



newsletter

Celebrating our 60th Year!

May 1, 2026
Vol. XLV, No. 5

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www.mrhsny.org

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Take Charge of Your Health This Summer

As the weather warms up, older adults may be vulnerable to the heat and humidity we experience in the NYC area. Be prepared: MRHS nurse, *Stacia Steen, RN, BSN* will provide "Simple Steps to Stay Strong, Safe, and Energized."

Tuesday, May 12, 11:30 AM
MRHS, 100 LaSalle St., #MC

Blood Pressure Screening

Blood Pressure Screening has returned to MRHS! *Stacia Steen*, MRHS nurse and healthcare coordinator, will be available to take your blood pressure on **Tuesdays, from 11:00 AM to 1:00 PM at MRHS**. Stacia will also be available to answer any questions you may have during that time. Everyone is welcome, so feel free to stop by.

Lincoln Center Tour

Let's Enjoy the Grandeur of Lincoln Center!
This tour provides a behind-the-scenes perspective of the past and present of this grand venue. During our 75-minute tour, we will learn about Lincoln Center's history and explore the iconic arts organizations that call Lincoln Center home. After our tour we will enjoy box lunches provided by Lincoln Center's catering service.

Thursday, May 21 **Cost \$50**
Depart: 10:30 AM **Return: 2:30 PM**

If you would like to join us or if you would like more information call MRHS at 212-666-4000 or email Robin Aloj at Robina@mrhsny.org.

***** MRHS will be closed on Monday, May 25, for Memorial Day. *****

Gather 'Round: Tech Troubles, Triumphs and Tea

Starting *World Password Day, Thursday May 7*, pull up a chair, grab a cup of something warm, and join MRHS Tech Coordinator **Dan Baruah** and Social work Intern **Laura Mocker** for our new monthly **Fireside Chat** – where your tech gadgets are allowed to misbehave and nobody will judge you for it.

Bring your colorful tech stories, your "why won't this thing work" moments, your internet scam close calls, and, yes, your victories too. No lectures, no slides, no jargon; just neighbors exchanging stories over tea and coffee. Fair warning: you may leave knowing what a password manager is. See you there!

Monthly on Thursdays

Thursday, May 7, 1:00 – 2:00 PM
MRHS, 100 LaSalle St., #MC

What Is the Difference Between the Violin and the Viola?

Ching Juhl, violist/violinist and longtime MG resident, will discuss and demonstrate the difference between the Violin and the Viola. Ching will play both instruments to highlight the differences and perhaps offer audience members an opportunity to do the same. She will talk briefly about the history of the string instruments and two different violin learning methods: European and Suzuki.

Ching Juhl, violist/violinist, has performed at Carnegie Hall, Lincoln Center, Geneva Opera House and Shanghai Concert Hall. She taught music at St. Joseph's College for 15 years and directs Music Studio Manhattan currently.

Monday, May 4, 7:00 PM
MRHS, 100 LaSalle St., #MC

Elevator Lobby Win!

MTA And Columbia Sign Agreement To Fund Elevator Installations at 125th St. Station and Improve Escalators

MRHS was recognized by Elevator Lobby chair, Robert Stern, for its advocacy work in bringing about the agreement between the MTA and Columbia University to fund the installation of elevators at the 125th St. station of the #1 subway line. MRHS co-founded the Elevator Lobby with the Morningside Heights Community Coalition in 2019. The first meeting of the lobby took place at MRHS in November 2019. Many thanks to the MRHS Advocacy Committee, especially Committee co-chair and MRHS Vice-President, Stuart Aaronson, for leading the way and staying involved.

Stories That Stay With Us

A Live Storytelling Circle

Inspired by The Moth Storytelling Hour, *Stories That Stay With Us* is a monthly storytelling circle where residents are invited to gather and share true stories from their lives in a relaxed and welcoming setting. 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 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.

**Thursday, May 28, 6:00 PM to 7:15 PM
MRHS, 100 LaSalle St., #MC**

Residents interested in learning more may email Social Work intern, Laura Mocker, at lauram@mrhsny.org.

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

Happy May Birthday!!

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

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.

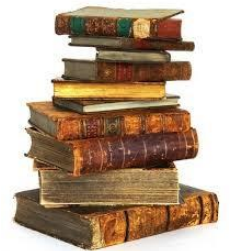
Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance-like moves, then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

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

MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, May 13, at 3:00 PM** to discuss *The Autobiography of My Mother* by Jamaica Kincaid. Then on Wednesday, June 17 at 3:00 PM, the group will discuss *Fathers and Sons* by Ivan Turgenev. 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.



*** Congratulations to **Dana Minaya**, who will be honored for her community activism by the New York Society for Ethical Culture on Monday, May 4, at 6:00 PM.***

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 **"Ruptured Alliances and the Risk of Nuclear Proliferation."**

U.S. alliance skepticism may drive countries like Japan and South Korea to reconsider nuclear options. What are the implications of the Trump administration's rethinking of the U.S. alliance system for regional and global security? Will this new uncertainty alter the way allies and rivals in various regions make decisions about security and nuclear weapons? For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

Tuesday, May 5, 7:00 PM, Via Zoom

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 margaretb@mrhsny.org.

