

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

**President: B. Chandra Chandrasekaran**  
**Executive Director: Ronald Bruno**

## Close to Home & Worlds Away

Our March excursion is a short walk from home but full of visual and gastronomical treats! We will start the day with our private tour of the exciting permanent exhibit at the **Studio Museum** on 125<sup>th</sup> Street. The museum's collection includes works that represent more than 800 artists and 200 years of history!



Following our tour, we will make the short trek to **Saint Louis Restaurant** on Malcom X Boulevard to enjoy a buffet lunch that showcases Senegalese specialties.

If you would like to join us but have concerns about the amount of walking that is involved, please reach out to Robin Aloi at MRHS at 212-666-4000 or [Robina@mrhsny.org](mailto:Robina@mrhsny.org).

**Wednesday, March 25 Cost: \$50**  
**Depart MRHS: 10:30 AM Return: 2:30 PM**

## Understanding End-of-Life Options

Join us for an informative presentation with a speaker from Compassion & Choices on end-of-life planning and care options for individuals facing serious or terminal illness. The discussion will include advance care planning, the Dementia Values and Priorities Tool, and an overview of Death with Dignity laws within a broader conversation about end-of-life choices and patient autonomy.

This program is designed to provide practical information and resources to help individuals and families plan ahead and communicate their care preferences with clarity and confidence.

**Monday, March 23, 5:30 PM**  
**MRHS, 100 LaSalle St., #MC**

*All are welcome to attend.*

## Su Casa 2026!

We are excited to announce that we will have renowned artist **Paul Ferrara** guiding our group through the process of using the collage technique to create, "personal geographies." The best way to describe the project is to quote the artist himself: "participants will use mixed-media collage techniques to create unique visual 'maps' representing their life journeys and memories."

Paul will describe the project in more detail during the informational presentation on **Friday, March 6, at MRHS from 3:00 PM-5:00 PM**. The creating sessions will occur at MRHS starting on March 13 and will be held from 3:00 PM - 5:00 PM every Friday through May 22. There will be a culmination exhibit in June on a date that will be determined shortly.

*If you would like to join us or if you would like more information, please call MRHS at 212-666-4000 or email Robin Aloi at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).*

## MRHS Annual Meeting

The MRHS Annual Meeting will be held this year on **Monday, March 30, at 7:00 PM in the Building 1 Community Center**.

The meeting will include brief committee reports, introduction of new Board Members, Annual Report, and other business. The Executive Director will comment on the work of the organization during the year.

A social hour follows with light refreshments. If you are unable to come for the business part of the meeting, stop by for refreshments and to see friends at 8:00 PM!

*All Gardens residents are invited.*

## 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 "**Trump Tariffs and the Future of the World Economy,**" facilitated by Building III resident, *Gil Morahg*.

Trump's aggressive trade and tariff policies have shaken global economic norms. What's the rationale behind this radical shift in economic policy, and what are the implications for multilateral trade and geopolitics? For Zoom link, please contact Margaret Bianchi at [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) or 212-666-4000.

**Tuesday, March 3, 7:00 PM, Via Zoom**

## Retirement Peer Group

*Bridget Leicester*, MG resident and retired social worker, facilitates this support group.

If you have recently retired, or are thinking about retiring, it can be stressful and a challenge. It doesn't just reduce your income. Even if you've been looking forward to a more relaxed life, you may feel the need to meet with others to find support, and to brainstorm about what comes next. As neighbors we can help each other with the questions: How do you spend the time, find new purpose and relationships.

If you're interested, please contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org). *Second and fourth Tuesday of each month at 4:00 PM – 5:00 PM.*

**Tuesday, March 10 and 24, 4:00 PM  
MRHS, 100 LaSalle St., #MC**

## Interested in Volunteering?

We are currently looking for volunteers to serve as occasional escorts. Escorts assist residents with getting to and from medical and other essential appointments. It's a great way to get to know your neighbors and provide an important service to the community. If you're on our escort list, we'll reach out when there's a request. It's okay if you're busy, we'll try you again next time.

## Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Kathy Careddu, Pao-Yung Chao, Olha Della Cava, Tom Goodhue, Glenn Jackson, Bezhad Khosrovi, Alice Lilly, Susan Miller, Edna Philiba, Eugene Rodriguez, Irit Schwager, Judy Solomon, Dilia Solorzano, Rose Voisk, Eva Welch, and Lorraine Wilbourne.



## Moving For Life

### Movement Exercises for Health

*Moving For Life* classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance-like moves, then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

**Tuesdays, 10:00 AM, Starting March 3  
MRHS, 100 LaSalle St., #MC**

## MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, March 11, at 3:00 PM** to discuss *The Hour of the Star* by *Clarice Lispector*. Then on Wednesday, April 15 at 3:00 PM, the group will discuss *Half of a Yellow Sun* by Chimamanda Ngozi Adichie. The programs are on Zoom. All are welcome.



