

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

President: Robert Hill
Executive Director: Ronald Bruno

CantaNYC - MRHS Choral Project

The singers of *CantaNYC* and our own Morningside Gardens residents have joined together to present an **Open Rehearsal/Mini-Performance** on **Sunday, May 7 at 3:30 PM**, in the **New Building 1 Community Center**. Maestro Claude Levy of *CantaNYC* will guide the singers through eleven well-chosen selections that will delight the audience! Reservations are required to attend this free program.

Please RSVP to Robin Aloï at Robina@mrhsny.org or call MRHS at 212-666-4000

MRHS Monthly Film Series

Introducing a new monthly, in-person film series. We will be showing a different film **every second Monday of the month at 1:00 PM at MRHS**, beginning with:

"Waking Ned Devine"
(1998) 1 hr, 31 min.

When best friends Jackie O'Shea and Michael O'Sullivan discover that someone in their Irish village has won the lottery, they set off to see if the winner is in a sharing mood. A delightful, heartwarming small-town comedy, one of the joys of which is in the richness of the local eccentric population. We recognize the human nature involved, and we like the way the film throws up obstacles just to have fun leaping over them. One reason we like village comedies from Ireland and the U.K. is of course that they're funny. Another is to meet the characters and enjoy the pleasure of their company.

Monday, May 8, at 1:00 PM
MRHS Center, 100 LaSalle St., #MC

Salsa/Swing Dance Class

Salsa, Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jitterbug & Jazz.

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles while you have fun dancing.

Classes begin **Wednesday, May 10**, through July 5, every Wednesday morning at **10:30 AM to 12:00 noon, in the Thurgood Marshall Room**, Building III.

If interested, please contact Margaret at MargaretB@mrhsny.org to sign up. For more information can call or text or email dance instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com. Or you can just come by on May 10.

"Take My Word"

An annual and very popular event over the years – this year's reading by the *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 29th annual event with the *Teachers & Writers Collaborative*.

Reading and discussion to follow.

Sunday, May 21, 2:00 - 3:30 PM

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org for the Zoom link.

MRHS will be closed on Monday, May 29 in honor of Memorial Day. We wish everyone a great holiday!



Local Subway News

An Elevator For The Broadway/125 Street Station!

Good news! Columbia University and the MTA are talking about building an ELEVATOR at the 125 Street IRT subway station. A committee of community groups led by MRHS and the Morningside Heights Community Coalition (MHCC) are the sponsors. The, not so good, news is that it will take perhaps 5 years to accomplish this task.

Our 125 Street station is landmarked. It was completed in 1904 as part of the first real subway line in New York City. It is really a beautiful historic structure. If you count the floors of the apartment house next to it, I think it must be, at least, 5 stories high.

I have seen a picture of that station in the early days. A woman wearing a long skirt and carrying a parasol, is walking underneath! I am sure she was not planning to climb all those stairs in that outfit. The escalator might have been an improvement but not, of course, if it didn't go all the way up which is the situation now. Moreover, if you use a walker, wheelchair or if you are wheeling a baby carriage (or wearing a long skirt), an escalator would not be of too much help. The only solution is an elevator.

I hope we all live long enough to enjoy it!

Joan Levine

Member, MRHS Board of Directors

MRHS Board Game Café

Please join us **Friday, May 26 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 26, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Happy May Birthday!!

To: Robin Berson, Laura Brown Sands, Eliza Chiu, 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.

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 **Economic Warfare**, moderated by Building I resident, *Ken Thomas*.

Waging economic warfare consists of a variety of measures from implementing sanctions to fomenting labor strikes. Such tools are utilized by states to hinder their enemies, and in the case of the United States have been used as far back as the early 19th century. Since Russia invaded Ukraine in February 2022, economic warfare has been the main means for the west to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war. **Tuesday, May 2, 7:00 PM, Via Zoom**

MRHS Book Group

The next meeting of the MRHS Book Group is **Wednesday, May 24, at 3:00 PM** to discuss ***The Razor's Edge*** by *W. Somerset Maugham*. Via Zoom. All are welcome. Plan ahead, June discussion is set for Wednesday, June 21 at 3:00 PM. The book selection is ***The Dutch House*** by *Ann Patchett*. For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is *tentatively scheduled* for **Thursday, May 25 at 1:00 PM**. *Lunch will be served. Cost: \$10.*

Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com .

