

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Experimental Printmaking Workshop

Over the course of six weeks participants will be introduced to three different printmaking techniques: lino-cut, etching, and mono-print. We will incorporate a variety of art making techniques for the purposes of layering and building upon the original print. All that is needed is a willing spirit and the curiosity to discover new ways of self-expression. Supplies provided. Instructor – **Paul Ferrara**.



Beginning **Wednesday June 24** and continuing on **Wednesday, July 1, 8, 15, 22, and 29 from 2:00 to 4:00 PM**. Classes will take place in MRHS's suite MB. Please call 212-666-4000 to reserve.

Dances for a Variable Population 10027

A traveling performance linking the communities of West Harlem with guest artists and seniors from the Movement Speaks programs in Harlem. On **Thursday and Friday, June 11 and June 12, at 6:00 PM** starting at Morningside Gardens (100 La Salle Street), then traveling to Grant Houses Basketball Court (east of 1315 Amsterdam on 125th Street), finishing at Manhattanville Community Center (530 West 133rd Street); and on Saturday, **June 13, at 5:00 PM** on Old Broadway between 125th and 126th Streets.

Those performing will include residents of Morningside Gardens who take classes with this program.

Summer Ice Cream Social

MRHS and MGCA will be offering an ice cream social to the Morningside Gardens community on **Thursday, June 18 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 2015.

MRHS Board members and staff and representatives from MGCA 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!

Elder Smile Program

The Columbia University College of Dental Medicine **Community DentCare Network** will host the **Elder Smile Program** at MRHS on **Thursday, June 25, from 10:00 AM to 1:00 PM**. There will be workshops on oral health, diabetes and high blood pressure, as well as dental, blood pressure and blood sugar screenings and referrals. Come and receive a free "Goodies" bag. For more information about the Eldersmile Program please call 212-305-1045. Please call MRHS at [212-666-4000](tel:212-666-4000) to reserve a place.

MRHS Supper Club Event.

Get ready Morningside Gardens. **Serafina** is bringing you a fun taste of Italy and MRHS is having our Supper Club on **Monday, June 8, at 6:00 PM**. Serafina will offer a few appetizers, family style, along with a choice between two pastas or a chicken entrée, and a few desserts, family style.

Cost is \$15.00. Please call MRHS at 212-666-4000 to reserve. Dinner is at 1260 Amsterdam at 123rd Street.

DSNY Disposal Event

To help residents dispose of harmful household products safely, the Department of Sanitation of New York (DSNY) hosts SAFE (Solvents, Automotive, Flammables, and Electronics) Disposal Events throughout the year in all five boroughs.

Upcoming Event in the Community:

***Sunday, June 28, 10:00 AM – 4:00 PM
Columbia University/Teachers College
120th Street, between Broadway &
Amsterdam Ave***

Accepted Items

- Automotive products such as motor oil, transmission fluid, and spent batteries
- **Personal care items like unwanted medicines or cosmetics**
- **Thermometers**
- **Syringes** (clearly labeled and packaged in a "sharps" container or other leak proof, puncture-resistant container)
- Household products such as pesticides, paint, hazardous cleaners, spent compact fluorescent lightbulbs
- Electronics

Unwanted medications are managed by environmental police and incinerated to prevent unintentional poisonings or entry into the water supply.

Events are held, rain or shine, from 10 am to 4 pm. Because they are popular, be prepared for a line. Only NYC residential waste is accepted at SAFE Disposal Events, and no commercial vehicles are allowed.

Residents must provide proof of NYC residency, such as a NYS driver's license or utility bill.

For more information, go to:

<http://www1.nyc.gov/site/dsny/recycling-and-garbage/residents/safe-disposal-events.page>

Happy June Birthday!!

To: Eileen Canty, Ling-wang Chao, Michael Czajkowski, Mary Davidson, Michael Davidson, Quinten Fletcher, Bea Gottlieb, Bridget Leicester, Ted Leslie, Joan Levine, Norman Levine, Chen Liu, Joan Morford, Betty Reardon, John Seaman, Albert (Robbie) Sheldon, Aline Smith, Tamaara Tabb, George Todd, Ernestine Welch, and Shuli 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 June are all invited to our Birthday Party! Come on **Tuesday, June 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 6 Selma (2014) 2 hrs, 7 min.

Despite the 1964 Civil Rights Act, discrimination persisted in the South, denying African Americans the right to vote. In response, Dr. Martin Luther King (David Oyelowo) and followers pressed forward in an epic march in Alabama, from Selma to Montgomery. Their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. Director, Ava DuVernay. Rated PG-13

June 13 Enough Said (2013) 1 hr, 32 min.

A relationship film for the over-40 set. Starring James Gandolfini ("The Sopranos"), Toni Collette and others. Director, Nicole Holofcener. Rated PG

June 20 An American in Paris (1951)

1 hr, 53 min. Set in everyday Paris with Gershwin songs ("I Got Rhythm", "S'Wonderful") and a corny story of love won, lost and won again, ending in an 18-minute closing ballet extravaganza, "An American in Paris" swept the Academy Awards for 1951. Starring Gene Kelly, Leslie Caron and Oscar Levant. Director, Vincente Minnelli. Not Rated

June 27 God's Pocket (2014) 1 hr, 39 min.

