

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

President: Robert Hill
Executive Director: Ronald Bruno

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. Join us for our first session on **Friday, February 16, at 1:00 PM.**

The program will be held in person on the **third Friday of each month from 1:00 PM to 2:00 PM** at the **MRHS Center, 100 LaSalle St., #MC.**

If you would like to reserve a spot or if you need more information, please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

There's Magic in Music!

Join us for the newest zoom program at *The Memory Tree*, "**There's Magic in Music,**" on the **second and fourth Tuesday of every month from 2:00 to 3:30 PM.** NBC's Today Show contributor, *James Oppenheim*, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia, all with the goal of improving mood and brain power.

Starting February 13, 2:00 PM-3:30 PM
MRHS Center, 100 LaSalle St., #MC

***** MRHS will be closed on Monday, February 19, for Presidents' Day. *****

Black History Month

Come celebrate **Black History Month** as the 11th annual *SR Socially Relevant Film Festival NY* comes to MRHS with a program of short films depicting the black experience in the US. The films are picked from the festival's most recent selection and will be previewed in anticipation of the festival dates, March 13-18. The screenings will be followed by filmmaker Q&As based on availability.

SR Socially Relevant Film Festival NY shines the spotlight on BIPOC, LGBTQI, and women films with the 2024 lineup representing over 50% women and BIPOC filmmakers. To date, the festival has screened over 700 films from 40 countries. For more information visit www.ratedsrfilms.org.

Monday, February 26, at 7:00 PM
MRHS Center, 100 LaSalle St., #MC

Lincoln Center Tour

The **Lincoln Center Tour** provides a behind-the-scenes perspective of the past and present of **Lincoln Center.**

During the 75-minute guided tour we will learn about **Lincoln Center's** history, explore the iconic arts organizations that call Lincoln Center home and experience the vibrant campus the way only artists and staff do. Also included is a nice lunch immediately following the tour, as well as transportation to and from Lincoln Center.

Wednesday, February 28 **Cost \$50.00**
Depart: 10:15 AM **Return: 3:00 PM**

Please contact MRHS to sign up or for more information at 212-444-6000 or email Robin Aloï at Robina@mrhsny.org.



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 **Mideast Realignment**, facilitated by Building III resident, *Gil Morahg*.

The United States and Middle East are at a crossroads. In spite of a reduced presence in the Middle East, the U.S. still has significant national interests there and the area is a key arena for global power politics.

Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?

Please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000 for the Zoom Link.

Tuesday, February 13, 7:00 PM

Donors to MRHS Annual Fund Drive from December 23, 2023 to January 10, 2024.

Thank you one and all!

Atienza, Jun and Josefina

Belamarich, Peter

Brodie, Rabbi and Mrs. Joseph

*In memory of Sadie Shapiro, a founder
of MRHS*

Chi, Chaoyuan

Davidson, Michael and Mary

Davidow, Amy

Fridlind, Ann and Ackerman, Andrew

In memory of Helen Ackerman

Gates, Deanna and Ferris, Dennis

Irvine, Celia

Legros, Jessie Cadet

Lilly, Alice

Mathews, John

Miller, Michelle

Mills, Marion Butler

In memory of Josephine G. Butler

Spiegel, Ellen and Burdeaux, John

In memory of Saleh Zen

Widder, Lynnette

Yaniv, Elaine

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, Ran Zhao.

MRHS Board Game Café

Please join us **Friday, February 23 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 23, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, February 22 at 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

Monthly Supper Club

Join the social work interns of MRHS, **Nina & Myra**, for the MRHS Supper Club, on **Tuesday, February 27, at 5:00 PM**. Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. If interested, please contact Nina or Myra at MRHS at 212-666-4000.

Upcoming Programs/Events

Home Disaster Preparedness

Thursday, March 7, 2:00 PM

MRHS Center, 100 LaSalle St., #MC

Investing and Your Emotions

Thursday, May 2, 7:00 PM

MRHS Center, 100 LaSalle St., #MC

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 meeting is **February 6**.

Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve.

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 16, 2024). 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.***

Covid Tests Kits Available

MRHS has a 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.



West Harlem
Development
Corporation

Solutions through collaborations™

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

MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, February 14, at 3:00 PM**. The reading selection is the novel, ***Foster*** by *Claire Keegan*.

