

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Bloomington School of Music

Dear MRHS Community,

Just a reminder that our **Music Appreciation** series will continue with another course that begins on **Friday, October 29**. The **Bloomington School of Music's** beloved instructor, *Marc Peloquin*, will be offering the following course via Zoom, open to all who are interested. This 4-week course will include flexible, lively discussion in addition to the guided listening and historical context. Tuition is only \$20 for the full 4-week session. We hope to see you there!

Musical Masterworks: The Concerto

October 29 - November 19. Fridays 1 - 2:30pm

Join us for a tour of some of the greatest concertos of all time. Participants will learn about Brahms' inspiration for his Violin Concerto, Rachmaninoff's struggles before composing his famous Second Piano Concerto, and will take part in guided listening and discussion of great performers of these works.

From Building V resident, Nancy Eder:

"With the exception of early childhood piano lessons, I came to the music appreciation class with little knowledge. Marc made the class so interesting, it has come to be one of the week's highlights.

"He isn't lecturing for an hour and a half, but rather talking with us (the audience at home) giving highlights of historical interest on musicians and their music. He frequently plays the piano (beautifully) and encourages participation if one has something to say or question. So while participation isn't required, our engagement makes the class even more enjoyable. I would love to see more people take advantage of this class taught by a very sweet, kind, knowledgeable and talented musician and teacher."

Dances For A Variable Population (DVP)

DVP Presents

"Dances For Seniors"

Featuring a Performance and Interactive Dance Workshop with Legendary Guest Artists!

Sharing Fun and Friendship!

Wednesday, December 1 at 2:00 PM
At MRHS

Masks and social distancing will be required, and seating will be limited. Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot.

MRHS Board Game Café

Please join us **Friday, November 19 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, November 19 between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow mask-wearing protocols required by the Department for the Aging.

MRHS will be closed on Thursday, November 11 for Veterans Day and on Thursday, November 25 for Thanksgiving. We wish everyone a good holiday.



Audraine Wilson

We are saddened to report the loss of former MRHS Board Member and Building V resident **Audraine Wilson**, who died at home on October 19 at the age of 95. Audraine was a firm believer in the mission of MRHS and remained an avid MRHS supporter and volunteer.

Audraine Wilson was born on September 1, 1926, in New York City. She attended George Washington High School. She married Joseph Wilson Sr. from Birdsnest, Virginia and from this union were born Adrienne Wilson Greene and Joseph Wilson Jr. (deceased). Audraine traveled extensively throughout China, Europe, South America and the Caribbean. However, she was famous for saying "When you leave New York, you don't go anywhere."

In 1976 Audraine became the third president of the Coalition of One Hundred Black Women. In addition, she was a social and active member of the NY Chapter of Girlfriends. In fact, she participated in a meeting the Saturday before her passing. She was dearly loved by her Morningside neighbors and all others she met along the way. The family is grateful for the assistance of MRHS, especially Margaret and Marisol.

In lieu of flowers Donations can be made to:
The Girl Friends Fund - <http://girlfriendsfund.org>
The Coalition of One Hundred Black Women - <https://www.cobwfounders.org>. Please select the Donate button and drop down to the Audraine Wilson Memorial Fund.

Contact Information

The MRHS office is now open with precautions in place. MRHS staff is also available by calling 212-666-4000 or by email:

Ron Bruno – ronb@mrhsny.org

Joanna Stolove – joannas@mrhsny.org

Saudia Garnette – saudiag@mrhsny.org

Stacia Steen – stacias@mrhsny.org

Margaret Bianchi – margaretb@mrhsny.org

Paul Fleischmann – paulf@mrhsny.org

Happy November Birthday!!

To: Marianne Brinigar, Marion Butler-Mills, Greg Darling, Israel Francus, Deloris Gruber, Paula Herz, Noam Kogen, Yen-Chi Le, Rita Laughlin, Cynthia Meyers, Galila Morahg, Susan Opotow, Elise Rackmill, Nancy Ross, Mark Speyer, Leah Stenzler, Molly Sweeney, Mary Taylor, Mamie Thomas, Peggy Thomas, and Kristina Vician.

