

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Posture: The Key to Good Health

Are you concerned about poor posture and the way you look? Ever feel like you just can't stand up straight? Do you suffer from chronic tightness & pain in the neck & back? Be Proactive! In this dynamic class led by physical & occupational therapists we will:

- Demonstrate what good posture is and is not.
- Learn the numerous health benefits of good posture.
- Learn proper sitting, standing, sleeping postures.
- Practice simple exercises to correct and maintain your posture

Please wear loose, comfortable clothing as we will be moving. *Masks will be required.*

Led by **Robin Stoller Ph.D, P.T.**
Monday, May 9, 2:00 PM at MRHS

Please RSVP to Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org.

Finding Purpose

"A sense of purpose improves physical health and well-being in retirement" (Dr. Jill Steinberg). Financial security is only one aspect of a successful retirement; as important as it is to plan financially, it is just as crucial to plan spiritual and emotional fulfillment. Join renowned psychologist **Dr. Jill Steinberg** for an inspired presentation on acquiring the skills to identify your purpose, regardless of which stage of life you are in. **Finding Purpose** will be presented in person at MRHS and via Zoom on **Thursday, May 26 7:00 -8:30 PM.**

Masks will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot in person or for the Zoom link.

Paint Nite!

Enjoy a night of relaxation, creation and friendly interaction with neighbors and friends. Instructors from *Paint the Town* will guide participants through the process of creating a masterpiece worth framing. The subject of the painting will be one of the beautiful trees in our very own Gardens. All painting supplies will be provided along with light refreshments. Please join us on **Thursday, May 12 from 7:00 PM - 9:00 PM** in the **MRHS Center**. The cost is \$20.00 per person. Open to all residents over 21 years of age.

Masks will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

Road Map to Retirement

It is never too or early or too late to plan for retirement. Whether it is years away or you are already retired, join us for an educational workshop that can help make the road to retirement, or financial life in retirement, a smoother one.

Gardens resident *Weilin Li Marabello* and her partners from Prudential will offer information and helpful tips on how to maximize resources at any age. **The Road Map to Retirement** will be held in person at MRHS and via Zoom on **Thursday, May 5 from 7:00 PM to 8:00 PM.** This program is a continuation of the *Finances and Insurance Made Simple* series.

Masks will be required in person. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot in person or to receive the Zoom link.

MRHS will be closed on Monday, May 30 in honor of Memorial Day. We wish everyone a great holiday!

Take My Word

An annual and very popular event over the years – this year's reading by MRHS's ***Writing from Life Experience*** group will be on Zoom.



The members of the group will share their writings with our community as well as with friends and family from all over the world. MRHS is very proud to co-sponsor this 28th annual event with the Teachers & Writers Collaborative.

Sunday, May 22, 2:00 – 3:30 PM reading and discussion to follow.

You will receive a Zoom invitation closer to the date. Please RSVP by Friday, May 20 by email to margaretb@mrhsny.org or MRHS phone 212-666-4000 giving your email address.

Spring Garden Lunch Party

The Morningside Heights-West Harlem Sanitation Coalition and the Grant Houses Tenant Association are sponsoring a ***Spring Garden Lunch Party*** to honor retiring Sanitation Coalition leaders **Gloria Allen, Marie Ledoux, Joan Levine and Sarah Martin** at the *Grant Houses Community Garden* between Amsterdam and Morningside Avenues, past the Jackie Robinson Senior Center.

Date: Saturday, May 14 (rain date May 21) at **12:00 to 3:00 PM: Program at 12:30 PM.**

Donations gratefully accepted (lunch will be provided.)

MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, May 25 at 1:00 PM.** The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

Happy May Birthday!!

To: Robin Berson, Laura Brown Sands, Anne Ellis, Marie Louise Guinier, Ronald Jackman, Leslie Kiss, Tina Lal, Patricia Marsella, Elizabeth Mellen, Herb Michael, Gil Morahg, Dan Morgan, Irwin, Ronson, Ray Saunders, Lorna Sheldon, Jana Titus, Martha Trezevant, and Marion Wright.

MRHS Board of Directors

Michael Davidson, *President*
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Nora Armani	Carl Jones
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MRHS Book Group

The next meeting is **Wednesday, May 11 at 3:00 PM** to discuss ***The Woman Warrior***, by *Maxine Hong Kingston*.

Via Zoom. All are welcome.

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

Arts and Minds

The **Arts and Minds** program is in full swing here in The Gardens! Participants at the first two sessions have enjoyed discussing the highlighted works as well as creating their own unique designs. Arts and Minds was developed to bring the joy of art to people with cognitive decline and their care partners.

Programs are held in person the **first and third Tuesdays of the month from 2:00-3:15 PM. The next session will be held on Tuesday, May 3.**

Masks will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch),
10:00am – 11:00am

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

Digital Histories Program from Su Casa

3:00pm – 5:00pm

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Exercise/ Workout

10:00am – 11:00am



MRHS Board Game Café

Please join us **Friday, May 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, May 27, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

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 **Russia and the U.S.**, facilitated by *Building III resident Gil Morahg*.

Russia and the United States have many areas of conflict and some possible areas of mutual interest. Arms control, Russian interference in U.S. elections and support of cyberattacks, the status of Ukraine, the fate of opposition politicians in Russia, all continue to be concerning. How will the new administration in Washington approach these issues?

