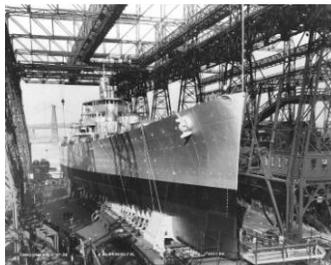


**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
**[www.mrhsny.org](http://www.mrhsny.org)**

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

## Brooklyn Navy Yard Past, Present & Future

For over 150 years, the **Brooklyn Navy Yard** built America's most famous fighting Naval ships, from the USS *Maine* to the USS *Missouri*. Today, the Yard is a model for urban industrial parks and is home to over 330 industrial and creative businesses.



This 90-minute guided bus tour explores the vast 300-acre property and offers opportunities to take a closer look at the Yard's most intriguing sites, including a dry dock that's been used for ship repair since 1851, historic buildings that are being adaptively reused for industrial purposes, and the **Green Manufacturing Center**, a future hub for the development of new products and technologies. Oral history clips and historical photographs from the site's Naval past, as well as stories of industrial innovators at the Yard today, will also be included on this tour.

The bus tour will be followed by a guided visit to **BLDG 92**, the Yard's visitor and exhibition center, which has three floors of exhibits on the Yard's history and contemporary businesses. Finally, we will gather in **BLDG 92's** fourth floor terrace room to enjoy a sandwich buffet lunch, orzo salad, and cookies with great views of the surrounding area.

**Date: Tues., July 25**      **Departing: 9:00 AM**  
**Price: \$60**                      **Returning: 2:30 PM**

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

## Free Hearing Screening

On **Thursday, July 13**, you're invited to get a free hearing test at MRHS, between **9:00 AM and 3:00 PM**. Please call MRHS to schedule an appointment. Screening is conducted aboard the mobile unit of the **Center for Hearing and Communication**, a NYC-based non-profit organization. Please note that this is intended for individuals who have not had a hearing test recently or do not currently wear hearing aids.

Please call MRHS at [212-666-4000](tel:212-666-4000) or email [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org)

## Help With Technology

We're excited to again welcome back students from the **Columbia University Summer**



**Program for High School Students.** If you've never joined us for this program, you're missing out! The students are extending their time with us this year to include the option of one on one technology assistance.

The students will present on various technology based topics on **Thursdays at 1:30 PM**. They will also be available on **Friday, July 21 and Friday, July 28, at both 11:30 AM and 1:30 PM to meet with residents individually**. Please contact MRHS to sign-up if you're interested in the one-on-one assistance.

Beginning **Thursday, June 29 at 1:30 PM: Basic Smart Phone Skills**. Followed by **Thursday, July 6 at 1:30 PM: Intermediate Smart Phone Skills.**)

Students will be available at MRHS or to come to your apartment on Fridays at 11:30 AM or at 1:30 PM. Contact MRHS to sign-up for July 21 or July 28.

## MRHS Film Committee Presents

### *First Wednesday Films*

Next screening on **July 5 at 7:30 PM**

Featuring:

#### *Il Sorpasso (The Easy Life)*

(1962) 1 hr. 45 min.

The ultimate Italian road comedy, Vittorio Gassman as a waggish, freewheeling bachelor and Jean-Louis Trintignant as the straitlaced law student he takes on a madcap trip from Rome to Tuscany. A holy grail of *commedia all'italiana*, **Il Sorpasso** is so fresh and exciting that one can easily see why it has long been adored in Italy. With English subtitles.

**The New MRHS Center, 100 La Salle, #MC**  
\$1.00 suggested donation

## Ebay Update

MRHS maintains an Ebay store under the name **mrhsmarket**. With generous and creative donations, we have raised *over \$15,000* in the few years that we have been operating. What sells and for how much is always a surprise. Last fall, a folding bike garnered over 40 bids and went for \$800 and this spring a cache of cross-stitch kits raised close to \$1000. A vintage, narrow brim John Cavanaugh fedora, Eileen Fisher tunics, a Kodak carousel projector, a Beleek teacup, Kork-Ease wedges, a cloisonné bowl, a J. Crew blouse, and an Alexis Bittar ring were all sold this month.

Listed for bid now among 100 or so items are original art work, rare books, an Alexis Bittar bracelet, a Hermes electric typewriter, vintage metal roller skates, and Eileen Fisher shoes. You can look them up on e-bay or go to the MRHS website. Do think of us when you or a friend is de-cluttering.

**Please Note: MRHS e-mails can be sent to you in a larger text if you would like. Just contact us at 212-666-4000 or [joannas@mrhsny.org](mailto:joannas@mrhsny.org) to sign up for the larger version.**

## Happy July Birthday!!

To: 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 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**July 1 Bridges of Madison County** (1995) 2 hr, 15 min. While her husband and children are away in the summer of 1965, Photographer Robert Kincaid (Clint Eastwood) wanders into the life of housewife Francesca Johnson (Meryl Streep), for four days which cause her to question everything she had come to expect from life. Rated PG-13

**July 8 Passengers** (2016) 1 hr, 56 min  
A spacecraft traveling to a distant colony planet and transporting thousands of people has a malfunction in its sleep chambers. As a result 2 passengers are awakened 90 years early. Nominated for 2 Oscars. Rated PG-13

**July 15 Wajda** (2012) 1 hr, 38 minutes  
Persistent 10 year old Wajda, living in a suburb of Riyadh, would like nothing more than a new bicycle so she can beat her friend (a boy) in a race. But it's going to take some ingenuity to get one—especially in her culture, which sees bikes as a threat to a girl's virtue. In Arabic with English subtitles. Rated PG

**July 22 Fatima** (2016) 1 hr, 18 minutes  
Warm and sensitive dramedy about a Moroccan-born mother raising two teenage daughters in Lyon. Shrewdly observing everyday struggles and tensions, this poignant slice-of-life proves generous in rueful insight and emotional complexity. In French and Arabic, with English subtitles. Not Rated.

