

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**

**[www.mrhsny.org](http://www.mrhsny.org)**

**President: Rita Marie Pullium**

**Executive Director: Ronald Bruno**

## Winter Celebration and Silent Auction

Come one, come all to the 2015 Winter Celebration at MRHS! MRHS announces our annual Winter Celebration Fest will take place on **Monday, December 14** 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.

## December 2015 Holiday Bazaar Mark Your Calendar!

The *Morningside Gardens Ceramics Club* and *A Circle of Hands* will hold their **Holiday Bazaar** from **December 4 to 6**. You will find one-of-a-kind ceramic and clothing creations made by your neighbors as well as a table of re-gifted articles to tickle your fancy and delight your friends. Come shop for the holidays you celebrate without having to take a subway! **All sales benefit MRHS and its programs.** Cash, checks and credit cards accepted.

**Where:** Thurgood Marshall Room, 80 La Salle Street (enter by the Management Office on the west side of the building)

**When:** Friday - Sunday, December 4, 5 & 6

**Hours (while items last!):**

Friday, 2:00 - 8:00 PM

Saturday, 10:00 AM - 4:00 PM

Sunday, 10:00 AM - 2:00 PM

## “Neuroscience Wednesdays”

For the second session of *Neuroscience Wednesdays*, *Tiana*

*Leonard* will discuss the organization of the human brain and how it changes in normal aging. Please feel free to email her at [jmkcmlk@gmail.com](mailto:jmkcmlk@gmail.com) if you would like suggestions for reading.



**Wednesday, December 16 at 7:00 PM**  
**MRHS Tuttle Center, 100 La Salle, #MC**

## MEN: A Message for You!

We thought you should know that we have a working *Men's Group* at MRHS. We meet for lunch on the first Wednesday of every month. A question was asked of members at a recent meeting: **What Have You Been Doing????**

We have members who have some interesting tales to tell and show. In November, Alan Borthwick showed slides of his trips to Norway and the high country. At the last meeting, we were also interested in learning if there are any artist men at Morningside Gardens that would be willing to participate in an art show of their work. If you are a male artist and would be willing to show a few slides of your pieces please contact: *Frank Munzer* at [845 605 4536](tel:8456054536) or *Mike Davidson* at [212 316 0140](tel:2123160140).

But, whatever you do, remember to come to the **December 2nd Holiday Lunch** at the **Columbia Faculty House** at **12:30 PM**. Please contact MRHS at [212 666 4000](tel:2126664000) to reserve your spot.

**\*\*\*MRHS is closed on Friday, December 25 for Christmas. We wish everyone a happy holiday season!\*\*\***

## Smile.Amazon

Just a reminder that if you are shopping on Amazon, please consider reaching Amazon via [smile.amazon.com](http://smile.amazon.com) or <http://smile.amazon.com/ch/13-6206256>. You will then be able to select *Morningside Retirement and Health Services* as your chosen charity. We will receive a donation from Amazon at no cost to you. The donation from Amazon to MRHS will be 0.5% of the price of items purchased.

## Cyber Seniors

Do you want to learn more about your computer, Facebook, or email? We are currently seeking to pair older adults interested in learning computer skills with a student. In the next few months we will be reaching out to those interested for the Cyber Seniors launch in January 2016. Flyers will be posted with more information soon. If you are interested please call MRHS interns *Angela Hu* or *Bernadette Reyes* at **212-666-4000**.



## The Opposite of A Fairy Tale

Jennifer Betit Yen, President of the Asian American Film Lab Inc., is the Writer and Youn Jung Kim is the Director of the soon to be released film, *The Opposite of A Fairy Tale*. The film deals with the subject of elder abuse. Here is a link to a video that helps explain the problem of elder abuse, particularly in Asian communities, which Jennifer and Youn asked us to circulate:

<https://youtu.be/7aPkRNNuX40>

Jennifer also provided the following link to the "Tell Your Story" page, about which Jennifer says, "We would love for people to post their thoughts and stories and ideas on. They can post anonymously."

<http://www.asianamericanfilmclub.com/aaf-tv/the-opposite-of-a-fairy-tale/tell-your-story/>

## Happy December Birthday!!

To: John Beard, Ruth Bendersky, Alan Cutter, Heber Jones, Kamu Kamadoli, Douglas Knight, Shirley Korn, Gary Lee, Boyd Lowry, Florence Robinson, Reka Schoumaker, 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 15 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**December 5 Scrooged** (1988) 1 hr, 41 min

In this take on Charles Dickens' "A Christmas Carol," cruel Frank Cross (Bill Murray) fires a staff member on Christmas Eve and is visited by a series of ghosts who give him his comeuppance and a chance to right the wrongs of his past. All's well that ends well. Directed by Richard Donner. PG-13



**December 12 The King and I** (1951)

2 hr., 13 min. An English widow (Debra Kerr) accepts a job as a live-in governess to the King of Siam's (Yul Bryner) children. A musical and cinematic delight, directed by Walter Lang. Rated G.