The Program is on Zoom. Planning ahead, the group will meet on Wednesday, March 20 at 3:00 PM to discuss *It Can't Happen Here* by Sinclair Lewis.



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

Online Yoga Class

We are delighted to offer Shakti Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Shakti Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Shakti Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 18 years.

Everyone is invited, regardless of ability and experience. No cost!

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

**Thursdays, 5:30 PM, Via Zoom
Starting February 22 for 10 Sessions**

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

Youth can walk faster, but the Elder knows the road.

- ***African Proverb***

MSM Performs At MRHS!

We are happy to welcome the *Freshmen Pops* cast from the prestigious **Manhattan School of Music**. Please join us in the Community Center in the lower level of Building 1, where the Musical Theater students will regale the audience with a "cabaret performance," including songs from various musicals. The students will take the stage at 6:00 PM and they will perform until 6:50 PM. Following the performance, the students will remain until 7:00 PM for a Meet and Greet with attendees.

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

Thursday, February 22, at 6:00 PM
Community Center, 100 LaSalle St., #MC

Circle Of Hands

Circle of Hands will resume meeting on Wednesday nights, starting February 7, from 7:00 PM to 8:30 PM in MRHS's West Room. Both beginners and veterans are welcome to join us to work on handcraft projects such as knitting, crocheting, embroidery, quilting, needle work. Bring along a project you may be working on or start something new. Supplies are available to help start you off in knitting or crocheting. We are a friendly group and help each other out as needed.

If you have questions or would like a Spring 2024 schedule, please contact Mary Davidson by email at: marywickens@gmail.com. The full calendar should be available at the end of January.

**** 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 NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******

Intergenerational Book Group

MRHS is excited to partner with Dorot's *GENuine Connections* program for a Zoom based intergenerational book discussion. Participants will meet virtually for 3 weeks with 10-12 high school volunteers to discuss *Tuck Everlasting*, by Natalie Babbitt. "What if you could live forever? Is eternal life a blessing or a curse?" That is what young Winnie Foster must decide when she discovers a spring on her family's property whose waters grant immortality.

The group will meet on Zoom, **Tuesdays** from **7:00-8:00 PM** on the following dates: February 27, March 5, and March 12.

All participants are asked to attend an orientation program on **Tuesday, February 20, from 7:00 to 8:00 PM.**

Please contact **Joanna Stolove** at joannas@mrhsny.org or 212-666-4000 to register. All participants will receive a copy of *Tuck Everlasting*. Space is limited.

MRHS Library News

MRHS Library Features Books for **Black History Month!** Learn more about our country's past history and select from a collection of non-fiction, biography and fiction that have helped to define and shape the future of the United States and all our people. Books related to this special month are located on the featured collection bookcase to your left before entering the lounge area at MRHS.

We ask only that you return the books that you borrow so others may enjoy and learn with you.

Music Mondays

Music Mondays presents the Dorian Wind Quintet. Classics by J. S. Bach and Dvořák as well as new American works, including the New York Premiere of Jessica Meyer's *Avenue of the Giants*. Free concert.

Monday, February 12, 7:30 PM

Music Mondays at Advent Lutheran Church, 2504 Broadway at 93rd Street

Donate Children's Books to Project Cicero

Aerin Lichtman, a 7th grader at Morningside Gardens, is collecting children's books to donate to Project Cicero, an organization that donates children's books to under-resourced schools. Donate new or gently used children's and young adult books in the cardboard box located in the MRHS café through February. You can learn more at project.cicero.org.

Morningside Players

Morningside Players Theater Co. will present *Next Fall* by Geoffrey Nauffts, Feb. 1 to Feb. 18, 2024. *Next Fall* takes a witty and provocative look at faith, commitment and unconditional love. While the play's central story focuses on the five-year relationship between Adam and Luke, *Next Fall* goes beyond a typical love story. This timely and compelling new American play forces us all to examine what it means to "believe" and what it might cost us not to. "The funniest heartbreaker in town! The play embodies something theatergoers have been sorely missing, perhaps without knowing it, for years. Smart, sensitive, immensely appealing"—The New York Times.

