Happiness 101

Are there simple steps to create happiness in our lives? MRHS invites you to participate in this interactive, confidential workshop that will provide an opportunity for informal discussion. Explore Martin Seligman's ideas which feature the five pillars called PERMA:

- Positive Psychology
- Engagement
- Relationship
- Meaning
- Accomplishment

Discover sources of joy and meaning. Learn from others and share your insights. Constance H. Gemson, LMSW, an experienced workshop leader, leads seminars for participants of all ages. She is an adjunct college instructor and a published poet.

Wednesdays, July 9, 16, and 23
2:00 – 4:00 PM, MRHS Tuttle Center

Intergenerational Summer Computer Learning
Pop-Up Computer Lab

MRHS is excited to welcome high school students from Columbia University’s summer pre-college program. Students will be offering formal seminars on various technology based topics, as well as informal instruction. We will also be hosting a young adult from the New York City Summer Youth Program (SYEP). Our SYEP student will also be available for informal computer related assistance.

As part of our Intergenerational Summer Computer Learning Program, we’re excited to announce the opening of our Pop-Up Technology Lab. The Lab will be a dedicated space with computers and tablets available for use. The Lab will be open for 6-weeks and will include instruction from our high school volunteers. We welcome the MRHS community to sit with one of our volunteers and start a blog, build a website, join facebook, or even tweet. For more info, contact Joanna Stolove at 212-666-4000 or joannas@mrhsny.org.

Hyde Park Extravaganza!

Annual Culinary Institute of America Lunch followed by FDR Home and Museum Tour

Join all the gourmets at MRHS as we explore fine dining in the Hudson Valley. Yes, we’re off again to the world famous Culinary Institute of America in beautiful Hyde Park, N.Y. This time we will be having a spectacular feast at Ristorante Caterina de’ Medici. We will have a sumptuous three-course meal in this beautiful restaurant.

Following lunch, we will take a short bus ride to the Home of Franklin D. Roosevelt for a guided tour, and a self-guided tour of the The FDR Museum.

DATE: Thursday, July 24  COST: $50.00
DEPART: 9:00 AM  RETURN: 6:00 PM

Screening of “Cyber-Seniors” Kicks off our Pop-Up Computer Lab!

A humorous and heartwarming documentary feature, Cyber-Seniors chronicles the extraordinary journey of a group of older adults as they discover the world of the internet through the guidance of teenage mentors. Check out our website www.mrhsny.org for a link to the trailer. Limited tickets are available --- please contact Joanna Stolove at 212-666-4000 or joannas@mrhsny.org to reserve a ticket.

Monday, July 7 at 6:30 PM, $5.00/ticket
MRHS Tuttle Center, 100 LaSalle, #MC
Happy July Birthday!!
To: Caridad Bertot, Cecile Boyajian, James Dyer, Iretha Fletcher, Tova Francus, John Gill, Kathy Hinton, Corazon Kangleon, Joan Mansoury, Sui Yung Moy, Marjorie Nissen, Mary Ellen Peinelt, Barbara O'Farrell, Maggy Sears, and Chien Wu.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS! People with birthdays in July are all invited to our Birthday Party! Come on Tuesday, July 15 at 12:30 PM. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies
July 5 – Bread and Tulips (2000)
1 hr, 56 min. Italian comedy with English subtitles. Provincial mother and housewife Rosalba goes on a bus tour with her family. After being left at a rest stop, she decides to hitchhike to Venice and enjoy a holiday on her own. This charming Italian film features many of Venice's most famous tourist sites. PG.

July 12 – To Be or Not to Be (1942)
1 hr, 39 min. Jack Benny leads a Polish theater troupe put out of business by invading Nazis, then the troupe finds itself embroiled in espionage intrigue that will put their acting skills to the test. Carole Lombard's final film. Ernst Lubitsch directs. Unrated.

July 19 – The African Queen (1951)
1 hr, 25 min. French with English subtitles. A classic starring Humphrey Bogart and Katherine Hepburn, directed by John Huston. Bogie won an Oscar and Kate and Houston were nominated for best actress and director respectively. Rated PG.

