



newsletter

Celebrating our 58th Year!

May 1, 2024
Vol. XLVIII, No. 5

100 LaSalle Street, NY, NY 10027 (212) 666-4000 **President: B. Chandra Chandrasekaran**
www.mrhsny.org **Executive Director: Ronald Bruno**

“Castro to Christopher”

Long time Morningside resident **Nick Blair** will discuss his recent book of photographs ***Castro to Christopher, Gay Streets of America, 1979–1986***. Growing up in Morningside Gardens, Nick learned darkroom techniques in the Workshop before moving, for a time, to San Francisco where he studied photography and lived in an arts commune. Nick will show slides from the book and talk about how this project came about.

Wednesday, May 22, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

“Talent Is Timeless”

Have fun performing before your friends, neighbors, and fellow New Yorkers, while participating in a talent competition!

NYC Aging is pleased to announce the return of ***Talent Is Timeless***, a citywide talent competition geared toward older adults aged 60 and up. MRHS is very excited to be a part of it for the first time this year!!

We welcome all kinds of talent: singing, dancing, music, pet tricks and more. Your act should be no more than 3 minutes.

Deadline to sign up is **May 5**. The show will take place in June. The top 3 winners will go on to perform at a Regional Show in August, those winners will go on to perform in a Borough-wide show in September, those winners will go on to participate the in a citywide Finale on October 10.

Contact MRHS at 212.666.4000 to sign up or for any questions about the competition.

MRHS will be closed on Monday, May 27 in honor of Memorial Day. We wish everyone a great holiday!

“American Eden”

David Hosack, Botany, and Medicine in Early New York

This lively, illustrated lecture by biographer Victoria Johnson features her latest book, ***American Eden***, which both the *Wall Street Journal* and Ron Chernow (author of *Alexander Hamilton*) called “captivating.” *American Eden* was a finalist for the 2018 National Book Award in Nonfiction, the 2018 Los Angeles Times Book Prize in Biography, and the 2019 Pulitzer Prize in History. It was also a *New York Times* Notable Book of 2018.

When Alexander Hamilton and Aaron Burr met on a dueling ground in July 1804, they chose the same attending physician: David Hosack. Family doctor and friend to both men, Hosack is today a shadowy figure at the edge of a famous duel, the great achievements of his life forgotten. But in 1801, on twenty acres of Manhattan farmland, Hosack founded the first public botanical garden in the new nation, amassing a spectacular collection of medicinal, agricultural, and ornamental plants that brought him worldwide praise from the likes of Thomas Jefferson, James Madison, and Alexander von Humboldt. More information about Victoria’s book is at americaneden.org.

Victoria Johnson, a longtime resident of Morningside Gardens, is Professor of Urban Policy and Planning at Hunter College of the City University of New York. She earned her undergraduate degree in philosophy from Yale in 1991 and her Ph.D. in sociology from Columbia in 2002. Victoria is currently at work on a biography of the nineteenth-century artist and landscape architect Frederic Church (1826-1900).

Wednesday, May 8, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

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) 請分享一個你曾作出的承諾, 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/>

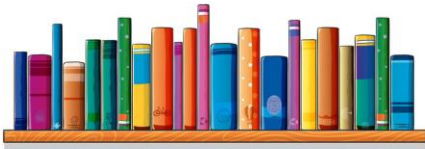
有任何疑問, 歡迎撥打主持人譚小姐電話302-321-4199!

我們週四4點見!

Chinese LIFE STORY CLUB, **every Thursday at 3:00 PM**, come to the MRHS Center, and let's share our life stories together! If you have any questions, please feel free to contact the facilitator, *Effy*, at 302-321-4199!

MRHS Library Summer Offerings

Recently contributed books to the MRHS Library may



be found this **May and through the summer months** on the two shelves as you enter the lounge area on your left. The summer months are a good time to read or listen to an audiobook at home or on a bench outside on a sunny day. The general library shelves have a wide selection of mysteries and thrillers, biographies, general fiction, non-fiction and even some travel guides to help you plan an actual trip or just one in your mind. There is also a selection of large print and recorded offerings. We ask only that you return what you borrow so others may enjoy them.

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.

