

## From Shanghai to New York – My Musical Diary

### A Special Musical Program at MRHS

Come hear a presentation and viola performance by Morningside Gardens resident **Ching Chen Juhl**. There is no cost, but reservations are required by emailing Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) or by calling MRHS at 212-666-4000. **Ching Chen Juhl** has performed throughout North and South America, Europe, and China. A silver prize winner at the Giuranna International Viola Competition, she has appeared as a soloist with orchestras in US and China.

**Monday, December 1, 7:30 PM**  
**Tuttle Center, 100 La Salle, #MC**

## Technology for You MRHS “techNet”

### “Finding Comedy on the Internet” (and bring a favorite dessert)

The next MRHS “techNet” meeting will be on Thursday, **December 18, 2014 at 7:00 PM**. Mike Davidson will make a presentation on **“Finding Comedy and Laughter on the Internet.”** In addition, we will make this into a **“Favorite Dessert”** party. If you would like to bring something you really like, please get in touch with Margaret Bianchi.

Also, for future reference, Marcia Clarkson, Mike Davidson or Tiana Leonard will be happy to assist MHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret (212-666-4000) to set up an appointment to meet at MRHS. For more information about any of the above, or if you wish to be added to our email list, send a message to [DrMichaelSDavidson@Gmail.com](mailto:DrMichaelSDavidson@Gmail.com) or call the office.

## Winter Celebration and Silent Auction

Come one, come all to the 2014 Winter Celebration at MRHS! MRHS announces our annual Winter Celebration Fest will take place on **Monday, December 15** from **4:00 PM to 7:00 PM**. The festivities take place in the **Recreation Center, basement of 100 LaSalle**.

Residents of all ages, including children, are invited to the celebration!

Entertainment by **Vocal Ease** begins at 6:00 PM. We will have good food and drink, singing, and conviviality. This is a great opportunity for everyone who lives in Morningside Gardens to come and celebrate!

MRHS will also be holding a silent auction during the party.

## Monday Night Discussion Group

### TOPIC: Simple Pleasures

Let's discuss 'Simple Pleasures.' How does one define pleasure? Is pleasure material or spiritual? Do you seek simple pleasures or do they find you? Can we share these with others or are they too personal, too fleeting?

Come with your thoughts on pleasure and its role in enriching one's life. If you have a small object that brings pleasure to you why not bring it with you to share (no pets please). And by all means bring your stories of flash moments that have brightened your day! Let's end the evening sharing a smile!

**Monday, December 8, 7:30 – 9:00 PM**  
**Tuttle Center, 100 La Salle, #MC**

RECOLLECT \* DISCUSS \* PARTICIPATE \*  
LEARN \* CELEBRATE

## MRHS Film Committee Presents

### *First Wednesday Films*

Next screening on December 3 at 7:30 PM

Featuring: **Ordet**  
(1955) 2 hrs., 6 min.

A farmer's family is torn apart by faith, sanctity, and love; one child believes he's Jesus Christ, a second proclaims himself agnostic, and a third falls in love with a fundamentalist's daughter. Layering multiple stories of faith and rebellion, the film builds towards a shattering climax. In Danish with English sub-titles. Not rated.

**MRHS Tuttle Center, 100 La Salle, #MC**  
\$1.00 suggested donation

## Great Decisions Program

On **Tuesday, December 2 at 7:00 PM** the Great Decisions Program will continue the 2014 program with a discussion on "U.S. Trade Policy." *Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2014 program (\$20.00.)

## Hypertension Screening

On alternate Wednesdays, MRHS provides blood pressure testing and monitoring for residents of Morningside Gardens. This program is staffed by volunteers who have received training from the city's Department for the Aging, which monitors the program. This month's dates are **December 3 and December 17**.

**Please Note: The Writing from Life Experience class meets this month on December 3 and December 17.**

***MRHS is closed on Thursday, December 25 for Christmas Day. We wish everyone a happy holiday!***

## Happy December Birthday!!

To: John Beard, Ruth Bendersky, Mabel Carter, Alan Cutter, Winifred Eileen Derryck, Heber Jones, Kamu Kamadoli, Douglas Knight, Shirley Korn, Gary Lee, Boyd Lowry, Joan McCann, Florence Robinson, Reka Schoumaker, and Manowar Sikdar.

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

## Saturday Afternoon Movies

**Dec. 6 – The Wiz** (1978) 2 hrs, 15 min.

The New York City version of the land of Oz starring Diana Ross (Dorothy), Lena Horne (Glinda the Good Witch) Richard Pryor (the Wiz), Michael Jackson (the Scarecrow), Nipsey Russell (the Tin Man), Ted Ross (the Cowardly Lion) and Mabel King as Evillene. *Rated G*

**Dec. 13 – Chronicle of a Summer** (1961)

1 hr, 25min. Director Jean Rouch and anthropologist Edgar Morin conduct interviews and survey French society, then turn the whole thing on its head. A 2014 Sight & Sound poll voted this the sixth best documentary ever made. Black and white; in French with English sub-titles. *Unrated*

**Dec. 20 Midsummer Night's Dream**

(1999) 1 hr., 56 min. A romantic comedy based on the play of the same name by William Shakespeare. The large and talented cast includes Kevin Kline, Michelle Pfeiffer, Rupert Everett, Stanley Tucci and others. Michael Hoffman wrote the screen play for and directed the film. *Rated PG*

**Dec. 27 The Class** (2008) 2 hrs, 10 min.

Palm D'Or Cannes Film Festival; nominated for Academy Award, Best Foreign Film. Director Laurent Cantet shows what it's all about for a teacher in an inner city school in France. *French with English subtitles. Rated PG12*

**Movies start at 2:00 PM. Please arrive early. Suggested contribution is \$1.00.**

## 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  
9 – 6    9 – 6    9 – 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 –**

**December 3, December 17**

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 100 La Salle, #MC.

