

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

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.

Medicare 2022

Join us for the latest information on Medicare and related health insurance

Medicare

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.

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 MHC 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.

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.

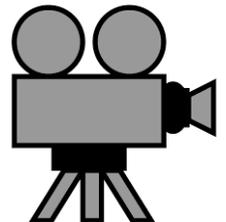
For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

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

***** 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. ******

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.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

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.***

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 **Kalpna 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. *****

Bloomington School of Music

Music Appreciation Series via Zoom
Marc Peloquin, Instructor

"Musical Masterworks: Chamber Music"

January 7, 14, 21, 28

Fridays from 1:00-2:30 PM

This class will explore some of the most beautiful music written for such ensembles as the string quartet, wind quintet, piano four hands, and vocal chamber ensemble. Participants will get a front row seat to works such as Schubert's masterful Trout Quintet, Ravel's luscious String Quartet, and vocal chamber works by Ned Rorem.

\$20 per 4-week session

Contact Margaret Bianchi to register.

Upcoming Sessions:

Feb./March: The Infinite Variety of Music

March/April: Music as Theater

Thanksgiving

11/23/21

The part of me that still functions at 98, the part that remembers who I am and who you are. that lets me walk and talk, gives thanks for that privilege, gives thanks for your being here to listen, to care.

The view from old age, from halting walk and partial memory, is skewed, slanted, hard to hear, dim in understanding, yet still hopeful, still grateful for these precious last moments where your finger still touches mine, and I still matter before the long goodbye that every living thing must say.

I shout Rejoice that I can still count you a friend, that I can still see you and marvel at your beauty, your charm, your good will, the kindness that has made life worth stumbling through worth the worry, the set backs the intricate maneuvering around threatening obstacles. You say Hello and I shout back with joy!

--- Rebecca Rikleen

