

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

President: B. Chandra Chandrasekaran
Executive Director: Ronald Bruno

Black History Month

MRHS has been celebrating **Black History Month** for *more than thirty years!* This year we will celebrate with a special screening event.

On **Monday, February 23 at 6:00 PM, in the Building I Community Center**, a special film screening, marking Black History Month, is brought to MRHS by *SR Socially Relevant Film Festival NY*. Based on availability, there will be a post-screening Q&A session with the filmmakers, followed by a convivial reception. Founded and led by Building III resident, Nora Armani, the 13th annual SR Socially Relevant Film Festival NY will be held in person in March at The LenFest Centre for the Arts, Cinema Village, MRHS, and other locations, and at the Tenri Center for its red-carpet Jury Awards Ceremony.

MRHS Library Celebrates Black History Month

In honor of Black History Month, the MRHS Library Special Collection shelves located to your left as you enter the lounge area, offer a collection of history, biography and fiction that focus on where we have come from as a country and what we may learn that will shape our future. We are grateful to those who have donated books to this special collection. Please read and return the books to the Special shelves.

Beyond MRHS's Library, the New York Public Libraries are offering special programs. The Schomburg Center for Black Culture and the George Bruce Libraries are in the neighborhood. Go to <https://www.nypl.org/spotlight/blackhistorymonth> for a full listing of what is available.

Rev. Tim Meet And Greet

All are cordially invited to a meet and greet reception for **Rev. Tim Dalton**, the *Minister for Congregational Care and Older Adults* at *Riverside Church*.

Rev. Tim brings a passion for pastoral care and conversation, where nothing is off limits. Tim loves learning and engaging with people from all walks of life. He lives life with his spouse, Doris, their two amazing teenagers and two complex tabby cats.

Hot and cold hors d'oeuvres and refreshments will be served! Please RSVP to 212.666.4000 or margaretb@mrhsny.org

Thursday, February 24, 5:30 to 7:30 PM
MRHS, 100 LaSalle Street, #MC

MSM Freshman Musical Theater Pops Show!

The Manhattan School of Music (MSM) will again present its annual performance at MRHS with the Freshman Pops, which includes about twenty Musical Theater students from MSM.



After the performance there will be an opportunity to meet and greet the cast.

Monday, February 23, 2:00 PM
Community Center, Bldg. I, Lower Level

If you need more information please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

MRHS will be closed on Monday, February 16, for Presidents Day. We wish everyone a happy holiday!

Dan Baruah

MRHS would like to welcome Gardens resident Dan Baruah. Dan will be helping to coordinate MRHS's technological needs and will also be available to assist residents with tech issues on Mondays, Wednesdays, and Fridays. Stop by to say hello or call to make an appointment at 212-666-4000.

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 **"America and the World: Trump 2.0 Foreign Policy,"** facilitated by Building I resident, *Michael DeBorja*.

Trump's return has marked a break from 80 years of U.S. foreign policy leadership, embracing an "America First" approach. This chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy. For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

Tuesday, February 3, 7:00 PM, Via Zoom

"Love Is a Many-Splendored Thing"

Film: *Love Is a Many-Splendored Thing* (1955) 1 hour 41 minutes.

When a Eurasian doctor and an American foreign correspondent meet in Hong Kong, they soon fall in love, despite some complications. Shot against 1950s backgrounds and offbeat in its treatment, this timeless classic is filled with romance, beautiful cinematography, and poignant performances. It received multiple Academy Award nominations including for Best Picture, and is included in the American Film Institute's 100 greatest love stories of all time. If a romantic story is your cup of tea, you may find *Love Is a Many-Splendored Thing* just what cupid ordered. And oh that song at the end!

Monday, February 9 – 1:00 PM
MRHS, 100 LaSalle Street, #MC

Happy February Birthday!!

To: Kathleen Bader, Qiyun Cheng, Mary Elder, Joanna Herman, Helen Hughes, Joanna Kapner, Marcella Kerr, Gwynne Marshall, Tonia Papke Waterbury, Lucie Koppelman, Karin Kreuger, Iona Lutey, Annie Petrus, Sylvia Pirani, Elisabeth Ruedy, Craige Roberts, Sandra Saunders, Annette Sims Williams, Hilah Thomas, Ira Tobert, Lydia Zhang and Ran Zhao.



MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, February 11, at 3:00 PM** to discuss *Dear Martin* by *Nic Stone*. Then on Wednesday, March 11 at 3:00 P.M. the Group will discuss *The Hour of the Star* by Clarice Lispector. The programs are on Zoom. All are welcome.

