



newsletter

Celebrating our 57th Year!

November 1, 2023
Vol. XLVII, No. 11

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

President: Robert Hill
Executive Director: Ronald Bruno

Introduction to Hearing Loss And Solutions

Join speaker **Carolyn Stern** from *the Center for Hearing and Communication* for an informative session about the following topics:

- Hearing loss and your health
- Communication tips
- Free and low-cost devices and apps to hear on the phone, and to follow TV and in personal conversations better

Thursday, November 2, at 2:30 PM
MRHS Center, 100 LaSalle St., #MC

For further information please call *Robin Aloï* at 212-666-4000 or email at Robina@mrhsny.org.

Time to Eat, Tour and Browse!

Join us on this wonderful post-pandemic trip as we finally return to the

Culinary Institute of America, which has been

setting the standard for excellence in professional culinary education since its founding in 1946. We look forward to enjoying a lavish lunch, a fascinating tour and a leisurely trip to the Apple Pie Bakery Café and the Bookstore/Gift Store.

The delightful lunch will be a sampling from CIA's *American Bounty Restaurant* menu.

Spaces are limited for this trip so please RSVP by November 8.

Date: Wed., November 15 Cost: \$60.00
Depart MRHS: 9:00 AM Return: 6:00 PM

To reserve a spot please call MRHS at 212-666-4000 or email *Robin Aloï* at Robina@mrhsny.org



"Memory Tips and Tricks"

From our healthcare partners at *VNS Health*, ***Memory Tips and Tricks*** will present tools and strategies to help improve memory and accommodate normal brain aging and memory challenges. Presented by VNS nurse *Mary-Ellen Betterton*, a nurse for more than thirty years, including community-based health care.

Monday, November 27, at 2:00 PM
MRHS Center, 100 LaSalle St., #MC

The MRHS Holiday Sale!

MARK YOUR CALENDAR!

This year's sale event is reviving the MRHS Holiday Bazaar held pre-Covid. Members of the Ceramics Group, the Wood Workers and a Circle of Hands have joined together to present handcrafted items for your holiday gift giving. Come and be surprised at the variety of items created by fellow residents in the Gardens. **All sales benefit MRHS.**

Saturday, Nov. 18, 10:00 AM – 5:00 PM
Sunday, Nov. 19, 11:00 AM – 3:00 PM

Building 6 Basement Workshop

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, November 30 at 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

***** MRHS will be closed on Friday, November 10 for Veterans Day and Thursday, November 23 for Thanksgiving Day. Happy Thanksgiving from MRHS! *****

Stepping Back in Time

At the Perfect Time of the Year!

December Trip!

Peddler's Village is a storybook village with charming colonial-style buildings, award-winning gardens, and distinctive shopping and dining. At this time of year, the village is festooned with beautiful seasonal decorations. We will be eating lunch in the private Lahaska dining room at the Cock 'n Bull which is the flagship restaurant of the village. Following the sumptuous lunch, we will have time to stroll through the shops before we return home. Spaces are limited for this trip so please RSVP by November 24.

Tuesday, December 5 **Cost: \$60.00**
Depart: 10:00 AM **Return: 6:00 PM**

For more information please call MRHS at 212-666-4000 or email Robin Aloï at RobinA@mrhsny.org.

Bloomington School of Music

Music Appreciation Series via Zoom

"Classical Masterworks" with Marc Peloquin

November 10 – December 8
Fridays from 1:00-2:30 PM

How did Beethoven compose his Fifth Symphony? What was the inspiration for Mozart's opera The Magic Flute? Why do we call Haydn the father of the string quartet and the symphony? This course will answer some of those questions as we discover the inner workings of these great classical musical masterpieces.

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

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.

Happy November Birthday!!

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

MRHS Board Game Café

Please join us **Friday, November 17 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 17, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

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.

Thursday, November 9, at 1:00 PM
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. ***

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

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 17, 2023). 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.***



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. ******

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

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 **Climate Migration**, facilitated by Building III resident, *Dana Minaya*.

As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration?

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

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.

Classes on **Thursdays, 10:30 AM to 12:00 noon, in the Thurgood Marshall Room, Building III**. For more information, call, text or email instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com. *Or just come by!*

Short Story Readings

Marie Louise Guinier, a long-time resident of Morningside Gardens and a New York based actress, is looking to give back to MRHS through monthly informal gatherings, where she will read aloud short stories, essays and/or other writings of interest to the community.

Reading suggestions can come from participants as well as from Marie Louise. After each reading, 5 - 15 minutes will be held for conversation, thoughts, feedback. The gathering will last about 45 minutes to an hour.

If interested, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000. Here is more info about Marie:

resumes.actorsaccess.com/marielouisequinier

**Monthly, Wednesdays at 11:00 AM
MRHS Center, 100 LaSalle St., #MC**

Breast, