

## **Black History Month Screening**

**SR Socially Relevant Film Festival, NY (SRFF)** offers a preview screening of a selection of short films on the occasion of *Black History Month* at MRHS. The screening is followed by a convivial reception, hosted by actress/filmmaker and MRHS board member, **Nora Armani**.

The screening will last 52 minutes, including the NY Premiere of "**Unlocking The Doors Of Opportunity**," which is 30 minutes and tells the story of how the Rosenwald Schools changed the fortunes of hundreds of thousands of African American youth, including some of North Carolina's most famous Black citizens.

**Monday, February 27, at 5:30 PM**  
**MRHS, 100 LaSalle St., #MC**

***Please see the insert for additional Black History Month programs at MRHS.***

## **Low Vision Support Group**

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

We will meet at MRHS twice a month on Wednesdays. Our first session will be **Wednesday, February 8 at 4:00 PM**. The second session will be on February 22.

Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

***MRHS will be closed on Monday, February 20 for Presidents Day. Have a great holiday!***

## **Valentine's Day Concert**

Celebrate Valentine's Day with **Manhattan School of Music's** first-year musical theater students! The cast of sixteen students will present entertaining and romantic songs to celebrate the holiday. Musical director: *Shane Schag*.

**Tuesday, February 14, at 2:00 PM**  
**New Building 1 Community Center**

## **Helpful Hearing Hints Program**

We're excited to welcome *Columbia University Occupational Therapy* students, **Megan Sofield and Lauren Mitchell**. They'll be running a program for residents impacted by hearing impairment.

MRHS's **Helpful Hearing Hints** program is designed to provide participants with a program that promotes health and opportunity for engagement through an educational and interactional group. The program aims to allow participants to gain an understanding of occupational therapy (OT) and how OT can use goal-directed interventions to help with strategies, modifications, and devices to engage in occupations they want to achieve.

Objectives for this program include to provide participants with education on nonverbal communication, facial expressions, assistive hearing devices, and strategies for socialization and community navigation through interactive activities, guided group discussions, and creative expression groups. Our goal is to ensure that people with hearing impairments are able to gain positive insight and information from our program. We hope to help people move towards their home maintenance, community navigation, and other goals.

**Wednesdays at 11:15 AM**  
**MRHS, 100 LaSalle St., #MC**

## MRHS Book Group

The next meeting of the MRHS Book Group is **Wednesday, February 15, at 4:00 PM** to discuss *The Last White Man*, by *Mohsin Hamid*. Via Zoom. All are welcome.

For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## CantaNYC in the Gardens!

After the successful choral concert that took place last June at the Thurgood Marshall Community Room, we are excited to announce the continuation of *CantaNYC in the Gardens*, the joint venture between MRHS and **CantaNYC**. We plan to start rehearsing at the end of March. MRHS has renewed its invitation to Maestro *Claude Lévy*, a French-American conductor. Mr. Lévy is a former "agrégé" music professor and has been conducting choruses for people of all ages since the 1970's.

At MRHS, we want to encourage community for all generations. This is why everyone aged 18+ will be welcome in this chorus, provided they can sing in tune, fit in a group, and preferably already have some choral experience.

The theme of this second program, with songs only using lyrics in English, will be a reflection on how we relate to the Earth, practically or symbolically. It will at least include one world premiere. Songs will be either a cappella or accompanied.

Rehearsals will be held on **Tuesdays, beginning March 28, from 7:30 to 9:30 at MRHS**. We plan to perform a concert at the New Community Center on Sunday, May 7. We are expecting to secure a photographer and/or videographer for the performance, so we will provide the Consent Form at our first rehearsal.

If you sung with us in 2022, please let us know if you want to sign up again. If interested, and if you haven't been part of the 2022 project, please reach out to *Robin Aloj* at 212-666-4000 or [robina@mrhsny.org](mailto:robina@mrhsny.org) to secure a spot for an audition.

## Happy February Birthday!!

To: Kathleen Bader, Qiyun Cheng, Mary Elder, Helen Hughes, Joanna Kapner, Marcella Kerr, Gwynne Marshall, Tonia Papke Waterbury, Karin Kreuger, Marie Ledoux, Iona Lutey, Annie Petrus, Sylvia Pirani, Craig Roberts, Sandra Saunders, Annette Sims Williams, Hilah Thomas, Ira Tobert, Marion Yeh, and Ran Zhao.

## Posture: The Key to Good Health

Master Your Posture! Learn how to develop strong posture in this lively and interactive lecture taught by **Robin Stoller, Ph.D., P.T.**, a physical therapist and certified Pilates instructor.

Together we will learn:

- The importance of posture on balance and overall health
- The basic anatomy & spinal mechanics involved in proper posture
- How to find balance in your body by strengthening & lengthening the correct muscles
- The fundamental techniques that will allow you to retrain your body to sit and stand effortlessly.
- Please wear comfortable clothing because we will be moving!

**Thursday, March 2, at 2:00 PM**  
**MRHS, 100 LaSalle St., #MC**

## MRHS Board Game Café

Please join us **Friday, February 24 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 24, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

## MRHS Men's Group

The next meeting of the Men's Group will take place on **Wednesday, February 22 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

## Volunteer Tutors Needed

*Neighbors for a Greener Harlem* (formerly known as the Morningside Heights-West Harlem Sanitation Coalition) is an environmental justice organization that cultivates interdependence among the residents of Morningside Gardens and Grant Houses by supporting sustainability to improve the quality of life and foster a more inclusive neighborhood. The organization's long-term goal is to increase the green space and improve the environment in the Morningside Hts./West Harlem neighborhood to reduce violence.

NGH is partnering with Community Impact at Columbia University to provide free tutoring at the Grant Houses starting on Monday, February 6, 2023 and we need volunteers! The program will meet Monday-Thursday from 4:00-5:30 PM at 1295 Amsterdam Ave. You do not have to commit to attend every session but consistency is crucial. Please email [info@greenerharlem.org](mailto:info@greenerharlem.org) for more information.

## Exciting Event and Supper!

*Morningside Players Theater Co.* will present a special event, ***We The People: A Montage of Reminiscences on Thurgood Marshall*** on **Sunday, February 12 at 3:00 PM** at MG Community Center, 100 La Salle basement.

The program features a dramatization based on interviews with Morningside Gardens neighbors of Justice Marshall and a short historical video. Delicious soul food meal to follow! All are welcome, suggested donation \$10. (For everyone's safety please wear a mask.)

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

## 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 **Energy Geopolitics**, facilitated by Building III resident, *Gil Morahg*.

Access to oil and gas has long held a influence over the politics of individual nations and their relations with others. But as more countries move toward sustainable energy, and supply chain shortages affect the availability of oil and gas, how will this change the way in which the United States interacts with the outside world?

**Tuesday, February 1, 7:00 PM, Via Zoom**

## 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 the **first and third Tuesdays of the month from 2:00-3:15 PM**. The next session will be held on **Tuesday, February 7**.

*Please contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to reserve.*

## Moving Sale to Benefit MRHS

Marianne Brinigar, 90 LaSalle, #11E, will be hosting a moving sale with proceeds to benefit MRHS. The date is **Saturday, February 18**, with a snow date of February 25. The hours will be from 10:00 AM to 5:00 PM. Please stop by to wish Marianne well and also help MRHS.

## Covid Tests Kits Available

MRHS has a new supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000, or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.

**Donors to MRHS Annual Fund Drive from December 22, 2022 to January 20, 2023.**

**Thank you one and all:**

Armani, Nora  
*In memory of my father,  
Akribas Ekserjian*  
Atienza, Jun and Josefina  
*In memory of Benton Rhoades*  
Back, Sara  
Barrow, John  
Benjamin, Adria  
Boyer, Markley  
Brodie, Joseph and Erica  
*In memory of Sadie Shapiro,  
a founder of MRHS*  
Canty, Anne &, Victor Quintana  
*In memory of Eileen Canty*  
Cassidy Phyllis  
*In honor of Margaret Bianchi*  
Chi, Chaoyuan  
Clark, Bob and Barbara  
Davidson, Michael and Mary  
Dewey, David and Ellen Fried  
Dimbach, Eric and Susan Chimonas  
Elder, Mary  
Galambos, James  
Gates, Deanna and Dennis Ferris  
*In memory of Betty Parkinson*  
Gaffney, Conor and Nadia Elrokhsy  
Gonzalez, Conchita  
Graves, Shirley  
Gupta, Amita  
Haver, Kyle  
Higginbotham, Elice and Max Surjadinata  
Holleman, Edith  
Horowitz, Elizabeth  
Jovel, Romeo Alberto Gomez  
Kelley, Timothy  
Kerr, Marcella J.  
*In memory of Joyce Davis and  
June Anderson*  
Masheck, Joseph  
McDermott, Allison and Bradley Colten  
Miller, Ruther and Vincent  
*In memory of Mr. R. Sheldon*  
Miller, Shelley and Jonathan Memmert  
*In memory of Norman Levine*  
Miller, Susan  
Nelson, Denise

Paur, Norma de  
Peinelt, Maryellen  
Pekarsky, Daniel and Stephanie Stone  
Pell, Patricia  
Pellar, Michele  
Pies, Stacy and Anna Veltfort  
Riffaterre, Lee and Frank Boyle  
*In memory of Mimi Lamb*  
Robotham, Rosemarie  
Sanson, Kathy  
Spiegel, Elly and John Burdeaux  
Taylor, Karen  
Thomas, Margaret Orr and Kenneth Thomas  
Wang, Anthea  
*In honor of Rita Pullium; In memory of  
Rush Pullium*  
Winsten, JoAnn

