



# newsletter

**Celebrating our 59<sup>th</sup> Year!**

January 1, 2026  
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**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
[www.mrhsny.org](http://www.mrhsny.org)

**President: B. Chandra Chandrasekaran**  
**Executive Director: Ronald Bruno**

## Retirement Peer Group

### ***Retirement Peer Support Group to start up in January!***

*Bridget Leicester*, MG resident and retired social worker, is going to facilitate the group.

If you have recently retired, or are thinking about retiring, it can be stressful and a challenge. It doesn't just reduce your income. Even if you've been looking forward to a more relaxed life, you may feel the need to meet with others to find support, and to brainstorm about what comes next. As neighbors we can help each other with the questions: How do you spend the time, find new purpose and relationships.

If you're interested, please contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org). *Second Tuesday of each month at 4:00 PM – 5:00 PM.*

**Tuesday, January 13, 4:00 PM**  
**MRHS, 100 LaSalle St., #MC**

## Medicare Savings Program

The **Medicare Savings Program** is a state-funded program that helps Medicare beneficiaries pay for their Medicare Part B premiums and other Medicare cost-sharing expenses for those who meet the income eligibility criteria. Presented by *Antoine Oris-Esquerre*, Health Insurance Information Counseling & Assistance Program, NYC Department for the Aging.

**Tuesday, January 13, 1:00 PM**  
**MRHS, 100 LaSalle St., #MC**

***MRHS will be closed on Thursday,  
January 1 for New Year's Day, and  
Monday, January 19, for Rev.  
Martin Luther King, Jr. Day.***

## January is Ending Artfully!

### **Wallach Art Gallery Talk**

We will enjoy a free private tour through the riveting current offering, ***Lotty Rosenfeld: Disobedient Spaces***. The exhibit is the first US retrospective of Chilean artist *Lotty Rosenfeld* (b. 1943, Santiago; d. 2020, Santiago) and presents installation and video projection foregrounding questions of public space, as well as archival documents, prints, and photographs spanning from 1970 to 2019.

**Wednesday, January 28.** We will set out from **MRHS at 12:00 PM** to take the short walk to the gallery at 615 West 129th Street

*For further information or to sign up please call MRHS at 212-666-4000 or email Robin Aloi at [Robina@mrhsny.org](mailto:Robina@mrhsny.org)*

## Special Screening: "Big Sonia"

*Commemorating upcoming International Holocaust Remembrance Day.*

In the last store in a defunct shopping mall, 91-year-old Sonia Warshawski—great-grandmother, businesswoman, and Holocaust survivor—runs the tailor shop she's owned for more than thirty years. But when she's served an eviction notice, the specter of retirement prompts Sonia to revisit her harrowing past as a refugee and witness to genocide. A poignant story of generational trauma and healing, **BIG SONIA** also offers a laugh-out-loud-funny portrait of the power of love to triumph over bigotry, and the power of truth-telling to heal us all.

*Winner of 22 film festival awards. Screening followed by discussion.*

**Monday, January 12, 7:00 PM**  
**Community Center, Bldg. 1, Lower Level**

## Director's Column

As we enter a new year it's a good time to look back and review what the MRHS community accomplished in 2025. MRHS is beginning its sixtieth year of operation as a New York State nonprofit and its thirtieth year as a publicly funded NORC program. These public funds are contingent on support from the Morningside Gardens community, for which MRHS is thankful and appreciative. As a NORC (naturally occurring retirement community) program, MRHS's professional services are reserved for residents of the Gardens.

MRHS introduced several new programs and activities in 2025, including a new arrangement with the Mt Sinai Visiting Doctors program, enabling MRHS social workers and our nurse to coordinate home visits for Gardens residents. This arrangement allows our staff to ensure that some of the Gardens' most vulnerable older adults receive adequate and prompt medical care.

In 2025 MRHS staff produced a series of short informational videos that were posted on social media and other outlets for the benefit of individuals caring for people with cognitive decline. Using the expertise that our staff has gained over many years of experience, the videos provide nuggets of guidance for effective and empathic interactions.

