

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

**President: Eileen Canty**  
**Executive Director: Ronald Bruno**

## CIA Lunch And Campus 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 **The Bocuse Restaurant**. We will have a sumptuous three-course meal in this beautiful restaurant.

Following lunch, we will take a **guided tour of the Culinary Institute of America's Campus**.

*Please reserve with your payment in advance.  
This will confirm your reservation.*

**DATE: Tues., July 26**      **COST: \$60.00**  
**DEPART: 9:00 AM**      **RETURN: 5:00 PM**

## Summer Technology Workshops Planned

It's a summer tradition. We're excited to again host students from Columbia University's summer program for high school students.

Every **Thursday** join us from **12:30-1:30 PM** for programming on various technology-based topics. The program begins **June 30** and runs through **August 4**:

**-Thursday, June 30: YouTube**

**-Thursday, July 7: Skype/FaceTime**

**-Thursday, July 14: Facebook**

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*Please note: MRHS will be closed on Monday, July 4 in honor of Independence Day.*

## MRHS Renovation Update

We have had an exciting few weeks at MRHS with great progress on our anticipated renovation.

- MHC approved the architectural drawings, which have now been submitted to the NYC Department of Buildings.
- MRHS signed the disbursement agreement for Assembly member Daniel O'Donnell's generous grant of \$500,000.
- MRHS secured a temporary space in Building 6 during the renovation period.

MRHS extends thanks to MHC and Assembly member Daniel O'Donnell for their generosity and continued support. We look forward to announcing the groundbreaking in the coming months.

## MEN: A Message For YOU!

**The July Men's Group Luncheon will be on Wednesday, July 13 at 1:00 PM in the Thurgood Marshall Room.** Men's Group meetings will take place on the second Wednesday of the month going forward.

In June, we had a great lunch presentation by Bill Valentine, one of our local birders, who reported on the comings and goings of birds in Morningside Gardens. Bill showed us pictures of the colorful birds and played for us three songs and calls used by the birds to communicate with each other and with us.

We look forward to seeing you at the next Men's Group lunch. The cost of lunch is \$10 payable to MRHS. Please call 212 666 4000 to RSVP.

## Director's Column

It's that time of year when spring turns to summer, the days are long and sultry, and everyone at Morningside Gardens begins to think about ... the Flea Market. Usually MRHS begins FM collections in the summer months. But this year, like last, we are sorry to say that the Flea Market will have to wait until next year. Every inch of our storage space will be needed this fall for files and furniture, while we are working out of a transition space before moving back into the renovated center. So we would be unable to accept and store donations as usual. But the MRHS board is committed to kickstarting the Flea Market again in 2017, better than ever.

In lieu of the Flea Market this year, we would like to hold one or more one-day garage-type sales. Tables would be available to sell items that could be brought down the day of the sale, rather than in advance. We will keep you posted.

As the renovation gets underway over the next few months we will all have to make some adjustments and sacrifices, especially the MRHS staff. Long-time Yankee fans will remember that their beloved team had to play two seasons in Shea Stadium while Yankee Stadium was renovated in the 1970's. Talk about sacrifices!

So we ask for your patience and good humor while we undergo the renovations that will prepare MRHS for the years and decades ahead. If we stick together through the process it will be that much easier. The Yankees improved their game in 1974 and 1975 and then, upon returning home to a renovated Yankee Stadium in 1976, proceeded to win their first pennant in twelve years. There's a metaphor in there somewhere.



## Happy July Birthday!!

To: Caridad Bertot, James Dyer, Iretha Fletcher, Tova Francus, John Gill, Michael Greene, Kathy Hinton, Corazon Kangleon, Joan Mansoury, Sui Yung Moy, Marjorie Nissen, Mary Ellen Peinelt, Barbara O'Farrell, 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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**July 2 Brief Encounter** (1945) 1 hr, 26 min  
David Lean's timeless love story featuring an unconsummated romance between a suburban English doctor and a married housewife Called "the British Casablanca" and "the best romantic film of all time." *Not Rated*.

**July 9 The Piano** (1993) 2 hr, 1 min  
A beautiful and gripping story of a mute young woman sold by her father to a New Zealand frontiersman. She, her daughter and her prized possession, a piano arrive to find a cold and loveless life. The piano plays a central role in what evolves. Rated R

**July 16 Woman in Gold** (2015) 1 hr, 49 min  
A drama based on the true story of Maria Altmann (Helen Mirren). As a young married woman she survived the Nazi occupation in Austria by fleeing to the United States. Sixty years later she is taking on the Austrian government to recover a painting of her aunt Adele, Gustave Klimt's "Portrait of Adele Bloch-Bauer". Rated PG

**July 23 The Second Best Exotic Marigold Hotel** (2015) 2 hr, 3 min. The film continues some of the story line from the original and finds Sonny preparing for his wedding and considering opening a "Second Best Exotic Marigold Hotel". PG

**July 30 The Lady in the Van** (2015) 1 hr, 45 min. The true story of a man who forms an unexpected bond with a transient woman living in her van that's parked in his driveway. Rated PG-13

**Movies start at 2:00 PM. Please arrive early. Suggested donation: \$1.00.**

**\*\*\* REMINDER – NO MOVIES IN AUGUST –  
MOVIES RESUME IN SEPTEMBER \*\*\***

## 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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	9 – 6	9 – 6

**Nurse's Hours** – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

**Hypertension Screening on Wednesday,**

Resumes in the Fall.

