



# newsletter

***Celebrating our 55<sup>th</sup> Year!***

January 1, 2021  
Vol. XLV, No. 1

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

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## Life Story Workshop

Presented by the *Vita Story Club*

MRHS would like to announce a new 12-week session of the **Life Story Workshop**. All are welcome!

Every week, the **Life Story Workshop** gathers as a group over Zoom, where the workshop facilitator shares engaging/thoughtful prompt questions with the group. Everyone has an opportunity to share a life story of their own and hear the life stories of their community members.

For those who wish to save their life stories, the facilitator can also help participants audio record and preserve their stories in a collection of audio stories to save as a keepsake or to gift to loved ones. For those who love to write, participants are also free to use the prompt questions as memoir writing prompts and share their writings with the group.

**Starting Tuesday, January 12, at 11:00 AM and continuing until Tuesday, March 30.**

Please register with MRHS at **212-666-4000** or by email to Margaret Bianchi at **[MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org)**.

## Online Shakti Naam Yoga

We are delighted to offer Shakti Naam Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Naam 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, Naam 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 15 years.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

**Mondays, January 4 – March 8**  
**Time: 5:00 PM to 6:30 PM**  
**Via Zoom, Total Classes: 10**

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

## MEN: A Message for YOU!

The next Men's Group will take place via Zoom on **Wednesday, January 27 at 1:00 PM.**

Please email Margaret Bianchi at **[MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org)** or call **212-666-4000** to RSVP. The group provides a great opportunity to make new friends, learn, and have fun. Newcomers are always welcome to join the group.

***MRHS is closed on Friday, January 1 for New Year Day. We wish everyone a very Happy New Year!***

***We will also be closed on Monday, January 18 in honor of Martin Luther King Day.***



## Director's Column

The end is near! Or maybe that is better phrased "the end is in sight." Or as the NY Times titled a special Sunday section, "Hang In There. Help Is On The Way." This is referring of course to the two coronavirus vaccines that have been approved for distribution in the United States.

Of all things, I am reminded of when I ran cross-country track in high school. The course was through the wooded hills of Van Cortlandt Park in my native Bronx. Emerging from the trees and thickets, the course took a winding path out of the last hill to a flat stretch of open trail, about a quarter mile from the finish line. That last quarter mile was the most grueling in some ways, coming as it did after the long haul of the uneven, rocky course — catching your breath became a challenge and your legs were rubbery. But once you caught a glimpse of the banner at the finish line, fluttering in the distance, a big psychological weight was lifted.

So I think we're all just now emerging from those cross country hills. The equivalent of pumping your legs to the finish line is wearing a mask, social distancing, avoiding crowds, washing hands, etc., all those annoying things we've been doing since March. In some ways it's harder than ever to continue after nine long months (especially when your eyeglasses keep fogging up every time you go out), but the finish line is finally in view and that casts the whole pandemic experience in a new light. It becomes possible, I think, to place the pandemic in a historic perspective: one more challenge — as harrowing and as tragic as it has been, and continues to be for so many — that we appear to be meeting, even overcoming.

The Morningside Gardens community has been commendable for its common sense, neighborliness and fortitude during this difficult time. We just have to hang in there a little while longer.



## Happy January Birthday!!

To: Linda Aristondo, Harry Arpadi, Millie Biggs, Diane Cook, Joy Cooke, Calvin Fieldings, Beatrice Hawkins, Joanna Herman, Behzad Khosrovi, Tiana Leonard, Ruther Miller, Greg Minaya, Rita Pullium, Edward Rosenblum, and Marion Rothenberg

## Lydia LaFleur

The Morningside Players will host a virtual Memorial for Founder and dear friend, **Lydia LaFleur**, on **Saturday, January 16, 2021, at 7 PM.**

To receive the Zoom link, email [\*\*morningsideplayers@gmail.com\*\*](mailto:morningsideplayers@gmail.com), no later than Wednesday, January 13, 2021. For questions please call: 646 200-5089

## Contact Information

The MRHS program space is still closed to the community but staff is available by calling 212-666-4000 or by email:

Ron Bruno – [ronb@mrhsny.org](mailto:ronb@mrhsny.org)

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Gina Blount – [ajinah.blount@gmail.com](mailto:ajinah.blount@gmail.com)

## Face Masks

MRHS has a variety of face masks available provided by Building VI resident Nancy Ross, the NYC Department for the Aging (DFTA), and a generous donor. If you need a mask, please call MRHS at 212-666-4000 and we will arrange a time for you to come by and pick them up.