Ticket Sales and performance times at www.morningsideplayers.org and 646 200 5089. All performances are at the Community Center, 100 LaSalle St, Bldg 1. Suggested: \$20, Adults; \$15, Students and Seniors. Totally ADA accessible. Please join us!

In honor of **Black History Month**, Sunday, Feb. 25, 3:00 PM. in the Community Center. **Morningside Players Theater Co.** presents *The Alfred Gallman Dance Theater Company*.

Precious Memories: The Role of the Church in Shaping the Black Experience. Come witness the grace and beauty of these young dancers trained by Alfred Gallman, former Alvin Ailey dancer! You will be moved and revived. Suggested donation \$15, which includes refreshments. Q&A to follow presentation. www.morningsideplayers.org, 646 200-5089.

Black History Month

Saturday, February 24, 2024, 1:00pm-4:00pm. *Kingdom Theatre*, Kingdommtc.com presents a staged reading of *Parklawn* by **Carol Carter**, directed by Nickolas The Third.

Set in Milwaukee, Wisconsin in 1965, Pauline Bondy, has recently lost her husband, Dr. John Bondy, a surgeon. Dead at 42. She is now a widow of some means. Seven months after his death, she marries a good looking, charming man despite strong disapproval from her best friends, her son and her long-time family helper. Will she survive or end up in the housing projects called Parklawn?

Wadleigh Secondary School For Visual & Performing Arts, 215 West 114th Street. Reservations kingdommtc@gmail.com

Includes catered food and musical guests. \$20.00. Group sales ten (10) or more, \$15.00. Google Pay 347-843-9932; Zelle 347-843-9932 or Cash App \$royalkingdommtc.

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 MRHS: margaretb@mrhsny.org.

Upcoming Dates:

February 5, 12

March 4, 18

April 1, 15

May 6, 20

June 3, 17

Manhattan School of Music NEIGHBORS attend for FREE!

All residents of the 10027 zip code can attend ticketed MSM performances free of charge.

When a ticket order is placed by a patron in the 10027 zip code, the first two (2) tickets to any of MSM's ticketed events are free. All additional tickets to the event will be charged at the regular price. For events with multiple performances, the promotion is limited to one performance date/time per event. **Patrons must include their zip code in their MSM box office profile address or the promotion will not activate.**

UPCOMING TICKETED EVENTS

F E B 2 – 4

MSM MUSICAL THEATRE

Freshman Pops

Shane Schag, Music Director

\$15 adults/\$10 non-MSM students and seniors

FREE for residents of 10027

F E B 1 1 | S U N

MSM ARTISTS IN RESIDENCE

AMERICAN STRING QUARTET

Peter Winograd and Laurie Carney, violin

Daniel Avshalomov, viola

Wolfram Koessel, cello

\$15 adults/\$10 non-MSM students and seniors

FREE for residents of 10027

F E B 1 6 –1 8

MSM MUSICAL THEATRE

The Hills Are Alive!

A NEW MUSICAL

BOOK AND LYRICS BY FRANKIE JOHNSON

MUSIC BY ERIC THOMAS JOHNSON

Evan Pappas, Director

John Yun, Music Director

Todd L. Underwood, Choreographer

\$15 adults/\$10 non-MSM students and seniors

FREE for residents of 10027

M A R 2 2 –2 4

MSM MUSICAL THEATRE

Nine

BOOK BY ARTHUR KOPIT

MUSIC AND LYRICS BY MAURY YESTON

Eugenio Contenti, Director

David Loud, Music Director

Lorna Ventura, Choreographer

This production is presented in honor of Liz and Walt Sayre (BM '74, MM '79).

\$15 adults/\$10 non-MSM students and seniors

FREE for residents of 10027

A P R 2 5 –2 8

MSM OPERA THEATRE

La rondine

MUSIC BY GIACOMO PUCCINI

LIBRETTO BY GIUSEPPE ADAMI

Marcello Cormio, Conductor

Katherine M. Carter, Director

MSM Opera Theatre is made possible in part by the Joseph F. McCrindle Endowment for Opera Productions.

\$30 adults/\$15 non-MSM students and seniors

FREE for residents of 10027

Manhattan School of Music's public programs are made possible in part by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

Funded in part by a grant from the New York City Tourism Foundation.

FULL DETAILS FOR ALL PERFORMANCES

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