In addition to our clinical services, MRHS offers an array of Health Promotion and Educational/Recreational programs. These include exercise classes, health screenings, arts programs, discussion groups, guest speakers, and bus trips. Added to its roster of programs in 2025 were a Cribbage group and a Singalong program, both suggested and led by Gardens volunteers, with staff support. We always welcome program suggestions – this issue of the Newsletter includes a survey for new ideas.

At sixty MRHS is finally old enough to qualify for NORC services! I want to thank our staff, board, volunteers and our community supporters for all your efforts in 2025. And I look forward to continuing this important work with you in year sixty of the MRHS journey.



## Happy January Birthday!!

To: Linda Aristondo, Millie Biggs, Tim Bissell, Chris Broadwell, Joy Cooke, Elizabeth Dalton, Jeff Edelson, Roberta Friedman, Tom Goodridge, Beatrice Hawkins, Joanna Herman, Susan Kohn, Behzad Khosrovi, Claudia Leacock, Tiana Leonard, Ruther Miller, Greg Minaya, Jan Powell, Rita Pullium, Cecelia Riddett, and Edward Rosenblum.



## MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, January 14, at 3:00 PM** to discuss **1984** by *George Orwell*. Then on Wednesday, February 11 at 3:00 P.M. the Group will discuss *Dear Martin* by Nic Stone. 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](mailto:margaretb@mrhsny.org).

## Looking Ahead

--- **MSM Freshman POPS Performance** –  
February 23, 2:00 PM

--- **Black History Month Program**  
**with SRFF** – February 23, 6:00 PM

--- **Rev. Tim Dalton: Meet and Greet** –  
February 24, 5:30 PM

--- **Film Screening with SRFF** –  
March 10, 6:30 PM

## 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 [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

**Upcoming Dates: January 5, 12**

## 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**

**Starting January 15**

**Thurgood Marshall Room, 80 LaSalle St.**

## MRHS Men's Group

The **Men's Group** has returned to holding regular lunch meetings in person at MRHS. The next meeting will be **Thursday, January 22, 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please contact Margaret Bianchi: [MargaretB@mrhsny.org](mailto: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](mailto:margaretb@mrhsny.org) to reserve a spot.*

**Monday, January 26, 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, January 16, 2025). 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. \*\*\****

## Sing Along With Herb!

MRHS is bringing back the *MRHS Singalong*. Building V resident, Herb Michael, will lead the group in traditional folk tunes and other popular favorites. Starting with one gathering in December with more to follow.

**Thursdays, January 8 and 15, at 1:00 PM**  
**MRHS, 100 LaSalle Street, #MC**

## MRHS Board Game Café

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

## 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, January 11, 25, 2:00 – 6:00 PM**  
**MRHS, 100 LaSalle St., #MC**

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

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

## 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**  
**Starting January 8**  
**Building I Community Center**

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

## 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, January 16, 1:00 PM**. For more information, please call MRHS at 212-666-4000 or email [Robina@mrhsny.org](mailto: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 **January 6 and 20**.

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

## Bloomington School of Music

*Music Appreciation Series via Zoom*

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

*with Marc Peloquin*

**"Winter Music"**

**January 9 - 30**

This course will explore great composers who wrote works with a winter theme. Compositions we will hear and discuss will include Vivaldi's Winter, Tchaikovsky's Nutcracker, Chopin's Winterwind étude, and Rachmaninoff's The Silver Sleigh Bells. Join us as we learn how each composer interpreted the season of winter in their own distinct musical styles.



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

## Music Mondays / MIDDAYS

MUSIC MONDAYS welcomes you to free concerts! **Monday, January 5, 7:30 PM.**

*Musicians from the Met Opera and Kathryn Lewek, soprano.*

Soprano Kathryn Lewek has mesmerized audiences with her gripping portrayals of the Queen of the Night in Mozart's *The Magic Flute*. Here she also shares another side of her artistry in music by Giuseppe Verdi, paired with classic instrumental chamber music by both composers.

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



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