July 26 – (1987) Beyond Therapy
1 hr, 33min. Director Robert Altman packs this adaptation of a Christopher Durang comedy play with a heap of star turns. Jeff Goldblum, Glenda Jackson, Tom Conti, etc. deal with problems of New Yorkers facing psychotherapy and beyond. Rated R.

Movies start at 2:00 PM. Please arrive early. Suggested contribution is $1.00.
Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every Tuesday at 12:30 PM in the Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every Tuesday at 1:00 PM.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

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Nurse’s Hours – Marie Phillips’ schedule:

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Hypertension Screening – resumes on Wednesday September 10.

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

Nurse Marie Phillips’ “Take Charge of Your Health” group will resume in the fall.

“Later Life Transitions” group’s next meeting will be announced soon.

The MRHS Book Club plans to meet on Wednesday, July 30 at 3:00 PM. The reading selection is I Know Why the Caged Bird Sings and any other works of your choice by Maya Angelou. All are welcome to join.

Miracle at MRHS

He is currently a mere 98 years of age, actually a few months shy of 99, which somehow sounds more impressive to him. Because he is a translator, and he confides that translators are specifically sensitive. Actually, he acquired the skill in Mexico, beginning only by requiring that the text be held still. Back home, some 33 or 35 years later he confined himself to literature. An author now, of a previous blog, also with an MRHS background.

As a matter of fact, he was led into it by the teeth. After several years of suffering personal physical and social agony, he found himself in the waiting room of a dental clinic. This, at the angelic behest of the MRHS benefactors associated with such arrangements.

He found a seat against the wall of the small waiting room of dental clinic just as a scooter with a woman driving it rolled in and stopped a short distance away at angle to him and the registration desk.

Now the miracle began to unfold. She caught his eye and said, “Asa, “I’m Florence Keller.” He answered, very cleverly, he thought: “Of course you are.”

The small waiting room was crowded. We could quite easily have missed one another, really a matter of split seconds.

Florence was his beloved now deceased wife’s friend and appears in his prior blog as the one responsible for recommending them to the incomparable Dr. Vogel’s care until his retirement. Now his august presence was again being felt.

To flesh out the miraculous veneer...when he was finally seated in the examining chair, a lady in a white jacket entered. She was the dentist. He is very partial to all female practitioners. Let it merely be pointed out that his mother was a physician...New York Women’s Medical College, M.D. 1905.

By Asa Zatz
Building I,
Flea Market/Holiday Bazaar

Here’s some news you’ve all been waiting for! MRHS will begin accepting donations for this fall’s Flea Market soon. We will accept donations one evening a month beginning on Tuesday, July 15 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, July 31.

Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle.

Flea Market dates are November 14, 15, and 16, 2014.

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing). Morningside teenagers welcome to join in. Community-service credit is available. Contact the MRHS office at 212-666-4000 to volunteer.

Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we’re collecting.

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

DanceFit Summer Session

Suzy Frazer’s DanceFit Class will hold a Summer Session. Open to new and long-time students, the DanceFit Program will meet for six weeks this summer starting July 12. It will be a class stressing balance and flexibility open to all levels. Sessions are on six Saturdays from 9:30 AM to 10:30 AM.

Time Slips Reading and Party

On Monday, July 7 from 11:00 AM to 12:00 Noon there will be a reading of the stories created by the innovative Time Slips program participants. Please come to the MRHS Tuttle Center to hear these charming and insightful stories created by the group. Light refreshments will be served. Please note that this program is co-sponsored by Elders Share the Arts and MRHS.

Summer Community Service Opportunity for HS Students

Opportunity for Morningside Gardens High School Students -

MRHS will be hosting a Pop-Up Computer Lab. This will be an intergenerational lab for students to offer their knowledge to the MRHS community. The Lab can only be open when there are available volunteers. Contact Joanna Stolove at 212-666-4000 for more information.

*** MRHS Supper Club ***

The MRHS Supper Club will take place in July. Stay tuned for more information.

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, July 18.) 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.*