Moving For Life

Dance 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 moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

Fridays, 3:00 PM to 4:00 PM

New Building 1 Community Center

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

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



West Harlem
Development
Corporation

Solutions through collaborations™

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

Bloomingdale School of Music

Music Appreciation Series via Zoom

**"Great Performers: Yo-Yo Ma"
with Marc Peloquin**

May 5 – May 26

Fridays from 1:00-2:30 PM

Yo-Yo Ma has brought international attention to the cello both as a brilliant performer and as a tireless advocate for the commissioning of new works by living composers. His repertoire spans the ages and continents. We will discover the rich and diverse body of music he has so generously shared with the world.

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to register.

Michael Greene

Memorial Service

Friday, May 5, 2023

Manhattan School of Music

130 Claremont Avenue

10:00 AM to 11:30 AM

RSVP to jillkuperberg@gmail.com or 212.223.3905

A special musical performance will be presented by Mr. Christian McGhee, current recipient of the Michael Greene Jazz Scholarship.

Light refreshments will be served.

**** 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. ***

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

Low Vision Support Group

Come join the Low Vision Group! This group meets at MRHS twice a month on Wednesdays. The purpose of this group is to facilitate open discussion related to eye conditions and research, living with visual impairment, as well as incorporate field trips and guest speakers. This group is open to both individuals with visual impairment as well as their sighted support individuals.

Our May sessions will be **Wednesday, May 3** (topic: cataracts & cooking) and May 17 (TBD).

Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

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. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

MRHS Program Calendar

Paper copies of the MRHS Program Calendar are now available in the lobby of your building and at MRHS. The Program Calendar is also available on our website at www.mrhsny.org.

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 19, 2023). 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.***

“My Yang Gang Diary”

Inspired by the Humanity Forward grassroots movement, filmmaker Ching Juhl, a one-woman-iPhone band, documents her yearlong journey across 12 American cities during Andrew Yang's unconventional presidential primary campaign. The film has won Best Feature Documentary Awards in Canada, Italy and the US. MYGD website:

<https://www.myyanggangdiary.com>

Ching Juhl, filmmaker, violin teacher and MG multimedia workshop chair, has been a MG resident since 2005. Founder of Juhl Media, she has created 1000+ videos on social media platforms. YouTube channel:

<https://www.youtube.com/@JuhlMedia>

Thursday, May 4, at 7:00 PM
MRHS Center, 100 LaSalle St., #MC

SU-CASA Art Program

MRHS is once again hosting a resident artist through the SU-CASA program. The title is ***India's Ephemeral Art of Kolam*** and is taught by artist/instructor *Jayanthi Moorthy*.

Visual artist Jayanthi (Jay) Moorthy guides participants through the exploration of India's ephemeral art of Kolam. Jay says participants will learn to draw simple patterns and labyrinths with a series of dots, lines and curves, inspired by the Indian age-old art of kōlam.

Participants will be both creating the art and learning about the importance of using rice flour and chalk powder in this art form. The workshop takes place on **Fridays at 1:00 PM - 3:00 PM** through Friday, June 30.

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

****** MRHS thanks the NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******

Kundalini-Shakti Yoga

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 16 years.

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register. If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Thursdays, 5:00 PM to 6:15 PM, Via Zoom

MRHS Library

MRHS Library's Crowning May Offerings

On May 6 Charles will be crowned King Charles III and his wife Camilla, Queen Consort. So what you may ask? Well, Charles heads a constitutional monarchy and is "The Supreme Governor" of the Church of England. Fifteen nations within the Commonwealth of the UK will recognize him as Head of State. One can only wish Charles III well. In the distant past, Charles 1 faced a civil war and was beheaded. Years later, Charles II had to flee England for years of exile in France. He returned after Cromwell died to restore the monarchy. A further note on monarchies: Did you know that there are 43 other countries on this planet with a monarch who oversees various forms of government within their country? In recognition of monarchies past and present, this May the MRHS Library Special Collections Shelf will feature books (mostly fiction) on past monarchies along with some light-hearted romances. We kindly remind you to return those books that you borrow.