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

Looking Ahead

- **Film Screening with SRFF –**
March 10, 6:30 PM
- **MRHS Annual Meeting –**
March 30, 7:00 PM
- **Su Casa Art Program –**
March, dates tba
- **Moving For Life –**
March, dates tba

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 margaretb@mrhsny.org.

Upcoming Dates: February 2, 23

Gentle Yoga

Join MRHS for a series of **Gentle Yoga** classes with *Hilary Nudell*, long-time Morningside Gardens' resident and Yoga teacher.

Thursdays at 4:00 PM

Thurgood Marshall Room, 80 LaSalle St.

MRHS Men's Group

The **Men's Group** continues to meet for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be

Thursday, February 26, 1:00 PM. *Lunch will be served. Cost: \$10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

Balance Assessments

Robin Stoller, Ph.D., P.T. is offering free balance testing on the last Monday of every month from 1:00 to 3:00 PM. This brief screening measures your balance and helps identify your risk for falls.

Advance sign-up is required. *Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot.*

Monday, February 23, 1:00 PM

MRHS Center, 100 LaSalle Street, #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, February 20, 2026). 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 NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******

Cribbage

Cribbage has arrived at MRHS. This game is usually played on the second and fourth Sundays of the month from 2:00 PM to 6:00 PM or whenever you want to come or leave. If you don't play, please join us and we will teach you. If you already are a player, then join us to have a good time while playing a fun game.

Sunday, February 8, 22, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

**** 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 Board Game Café

Please join us **Friday, February 27 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, February 27, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.



West Harlem
Development
Corporation

Solutions through collaborations™

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

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

Introduction to Estate Planning

***February Is A Month Filled with Hearts,
Love and Thoughtfulness.***

***If You Have Not Done Any Estate
Planning Now Is Your Time To Do So.
Your Loved Ones Will Be So Appreciative***

*An Introduction to Estate Planning and
preserving your Shareholder asset in MHHC*

Join **Sherri Hughes**, in person, **Wednesday February 11, at 1:00 PM**, for an introduction to understanding Wills, Trusts, the Probate process and how to protect your assets, including your MHHC apartment. The goal of this presentation is dispel myths about estate planning and to explain how Wills and Trusts work to distribute your estate; practical considerations when selecting one instrument versus the other and what happens when a Will goes through probate or if you pass without a Will.

My presentation will set forth useful tasks to attend to before a life emergency hits and a review of legal documents that will protect you and your loved ones when your life veers off its path; Health Care Proxy, Living Will, Power of Attorney, Will, Trust/Revocable and Irrevocable.

Come one come all. It is time to share the love. Take control and expand your understanding of how estate planning can work for you and those closest to your heart.

Sleep Hygiene For Older Adults

Improving rest and health through better habits

Mary-Ellen Betterton, BSN, RN from VNS Health and MRHS's own nurse, *Stacia Steen*, RN, BSN will discuss sleep hygiene, why it's important and how to improve your sleep habits in a presentation that will be followed by a question-and-answer session. Effective sleep hygiene practices will be included in the discussion. Refreshments will be served.

Tuesday, February 10, 11:00 AM
MRHS, 100 LaSalle St., #MC

DVP – Movement Speaks

Dances For a Variable Population (DVP)

MOVEMENT SPEAKS® is a

sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life.

Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:30 AM

Building I Community Center

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



Beautiful Art and Great Food!!

We will be treated to a private tour of the reimagined permanent exhibit named

***Identity, Culture,
and Community:
Stories from the
Collection of the
Jewish Museum,***

on the third floor of
The Jewish



Museum, as well as the newly opened fourth floor featuring art and objects from the collection displayed in gallery settings.

These two floors are joined visually by a renovated double-height gallery crowned by a dramatic, monumentally scaled installation of more than 130 Hanukkah lamps from around the world, and from antiquity to the present day, underscoring the central meaning of light as a symbol of enlightenment and hope across cultures. Following our tour, we will enjoy lunch in the dining room at *Lox*, the museum's café. Transportation to and from the museum.

