

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
[www.mrhsny.org](http://www.mrhsny.org)

**President: Rita Marie Pullium**  
**Executive Director: Ronald Bruno**

## Black History Month: "Spirit Men" to Perform

**The Spirit Men, Hasan Bakr and Kevin N. Hylton**, will be performing for the evening's special **Black History Month** event. The presentation is made in partnership with the **Symphony Space Global Arts Cultural Literacy and Heritage program**. Experts in the music of Africa and the African Diaspora, the **Spirit Men** perform an array of traditional and original compositions, encouraging audiences to clap and dance along with them. Using their voices and a multitude of unique instruments including the mbira, kora and the shekere, the group weaves a tapestry of percussion patterns and melodies.

**Hasan Bakr** studied with the great masters: Baba Feami Akinlana on conga, Chief Bey on shekere, Nana Vasconcelos on berimbau and body percussion, the legendary Little Ray Romero on timbales and Mbemba Bangoura on djembe. **Kevin Nathaniel Hylton** pioneered the use of mbiras on the New York world music scene, having trained with legendary Zimbabwean mbira master Ephat Mujuru. He has composed and recorded mbira for the audio version of Alice Walker's *Possessing the Secret of Joy*, and the film *Beloved*, starring Oprah Winfrey.

Please join us for this exciting event on **Monday, February 23 from 7:00 to 9:00 PM** in the **Recreation Center, 100 La Salle, basement level**.

**The MRHS office will be closed on Monday, February 16 in honor of President's Day.**



## New Exercise Class

A new exercise class, **Stronger Seniors Workout Program** will be held each **Monday at 10:00 AM** in the Thurgood Marshall Room starting **February 2**.

Working from a video, and using weights, this program is designed for seniors who wish to increase their mobility, strength and endurance. The class will be run by a group of MRHS volunteers. All seniors are welcome to attend.



## Going Greener with the Birds

### Session #3 Theme: "Great Backyard Bird Count 2015"

Join us as our "Going Greener with the Birds" project hosts a full day of activities here at Morningside Gardens as we join with many other communities around the country/world in the **"Great Backyard Bird Count"** which is held for four days each year. We are planning for activities on only one of those days – **Saturday, February 14 from 10:00 AM to 4:00 PM**. All activities start at MRHS in 100 La Salle, #MC. The schedule is as follows:

10:00 – 4:00: Official "bird counting"

11:00 – 12:00, 2:00 – 3:00:

*Make origami birds*

1:30 – 2:00, 3:30 – 4:00:

*Singing of "bird songs"*

11:00 – 12:30, 2:00 – 3:30:

*Hosting the viewing of the beautiful documentary, "Winged Migration"*

10:00 – 4:00: Make/Eat "bird themed" treats

10:00 – 4:00:

*Picture taking of events and MG birds*

## Senior Blog of Note

**Lydia La Fleur** (Bldg. 1), has a blog about her experiences with aging in Manhattan, with what is hoped is a touch of humor, called "Still Upright, Sort Of." To see her latest posting (*What to give an Almost 88-year old for Xmas*), go to [www://stillupright.wordpress.com](http://www://stillupright.wordpress.com)

## Great Decisions 2015

On **Tuesday, February 3** at **7:00 PM** the Great Decisions Program will continue the 2015 program with a discussion on "Russia and the Near Abroad."



**Tiana Leonard** is the program facilitator for this evening's presentation. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2015 program (\$20.00.)

## MRHS "TechNet" Info

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.

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### ***From Building V Resident Nancy Eder:***

"There's a wonderful FREE exercise class offered on Fridays from 10:30 a.m. to 12:00 p.m. inside and downstairs at the George Bruce Library on West 125th St.

"Naomi Goldberg is a professional dancer and has many years of performance and teaching experience with seniors. She works with two assistants. Even if you feel like you can only sit in a chair, you can still take this class. She is terrific. By the time you leave you will feel much better than when you came in.

"Get up from your winter doldrums, join us and give it a try!"

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## Happy February Birthday!!

To: Mary Elder, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion Yeh.



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 February are all invited to our Birthday Party! Come on **Tuesday, February 17** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Feb. 7 Nebraska** (2013) 1 hr, 55 min.

An aging, booze addled father (Bruce Dern) makes the trip from Montana to Nebraska with his estranged son to claim a million dollar Mega Sweepstakes Marketing Prize.