Fall Prevention Bingo

Mt. Sinai Morningside Trauma Program

Purpose: The game is intended to promote awareness and understanding of fall prevention strategies among older adults, as falls are a common and serious health concern.

Program Description: Falls can be devastating for an older adult; they are a leading cause of injuries such as traumatic brain injury, hip fracture, and broken bones. One in five falls cause serious injury, and falls can also lead to a fear of falling and future restriction of activities. Many falls are preventable. Understanding fall risk factors and ways to prevent falls is an important first step in fall prevention. Fall Prevention Bingo is a fun and engaging educational tool that can be used to improve knowledge of fall risks. Fall Prevention Bingo is played like traditional bingo, except the bingo numbers have been replaced with evidence-based fall prevention information.

Presented by:

Charla Sarabia, Injury Prevention and Community Outreach Coordinator

Thursday, June 8, at 2:00 PM

MRHS Center, 100 LaSalle St., #MC

Music Mondays

ECCO & Jupiter String Quartet

The Jupiter String Quartet ("technical finesse and rare expressive maturity," New Yorker) joins the exuberant East Coast Chamber Orchestra (ECCO) for a wide-ranging program that includes Schubert's great "Death and the Maiden" Quartet, arranged for string orchestra, and Jessie Montgomery's take on the national anthem, Banner. "Everything the group touched felt balanced and bright...And the orchestra, as always, played luminously." (N Y Times). <https://www.musicmondays.org/may-2023>

Monday, May 8 at 7:30 PM

**Advent Lutheran Church
UWS, 2504 Broadway**

Morningside Players

New Play About Morningside Gardens

Have you ever wondered why Morningside Gardens was built? Or what it replaced? Morningside Players Theater Co. will present John Barrow's new play, "We Have To Do Something," telling the story of disruption, resistance and displacement that resulted in both Morningside Gardens and Grant Houses.

In 1947 David Rockefeller, who attended The Lincoln School (now P.S. 125) was alarmed at what he saw as the spread of "slums." He organized nine institutions, including Columbia, Barnard, Riverside, UTS, and JTS, to form Morningside Heights, Inc. The Federal Housing Act of 1949 opened a flood of money to cities and states for "urban renewal." In 1951 MHI announced a plan to demolish 25 acres of existing neighborhood—and the neighbors immediately organized Save Our Homes, led by Elizabeth Barker. Robert Moses lent his power to MHI, and the battle lines were drawn.

"We Have To Do Something" takes us back to those tumultuous days, featuring many of your neighbors in the cast. Concurrently with the play, the Archives subcommittee will unveil an exhibit of historical documents and photographs from MG's earliest days.

Performances will take place May 16-21. Please be on the lookout for further information about both the play and the exhibit.

Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.

Manhattan School of Music

Manhattan School of Music is now offering free tickets to all concerts and performances to residents of the 10027 zip code. While many performances are free, some larger productions, including musical theater and opera productions, have modest ticket prices.

Those and all performances in our season will now be free to all 10027 residents, including anyone affiliated with MRHS.

When a ticket order at msmnyc.edu/performances is placed by a patron in the 10027 zip code, the first two (2) tickets to any of MSM's ticketed events are free. All additional tickets to the event will be charged at the regular price. For events with multiple performances, the promotion is limited to one performance date/time per event. Patrons must include their zip code in their MSM box office profile address or the promotion will not activate.

Upcoming Ticketed Events

FREE for residents of 10027

April 27-30: Opera: "The Cunning Little Vixen"

May 5: MSM Jazz Orchestra

Masekela Scholars' Big Band Experience

Full details for MSM performances may be found at msmnyc.edu/performances.

All of Us Research Program

There's a gap in medical research that only you can fill. The *All of Us* Research Program is a historic effort to accelerate research that may improve health by gathering data from one million or more people living in the United States.

By taking into account individual differences in lifestyle, environment, and biology, researchers will have the information to better understand health and disease. The more we know about what makes people unique, the more customized health care we can become.

For more information:

Visit: JoinAllofUs.org/nyc

Call (833) 268-5646

Email: nyc@joinallofus.org