



newsletter

Celebrating Our 51st Year!

July 1, 2018
Vol. XLII, No. 7

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Students Available for Technology Help

MRHS is excited to welcome back students from Columbia University's Summer Program for High School Students!

The students will be joining us every Thursday and Friday through August 2nd for presentations and individualized technology assistance.

*****One-on-one assistance will be available every Thursday at 1:30 and every Friday at 11:30. Walk-in or call to schedule an appointment*****

Don't miss this opportunity to ask all of your technology related questions. Students are available to come to your home or to meet with you in our office. Don't have a computer, tablet, or smart television? Come learn more using the technology available for use in the MRHS office.

Friday 6/29 at 1:30: Spotify (Music streaming service)

Thursday 7/5 at 11:30: Movie streaming services (such as Canopy)

Friday 7/6 at 1:30: Goodreads (Online book recommendation & review website)

Thursday 7/12 at 11:30: Smart TV's (e.g. Apple TV, Roku)

Join Us in Experiencing Thailand's Culture

Hosted by Gardens resident Usa Ungsunan! See a live performance of traditional Thai dance, learn a little about Thai culture and get a sampling of Thai food.

Tuesday, July 10, 3:00 PM to 4:00 PM
The New MRHS Center, 100 La Salle, #MC

"That Moment"

That Moment, a short documentary, was directed, filmed, edited and produced by Building 4 resident **Ching Juhl**. It was world premiered at Socially Relevant Film Festival NY in 2017. The film is about Federico Busonero, an Italian photographer who captures images only with a Hasselblad film camera.

The documentary shares Busonero's philosophy of photography and features his book *The Land That Remains*, a photographic study commissioned by UNESCO that poetically and personally explores the land of Palestine. The film was scored after renowned composer Paul Chihara and the music was performed by the Jade String Trio, in which Ching Juhl is the violist. Live streaming Q & A with Mr. Busonero will be presented.

Please RSVP to Ching Juhl:
jadeviola@gmail.com

Thursday, July 12 at 7:30 PM
The New MRHS Center, 100 LaSalle, #MC

Chinese Dance Group

The MRHS Chinese Dance Group Presents: a Variety Show! Come see your friends and neighbors perform traditional Chinese dances, songs and play the Chinese harp. **Show time is 2:30 PM to 3:30 PM.** Come support your talented neighbors and enjoy the show!

Sunday, July 29 at 2:30 PM
Recreation Center, 100 LaSalle

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

Special Summer Class! Shakti Naam Yoga

Mondays & Wednesdays

July 9 – August 8, 6:30 PM – 8:00 PM

We are delighted to offer Shakti Naam Yoga to our community this summer. With its roots in ancient yogic wisdom, Naam 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.

The summer 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.

There is no cost for the class but class size is limited. Please contact MRHS at 212-666-4000 to sign up. ***This class is currently filled but we are accepting names for our waiting list.***

Summer Ice Cream Social

Save the date! MRHS will be offering an ice cream social to the Morningside Gardens community on **Wednesday, August 1 from 6:30 to 8:30 PM** in the plaza in front of building II. We hope this will be a fun intergenerational event to celebrate summer.

MRHS board members and staff will be present to provide information, but the main focus of the event will be fun and fellowship! **Everyone is invited to attend including, of course, children of all ages!**

NYU Age Initiative

NYU seeks NYC area adults for paid research studies on the increasingly intergenerational workforce. Studies take place at our NYU offices and pay participants \$25-\$30/hour. Current employment is not a prerequisite to participate. Interested participants should fill out our quick (1 minute) online eligibility form (<http://ageatnyu.org/participate>) or call 646-480-0348.

Happy July Birthday!!

