

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

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## Intergenerational Variety Show

Come see your friends and neighbors perform in an intergenerational variety show sponsored through a grant from the UJA Federation.

The show will be followed by a pizza party! Everyone of all ages is invited. Come support your talented neighbors and enjoy the show!

**Sunday, June 10 at 2:30 PM – 3:30 PM**  
**Recreation Center, 100 LaSalle St.**

## Philly, Here We Come!

Join us on **Thursday, June 14** for lunch and a two-hour trolley tour of Historic Philadelphia. We will be dining at *Farmicia* in the Olde City area, before boarding our private trolley that will guide us past the sites that represent the birthplace of our nation.



**Depart MRHS: 9:00 AM (promptly)**  
**Return MRHS: 6:00 PM**  
**Cost: \$60.00**

## Tai Chi for Arthritis 2018

The ***Tai Chi for Arthritis*** series will recommence on **Monday, June 4** and run for 16 sessions, ending on July 30. In observance of the July 4th holiday the class will not meet on that date.

***Tai Chi for Arthritis*** is an evidence-based class taught by **Dr. Carl Jones**, a Morningside Gardens resident who received special training through the NYC Department for the Aging to lead the class. As in the past the class meets for one hour on Mondays and Wednesdays at **11:00 AM in the Recreation Center of Building 1**. Contact MRHS at 212 666-4000 to enroll.

## “Love, Maria”

### Gregor Collins

will discuss his book, *The Accidental Caregiver*, a moving memoir recounting his unique relationship with 92-year-old Holocaust refugee and Gustav Klimt heiress Maria Altmann. Altmann's extraordinary life inspired the movie "Woman in Gold" starring Helen Mirren.



Collins has just finished a speaking tour in Australia and is excited to spread more of Maria's love in New York.

**Thursday, June 7 at 7:00 PM**  
**The New MRHS Center, 100 LaSalle, #MC**

## EPIC Talk

### “Engineers in America – Early History”

Professor Schwartz chronicles infrastructure development in the United States in the early to mid-1800s, then follows briefly with the development of engineering education in the US concluding with the birth of Columbia's School of Mines in 1864, and the department of Electrical Engineering within it in 1892.

**Speaker: Mischa Schwartz**, Charles Bachelor Professor Emeritus in Electrical Engineering, School of Engineering and Applied Science, Columbia University.

**Wednesday, June 6 at 2:00 PM**  
**The New MRHS Center, 100 LaSalle, #MC**

**\*\*\* See the Newsletter insert for special free computer courses to be offered at MRHS! \*\*\***

## 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. Through movement (asanas), mantra (sound vibration), mudra (healing hand positions), pranayama (conscious healing breathing exercises), and meditation, Naam Yoga works on the subtle channels of energy in 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.

### Join Read Ahead to make a difference for NYC children!

**MRHS is proud to enter our 3<sup>rd</sup> year of partnership with Read Ahead.** Read Ahead's vision is that students have the opportunity to unlock their full potential through mentoring relationships based on a love of reading. Since 1991, Read Ahead has been making it possible for busy professionals to give back. Mentors' critical one-on-one attention gives children the confidence, motivation, and skills needed to thrive in school and beyond.

**We are now recruiting at MRHS for new mentors for the 2018-2019 school year.** Mentors dedicate one lunch hour a week or every other week to spend time reading and bonding with a child age 5-12 at a nearby public elementary school. For more information and to apply, visit [readahead.org/mentoring](http://readahead.org/mentoring).

## Happy June Birthday!!

To: Eileen Canty, Ling-wang Chao, Michael Czajkowski, Mary Davidson, Michael Davidson, Bea Gottlieb, Bridget Leicester, Ted Leslie, Joan Levine, Norman Levine, Chen Liu, Joan Morford, Betty Reardon, John Seaman, Albert (Robbie) Sheldon, Alene Smith, 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 May are all invited to our Birthday Party! Come on **Tuesday, June 19, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

June 2 **The Greatest Showman** (2017) 1 hr, 45 min. Inspired by the imagination of P.T. Barnum, The Greatest Showman celebrates the birth of show business and tells of a visionary who rose from nothing to create that became a worldwide sensation. Rated PG

June 9 **The Big Sick** (2017) 2 hrs Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. Stars Kumail Nanjiani, Zoe Kazan. Rated R

June 16 **Caves of Forgotten Dreams** (2010) 1 hr, 30 min. Documentary by director and scientist Werner Herzog takes viewers on a rare visit deep inside Frances's Chauvet Caves, where the walls are covered with the world's oldest surviving paintings. Not Rated

June 23 **The Post** (2017) 1 hr, 52 min. A cover-up spanning four U.S. Presidents pushed the country's first female newspaper publisher to join an unprecedented battle between the press and the government. Rated PG.

June 30 **The Phantom of the Opera** (2004) 2 hrs, 23 min. A young soprano becomes the obsession of a disfigured musical genius who lives beneath the Paris Opera House. Rated PG-13

**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**

**June 13**

**June 27**

9:00 AM to 11:00 AM

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"** will meet on **Thursday, June 21 at 2:30 PM in the MRHS Center**.

The **MRHS Book Club's** next meeting will be on **Wednesday, June 27 at 3:00 PM** in the New MRHS Center. The group will discuss ***The Bonfire of the Vanities*** by Tom Wolfe. 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, June 15 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.***

## Film Committee Presents ***On Friday, June 8 at 7:30 PM***

### **The Commissar**

(1967) 1 hr. 43 minutes

An all-business pregnant commissar is billeted and gradually bonds with a poor but large-hearted Jewish family during the Russian Civil War. After she gives birth, the White army approaches.

Based on a short story by Vasily Grossman that was praised by Isaac Babel and Maxim Gorky. Not released for 20 years, it won the Silver Bear prize at the 1988 Berlin International Film Festival. A remarkable film, beautifully shot, its images are rendered with magnificent feeling.

*English Subtitles*

**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, June 4 and Monday, June 18 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. \*\*\****

## 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 June 15, 2:30 PM**

***Ask the Doc, Dr. Joyce Fogel***

**Thursday, June 21, 2:30 PM**

***Ask the Doc, Dr. Greg Hinrichsen***

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

**Thursday, June 28, 2:30 PM**

***Dr. Judith Beizer will discuss Vitamins and Supplements.***

## 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, June 13 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.***

## 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.

***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.***

## Need A Snuggle Or A Smile?

MRHS has partnered with the ASPCA/Pet Therapy program to provide pet therapy visits by specially trained and vetted pets and their owners. They will visit you in your apartment, accompanied by an MRHS volunteer, or you can arrange to visit one of them at MRHS. A volunteer will escort you if you need assistance getting to MRHS. Contact MRHS at 212-666-4000 if you would like to schedule a visit with one of these adorable creatures:



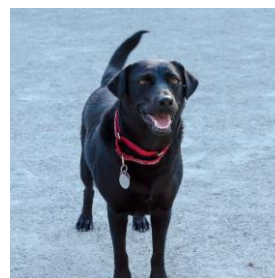
Jesse, a mini golden doodle, is hypoallergenic, calm and sweet. He likes to roll over, close doors, push in chairs, play dead, give hugs, and do "push ups."



Louie, a Shih Tzu, loves being pet and getting treats. He will play messenger and bring you notes and entertain you with other more conventional canine tricks.



LP is a super friendly guinea pig who was the first animal therapy companion at MRHS. He will sit on your lap while you feed him carrots then curl up and doze while you pet him.



Suki will entertain you as she runs around chasing a red laser pointer, do tricks for treats, and then snuggle against your leg as you scratch her ear. She also loves it when you rub her belly.