

Kundalini-Shakti Breath Powered Yoga: Summer 2021

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 **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.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Thursday, June 24 – August 26
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.

MRHS Book Group

The next scheduled virtual gathering of the Book Group via Zoom is set for **Wednesday, July 28 at 3:00 PM**. The group will discuss *The Night Watchman* by Louise Erdrich. All are welcome.

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

MRHS's "Great Movies" Series

'Running On Empty'

(1988) 1 hr., 51 min.

In this family drama from director Sidney Lumet ("12 Angry Men"; "Network"), *Judd Hirsch* and *Christine Lahti* play '60s radicals who have eluded the FBI for 16 years after bombing a napalm laboratory as a Vietnam War protest. Eighteen-year-old Danny (*River Phoenix*) knows that separating from his parents would be a permanent break.

Academy Award & Golden Globe nominations for Best Supporting Actor, Best Actress, Best Director, Best Motion Picture, Best Screenplay.

Thursday, July 15, 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.

MEN: A Message for YOU!

The next Men's Group will take place via Zoom on **Wednesday, July 28 at 1:00 PM**.

The group provides a great opportunity to make new friends, learn, and have fun. Newcomers are always welcome to join the group.

Welcome Alex!

MRHS would like to welcome our new Social Work intern, **Alexandria Schiraldi**, who joins us from the Fordham University School of Social Services. Alex will be with us through December, 2021.

Director's Column

After fifteen months with locked doors, MRHS and other NORC programs throughout the city have been given approval by the NYC Department for the Aging (DFTA) to open up. However, DFTA is requiring certain precautions, including mask wearing and social distancing in the office and program spaces. We also must limit the number of participants at programs. But the good news is that the doors are open and we are gradually starting to transition some of our programs back to an in-person platform.

Our social workers and nurse are clear to make home visits and to meet in-person at MRHS, again with precautions. If you avoided making doctors' appointments during the pandemic and want to get back on track, please don't hesitate to reach out to our nurse, Staci Steen, for guidance. She can be reached by calling 212-666-4000 or by email at stacias@mrhsny.org.

We will be experimenting this summer with technology to see if we can offer some group programs simultaneously online and in-person. Let us know what you think and what programs you'd like to see on the schedule as we plan for a new beginning, though we also hope to restart many of our existing programs. In the meantime feel free to stop by MRHS and say hello. You don't even have to knock.



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.

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

Happy July Birthday!!

To: Harry Arpadi, Jun Atienza, Sarah Borenstein, Celeste Dubosky, Iretha Fletcher, Tova Francus, Michael Greene, Peggy Griffin-Jackman, Nereida Hernandez, Kathy Hinton, Donald Johnson, Dorothy Khosrovi, Joan Mansoury, Sui Yung Moy, Diana Multare, Barbara O'Farrell, Maryellen Peinelt, Mary Lou Russell, Angela Schramm, Elaine Steele, Alan Stricoff, Ann Tholfsen, and Chien (Charles) Wu.

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom sponsored by MRHS. This month's topic of discussion will be ***China's Role in Africa*** facilitated by Building I resident Rita Pullium.

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the link or look for it in an email blast from MRHS. If you do not have the 2021 Great Decisions briefing book, you may also request a copy of the article from Margaret.

Tuesday, July 6, 7:00 PM Via Zoom

Upcoming Great Decisions 2021 Topics

- August 3: The Korean Peninsula
- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

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 16, 2021). 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.***