

“World’s Fastest Indian” (...motorcycle, of course!)

Join us on **Friday, April 13** when Chris Pawelski and Roy Davidson (Building II, BMW Motorcycle enthusiasts!) present their favorite motorcycle movie of all time — “*World’s Fastest Indian*” starring Anthony Hopkins. It is a wonderful, human and TRUE story of Burt Munro, who never let the dreams of his youth fade. He perfected his classic Indian Motorcycle in his garage in his homeland of New Zealand, and then with a shoestring budget...with all odds against him...he headed out for the Bonneville Salt Flats in Utah to test out his cycle. He made legendary history within the motorcycle community to this day!

JOIN US for soda, beer and pretzels... “swap” your own motorcycle stories...bring your pictures...or check out ours! Hopkins said it was his favorite movie role. **JOIN US for the “ride of your life...it’s never too late to dream (!)” on Friday, April 13, 7:00 PM, MRHS Tuttle Center, 100 La Salle, #MC.**

Save the Date:

Wednesday Evening, May 16

Did you ever think that picking up someone’s groceries could help you learn the guitar? Or that volunteering at a community event can help you get your computer repaired? Join us for a special info session about **TimeBanksNYC**, a citywide network of neighbors helping neighbors.

To learn more about the program visit nyc.gov/timebanksnyc and see the MRHS May Newsletter for more information about the upcoming presentation.

Wine-Tasting 2012:

OLD WORLD VS. NEW WORLD WINES

MG residents and friends who participated in the MRHS wine-tasting benefit event one year ago enjoyed it immensely, and many expressed the hope that this event could be repeated. Back by popular demand, there will be another wine-tasting event this spring.

The knowledgeable and affable wine expert Patrick Séré will educate both our taste buds and our minds as he discusses wines from the Old World and the New World. We will get to taste comparable wines, two whites and two reds, from Old World and New World wine-producing countries. A reception follows the wine-tasting.

Please mark your calendars and save this date and time: **Friday, April 27, 2012 at 6:00 PM, in the Recreation Center of 100 La Salle, basement level.** Tickets will be \$20 per person, available at MRHS starting April 10. Seats are limited to 60, so get your tickets early!

Financial Planning Program

On **Wednesday, April 11 at 7:00 PM, Ray Henri**, a Certified Financial Planner, returns to MRHS. He will speak on the topic, “**The Seven Investment Mistakes to Avoid.**” Mr. Henri has 18 years experience advising both working and retired people with financial planning.

Educating clients, designing plans, and minimizing mistakes are his guiding principles in building life-long relationships. Please join us in the **Tuttle Center, 100 La Salle, #MC**, for this informative program.

No Cash, Please

As a 'best practice,' MRHS has been advised by its independent auditor to handle as little cash as possible. Please help us to meet this goal by paying for all items and services at MRHS by check instead of cash. Thank you!

NORC Funding Restored

Funding for NORC programs has been restored in the New York State Assembly and Senate budgets. It is expected that the restored funding will be included in the final New York State budget, which, as of this printing, the governor still has to sign.

Thanks to everyone who signed the petitions at MRHS sent to Assembly Member Dan O'Donnell and State Senator Bill Perkins!

Elder Smile Program

The Columbia University College of Dental Medicine **Community DentCare Network** will host the **Elder Smile Program** at MRHS on **Thursday, May 10, 10:00 AM to 1:00 PM**. There will be workshops on oral health, diabetes and high blood pressure, as well as dental, blood pressure and blood sugar screenings and referrals. Come and receive a free "Goodies" bag. For more information about the Eldersmile Program please call 212-305-1045.

For assistance with your tax preparations:

The closest **IRS location** is:

Workforce1 Career Center
215 W 125th Street
6th Floor
917-493-7212

The following link is for free tax help from the **IRS** for people with incomes under \$50,000:

<http://irs.treasury.gov/freetaxprep>

The **AARP Foundation** also offers free tax preparation for older adults over 60 with limited incomes. Call 1-888-227-7669 for more information.

Happy April Birthday!!

To: Frances Cleary, Hardison Geer, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng Liu, Patricia Mack, Seong Moy, Forrest Murphy, Velia Neri, Jian-Hua Pan, Sylvia Robinson, Diana Rosenberg, Michiko Ryan, Surendra Sharma, Donald St. John-Parsons, Trygve Tholfsen, Deborah Wallace, Arlessie Wright, and Samuel Yeh.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in April are all invited to our Birthday Party! Come on **Tuesday, April 17 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Apr. 7 Conviction (2010) 1 hr., 43 min.

Based on a true story, this emotional drama focuses on a woman who devotes her entire existence to reversing her brother's murder conviction. Hilary Swank has the lead part.

Apr. 14 the Kids Are All Right (2010)

1 hr., 47 min. These kids are growing up with two mothers, a lesbian couple. The kids track down the man who was the sperm donor, leading to an odd sort of family arrangement when he shows up. Julianne Moore, Annette Bening, and Mark Ruffalo deal with the complexities of this comedy.

Apr. 21 The Women (1939) 2 hrs, 12 min.

There are no men in this movie, which makes it a natural for George Cukor. He directs an all-star cast in a comedy (adapted from a play by Clare Booth Luce) with wit, cattiness, fashion, glamour, and a touch of sentimentality.

Apr. 28 Barney's Version (2010) 2 hrs. 14 min.

Mordecai Richler wrote the novel this film is based on. Both funny and sad, it looks back on one man's three marriages. That man is another of the unglamorous characters portrayed by Paul Giamatti.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM

Next on April 11, April 25.

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" group's next meeting will be announced soon. Look for the notices.