**December 19 Autumn Sonata** (1978)

1 hr, 39 min. An internationally famous concert pianist (Ingrid Bergman) returns home to her daughter (Liv Ullman) after seven years. They exchange recriminations during the long and painful night. Directed by Ingmar Bergman. Rated PG

**December 26 A Little Romance** (2001)

1 hr, 30 min. A chance to see Sir Lawrence Olivier as a charming old man who befriends two 13 year olds as they roam around Paris. Directed by George Roy Hill. Hill won an Oscar for his film, "The Sting". Rated PG

**Movies start at 2:00 PM. Please arrive early. Suggested donation: \$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
8 – 6	9 – 6	8 – 6	8 – 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, December 2, December 16**

from 9:00 AM to 11:00 AM

**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 not meet in December. Look for notices about the January meeting.

**"Later Life Transitions"** group's next meeting will take place on Thursday, December 10 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, December 16 at 3:00 PM. The group will discuss **Mrs. Dalloway**, a popular novel by Virginia Woolf. Everyone is welcome!

## 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 18, 2015). 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 Film Committee Presents

### First Wednesday Films

Next screening on **December 2 at 7:30 PM**

Featuring:

## Shall We Dance

(1996) 2 hr, 15 min.

A depressed Tokyo accountant secretly takes lessons in a dance school. His wife becomes suspicious. "One of the more completely entertaining movies I've seen in a while" - Roger Ebert. In Japanese with English subtitles. Rated PG.

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

## Great Decisions Program

On **Tuesday, December 1 at 7:00 PM** the **Great Decisions 2015** program will meet with a discussion on **"Brazil's**

**Metamorphosis."** All are welcome. Discussion materials will be available at the MRHS office for those who do not have a book.



## A Separate Space: The Art of Marion Rothenberg

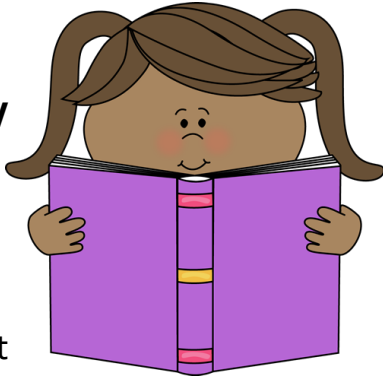
The exhibition, featuring the work of artist, **Marion Rothenberg** (Bldg. V) will be on view October 27 to **December 18**, at the Cohen Library Archives Gallery, the City College of New York, North Academic Building (NAC). **PM**. Location is 138<sup>th</sup> St. and Amsterdam Ave. You may call MRHS for more detailed directions.

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

## Children's Book Signing

You are invited to a reading and book signing by award-winning children's book author, **Shirley Graves**

(Bldg. VI). Ms. Graves will read from her book ***Lady Baxter's Special Christmas Tree***, A Mom's Choice Awards Honoring Excellence recipient. (For Ages 3 to 8.) Books will be available for purchase at the end of the program.



Shirley Graves has written other books include the following: *Clara's Christmas Miracle*, *Calvin Cooper Carter's Big Day* and *Freddy's Favorite Friend*. If you are a parent or grandparent, or just enjoy good stories. come join us.

**Wednesday, December 9 at 7:00 PM**  
**MRHS Tuttle Center, 100 La Salle, #MC**

## John Seaman's Liberty Salons

Two afternoons from **3:00 PM to 5:00 PM:**

**Friday, December 18, Dr. Constantina Rhodes**, a certified intuitive consultant, will speak on "How to Develop Your Intuition." Dr. Rhodes also translates Sanskrit poetry.

For the second afternoon program this month, **Penelope Karageorge** has a tentative date to lead a poetry workshop on December 30. (Look for further details.)

***The programs include light refreshments.***

Note: In the New Year we anticipate that many programs will take place in the evenings.

## Concert Tickets

MRHS has a donation of 12 tickets to hear ***Handel's Messiah*** performed by the renowned Cecelia Chorus at Carnegie Hall. The performance is Saturday, December 12 at 8:00 PM. Please call MRHS to request tickets (212-666-4000). It is first come, first served.

## Nativity Scenes from The Americas

An exhibit of **Nativity Scenes from the Americas**, selected from the **Kate Canty Creche Collection** is scheduled for the *Castle Gallery at the College of New Rochelle* from December 1 through January 10. The collection was donated in memory of Eileen and the late Jim Canty's daughter.

An opening reception will be held on **December 6** and a special Friends and Family Reception will be hosted by the Canty Family on **December 20**.

**Tuesday through Friday**, the Gallery is open from 11:00 AM to 5:00 PM and from 12:00 to 4:00 PM on weekends. Special hours are scheduled for the holiday week. For more information, check [castlegallery.cnr.edu](http://castlegallery.cnr.edu), call the Gallery at 914-654-5423, or Eileen Canty at 646-351-6522.

## Financial Workshop

**"The Five Mistakes to Avoid In Retirement"** with **Ray Henri**, Certified Senior Advisor, CSA, Long Term Care Professional, LTCP and Certified Retirement Financial Advisor, CRFA.



**Wednesday, December 2 at 6:30 PM**  
**MRHS Tuttle Center, 100 La Salle**

## Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

**Friday, December 4, 2015 at 2:00 PM** in the **MRHS Tuttle Center, 100 La Salle**. Please call 212-666-4000 to sign up. Walk-ins are welcome!