**** MRHS would like to thank the **Morningside Heights Community Coalition** for its recent 2021 grants in support of MRHS. We would also like to thank them for their advocacy efforts alongside MRHS, as we work to bring a passenger elevator to the 125th St. #1 subway station. ****

Music Mondays Presents

ECCO and Shai Wosner, piano
Monday, November 1, 7:30 PM

The exuberant string orchestra, **ECCO (East Coast Chamber Orchestra)**, teams up with pianist Shai Wosner for "Bach Plus," an innovative program that interweaves music by J. S. Bach with contemporary composers Andrew Norman, Brett Dean, and Michi Wiancko. Wosner's "keen musical mind and deep musical soul" (NPR's All Things Considered) are sure to complement ECCO's "incisive, vibrant" playing (New York Times).

Program:

J. S. Bach — Piano Concerto in F Minor, BWV 1056

Brett Dean — Prelude to a Canon - Approach

J. S. Bach — Brandenburg Concerto No.6, BWV 1051

Andrew Norman — Gran Turismo for 8 violins
Michi Wiancko — Blue Bourée arr. for string orchestra

J. S. Bach — Piano Concerto in D major, BWV 1054

FREE concert: We welcome guests with proof of vaccination. Face masks must be worn at all times. Advent Lutheran Church, 2504 Broadway

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch), 10:00am – 11:00am

Concerts In Motion

(live classical music), 11:00am – 12:00pm

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

Concerts In Motion

(live Chinese music), 1:00pm – 2:00pm

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

TBD Workout

10:00am – 11:00am

Music Appreciation

1:00pm – 2:30pm

Programs may be joined by going to www.mrhsny.org, clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join.

To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000.

Ozier Muhammad Exhibition

MRHS board member, Building IV resident, and Pulitzer Prize winning photojournalist **Ozier Muhammad**, has a major photo exhibition at *Keith de Lellis Gallery*, 41 E. 57 St., Suite 703.

Hours: Tuesday-Saturday, 11:00 AM to 5:00 PM

Here's a link to information about the exhibition:

<https://gothamtogo.com/ozier-muhammad-events-that-changed-the-world-to-open-at-keith-de-llis-gallery/>

A Circle Of Hands

A Circle of Hands has resumed meeting on **Wednesdays from 7:00 to 8:00 PM** at MRHS. Dig out your knitting needles, crochet hooks, embroidery/quilting needles and join us to develop and share your needle craft skills.

Circle started in 2009 and welcomes all interested in needle crafts so bring a new project to start or one to continue on. No idea what to do? We may be able to help you and provide some supplies to get started.

Masks and social distancing are required. If you have questions, email Mary Davidson at: marywickens@gmail.com.

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, November 19, 2021). 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.***

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

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 ***The End of Globalization?*** facilitated by *Building III* resident *Gil Morahg*.

As the United States enters another election season, the merits and drawbacks of globalization are again being debated by the presidential candidates. With the passing of the Brexit vote and Donald Trump's America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the link or look for it in an email blast from MRHS. If you do not have the 2021 Great Decisions briefing book, you may also request a copy of the article from Margaret.

Tuesday, November 2, 7:00 PM
Via Zoom

MRHS Book Group

The Book Group will not be meeting in November. The next meeting is **Wednesday, December 8** to discuss the novel, *This is Happiness*, by Niall Williams. Via Zoom. All are welcome.

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 next meeting of the Men's Group will take place via Zoom on **Wednesday, November 24 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

MRHS's "Great Movies" Series

"The Past"

(2013) 2 hrs., 10 min.

Ahmad returns from Tehran to Paris to help his wife Marie finalize their divorce, as Marie wants to move on by marrying Samir, a laundry owner. Berenice Bejo won the Best Actress award at the Cannes Film Festival, where the film was also nominated for the Palme d'Or. Best Foreign Language Film nominee at the Golden Globe. Director Asghar Farhadi has won the Academy Award for Best Foreign Language Film twice, for "A Separation" and "The Salesman." *In French, Persian and Italian, with English subtitles.*

Thursday, Nov. 18, 2:00 PM via Zoom
Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

***** 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. *****

MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible.

*** A local photographer, Harry Mena, from the nonprofit, The Sunset Park Railroad, would like to put together a publication of photographs and short bios about populations under-represented in the media, including older adults. If you are interested in working with Harry, he is looking for subjects. Please contact Ron Bruno at ronb@mrhsny.org. ***
