

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Culinary Institute of America



Join all the gourmets at MRHS as we explore fine dining in the Hudson Valley. Yes, we're off again to the world famous **Culinary Institute of America** in beautiful Hyde Park,

N.Y. This time we will be having a spectacular feast at the American Bounty Restaurant.

We will have a sumptuous three-course meal in the beautiful restaurant followed by a guided tour of America's premier cooking school.

DATE: Thursday, August 22 COST: \$50.00
DEPART: 9:30 AM RETURN: 5:00 PM

MRHS Summer Qi Gong Series Exercises for Health and Relaxation

Qi Gong is a Chinese healing art that uses a simple series of exercises to benefit the circulatory, immune, and nervous systems. The end result is a very relaxed state of body and mind. The class is offered by **Marjorie Nissen** who has taught Qi Gong and Yoga at MRHS for many years. She was certified to teach Qi Gong at a hospital in China where she first studied it, 15 years ago. Classes to be held on three Tuesdays in August, **August 6, August 13, and August 20** from **2:30 to 3:30 PM** in the MRHS Tuttle Center. Call to enroll.

Special congratulations to Lotte Strauss who celebrates her 100th birthday on August 2, 2013.

SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesday, August 6 and Tuesday, August 27, from 2:00 PM to 4:00 PM at the MRHS Tuttle Center.** Assistance will be available in **English and Chinese** from representatives of the Department for the Aging. Monthly gross income limits of \$1,862 (single) and \$2,522 (couple) do apply, but please come by if you're unsure or want to find out more.

Intergenerational Photo Workshop

We are in the planning stages for our 2013-2014 "Going Green" **Intergenerational Photo Workshops** thanks to our partners at the *Center for Food and Environment* at Teachers College, Columbia and support from the *Jeannette Solomon NORC-SSP Cultural Arts Fund* and YOU! We will be hosting several sessions with the MRHS- *Memory Tree* group and scheduling some OPEN SESSIONS in the Fall and Spring as well.

Our themes for next year are: "**Composting**" and "**Community Gardens**" and we have BOTH right here at Morningside Gardens! So if you're interested in getting involved send me an email, or let Margaret know at MRHS and she'll add you to our CONTACT LIST. (*We even have the cameras to use!*)

Check out our website from previous years: <http://mgphotoworkshop.com>. We had great fun, shopping at the Columbia Green Market, making nutritious and delicious recipes and taking LOTS OF PICTURES! JOIN US! Contact list available at MRHS or email Chris Pawelski, Bldg. II, 16F, christinepawelski@hotmail.com.

Celebrating Our Seniors - A Walk Through Time

"A Walk Through Time" is a citywide fundraiser that tells the story of New York through the eyes of its longest lived citizens, our seniors. It is also a time to honor the beauty of inter-generational relationships.

Looking to the past to honor the present, the highlight of the day is the celebratory "Walk Through Time." This pre-set path highlights the New York experience one decade at a time starting with the 1940's.

- This is an afternoon of fun, learning and remembrance for individuals, families and community organizations.
- Breaking tradition from the usual "thons," you can participate in as much or as little of the event as you like, at your own leisure.
- Enjoy oral histories, crafts, music and a labyrinth of activities that will spark the sharing of memories.
- Whether you participate as a corporation, individual or family, you can help the Aging in New York Fund raise money by registering online and asking friends, colleagues and relatives to pledge money for you to complete your walk.

WHEN?

Sunday, September 8 (Grandparent's Day)
Event runs 11:00 AM-3:00 PM.

WHERE?

Prospect Park, Brooklyn
Main Stage: Bandshell North Use
Entrance at 9th Street and Prospect Park West

MRHS Photos?

Have you taken pictures at an MRHS program or event? We would love to have those images to share on our website. Please forward any images to Joanna Stolove at JoannaS@mrhsny.org.



Happy August Birthday!!

To: Anne Burley, Fungying Chao, Vicki Chen, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewellyn Williams, Lucienne Yoshinaga.

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 August are all invited to our Birthday Party! Come on **Tuesday, August 20, 2013 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Aug. 3 Captain January (1936) 1 hr, 17 min. Shirley Temple plays Starr, a six-year old orphan rescued from the sea as a baby by a lighthouse keeper, Captain January. Starr sings and dances in this charming comedy drama. Children welcome. Popcorn will be served. Rated Approved.

Aug. 10 The King and I (1956) 2 hrs., 13 min. Musical about a widow who accepts a job as a live-in governess to the King of Siam's children. Stars Deborah Kerr, Yul Brynner, Rita Moreno. Rated G.

Aug. 17 The Great Gatsby (1974) 1 hr., 58 min. Third film version of F. Scott Fitzgerald's classic; Midwesterner Nick Caraway (Sam Waterson) becomes fascinated with his nouveau riche neighbor, Jay Gatsby (Robert Redford) who obsesses over his lost love. PG.

Aug. 24 Still Walking (2008) 1 hr., 54 min. Grown children return for a family reunion. The house is as unchanging as the mother's homemade feast, but everyone has subtly changed. An exquisitely detailed drama that shines with warmth; while you're watching it, the rest of the world fades into irrelevance." (NY Times). Unrated.