For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## Gentle Yoga

Join MRHS for a series of **Gentle Yoga** classes with *Hilary Nudell*, long-time Morningside Gardens' resident and Yoga teacher.

**Thursdays at 4:00 PM**

**Thurgood Marshall Room, 80 LaSalle St.**

## MRHS Men's Group

The **Men's Group** continues to meet for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be

**Thursday, March 26, 1:00 PM.** Lunch will be served. Cost: \$10. Any questions, please contact Margaret Bianchi:

[MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) or 212-666-4000.

## Balance Assessments

*Robin Stoller, Ph.D., P.T.* is offering free balance testing on the last Monday of every month from 1:00 to 3:00 PM. This brief screening measures your balance and helps identify your risk for falls.

**Advance sign-up is required.** Please contact Margaret Bianchi at 212-666-4000 or [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) to reserve a spot.

**Monday, March 30, 1:00 PM**

**MRHS Center, 100 LaSalle Street, #MC**

## 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, March 20, 2026). 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 NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. \*\*\****

## Sing Along With Herb!

The *MRHS Singalong* is back. Building V resident, Herb Michael, leads the group in traditional folk tunes and other popular favorites.

**Thursdays, March 5 and 19, at 1:00 PM**

**MRHS, 100 LaSalle Street, #MC**



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

## MRHS Board Game Café

Please join us **Friday, March 27 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

## Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, March 27, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.



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***MRHS would like to thank the West Harlem Development Corporation for its support.***

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

## SRFF 2026

### SR Socially Relevant Film Festival, NY

- The 13th annual SR Socially Relevant Film Festival NY runs in-person March 10-15, with Opening Night (Red Carpet) at The LenFest Centre for the Arts on March 11, *a short-film preview program at MRHS on March 10*, and more films at Cinema Village from March 13-15. Online streaming starts on March 16. "Meet the Filmmakers" live broadcasts on your tune are from February 17 to March 7, with a Meet the Women Filmmakers webinar on March 8.
- SRFF offers narrative features, documentaries, short films, and a scriptwriting competition — all of which address critical and pressing social issues.
- SRFF's 13th edition highlights Black History Month, BIPOC films, Disability, Mental Health, art and healing, LGBTQI, and women filmmakers. To date, the festival has screened close to 800 films from 40 countries. Ticket information [here](#).

Free entry for all students with ID. The Senior discount code SR60SEN.

For the schedule and regular updates, visit [www.ratedsrfilms.org](http://www.ratedsrfilms.org)

#### **Short-Film Preview Program**

**Tuesday, March 10, 6:30 PM**  
**Community Center, Bldg. I**

## MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

Please feel free to contact Stephanie Low with questions: [stephanielow52@gmail.com](mailto:stephanielow52@gmail.com). If you are interested in participating, contact Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

**Upcoming Dates: March 2, 16**

## Stories That Stay With Us

### A Live Storytelling Circle

Inspired by The Moth Storytelling Hour, *Stories That Stay With Us* is a new monthly storytelling circle where residents are invited to gather and share true stories from their lives in a relaxed and welcoming setting. Like The Moth, the focus is on real moments told in your own voice, stories about unexpected turns, meaningful encounters, risks taken, plans gone wrong, or memories that still make you laugh or pause years later.

Each session will draw from actual Moth storytelling prompts designed to spark memories and help uncover stories you may not have thought to tell before. Participants are welcome to come with a story prepared, come simply to listen, or decide to share on a whim as inspiration strikes. No writing or storytelling experience is needed, only a willingness to enjoy an evening of stories and connection. The group will meet on the *last Thursday of each month*.

**Thursday, March 26, 6:00 PM to 7:15 PM**  
**MRHS, 100 LaSalle St., #MC**

Residents interested in learning more about the first session may email Social Work inter, Laura Mocker, at [lauram@mrhsny.org](mailto:lauram@mrhsny.org).

*Come listen, come share, and discover the stories waiting to be told.*

## Sleep Hygiene For Older Adults

***Improving rest and health through better habits***

*Mary-Ellen Betterton*, BSN, RN from VNS Health and MRHS's own nurse, *Stacia Steen*, RN, BSN will discuss sleep hygiene, why it's important and how to improve your sleep habits in a presentation that will be followed by a question-and-answer session. Effective sleep hygiene practices will be included in the discussion. *Refreshments will be served.*

**Tuesday, March 10, 11:00 AM**  
**MRHS, 100 LaSalle St., #MC**

## DVP – Movement Speaks

### Dances For a Variable Population (DVP)

**MOVEMENT SPEAKS®** is a

sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life.

Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.



**Thursdays at 10:30 AM**

**Building I Community Center**

Please contact Margaret Bianchi at 212-666-4000 or [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) to reserve.

