@mrhsny.org and we will get you signed up.

Missed Traveling this Summer?

There is still time left to grab a travel guide from the MRHS Library and reserve your favorite reading chair to tour the world. The guides give you the history, detail the culture and explain the arts while pointing out "don't miss sites" in the country or city of your choice. Grab a travel guide from the MRHS Library located to the left as you enter the MRHS Cafe. Go to the last bookcase to the left and look at the second shelf down from the top to begin your travel adventure. No passport required and no quarantine needed after you take off! Please return your guide when you complete your trip so others may enjoy. Oh, and take a mystery, novel or biography with you to fill the waiting time while your supper cooks. Bon voyage!

**** 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. ****

Kundalini-Shakti Breath Powered Yoga: Summer 2021

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 15 years.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Thursday, June 24 – August 26

Time: 5:00 PM to 6:15 PM

Via Zoom, Total Classes: 10

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

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 20, 2021). 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 thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible.

Qiyun Cheng

We are saddened to announce that Qiyun Cheng, a longtime Building 5 resident, passed away on May 9, 2021, at the age of 98.

Qiyun was born in Shanghai, China and worked as a Russian Language Translator in Beijing. She was an extraordinary mother and wife. Always supportive of her husband, Kejia Yuan, a poet, critic, translator, and scholar. She always reached out to help others. She was a ray of sunshine in many people's lives. "We will miss her smile", a neighbor said, "When she saw us, her smile was brighter than a 500-watt bulb. She was the least imperfect person, loved and respected by the people around her."

She is survived by her daughters Mimi and Lin Yuan, son-in-law Xiaobin Li, granddaughter Lulu Li, and two great grandchildren.

--- Mimi Yuan

Bloomington School of Music

Music Appreciation Series via Zoom
Marc Peloquin, Instructor

"Schubert in the City"

August 6, 13, 20, 27
Fridays from 1:00-2:30 PM



Franz Schubert wrote some of the most beautiful and memorable melodies of all time. In this class we will listen to and discuss some of his famous vocal works, the "Unfinished Symphony", the piano Impromptus, and the "Trout" Quintet. Please join us for delightful summer evenings with Schubert!

\$20 per 4-week session

New participants must confirm your virtual "attendance" in advance by calling 212-666-4000 or emailing Margaret Bianchi at **margaretb@mrhsny.org**. You will then be sent the Zoom link for the class each week.

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