*\*\*\* 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 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. \*\*\***

### **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 17, 2023). 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.***

*(continued above right)*



## CELEBRATE BLACK HISTORY MONTH THIS FEBRUARY

Expand your horizons and broaden your knowledge of Black History Month and why it is so important NOW more than ever. In honor of this month the MRHS Library offers a selected collection of non-fiction, biography and fiction books. Thanks to the generosity of Alice Lilly, our library includes a number of books about and by Frederick Douglass whose work and wisdom helped define and shape the future of the United States. **With few exceptions, you may borrow MRHS books to read at home—we ask only that you return them to the library in a timely manner so that others may enjoy them.**

At the end of February's Black History Month, there will be a **FREE** raffle offering three books Alice Lilly has provided. The prize books are:

1. **Narrative of the Life of Frederick Douglass**, written by Douglass himself
2. **The Portable Frederick Douglass**, edited by John Stauffer and Henry Louis Gates, Jr.
3. **Giants, The Parallel Lives of Frederick Douglass and Abraham Lincoln**, by John Stauffer

When you visit the library, be certain to complete a raffle ticket and place it in the box provided on the top shelf of our new Special Collection Bookcase located along the wall before the main library on your left as you enter the lounge.

Not a book fan? Find citywide events from jazz, plays, walking tours and special museum events. Go to **Harlemonestop.com**. Select "Events" and the month of February. Of special note, you may want to visit the New York Public Library's Schomburg Center for Research in Black Culture at 515 Malcolm X Boulevard and 135<sup>th</sup> Street. It is one of the world's leading institutions devoted to research, preservation of materials, and exhibitions focused on African American culture and history. As they say, "Here every day is Black History Day," and it is just down the street! For more information visit their website:

[www.nypl.org/locations/schomburg](http://www.nypl.org/locations/schomburg). You are never too old to learn and enjoy Black History Month.

## More Options

Available via streaming on PBS - "*Becoming Frederick Douglass*", a documentary directed by Stanley Nelson premiered on PBS on Tuesday, October 11, 2022 and remains available at PBS via streaming. If you have a PBS membership, you can access this film and more through the PBS Passport Streaming Service. Other options for streaming include: Netflix, Hulu and Peacock. Running Time: 54 Minutes

### New-York Historical Society

170 Central Park West (@ 77<sup>th</sup> Street)

Ongoing Exhibit: Our Composite Nation: Frederick Douglass' America.

The exhibit is based on David Blight's Pulitzer Prize-winning biography (*Frederick Douglass: Prophet of Freedom*) and brings to life one of Douglass' most compelling speeches.

Tickets: Booking of timed tickets is required (for all non-members). Visit the museum's website, [tickets.nyhistory.org](https://tickets.nyhistory.org) for tickets and access information or call 212-485-9268 for assistance.

Ticket Prices: Adults, \$22, Seniors, Educators & Active Military, \$17, Students, \$12.

Note: Be sure to contact organizations to confirm dates and times of events.

## Tax Prep

**George Bruce Library**, 518 W 125th St, will be hosting free tax assistance starting February 3. Patrons can prepare their tax returns using IRS-approved software with tax prep volunteers to help/answer questions. This facilitated self-assistance is offered by Food Bank.

Help is available Fridays and Saturdays from 11:00 to 2:30, and will run from February 3 through April 15. Drop-ins are welcome, but patrons can also make an appointment in person or by phone at 212-662-9727.

## 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 10:00 AM**

**Until March 30**

**New Building 1 Community Center**

*Please contact Margaret Bianchi at 212-666-4000 or [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) to reserve a spot for this class.*

## Bloomingdale School of Music

*Music Appreciation Series via Zoom*

**"Great Performers: Glenn Gould"  
with Marc Peloquin**

**March 3 – March 24**

**Fridays from 1:00-2:30 PM**

This course will take an in-depth look at the life and artistry of one of the most enigmatic pianists of all time. Participants will listen to and discuss the composers Glenn Gould championed, including J.S. Bach, Beethoven, Sibelius, Strauss, and Wagner.

**Contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to register.**

## Moving For Life

### Dance Exercises for Health

Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

**Fridays, 3:00 PM to 4:00 PM until March 3  
New Building 1 Community Center**

## 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](mailto:stephanielow52@gmail.com). If you are interested in participating, contact Margaret Bianchi at MRHS: [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## MRHS Movie Series

During the pandemic MRHS has been screening monthly online movies thanks to volunteer Michael DeBorja, called the "Great Movies" Series. Michael is taking a break and we thank him for bringing so much enjoyment to the community over these past many months.

Now MRHS would like to re-start our Saturday Afternoon in-person movie series. But we need volunteers to help. In the past MRHS has had a "movie committee" that has planned and screened the movies on the flat screen in MRHS's West Room. If you are interested in learning more and in possibly volunteering, please contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org).