**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"** will resume in the Fall.

**"Later Life Transitions"** group will resume in the Fall.

The **MRHS Book Club's** next meeting will be announced soon. Look for the notices. The Book Club meets monthly on Wednesday afternoons to discuss notable works of fiction and non-fiction. Discussions are thought-provoking and often provide insight into issues of today's world. Everyone is welcome!

**Great Decisions 2016** program resumes in September with a discussion on Korea.

### **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 15, 2016). 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.***

## Neuroscience Wednesdays

The program is on vacation for the summer. Please Note: The series will resume on September 21 with a talk by Tiana Leonard on Autism.

## E-Waste And Textile Recycling Day Coming Soon

On Saturday, August 20 from 10:00 AM to 4:00 PM (rain or shine) vendors will be on hand to accept e-waste and textiles. They will be set up on La Salle Street east of Broadway. Items accepted include all electronics e.g., computers, cell phones DVD players, etc. No microwaves, refrigerators, air conditioners, smoke detectors, or carbon monoxide detectors. All clean clothes, including torn textiles, shoes, belts, handbags. No pillows or quilts. *For questions call Joan at 212-666-6157, Marie at 212-866-8348 or Sarah at 212-662-6737.*

## Scam Alert

The following message was posted on the MG Grapevine by a MG resident. Please beware and do not give out any financial information when called by telephone.

*"I just got a robo-call on my cell phone that started out with "Hello, seniors..."*

*"Seeing as I am not a senior, I hung up. I googled the number, and found that this scammer is calling offering a "free" medical alert device hoping to get seniors to provide address and credit card or checking account number to set up a subscription service.*

*"Thought I should share so that any of the seniors reading Grapevine are warned not to be scammed by this robo-calling company. Never give your financial information over the phone unless you called the company and therefore know exactly with whom you're speaking."*

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\*\*\* Need a veterinarian who makes house calls? **Dr. George Korin** (212-838-2569) is recommended by an MG resident. \*\*\*

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## MRHS Board Member To Tread the Boards



MRHS Board member Mark Speyer will join the cast for The Morningside Players' production of *Althea: She Went to Hell*. This comedy, written by MG resident John Barrow, has been invited to participate in the Midtown International Theatre Festival. A notable feature is the abundance of MG talent involved. In addition to Mark, the cast includes MG residents Deborah Mahaney, Kelly Taylor, Maryam Benganga and Tom Miller. Cecelia Riddett, another MGer, will direct. Mike Mahaney and Patrick Mahaney provide important scene and lighting design.

Other cast members are JoAnn Cunningham who appeared in TMP's first fundraiser; Craig Myers, seen in *All My Sons* and other plays; and Sean Turner, who helped make the production of *Fences* such a success. Sean also was MC for the recent Comedy Night benefit.

*Althea: She Went to Hell* tells the story of Althea Boykin, disillusioned wife of televangelist Boy Boykin. When Death shows up to claim Boy--who panics in terror--Althea agrees to die for him. Based on *Alcestis*, the drama by Euripides, *Althea* turns the Greek tragedy into contemporary comedy, with some serious observations about faith and hypocrisy.

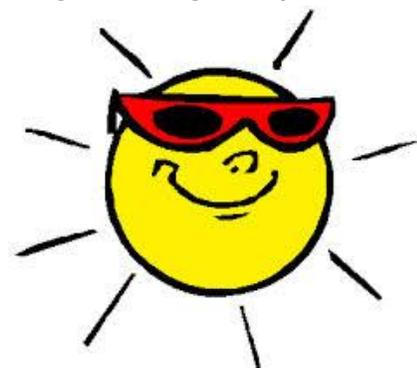
Important note: The Midtown International Theatre Festival venue is in midtown Manhattan. Performances will take place on **July 25** at 6:00 PM, **July 28** at 5:00 PM, and **July 30** at 2:45 PM, at the **WorkShop Theater, 312 W. 36th St.** (a few steps from the A/C subway line).

For more information and to purchase tickets, please visit [www.morningsideplayers.org](http://www.morningsideplayers.org).

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

## Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do your laundry. Just call Marie Phillips at 212-666-4000 one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.



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

## Age Cracks Us Open

"Aging brings home to us what we have done or failed to do with our lives, our creativity or our waste, our openness to zealous hiding from what really matters.

Precisely at this point, age cracks us open, sometimes for the first time, makes us aware of the center, makes us look for it in relation to it. Aging does not mark an end but rather a beginning of making sense of end questions, so that life can have an end in every sense of the word."

*Ann Belford Ulanov, in "Aging: On the Way to One's End," p. 122, with thanks to Harry Moody and the Gerontological Society of America.*