The blue collar town of God's Pocket deals with a cover up of an industrial accident. Phillip Seymour Hoffman in one of his last roles, also stars John Turturro. Director, John Slattery. Rated R

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 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>
9 – 6	9 – 6	9 – 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 –
June 10 and June 24

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 100 La Salle, #MC.

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's next meeting will be **Thursday, June 25 at 2:30 PM**.

"Later Life Transitions" group's next meeting will be take place on **Thursday, June 3 at 3:00 PM**.

The **MRHS Book Club's** next date will be **Wednesday, July 1 at 4:00 PM**, in the Tuttle Center. Discussion is on the novel, **The Ambassadors** by Henry James. All are welcome to join this stimulating literary group. (Note 4:00 PM this month; then returns to regular time.)

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, June 19).

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 Film Committee Presents

First Wednesday Films

Next screening on **June 3 at 7:30 PM**

Featuring:

Come and See

(1985) 2 hrs., 22 min.

A 13 year-old boy's odyssey during the Nazi occupation of Byelorussia. Startling mixture of lyrical poeticism and expressionist nightmare; an anti-war masterpiece. In Russian with English subtitles. Not rated.

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

Spring Cleaning?

Remember the Ebay Program!

Getting ready to go through the apartment for spring-cleaning? Keep the Ebay Program in mind! We are currently accepting donations of high-quality items including antiques, jewelry, china, and artwork. So far we have raised over \$5000. All proceeds allow MRHS to continue providing their social work and health care services to residents of Morningside Gardens.

If interested in donating please call Paul at 212-666-4000. Remember, all donations are tax deductible. You can see the items currently listed by following the ebay links on www.mrhsny.com. Thank you for supporting this very exciting volunteer enterprise.

Life-Drawing Classes

A two-class series of life-drawing classes with an artist instructor, Becky Brown, artist, teacher. The two classes will take place on Monday, June 8 and June 15, in the Workshop, Bldg. 6 (549 W. 123rd, basement). Contour, gesture, light and dark exercises and more, with live model. Classes open to all at any level, \$10 per class. Open to all, all levels. The time is 7:00 PM – 9:00 PM. Contact J. Solomon, 917 324 9476, to reserve a place; maximum 12 people.

Gentle Movement and Meditation

Gentle Movement and Meditation with Divine Love and the Creator. Be inspired by this profound meditation practice! The session will begin with breathing exercises and a few gentle standing or sitting stretches and Chi Kung exercises to prepare your body for the guided meditation (no workout clothes necessary). In the guided meditation the group will be invited to connect with divine love and the creator energy. Practicing meditation in a group setting often results in an enhanced experience, for everyone benefits from each other's presence. Previous participants have reported improved physical, emotional and spiritual wellbeing from this experience.

There will be a raffle among workshop attendants, and the two winners will receive a free private energy healing session.

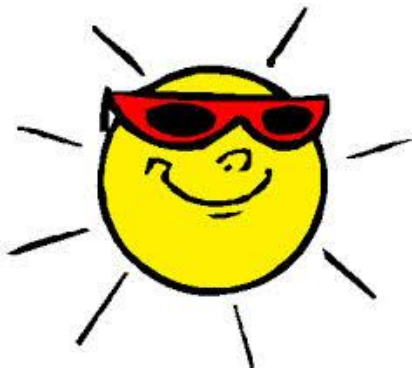
Sonia Pereira is a Morningside Gardens resident, and a certified yoga instructor, health coach and energy healer with many years of experience with meditation.

www.soniawellness.com

Tuesday, June 16, 6:30 – 8:00 PM
Tuttle Center, 100 La Salle, #MC.

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.



John Seaman's Liberty Salons

Two Friday afternoons from **3:00 PM to 5:00 PM** – first, **Friday, June 12, Jill McManus**, a jazz pianist, composer, and video maker, will play recordings of Hopi and Navajo, and Winnebago music along with her own jazz compositions. She will also show a video of Native American dancing.

On **Friday, June 26, Penelope Karageorge**, writer, filmmaker, poet, and journalist, will read from her poetry inspired by Greek myth. Focusing on a poem that is a tribute to her own mother that she calls *Persephone's Daughter*, she will have live Greek musical accompaniment.

Both programs include light refreshments.

MRHS Recognizes Special Volunteers and Helpers

MRHS was happy to honor the following individuals for all their work on behalf of MRHS and the community at our Annual Spring Recognition Luncheon on Thursday, May 21 at Columbia University:



- **Dr. Christine Pawelski**
- **Sgt. Liz Rodriguez**
- **The MRHS eBay team including**
 - **Angela Schramm**
 - **Eileen Canty**
 - **Debbie Champlain**
 - **Elise Rackmill**
 - **Maggy Sears**
 - **Marion Wright**

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