**July 29 Hidden Figures** (2016) 2 hr, 7 min,  
The true story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. Space program. Nominated for 3 Oscars. Rated PG

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

## Just a Reminder

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

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

**MRHS Office Hours** – The following is the New MRHS Center schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 6	9 – 6	8 – 6	9 – 6	8 – 6

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

**Hypertension Screening on Wednesday**

Resumes on September 6.

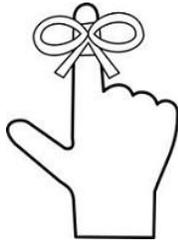
**The Fairway Shuttle** departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

**Nurse Marie Phillips' "Take Charge of Your Health"** will be on break until the fall.

The **MRHS Book Club** meets next on **Wednesday, July 26 at 3:00 PM** to discuss the novel **1984** by George Orwell. Even if you have only read some of the novel, please consider joining. All welcome!

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

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



## MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor on **Wednesday, July 12 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month.

The cost of the lunch is \$10. Please bring a check payable to MRHS.

## Love to Sing? Join our Chorus!

You are invited to join the **NYU Langone Alzheimer's Disease and Related Dementias Family Support Program Chorus**, developed for older adults

experiencing early stage dementia. Joined by a family member or a friend, members will rehearse once a week

for three months, and perform in a concert for family, friends, and community.

If you are a resident of New York City and are able to attend weekly rehearsals with your friend or family member, we welcome you to join us! No prior musical knowledge is required and this program is **free of charge**.

Rehearsals are Fridays from 1:00 PM to 3:00 PM at The Riverside Church, 490 Riverside Drive, NYC 10027. **For more information call the choir Director Tania Papayannopoulou (resident of Morningside Gardens) at (347) 351-1247 or email: [unforgettables.chorus@gmail.com](mailto:unforgettables.chorus@gmail.com)**

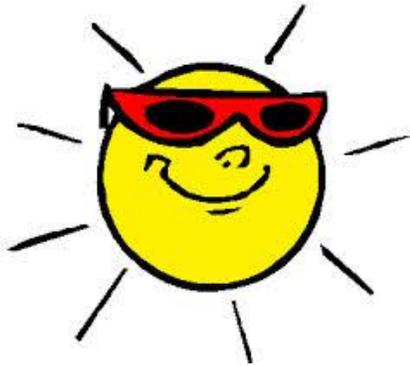
## Organ Recital and Silent Film At Riverside Church

The annual organ recital series at Riverside Church, including a silent film showing of "The Hunchback of Notre Dame" (1923) starring Lon Chaney will take place on Tuesday, July 25 at 7:00 PM. Here is a web link with more info: <https://www.trcnyc.org/summerorganseries/>.



## 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. Please call MRHS at 212-666-4000 to arrange for Laundry service. On the day scheduled for service, the Health Aide will call you to let you know what time she will be at your apartment.



## Mt. Sinai Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital **geriatrician Joyce Fogel, MD,** and **geriatric psychologist Gregory Hinrichsen, PhD,** have been working with the MRHS community on various issues related to aging.

Upcoming program:

***Advance Care Planning:  
What Do You Need to Know***

**Thursday, July 20 at 2:30 PM.**

This session will discuss the health care proxy, living will, and what decisions regarding your health care you should consider from a doctor's perspective.

### ***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 21, 2017). 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.***

## Concerts in Motion Returns

A performance is planned for **Monday, July 31 at 1:00 PM.** With a guest singing popular songs from the 40's, 50's, 60's, and 70's.

## Nearby Swimming Pool Option

A Gardens resident reports that there is an outdoor swimming pool nearby. It is in the *Sheltering Arms Playground* at 129<sup>th</sup> Street and Amsterdam Avenue. The pool opened for the season on June 29. It is conveniently located and free. For more details call [212-662-6191](tel:212-662-6191).

### **Focused Reminiscing Discussion Group**

*With Light Refreshments.* Every Tuesday, starting on August 1 at 3:30 PM through September 5.

More details to come in August Newsletter.

## Fall Calendar Preview

Fall promises to be a busy season for MRHS so put these dates on your calendar now.

### **Sunday, September 10**

Luncheon closing the year-long celebration of MRHS' Fiftieth Year of Service. Riverside Church is providing a special venue for us in recognition of the partnership we have shared. Suggested donation to cover luncheon costs: \$25.

### **Sunday, September 24**

Fall Fair in partnership with other MHHC groups. Tables will be available for rent for cooperators to sell their arts, crafts, collectibles, and recyclables. Special kids activities are being planned by the Family Activities Committee.

### **Thursday, November 23**

Thanksgiving Dinner. Details will be available closer to the date.

### **September through November**

Collections for Flea Market Donations will start in September and will be explained in the newsletter starting in August.