To: James Dyer, Iretha Fletcher, Tova Francus, John Gill, Michael Greene, Kathy Hinton, 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 17, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 7 **Anna Karenina** (2012) 2 hrs, 9 min. Director Joe Wright brings Tolstoy's novel to life in this current interpretation with lush scenery and beautiful costumes. Keira Knightly is stunning as Anna, Aaron Taylor-Johnson is dashing as Count Vronsky and Jude Law is elegant as Anna's long-suffering husband, Karenin. A real treat, especially if you are a Tolstoy fan. Rated R

July 14 **Network** (1976) 2 hr, 1 min
A television network cynically exploits a deranged former anchor's ravings and revelations about the news media for its own profit. Stars Faye Dunaway, William Holden, Peter Finch. Directed by Sidney Lumet. Rated R

July 21 **Darkest Hour** (2017) 2 hrs. 5 min.
British war drama stars Gary Oldman as Winston Churchill, and is an account of his early days as Prime Minister, as Nazi Germany swept across Western Europe, threatening to defeat the UK during WWII. Rated PG-13

July 28 **Funny Girl** (1968) 2 hrs, 30 min
The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein. Stars Barbra Streisand, Omar Sharif and Kay Medford. Directed by William Wyler. Rated G

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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 September 5 (9 to 11 AM)

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" resumes in the September.

The **MRHS Book Club's** next meeting will be on **Tuesday, July 16 at 3:00 PM** in the New MRHS Center. They will discuss ***A Gentleman in Moscow*** by Amor Towles. All welcome!

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 20, 2018). 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.

Film Committee Presents

On Friday, July 6 at 7:30 PM

The Tillman Story

(2010) 1 hr. 34 minutes

NFL player turned U.S. Army Ranger Pat Tillman was much more complex than what he was portrayed to be. Falling under the narrative of a grand drama, you almost forget you're watching a documentary, as it goes into the circumstances of his death in Afghanistan and his family's struggle to unearth the truth. Riveting, unflinching, morally incisive, it will grab your attention from beginning to end. Narrated by Josh Brolin.

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

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

Meetings this month are scheduled for **Monday, July 2 and Monday, July 16 from 3:30 to 4:30 PM.**

Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

****** 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.

MRHS Spring Recognition



Pictured above are MRHS Executive Director Ron Bruno, Commissioner Donna Corrado, and MRHS President Michael Davidson.

MRHS held its annual **Spring Recognition Luncheon** on Wednesday, June 20, 2018 at Riverside Church. NYC Department for the Aging Commissioner Donna Corrado was the guest speaker. Special volunteer awards were presented to Tina Lal, Kamu Kamadoli, and Eileen Canty. A special award was also presented to MRHS Nurse Marie Phillips for her twenty years of service at Morningside Gardens.

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 11 at 1:00 PM**. Please call [212 666 4000](tel:2126664000) 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.

The Great Decisions 2018 program will resume in September.

MRHS Travels to West Point: The West Point Story Tour

This is a combined bus and walking tour which tells the story of West Point, its role in the Revolution, its famous history, along with stories about graduates who shaped our nation. The tour will bring the Long Gray Line to the present as you learn of the cadet experience and West Point's continuing role in training the leaders of tomorrow. This tour of West Point makes stops at the Cadet Chapel, the Plain which is the Cadet academic area, and Trophy Point with the million-dollar view overlooking the Hudson River.

We'll be enjoying lunch following the tour.

DATE: Tuesday, July 24

Depart MRHS: 9:00 AM (promptly)

Return MRHS: 5:00 PM

Cost: \$60.00

Mt. Sinai / MRHS Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai School of Medicine has been working with the MRHS community on various issues related to aging in a program called ***Mind Matters***:

Thursday, July 12, 2:30 PM

Focus Group with Dr. Fogel and Dr.

Hinrichsen: How Have We Been Doing?

What's Next? Come ask questions and suggest ideas for sessions you would like us to offer!

Friday July 20, 2:30 PM

Ask the Doc, Dr. Joyce Fogel

Thursday, July 26, 2:30 PM

Ask the Doc, Dr. Greg Hinrichsen

Please contact MRHS in advance to schedule a one-to-one "Ask the Doc" session.

Film Committee News

The MRHS Film Committee seeks a volunteer to show one Saturday film a month. Will train and support. If interested, please call the MRHS office at 212-666-4000.