Upcoming Dates:

May 4, 18

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 15, 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.***

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, April 16 and 30, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

MRHS Board Game Café

Please join us **Friday, May 29 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 29, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

**** 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. ****



West Harlem
Development
Corporation

Solutions through collaborations™

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. ******

Walk-In Tech Help With Dan

Starting May 6, *Dan Baruah* will be available for tech support at MRHS every **Wednesday, between the hours of 12:00 and 4:00 PM.** No appointment needed, just bring in your device and Dan will do his best to help resolve your tech issues. Dan is also available by appointment and for home visits outside of these walk-in hours.

Affordable Arts And Culture

We're excited to share a new opportunity for MRHS residents to access *affordable arts and culture experiences.* Through the link below, eligible MRHS residents can sign up for a **free TDF Community account:**
<https://communitypartners.tdf.org/?k=6AW9KE2FG1>

Members of the TDF Community program receive access to special ticket offers throughout the year, including free, \$20, and \$40 tickets to a wide range of performances. The account also includes a complimentary **Go Off-Off and Beyond** membership, along with regular notifications when new ticket opportunities become available.

Tickets are released on a first-come, first-served basis. We encourage participants to check their accounts frequently, as popular shows can sell out quickly and new inventory is added often.

Congratulations Sean Juhl!

Sean Juhl, son of Gardens residents, *Ching and John Juhl*, will join the Cleveland Orchestra in May, 2026. The Cleveland Orchestra is ranked as one of the top 10 orchestras in the world. Sean once performed at MRHS in his younger years. Here is the story in The Strad: <https://www.thestrad.com/news/new-viol-a-appointments-at-cleveland-orchestra/20733.article?>

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



The Men's Group having lunch on March 26
The Men's Group meets on the fourth Thursday of the month for lunch and conversation, and welcomes newcomers.

MRHS Men's Group

The **Men's Group** meets for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be **Thursday, May 28, 1:00 PM.** *Lunch will be served. Cost: \$10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

Zen Talk

Building I resident, *Harry Miller*, will discuss **Zen Buddhism.** Zen is a school of Buddhism that emphasizes direct experience, simplicity, and mindfulness rather than relying heavily on scriptures or intellectual explanations.

Monday, May 11, 7:00 PM
MRHS, 100 LaSalle St., #MC

MRHS Memory Café Experience!

Thursday, May 14, From 4:00 to 5:00 PM
Dear Mama Café, 611 W. 129 St.
(Inside the Jerome Greene Science Center)

Experience includes light refreshments from the café. Please call MRHS at 212.666.4000 or email margaretb@mrhsny.org with any questions or to RSVP.

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. *Second and fourth Tuesday of each month at 4:00 PM – 5:00 PM.*

Tuesday, May 5 and 19, 4:00 PM
MRHS, 100 LaSalle St., #MC

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 *MET* locations.

*Please note the program will be meeting on **Wednesday, May 13 at 1:00 PM.*** For more information, please call MRHS at 212-666-4000 or email 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.

Sundays, May 10 and 24, 2:00 – 6:00 PM
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 to reserve.

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.

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 **May 5, 19.** Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

Looking Ahead

- **Elder Justice Presentation** –
June 23, 1:00 PM
- **Falls Prevention** –
June 25, 11:00 AM
- **NYS Citizen Preparedness** –
June 29, 2:00 PM
- **Falls Prevention Bingo** –
July 24, 2:00 PM

Bloomington School of Music

Music Appreciation Series via Zoom

Fridays from 1:00-2:30 PM

with Marc Peloquin

"German Soundscapes"

May 15 – 22

This two-week course will explore sublime and groundbreaking works of German music. Participants will engage with some of the most important composers of Western music including Bach, Beethoven, Brahms, and Strauss—a wonderful way to become more acquainted with these masters and the brilliant interpreters who have brought their music to life.

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

"Senior Luncheon Event"

Date: Saturday, May 16

Time: 12:00 to 4:00 PM

Location: Columbia's Forum Hall, Atrium

Join **ALMS** for a memorable afternoon featuring inspiring guest speakers, a delicious lunch, and engaging activities including bingo and exciting raffle prizes. It promises to be a warm and joyful gathering for our senior community.

New Work from MG Playwrights

You are invited to attend the 13th annual reading of new work from the Morningside Theater Company's Playwrights Group. This year's lineup will feature short works and excerpts from longer plays, by Mark Speyer, John Barrow, Noel Brooks, Pamela Kellner, Timothy Kelley, and Ian Adrian. The subjects range from comedy to drama, spanning realism, farce, fantasy, and a romance with a digital assistant.

The program will take place on **May 9 at 4:00 PM in the Bldg. 1 Community Center.** Admission is free, and refreshments will be provided. We hope you can join us!

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. This virtual group gathers weekly to share stories.

Music Mondays

MUSIC MONDAYS welcomes you to free concerts! **Monday, May 11, 7:30 Noon.**

Parker Quartet & Nicholas Phan, tenor

The Parker Quartet brings Schubert's searing "Death and the Maiden" Quartet; and join with tenor Nicholas Phan for the song on which the Quartet is based. Phan also offers Schubert's song cycle, Die schöne Müllerin (The Beautiful Miller's Daughter), with Music Mondays Artistic Director, Aaron Wunsch. *Free concert.*

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