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**
**Starting January 13**
**Thurgood Marshall Room, Building III**

Masks and social distancing will be required, and capacity will be limited. Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot.

Beaded Jewelry Class

Starting in February, MRHS plans to offer an in-person **Beaded Jewelry Class**. Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org if you are interested. Here is a brief description of the class from new Gardens resident, Stephanie Low, who will be leading the class:

My name is Stephanie Low, and I became a shareholder at MHHC this fall and am looking forward to meeting my neighbors. Making beaded jewelry was a hobby and passion of mine for many years and something I would love to share with others. What I have found so satisfying about it is the opportunity to create using an art form that lends itself to each person’s imagination, and unlike some forms of art is very flexible and forgiving – if you aren’t completely satisfied, you can take it apart and start again. I work with wire and have an extensive collective of beads in many shapes and sizes and colors in glass, and semi-precious stones and can help you get started.

Please feel free to contact me, stephanielow52@gmail.com and I would be happy to connect and answer your questions. No experience necessary.

Medicare 2022

Join us for the latest information on Medicare and related health insurance updated for 2022. We will be covering Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage/Medicare Health Plans, Medicare Part D prescription drug coverage and programs that help with Medicare costs including Extra Help/LIS, EPIC and the Medicare Savings Programs. Get your Medicare questions answered. Presented by **Eric Hausman, NYC Department for the Aging**.

**In Person and by Zoom:**
**Friday, January 14, 2:00 – 3:30 PM**

In person seating is limited, so please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to save a place.

Zoom will be available for all other residents who wish to attend the presentation.

MRHS Men’s Group

The next meeting of the Men’s Group will take place via Zoom on **Wednesday, January 26 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

**MRHS will be closed on Monday, January 17 for Dr. Martin Luther King, Jr. Day.**
Tonia Rotkopf Blair

September 18, 1925 - December 9, 2021

Tonia Rotkopf Blair was born in Lodz, Poland to a poor, but educated, Jewish family. After the Nazi invasion in 1939, she became the Lodz Ghetto's youngest nurse, which saved her from being deported with her family. She went on to endure Auschwitz and two other camps, and was liberated in Mauthausen, Austria. She was the sole member of her family to survive.

After working as a nurse in a displaced persons camp, she made her way to Paris, then Bolivia, Brazil, and finally the United States, settling in New York City. There took classes at Hunter College before meeting her cinematographer husband, Vachel Blair, and moving into Morningside Gardens in 1957, where they raised two boys.

She became an administrative assistant, first at The Interchurch Center, and then at Teachers College, where she took classes at Columbia University, and she graduated with a degree in Sociology at the age of 63.

Ten years later she immersed herself in a creative writing class taught by Susan Willerman at MRHS. A collection of her short stories, Love at the End of the World, was published in June 2021 by Austin Macauley Publishers and is available on Amazon as well as other online outlets. Our Holocaust Vacation, a one hour documentary about her life was filmed and produced by her sons Doniphan and Nicholas Blair when they returned to Poland with Tonia in 1997, aired on PBS and can be viewed free on the internet by googling “Our Holocaust Vacation.”

For the last 18 months Tonia was cared for by her granddaughter Irena and immediate family in her home in Building 5. She has always been extremely grateful to Morningside Gardens for being such a warm, loving, and supportive community.

She is survived by her sons Doniphan and Nicholas, grandchildren Irena, Stefan and Willa, and her daughter-in-law Tania.

A memorial will be announced in the near future.

Happy January Birthday!!

To: Linda Aristondo, Millie Biggs, Diane Cook, Joy Cooke, Rita Eglsaer, Calvin Fieldings, Tom Goodridge, Beatrice Hawkins, Joanna Herman, Behzad Khosrovi, Tiana Leonard, Ruther Miller, Greg Minaya, Jan Powell, Rita Pullium, Elise Rackmill, Cecelia Riddett, Edward Rosenblum, and Marion Rothenberg.

MRHS Book Group

The next meeting is Wednesday, January 12 at 3:00 PM to discuss the novel, The Color of Water, by James McBride.

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.

MRHS’s “Great Movies” Series

“Manila in the Claws of Light” (1975) 2 hrs.

A young fisherman from a provincial village arrives in the capital on a quest to track down his girlfriend, who was lured there with the promise of work and hasn’t been heard from since. He takes a low-wage job at a construction site and witnesses life on the streets. Mixing visceral, documentary-like realism with the narrative focus of Hollywood noir and melodrama, director Lino Brocka achieved international acclaim with this candid portrait of 1970s Manila. New 4K digital restoration.

In Tagalog, with English subtitles.

Thursday, Jan. 20, 2:00 PM via Zoom

Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.
Current MRHS Online Classes

**MONDAY**
Stronger Seniors Workout  
(Strength & Stretch), 10:00am – 11:00am
Writing Group  
2:30pm - 3:30pm

**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
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**
MRHS’s “Great Movies” Series  
2:00pm, monthly
Shakti Yoga  
5:00pm - 6:15pm

**FRIDAY**
TBD Workout  
10:00am – 11:00am
Music Appreciation  
1:00pm – 2:30pm

MRHS Board Game Café
Please join us **Friday, January 28 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 28, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

**Great Decisions**

**Great Decisions 2022 Schedule**
- February 8: “Changing Demographics”
- March 1: “Outer Space”
- April 5: “Climate Change”
- May 3: “Russia and the U.S.”
- June 7: “Myanmar and ASEAN”
- September 6: “Quad Alliance” (U.S., India, Japan and Australia)
- October 4: “Drug Policy in Latin America”
- November 1: “Industrial Policy”
- December 6: “Biden’s Agenda”

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 21, 2022). 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.*

*** 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. ***
Annual Fund Drive

MRHS has developed an Annual Appeal database that lets us compare individual donations for the past six years. This will provide a reminder of what you’ve given in the past.

If you would like to receive this information, just send an email to Ron Bruno, our Executive Director, asking him to forward your six year donation list and he will respond in a short period of time. His email address is RonB@mrhsny.org

Thanks for all that you do for MRHS.

Michael S. Davidson. Ed.D.  
President, MRHS

Kundalini-Shakti Breath Powered Yoga: Winter 2022

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 15 years.

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

Starting in January, Date TBA  
Time: 5:00 PM to 6:15 PM  
Via Zoom, Total Classes: 10

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

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