Aug. 31 Raising Victor Vargas (2003) 1 hr., 20 min. In this charming romantic "dramedy" set in the Lower East side Latino community, haughty teen Victor pursues pretty Judy but gets some life lessons along the way from his eccentric grandma and his sassy younger sister, Vicki. Rated R

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

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

Resumes September 11, 2013

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 will resume in the fall.

"Later Life Transitions" group meets this month on **Thursday, August 8 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, August 21 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, **The Photograph** by Penelope Lively. All are welcome.

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 August 16). 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.**

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do your laundry. Just call **Marie Phillips at 212-666-4000** one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.



Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market. We will accept donations **one evening a month, this month on Tuesday, August 20 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM continuing till Flea Market Time. This month the dates are Thursday, 8/1, 8/8, 8/15, 8/22, 8/29.** Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle. Flea Market dates are **November 15, 16, and 17, 2013.**

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing). Morningside teenagers welcome to join in. Community-service credit is available. We especially need volunteers who can help with lifting and transporting items. We also need donations of old newspaper and strong boxes for packing. Contact the MRHS office at 212-666-4000 to volunteer.

Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting.

"Say It With Cake" Discount

"Say It With Cake," our neighbors located at 510 123rd Street, is offering the following discounts for Morningside Gardens residents for the month of August:

- 10% off all items on Tuesdays
- One free cookie on Thursdays

If you wish to be added to the TechNet email list, contact
[***DrMichaelSDavidson@Gmail.com.***](mailto:DrMichaelSDavidson@Gmail.com)

Late Ripeness

Not soon, as late as the approach of my
ninetieth year

I felt a door opening in me and I entered the
clarity of early morning.

--- ***Czeslaw Milosz***

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

Explore Your Future Series Coming to Morningside Gardens!

Explore Your Future is a series of four facilitated interactive workshops that help individuals who are 50+ envision the next phase of life including pursuing civic involvement, lifelong learning and encore careers. The program is nationally tested and administered by Coming of Age NYC.

Four sessions will be offered on four consecutive Wednesday evenings **starting October 2** from **5:00 to 7:00 PM**. Classes will be held in the Thurgood Marshall Room, 80 LaSalle Street, Ground Floor. Participants should plan to attend all four sessions as they build upon each other.

WHAT WILL YOU LEARN?

The sessions are:

*October 2: **What Has Influenced Me?*** - Participants reflect on what has meant most to them in their lives and brought the greatest fulfillment while they explore people and events that have influenced them, their lives' themes, patterns and strengths.

*October 9: **Who Am I Now?*** - Through self-discovery and assessment, participants identify where they are in their lives and what talents they have. They explore values and motivators, passions and interests, individual gifts, strengths and aspirations.

*October 16: **How Can I Realize My Dreams?*** - Once participants gain more self-awareness, they address practical ways to align their values, passions and gifts by learning creative techniques for generating life options, strategies to fuse passion, purpose and personal strengths, and ways to imagine potential.

*October 23: **How Do I Create an Engaged Life?*** - Participants develop individual action plans based on specific, measurable, attainable, realistic and timely (SMART) goals; real and perceived challenges; and resources to help them reach their goals.

This dynamic four-workshop series is \$30 (which includes the workshop manual).

Class size is limited to 30 participants (first come, first served).

Register by calling 212 666 4000

Sponsored by MRHS

Clear The Clutter On August 17th

On Saturday August 17th as part of Grant Houses' Family Day, the SANITATION COALITION will provide a double header. From 10AM to 4 PM, we will be collecting both electronics and textiles. The textile collection will be across La Salle Street in front of 3150 Broadway. The electronics truck will be parked on the Morningside Gardens side of the street across from the textile recycling table. Both collections will be quite extensive.

The Sanitation Coalition is lucky to have as its partners in the electronics collection, the **LOWER EASTSIDE ECOLOGY CENTER and TEKSERVE**. They will accept computers (laptops & desktops, servers, mainframes, monitors, printers, scanners, fax –machines, copiers; network devices (routers, hubs, modems etc.) peripherals (keyboards, mice, cables cords, chargers etc.); tablets and E-readers; Components (hard drives, CD_ROMS, circuit boards, power supplies, etc.); TVs, VCRs, DVRs & DVD players; digital converter boxes, cable/satellite receivers; portable music players, audio-visual equipment, video-games, cell phones, pagers, PDAs; telecommunication(phones, answering machines, etc.)

They will NOT ACCEPT: microwaves, refrigerators, air-conditioners, ionization smoke detectors or carbon monoxide detectors.

Our wonderful and reliable textile partner, **WEARABLE COLLECTIONS**, will help us out again. They take clean clothes, clean torn textiles, shoes, belts and handbags.

If you can help us out or if you need our help, please call **Marie Ledoux at 212 866-8348 or Joan Levine at 212 666-6157**.

Joan Levine

Summer Stretch and Tone

This **summer "Stretch and Tone"** classes continue. Classes will be held every Wednesday from 10:00 AM to 11:00 AM in the Thurgood Marshall Room, 80 La Salle. Class is structured around a specially selected video and led by trained volunteers. Here's a great opportunity to stay in shape this summer and have some fun too. All are welcome.