Tuesday, May 3, 7:00 PM, Via Zoom

Great Decisions Upcoming Schedule

- June 7: "Myanmar and ASEAN"
- September 6: "Quad Alliance" (U.S., India, Japan, and Australia)
- October 4: "Drug Policy in Latin America"
- November 1: "Industrial Policy"
- December 6: "Biden's Agenda"

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

***** 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's "Great Movies" Series

'Fireworks Wednesday'

(2006) 1 hr., 42 min.

On the last Wednesday before the Spring solstice ushers in the Persian New Year, people set off fireworks. When a young bride-to-be working for a cleaning agency turns up at the apartment of a couple, she finds herself in a different kind of fireworks - a domestic dispute. Twice an Oscar winner (for "A Separation" and "The Salesman"), director Ashgar Farhadi keeps us guessing as to what exactly is happening, and forces us to question our assumptions about the characters and their reliability. *In Farsi, with English subtitles.*

Thursday, May 19, 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.

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, May 20, 2022). 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.***

— Please make sure you get your booster shot! Call MRHS at 212-666-4000 if you need help.

****** 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. ******

Digital Histories Project

Artist-photographer Rico Washington will be guiding participants as they create priceless **digital histories** that can be preserved and handed down. Sessions take place on **Wednesdays at 3:00 PM on Zoom**. *This program is open to those living outside Morningside Gardens in the wider community.*

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Meetings will be on **Thursday, May 12 and May 26 at 4:00 PM**. For more information, please call MRHS at 212.666.4000. Walk ins welcome!

Look, A Book!

With summer coming up, the MRHS library has a wide selection of mysteries, thrillers, novels, non-fiction and travel books to borrow and read in the shade under a tree or beach umbrella. Thanks to Deborah and Lee Weinberg, our large-print collection has expanded to include a variety of mysteries from their mother Sydney's library - she loved a good who-done-it. We also have many audio books on CD.



The MRHS library is hidden in plain sight to the left of the entry door to the lounge and kitchen. Feel free to borrow a book. We ask only that you return what you borrow when you are finished so that you may share the enjoyment of reading with others. The tables to the right of the lounge area also have a variety of information sheets, magazines, and the weekday New York Times to be read in place. So, what are you waiting for?

"To read is to make new friends, explore the world, challenge yourself, and know you are not alone."

Choral Project

We are excited to announce the beginning of a new choral project, a joint venture between MRHS and CantaNYC. We plan to start rehearsing in June. MRHS has invited Maestro **Claude Lévy**, a French-American conductor. Mr. Lévy is a former "agrégé" music professor and has been conducting choruses for people of all ages since the 1970's.



At MRHS, we want to encourage community, not only for our retired friends, but for all generations. This is why everyone aged 18+ will be welcome in this chorus, provided they can sing in tune, fit in a group, and preferably already have some choral experience.

A versatile musician, Mr. Lévy has conducted a wide range of music, from Renaissance pieces to 20th and 21st world premieres, along with major oratorios like Mozart's *Requiem*. In 2018, as part of David Lang's *Mile Long Opera* performed on New York's Highline, he created his group, CantaNYC, whose experienced singers will join our group, ***CantaNYC in the Gardens***. We will focus on secular, original, tonal repertoire, including some world premieres, as well as sacred music, and explore non-traditional pieces from time to time. We will prioritize socially responsible lyrics.

A first series of rehearsals will start on **Thursday, June 9, from 7:30 to 9:30 PM at MRHS, followed by June 16 and 23**. We plan to perform some short concerts at MRHS and, tentatively, at another venue, on June 25 and 26.

After the summer break, rehearsals will resume after Labor Day.

If interested, please reach out to Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org in order to secure a spot in an audition on a date to be determined.

Latin/Swing Dance Class

Get ready to dance this summer in Lincoln Center, Central Park and along the Hudson.

Latin/Swing dance class with Kathy Sanson: learning Salsa: Mambo, Cha-cha, Merengue, Samba, Tango and, of course, Swing: Jitterbug and Lindihop.

No partner necessary, for mature adults and for all levels, especially beginners. Fluid warm-up to begin so your body is ready when you have fun dancing. Classes begin May 19; Thursday mornings at 10:00 to 11:30 A.M. in the Thurgood Marshall Room, Building III. If interested, please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to sign up.

Music Mondays Presents

**JUPITER QUARTET & JASPER QUARTET
Monday, MAY 9, 7:30 PM**

Two acclaimed quartets join forces for a program of classic and contemporary octets. The Jupiter Quartet is "an ensemble of eloquent intensity ... one of the mainstays of the American chamber-music scene" (New Yorker); the "outstanding" Philadelphia-based Jasper Quartet (New Yorker) received acclaim by The New York Times for its album, *Unbound*, as one of the year's best. The two quartets recently recorded a new album together, released by Marquis Classics in 2021.

Program:

Florence Price: String Quartet No. 1 (Jasper Quartet)

Michi Wiancko: To Unpathed Waters, Undreamed Shores (Jupiter Quartet)

Dan Visconti: Eternal Breath (Jasper/ Jupiter)

Feliz Mendelssohn: Octet (Jasper/ Jupiter)

FREE concert

We welcome guests with proof of vaccination. Face masks must be worn at all times.

Music Mondays at Advent Lutheran Church
2504 Broadway at 93rd Street
New York, NY 10025