## The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics.

Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all the MET's locations.

The program is held on the third Friday of each month at MRHS: **Friday, March 20, 1:00 PM.** For more information, please call MRHS at 212-666-4000 or email [Robina@mrhsny.org](mailto:Robina@mrhsny.org)

## Cribbage

**Cribbage** has arrived at MRHS. This game is usually played on the second and fourth Sundays of the month from 2:00 PM to 6:00 PM or whenever you want to come or leave. If you don't play, please join us and we will teach you. If you already are a player, then join us to have a good time while playing a fun game.

**Sunday, March 8, 22, 2:00 – 6:00 PM**  
**MRHS, 100 LaSalle St., #MC**

## “Lincoln”

Film: *Lincoln*

(2012) 2 hours, 29 minutes.

What were the complex dilemmas that Lincoln faced as President? What role did slaves and free blacks play in their own liberation? There is Lincoln the principled politician who believed that war was a necessary means to sustain the Union, and Lincoln the compromiser who declared that if he could save the Union without freeing any slave he would do it.

Sherman's army was marching through South Carolina. Slaves were occupying the land that they had worked. Opponents spoke of the 13th Amendment as a tyrannical destruction of individual property. Radical Republicans saw that liberation would be hollow if not accompanied by the destruction of the land-based political power of the agrarian ruling classes.

Brought to life via a layered screenplay by Tony Kushner (*Munich*), Steven Spielberg's starkly human storytelling, and the performance of Daniel Day-Lewis leading an accomplished cast, the film invites audiences into the heart and soul of Lincoln's final achievements.

**Monday, March 9, 1:00 PM**  
**MRHS, 100 LaSalle Street, #MC**

## Bloomington School of Music

**Music Appreciation Series via Zoom**

**Fridays from 1:00-2:30 PM**

**with Marc Peloquin**

**“Impressions of France”**

**March 6 - 27**

This course will explore some of the most imaginative music from France. Participants will engage with music ranging from the 17th century to the great masters of the 20th century, including Debussy and Ravel. We will also listen to some of the famous interpreters of French song, including the great Édith Piaf. Join us for a musical tour of France!



**Contact Margaret at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to register.**

## Morningside Theater Co. Offers TWO Women's History Events!

On Sat. Mar. 14 at 5:00 PM join us for April Armstrong's one-woman show, *Two Wings to Heaven: The Bessie Coleman Story*, which tells Elizabeth "Bessie" Coleman's triumphant story from dirt poor childhood to renowned international aviatrix using dialogue, song, movement and imagery; all while teaching about this period of history, the science of aeronautics, and the need for civil rights for women and people of color. This fanciful tale includes a dreamy visit from Harriet Tubman, Joan of Arc and Paul Lawrence Dunbar, historical figures whose stories gave Bessie the inspiration she needed. Written and performed by April Armstrong. Directed by Sara Berg. There will be a talk back and wine reception to follow. Suggested contribution \$20 adults, \$15 seniors and students or pay what you wish.

Next on Sunday, Mar. 29 at 5:00 PM, our Monthly New Play Reading series will present *Storm Clouds - a riveting new play set in South Africa and London by Maryam Benganga Holleman*, with talk back and refreshments to follow. Don't miss these exciting special events!!!!

## Arts & Minds

The Arts & Minds program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. Arts & Minds was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person on the first and third Tuesdays of the month from 2:00 - 3:15 PM. The upcoming meetings are **March 3 and 17**.

Contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to reserve a spot.

## Music MIDDAYS

MUSIC MIDDAYS welcomes you to free concerts! **Monday, March 3, 12:00 Noon.**

Music MIDDAYS presents the Katarina String Quartet. Their program in the key of C showcases two masterworks: one of the delightful "Prussian" Quartets by Haydn, and Benjamin Britten's formidable Second Quartet, his homage to the great English composer Henry Purcell. FREE.

**Advent Lutheran Church,  
2504 Broadway at 93rd St.**

## Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午 3-4點, 下樓來MRHS長者中心, 我們一起聊聊大家的人生故事~

**本週故事話題是：** 1) 你堅持過最久的一件事是什麼？是怎麼開始的？2) 請分享一個你會作出的承諾，可以是對自己的，也可以是對他人的？

**關於人生故事會：** 在十週內，我們免費為長者組織15人以內，每週一次的小型聚會，一起分享人生故事、建立友誼。在故事會的最後，我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網：

<https://lifestoryclub.org/>

有任何疑問，歡迎撥打主持人譚小姐電話302-321-4199！

我們週四4點見！Chinese LIFE STORY CLUB,  
**every Thursday at 3:00 PM**, at MRHS.

Please feel free to contact the facilitator, *Effy*, at 302-321-4199.

## Life Story Club

*The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested.-*