"Later Life Transitions" group meets this month on **Thursday, April 12 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will take place on **Wednesday, April 25 at 3:00 PM** in the Tuttle Center. The discussion is on the novel, **Never Let Me Go** by Kazuo Ishiguro. All are welcome to participate.

On Good Friday evening, **April 6**, there will be no **Breath-Awareness Meditation**.

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, April 20). 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.**

Free Concert Tickets Available

MRHS has a generous donation of free tickets to the St. Cecilia Chorus performance of Verdi's Requiem on Saturday night, April 21 at 7:30 PM. The performance is at Carnegie Hall, 57th Street and 6th Avenue. Please call early to reserve a ticket as availability is limited. Contact MRHS at 212-666-4000.

Supper Club – Special Edition

Our next MRHS Supper Club event is planned for **Thursday, April 12**. We have a special evening planned: the dinner will take place at our neighborhood restaurant, **Nikko**, and seating has been reserved at the hibachi grill tables. Share good food with your neighbors while enjoying an entertaining hibachi show! Join us at 6:00 PM at **1280 Amsterdam Ave.** (between 123rd and La Salle). Cost is **\$15.00** and reservations are required. Please call us at 212-666-4000.

The Low Vision Support Group will meet three times this month. On **Thursday, April 19**, we are taking a trip to the **Heiskell Talking Book Library** for a tour and overview of their current services and resources – we will leave MRHS at **10:00 AM** and transportation will be arranged. Please contact Social Work Intern, Carolyn, at 212-666-4000 if you are interested in attending. Regular group meetings will be held on **April 13 and April 27 at 1:00 PM** – special topics to be announced.

"A society grows great when old men plant trees whose shade they know they shall never sit in." Greek proverb

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

Technology for You

The iPhone Revealed

The next meeting of the MRHS "techNet" is scheduled for **Thursday, May 17, 2012 at 7:30 PM**. The "techNet" group will not meet in April. In May, Mike Davidson will give a presentation on the **iPhone 4s**. Since he believes that "every older person in the world should own either an iPhone or an Android phone," he will make his case by demonstrating how the iPhone works, how to connect it to a TV, how to use it to improve memory, how to use it as a flashlight or emergency beacon, how to take advantage of the iCloud, how to talk to "Siri" and much more.

For more information about any of the above, send a message to **DrMichaelSDavidson@Gmail.com** or call the office (212-666-4000).

Great Decisions Program

On **Tuesday, April 3 at 7:00 PM** the Great Decisions Program will feature a discussion on "Mexico." Ken and Peggy Thomas are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2012 program (\$20.00).

Feng Shui for Health & Safety

The **Feng Shui** program at MRHS led by two occupational therapy students from Columbia University will hold their final group session on April 4 at 11:15 AM. "*Feng Shui for Health & Safety*" aims to present residents with a fun and interesting approach to promoting harmony, safety, and health in their homes through basic feng shui and established home safety principles.

At the final session a booklet will be available with quick tips and resources to help you apply the principles of feng shui.

Historic Long Island Gold Coast Tour Series

Jolly Fisherman & Nassau County Museum of Art

Join MRHS for lunch at the **Jolly Fisherman & Steak House**, "The Kingfish of Long Island Seafood Restaurants" and then tour the **Nassau County Museum of Art**. Ranked among the nation's largest, most important suburban art museums, Nassau County Museum of Art is located about 25 miles east of New York City in Roslyn Harbor, Long Island on the former Frick Estate, a spectacular property in the heart of Long Island's fabled Gold Coast. Our three course lunch menu includes choices of fresh seasonal fruit, marinated herring, tossed salad, filet of sole, fish n' chips, chicken Francaise, apple cobbler and banana cream pie.

DATE: Tues. April 24 **DEPART:** 10:30 AM
PRICE: \$45.00 **RETURN MRHS:** 4:00 PM

Stress Reduction Including Chi Gong

If you want to exercise and end up feeling relaxed, then this is the class for you. It begins slowly, emphasizing breathing and stretching exercises; continues with more active and aerobic sequences, and ends with relaxation techniques.

The last section of the class is Chi Gong, the Chinese healing art. It immediately benefits the circulatory and immune systems and calms the nervous system. You will get a workout, yet end up feeling relaxed.

This class can be done either sitting or standing. No previous experience is necessary. The instructor is **Marge Nissen**, (Bldg. III), a long-time experienced teacher certified in exercise, Yoga, Tai Chi, and Chi Gong. The class meets currently on **Tuesdays at 10:30 AM** in the MRHS Tuttle Center. All are welcome.

Here is some additional information for those seeking assistance with their tax preparations.

This link is for free tax help from the **IRS** for people with incomes under \$50,000:

<http://irs.treasury.gov/freetaxprep>

The closest **IRS location** is:

Workforce1 Career Center
215 W 125th Street
6th Floor
917-493-7212

Also, the IRS is launching a self-assistance service at select locations. If individuals have a simple tax return and need a little help or do not have access to a computer, they can visit one of the participating tax preparation sites and an IRS-certified volunteer will guide them through the process. The closest location is:

FoodbankNYC -W.Harlem
252 West 116th St.
West Harlem Community Kitchen

The **AARP Foundation** also offers free tax preparation for older adults over 60 with limited incomes. Call 1-888-227-7669 for more information.

The closest **AARP location** is:

Morningside Heights Branch, NY Public Library
2900 Broadway

E-filing Status: Yes
(212) 666-5099

Handicap Accessible: Yes

Mon 10:30AM-2:30PM

Sat 10:30AM-2:30PM

AT 113TH STREET

Closed Monday, Feb 20, Open Monday, April 16

Walk-ins Welcome