Thursday, February 12

Cost \$50.00

Depart MRHS: 10:30 AM

Return: 3:00

If you would like to join us or for more information, please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

**Donors to MRHS Annual Fund Drive from December 20 to January 16, 2026.
Thank you one and all!**

Adams, David and Clapp, Barbara
Argueta, Luis, Jennifer and Alejandra
Back, Sara
In memory of Toby Tickton Back
Bigote, Odete M.
Boggan, Anne
In memory of Marianne Brinigar
Boyer, Markley
Boyle, Frank
In memory of Mimi Lamb
Broadwell, Christopher
Browne, Elizabeth
In memory of Susan St. John Parsons
Cao, Jin
Carter, Carol
*In memory of beloved mother,
Dorothy Carter.*
Carter, David
*In honor of Sharon Carter; in memory of
John Carter*
Chi, Chaoyuan
Cooke, Joy
In memory of Frederick Cooke
Dirnbach, Eric
Eisenstein, Hester
Elder, Mary
Franklin, Barbara

Gulko, Candy
Haray, Eleanor
Higginbotham, Elice and Surjadinata, Max
Jones, Carl and Rodriguez, Victoria
Kolman, Stephen
Leifman, Tatyana
Lieman, Ben and Nghi, Le
Lilly, Alice V.
Lutey, Iona and Proshansky, Eric
Martin, Norma H.
Miller, Shelley
Murphy, Geraldine and Braverman, Richard
Pawelski, Christine E.
Pell, Patricia S.
Pieretti, Marie-Pascale
Popper, Jay
Price, David
Pullium, Rita
Saydah, Patricia
Spiegel, Elly and Burdeaux, John
Waterbury, Tonia Papke
Weaver, David
Yoshinaga, Lucienne
*In honor of Susan Merlino; in memory of
the Sejour Family*
Zhao, Rong

The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics.

Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all the *MET's* locations.

The program is held on the third Friday of each month at MRHS: **Friday, February 20, 1:00 PM.** For more information, please call MRHS at 212-666-4000 or email Robina@mrhsny.org

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 on the first and third Tuesdays of the month from 2:00 - 3:15 PM. The upcoming meetings are **February 3 and 17.**

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

Calling All Playwrights!

Are you a playwright, or would you like to become one? Then our playwriting group is for you!

We meet regularly to share and discuss and support each other's work. Discussions are spirited, wide-ranging, and nourishing. When we get stuck, the others help us find a way forward. And when our pieces are ready, the Morningside Theater Co. presents lively public readings of them for our local community.

We are always on the lookout for new talent and new members, whether complete beginners or seasoned writers. We encourage short plays, and welcome longer efforts. There has never been a better opportunity to explore your potential!

For more information, contact John Barrow at JBarrow80@gmail.com.

Music Mondays / MIDDAYS

MUSIC MONDAYS welcomes you to free concerts! **Monday, February 16, 7:30 PM.**

The recent GRAMMY® Award-winning **Akropolis Reed Quintet** is "a sonically daring ensemble who specializes in performing new works with charisma and integrity" (*BBC Music Magazine*). They offer George Gershwin's classic, *An American in Paris*, as well as the New York Premiere of Harriet Steinke's *Mass*. Baritone Kenneth Overton joins for an arrangement of Billie Holiday's eternal "God Bless the Child."

**Advent Lutheran Church,
2504 Broadway at 93rd St.**

Life Story Club

The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested.-

Morningside Theater Co Special Events and Buffet!

Celebrating Black History Month! Please join us for the compelling, humorous and heartfelt *RHAPSODY IN BLACK!* This brilliant and sought after show is written and performed by **Leland Gantt**- noted tv, film and theater actor and directed by the famed **Estelle Parsons**.

Sat. Feb. 21 at 5:00 PM and Sunday Feb 22 at 3:00 PM. Talkback – and delicious buffet with wine and other beverages included, to follow both shows! Community Center (100 La Salle Street) Suggested contribution \$20. adults, \$15. seniors and students via www.morningsideplayers.org or just give what you wish at the door. **DON'T MISS IT!!!!**

Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午 3-4點, 下樓來MRHS長者中心, 我們一起聊聊大家的人生故事~

本週故事話題是: 1) 你堅持過最久的一件事是什麼? 是怎麼開始的? 2) 請分享一個你會作出的承諾, 可以是對自己的, 也可以是對他人的?

關於人生故事會: 在十週內, 我們免費為長者組織15人以內, 每週一次的小型聚會, 一起分享人生故事、建立友誼。在故事會的最後, 我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網:
<https://lifestoryclub.org/>

有任何疑問, 歡迎撥打主持人譚小姐電話302-321-4199!

我們週四4點見! Chinese LIFE STORY CLUB,
every Thursday at 3:00 PM, at MRHS.

Please feel free to contact the facilitator, *Effy*, at 302-321-4199.