***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.***

## Current MRHS Online Classes

### MONDAY

#### **Stronger Seniors Workout**

(Strength & Stretch), 10:00am – 11:00am

#### **Concerts In Motion**

(live classical music), 11:00am – 12:00pm

#### **Writing Group**

2:30pm - 3:30pm

#### **Naam Yoga**

5:00pm - 6:30pm

### TUESDAY

#### **Life Story Workshop**

11:00am – 12:00pm

#### **Great Decisions**

7:00 – 8:30pm, meets monthly

### WEDNESDAY

#### **10 Years Younger Workout**

(Cardio & Aerobics), 10:00am – 11:00am

#### **Concerts In Motion**

(live Chinese music), 1:00pm – 2:00pm

#### **MRHS Men's Group**

1:00pm – 2:00pm, meets monthly

#### **MRHS Book Group**

3:00pm – 4:00pm, meets monthly

#### **Memory Tree**

3:00pm – 5:00pm

### THURSDAY

#### **ZUMBA Workout**

(Cardio & Dance), 10:00am – 11:00am

### FRIDAY

#### **Bloomingtondale Music Class**

1:00pm – 2:30pm

*MRHS programs are free of cost at this time. Programs may be joined by going to [www.mrhsny.org](http://www.mrhsny.org), clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join when the class begins. **Please do not click on the Zoom link at other times.***

*To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS 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, January 15, 2021). 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.***

## Music Appreciation Class

***Marc Peloquin, Instructor,  
Bloomingtondale School of  
Music***



### **Winter Music Series Schedule**

You must confirm your virtual "attendance" in advance by calling **212-666-4000** or emailing Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

#### **Diverse Musical World**

*January 8 - January 29*

*Fridays, 1:00 pm - 2:30 pm*

A celebration of diversity in music, this course will celebrate the invaluable contributions of women and LGBTQ composers, and will highlight African-American music and the music of Latin America.

#### **January 8**

#### **Celebrating Woman Composers**

***Hidegard von Bingen: Caroline Shaw***

#### **January 15**

#### **African American Composers**

***William Grant Still; Florence Price***

#### **January 22**

#### **Latin American Composers**

***Silvestre Revueltas: Tania Leon***

#### **January 29**

#### **LGBTQ Composers**

***Jennifer Higdon: David Del Tredici***

## MRHS Book Group

The next scheduled virtual gathering of the Book Group via Zoom is set for **Wednesday, January 27 at 3:00 PM**. The group will discuss *Sapiens: A Brief History of Humankind* by Yuval Harari. All are welcome. For further information contact MRHS at **212-666-4000** or by email to Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## Concerts In Motion

**Virtual Chinese Music concerts** will be taking place *every Wednesday at 1:00 PM*, thanks to *Concerts In Motion!*

Here is the Zoom link:

<https://us02web.zoom.us/j/82906881632#success>

Meeting ID: The meeting ID is: 829 0688 1632

流动音乐机构

星期三下午一点 中国音乐会

线上Zoom链接：

<https://us02web.zoom.us/j/82906881632#success>

会议号码：829 0688 1632

线上中国音乐会每星期三下午一点开始，感谢流动音乐机构提供的这个活动！

***This concert will be presented in Mandarin and English, with full Cantonese translation provided.***

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

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## Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom, sponsored by MRHS.

### **Great Decisions 2021 Topics**

- March 2: Global Supply Chains and National Security
- April 6: Persian Gulf Security Issues
- May 4: Brexit and the European Union
- June 1: Struggles Over the Melting Arctic
- July 6: China's Role in Africa
- August 3: The Korean Peninsula
- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

## From the NYC Dept. of Health

### ***What New Yorkers Need to Know Now About COVID-19***

Always keep in mind the "Core Four" actions to prevent COVID-19 transmission:

- **Stay home if sick:** Monitor your health and stay home if you are sick except for getting essential medical care (including COVID-19 testing) and other essential needs.
- **Physical distancing:** Stay at least 6 feet away from people who are not members of your household.
- **Wear a face covering:** Protect those around you. Wearing a face covering helps reduce the spread of COVID-19, especially if you are sick and don't have symptoms. For more information about face coverings, visit [nyc.gov/health/coronavirus](http://nyc.gov/health/coronavirus) and look for "FAQ About Face Coverings."
- **Practice healthy hand hygiene:** Wash your hands often with soap and water or use an alcohol-based hand sanitizer if soap and water are not available; clean frequently touched surfaces regularly; avoid touching your face with unwashed hands; and cover your cough or sneeze with your arm, not your hands.