MRHS Board Game Café

Please join us **Friday, May 31 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 31, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, May 23 at 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

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 **U.S. -China Trade Rivalry**, facilitated by Building I resident, *Michael DeBorja*.

China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be?

For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

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

Special Screening: “Shirley”

“Shirley” is a film from 2023, about the life and political career of Shirley Chisholm, who, in 1968, became the first black woman to be elected to the United States Congress. Chisholm represented New York’s 12th congressional district, a district centered in Bedford-Stuyvesant, Brooklyn, for seven terms from 1969 to 1983. In 1972, she became the first black candidate for a major-party nomination for President of the US and the first woman to run for the Democratic Party’s presidential nomination. Throughout her career, she was known for taking a resolute stand against economic, social, and political injustices as well as being a strong supporter of black civil rights and women's rights.

Thursday, May 23, 2:30 PM
MRHS Center, 100 LaSalle St., #MC

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.

Upcoming Dates:

May 6, 20; June 3, 17

Upcoming Programs/Events

CantaNYC Concert

Sunday, June 9, 4:00 PM
Building I Community Center

Tai Chi For Arthritis

With Charla Sarabia
Mondays & Wednesdays, 1:30 – 2:30 PM
Starting June 10, Thurgood Marshall Room

“Stop The Bleed” Workshop

Friday, June 7, 2:00 PM
MRHS Center, 100 LaSalle St.

MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, May 15, at 3:00 PM.** The reading selection is the novel, ***A Man Called Ove*** by Fredrik Backman. The Program is on Zoom. Planning ahead, the group will meet on Wednesday, June 12 at 3:00 PM to discuss ***The Premonition*** by Banana Yoshimoto.

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

Online Yoga Class

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 18 years.

Everyone is invited, regardless of ability and experience. No cost!

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

Thursdays, 5:30 PM, Via Zoom
Next Class: May 2



West Harlem
Development
Corporation

Solutions through collaborations™

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

Singers Workshop –

Join *Concerts in Motion* on **Thursday, May 16 from 5:00 – 6:00 PM** for a concert celebrating spring, featuring students from *Singers' Workshops!*

Singers' Workshops at Teachers College, Columbia University is designed to assist ALL singers develop their vocal, musical, and communicative capabilities across the lifespan. Developed by Singing Voice Specialist, Jeanne Goffi-Fynn, these workshops provide a unique opportunity for singers at all ages to work together collaboratively.

Wednesday, May 16, 5:00 PM
Community Center, Bldg. I Lower Level

Art Exhibit and Benefit For MRHS

Come celebrate Spring with us! Members of the Wednesday MRHS Art Group will be showing artwork made both in class and outside of class. Work will be on sale to benefit MRHS.

If you are a visual artist who lives in Morningside Gardens and would like to donate work, please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org for more information.

Sunday, June 2, 1:00 – 6:00 PM
Thurgood Marshall Room, Building III

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.
Wednesday at 12:30 AM.

Classes begin **Wednesday, May 1, 12:30 to 2:00 PM, in the Thurgood Marshall Room, Building III.** For more information call, text or email dance instructor Kathy Sanson: 917-535-0582 kjsanson@gmail.com. *Or just come by!*

Investing and Your Emotions

Make Better Financial Decisions

We will also discuss how to use bonds to safeguard your future. Hosted by a dual-credentialed Certified Financial Planner with an MBA at Wharton Wealth Planning. Followed by an Open Question and Answer Session.

David Rosenstock, CFP®, MBA is the Director of Investments and Financial Planning at Wharton Wealth Planning. He earned his MBA from the Wharton Business School and B.S. in economics from Cornell University. More information about Wharton Wealth Planning can be found at

<https://whartonwealthplanning.com/>

Thursday, May 2, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

We Are Heading South!!

Join us for a relaxing ride to the picturesque town of **Smithville, NJ**. Nestled in the Pine Barrens of South Jersey, **Smithville** has a selection of eateries and small shops as well as two tasting rooms for **Tomasello's Winery**.