Nominated for 6 Oscars (including best actor and director). Director, Alexander Payne. Rated R

**Feb. 14 Special Program:**

**"Going Greener with the Birds"**  
– led by **Christine Pawelski**

**Feb. 21 A Room with a View** (1985) 1 hr., 57 min. Set in England and Italy, it is about a young woman, Lucy Honeychurch (Helena Bonham-Carter) in the restrictive and repressed Edwardian era in England and her developing love for a free-spirited young man, George Emerson (Julian Sands) with Maggie Smith and Daniel Day-Lewis. Story by E.M. Forster. Rated R

**Feb. 28 The Middle of the World** (2003) 1 hr, 25 min. A film from Brazilian director Vicente Amorim - a young man, illiterate and unemployed, decides his future lies in Rio de Janeiro and sets out on a 2,000 mile bicycle journey to meet his destiny. The ultimate road picture. Portuguese with English subtitles. Not Rated

**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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

**Nurse's Hours** – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

**Hypertension Screening – February 4, February 18**

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, February 26 at 2:30 PM**.

**"Later Life Transitions"** group's next meeting will be take place on **Thursday, February 12 at 3:00 PM**.

The **MRHS Book Club's** next date will be **Wednesday, February 25 at 3:00 PM**, in the Tuttle Center. Discussion is on the novel, **Gilead**, by Marilynne Robinson. All are welcome to join this stimulating literary group.

**Great Decisions Program 2015 resumes on February 3.**

**Writing from Life Experience** class meets this month on **February 4 and February 18**.

## 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 **Feb. 4 and Feb. 18**.

## MRHS Film Committee Presents

### **First Wednesday Films**

Next screening on February 4 at 7:30 PM

Featuring: **Rome Open City**  
(1945) 1 hr., 40 min.

Anna Magnani's breakthrough role as the fiancée of a resistance member during the Nazi occupation. Aldo Fabrizi stars as a priest helping the partisan cause. Directed by Roberto Rossellini. Marked a watershed moment in Italian cinema. With English subtitles. Unrated

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

## Low Vision Support Group

The MRHS **Low Vision Support Group** will meet on **Friday, Feb. 6 and Feb. 20** 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!

## EBay News

The Morningside Community eBay Program has raised over \$4000! We are focusing in February on auctioning Artwork donated to MRHS. If you are planning on donating Artwork to MRHS please call 212-666-4000 and speak with Paul.

Proceeds allow MRHS to continue providing vital programming, and social work and health care services to the Morningside Gardens community. All donations are tax-deductible. Please see www.mrhsny.org for links to items being sold on eBay. MRHS thanks you for your continued support.

## Monday Night Discussion Group

### The Importance of Humor In Our Life

Let's discuss the importance of humor – What does humor do for us? Is it a necessary part of a healthy life? What makes YOU laugh? Come share the funniest story or event that you can recall. Join us in making each other laugh, or so we hope!

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

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

## Get on The Brain Train!

Beginning **Wednesday, February 4 at 11:15 AM**, MRHS will introduce an 8 week "brain train" program that focuses on cognitive fitness and how to tap into our existing reserves. This group will meet weekly and will be facilitated by Occupational Therapy students from Columbia University. Topics will include a comprehensive discussion on major brain structures, their functions, and fun ways to maintain and increase functionality.

Please join us for discussion, activities and to share your own experiences with cognitive fitness.

## Margarete, Film Presentation

Join us on **Sunday, February 1 at 2:00 PM** at the **MRHS Tuttle Center** for a video storytelling performance. **Janek Turkowski** is the creator and presenter of this program that consists of films once owned by a 99-year-old German woman. These old celluloid movies are presented in a multimedia format.

Janek Turkowski is a member of a theater company in Poland, who tries to demonstrate that "simple contact between the people is much more important than any spectacular success." The program will last approximately one hour.

## Preview By Nora Armani

The **SR Socially Relevant Film Fest NY** (March 16 – 22) is a new, not-for-profit film festival showcasing socially relevant film content. The 2<sup>nd</sup> edition of the film festival's timely and socially engaging selection offers World and U.S. premieres, in addition to a slate of tributes and industry panels.

Founded by **Building III resident Nora Armani**, the festival focuses on films that raise awareness of social problems and current issues. This year's lineup includes films that address a wide range of issues including: gun control & police brutality, race relations & discrimination, violence against women, conflict in the Mideast, environment & climate change, LGBT, and immigration & exile.

**Nora Armani** will make a preview presentation and showcase footage from the festival's forthcoming slate at **the MRHS Tuttle Center on Thursday February 26, at 7:00 PM.**

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**Please Note:** The **MRHS Video Committee is seeking volunteers.** If you are available to show a DVD movie one Saturday each month and would like to volunteer with the MRHS Film Committee, please speak to Margaret Bianchi at 212-666-4000.

## 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). 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.*

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