**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"** group's next meeting will be **Thursday, December 18 at 2:30 PM**.

**"Later Life Transitions"** group's next meeting will be take place on Thursday, December 11 at 3:00 PM.

The **MRHS Book Club's** next date will be Wednesday, December 10 at 3:00 PM, in the Tuttle Center. Discussion is on the novel, **Babbitt**, by Sinclair Lewis. All are welcome to join this stimulating literary group.

### **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, December 19). 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.**

## Flea Market Thanks!

MRHS wishes to express a warm thank you to all the 2014 Flea Market volunteers and MRHS staff for the excellent job they did! We had a total of **99 volunteers** who helped during the setup and sale, including four MG teens. We especially want to thank **Dana Minaya, Margaret Johnson, and Angela Schramm** for all their work in coordinating the event and counting the Flea Market proceeds and to **Paul Nikolaidis, Margaret Bianchi and intern Anthony Cavaleri** for leading the staff effort.

There are many volunteers who have devoted themselves to this yearly community project year after year, and in so doing have created an event that the community eagerly anticipates and appreciates! This year the Flea market raised **\$7,372** for the benefit of MRHS. Adding the items sold on eBay brings the total to **\$8,915**.

## Cecelia Chorus Tickets

Once again the Cecelia Chorus of New York, Mark Shapiro, Music Director, invites MRHS residents to be guests at their annual concert of Holiday Music. The Program takes place at **Carnegie Hall on Saturday, December 12 at 8:00 PM**. The music includes *Hodie*, a Christmas Cantata by Ralph Vaughan Williams and *Gloria* by Francis Poulenc. Please call MRHS at 212-666-4000. Tickets are limited and will be distributed on a first come first served policy.

## Low Vision Support Group

The MRHS **Low Vision Support Group** will meet on **Friday, December 5** from **2:00-3:00 PM**. This group will share ideas and thoughts about having low vision. Come learn about available community resources and strategies for maintaining independence.

Please come help us explore low vision activities and trips for future group meetings. Contact **Social Work Interns, Anthony Cavaleri and Lindsay Dunkel, at 212-666-4000**, with any questions. We look forward to meeting you and for the group's year to come!

**Please note: A watch was lost by a volunteer at the MRHS Flea Market on Sunday afternoon (see photo.) If you found the watch or know the whereabouts of the Tiffany & Co watch, please contact MRHS by responding to this email or by calling 212-666-4000.**



## MRHS Technology Match Program

Have an interest in learning about technology and the Internet? Do you have a computer or tablet that you wish you knew more about or have a computer question that you just can't seem to figure out? You may be a perfect candidate for an upcoming project pairing older adults in Morningside Gardens with Columbia student volunteers.

Technology Match will include six, once a week, one-hour educational visits starting at the end of January. Please call MRHS at 212-666-4000 and speak to social work intern **Lindsay Dunkel** if you are interested in participating or would like to learn more about this empowering new program.

## Collagraphs/Collage Blocks

**Collagraphy** is a printing process where a print is created using a collage technique. A variety of materials can be used and assembled on a flat base in order to form a relief block, with different surfaces levels and texture.

Materials and supplies will be provided or feel free to bring your own paper for printing and materials of your own, e.g. string, paperclips, and textured paper. Led by artist and art instructor **Paul Ferrara**. Please register in advance by calling 212-666-4000.

**Monday, December 8, 2:00 – 4:00 PM**  
**MRHS Art Studio, 100 La Salle, #MB**

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

## Men's Group Luncheon With Dr. Correa

In November, the MRHS Men's Group met for lunch and an informal discussion on Men's Health lead

by Morningside Gardens' internist, Dr. Michael Correa. Many relevant topics were discussed including Low Testosterone, Prostate Cancer, PSA Test and Gleason Score. We look forward to having Dr. Correa return for another lunch in the Spring to discuss Men's Mental Health.



Please contact Paul Nikolaidis, MRHS social worker, at 212 666 4000 if you are interested in attending the next Men's Group meeting on December 17th at 1:00 PM.

## December Supper Club

Join us again for our second **Supper Club** outing! See friends, meet new people, and enjoy delicious food together. This month we will be going to Toast Chicken Bar right around the corner on Amsterdam (a gluten free option will be available). This is the newest Toast restaurant, having opened March 27, 2013, and specializing in dishes from naturally raised, free roaming, vegetarian fed, antibiotic free, chicken.

Social Work interns **Anthony Cavaleri and Lindsay Dunkel** hope that you can join us on **Monday December 8 at 5:30 PM** for some fun with old and new friends! Toast is located at **1268 Amsterdam** between 122nd & 123rd Street. Cost is \$15 per person – please make checks payable to MRHS and call to reserve at 212-666-4000.

**MRHS is featured in new PBS video on aging!**  
<http://video.wmht.org/video/2365330996/>