Our group will enjoy a deli buffet at **Fred and Ethel's Lantern Light Restaurant** followed by sampling five varieties of wines from **Tomasello's Winery** at the tasting rooms. If you would like to join us for the drive and the lunch but you do not want to partake in the wine tasting, you can wander through the shops until the bus picks us up.

Wednesday, May 22 **Cost \$50.00**
Depart MRHS: 9:00 AM **Return 5:30 PM**

Please contact MRHS to sign up or for more information at 212-666-4000 or email Robin Aloj at Robina@mrhsny.org

***** MRHS thanks NYC Aging 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. *****

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 the **MRHS Center, 100 LaSalle St., #MC. Friday, May 17, 1:00 PM**

If you would like to reserve a spot or if you need more information, please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org

There's Magic in Music!

Join us for the newest zoom program at **The Memory Tree. "There's Magic in Music"**, on the 2nd and 4th Tuesday of every month from **2:00-3:30**. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia, all with the goal of improving mood and brain power.

Tuesdays, May 14 and May 28
MRHS Center, 100 LaSalle St., #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, May 17, 2024). 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.***

Bloomington School of Music

Music Appreciation Series via Zoom
May be streamed at home or else come to MRHS for streaming!

"Harmonious Collaborations: Essential Partnerships between Composers and Performers"

with Marc Peloquin

May 10 - May 31

Fridays from 1:00-2:30 PM

Every great composer needs great performers to bring their music to the world. This class will explore some of those unique and important relationships including Robert and Clara Schumann; Brahms and Joseph Joachim; and Stephen Sondheim and Bernadette Peters.

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

Balance Issues Support Group

Let's help each other! Causes of balance problems include medications, ear infection, a head injury, or anything else that affects the inner ear or brain. Low blood pressure can lead to dizziness when you stand up too quickly. Regardless of what causes your balance issue, it is helpful and important to get the support of others who are experiencing the same challenges.

We look forward to holding these support sessions monthly. For further information please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

Thursdays at 1:00 PM

Next Meeting: May 2

MRHS Center, 100 LaSalle St., #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. ****

CantaNYC in the Gardens

The singers of CantaNYC are returning to pair up with our own Gardens residents to present an Open Rehearsal/Mini-Performance on *Sunday, June 9 at 4:00 PM-4:45 PM in the Building 1 Community Center*. Maestro Claude Levy of CantaNYC will guide the singers through well-chosen selections!

Rehearsals begin on **Tuesday, April 30 and will continue through Tuesday June 4**.

These once-a-week rehearsals will be from **6:30 PM to 8:30 PM**. If you are interested in lending your voice to this performance, please RSVP to: Robin Aloi at Robina@mrhsny.org or call MRHS at 212-666-4000.

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 meeting is **May 7**. *Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve.*

Circle Of Hands

Circle of Hands is meeting on Tuesday nights, from 7:00 PM to 8:30 PM in MRHS's West Room. Both beginners and veterans are welcome to join us to work on handcraft projects such as knitting, crocheting, embroidery, quilting, needle work. Bring along a project you may be working on or start something new. Supplies are available to help start you off in knitting or crocheting. We are a friendly group and help each other out as needed.

If you have questions or would like a Spring 2024 schedule, please contact Mary Davidson by email at: marywickens@gmail.com.

Consent Forms

NYC Aging is now requiring all NORC programs to obtain written consent from all residents who use services, even if it's only to attend an occasional program. Without this consent we cannot count your attendance, which makes it very difficult for us to meet our contract requirements with NYC Aging. So please help us out --- it's just your name, address, and phone number that we need. Thank you!

Monthly Supper Club

Join the social work interns of MRHS, **Nina & Myra**, for the MRHS Supper Club. Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. If interested, please contact Nina or Myra at MRHS at 212-666-4000. **Date: Friday, May 10, 5:00 PM**

Volunteer Info

MRHS has been offered an opportunity to partner with the nonprofit, ALMS (The Association for Learning and Mentoring Services), which has received a grant to measure the impact of volunteers on communities. MRHS has wanted to keep better track of our volunteers for some time and this partnership with ALMS will provide MRHS with the tools to do so. MRHS will also receive some funds for participating in this partnership. Going forward, we might be asking our volunteers for your cooperation and help as we try to track your volunteer time.

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.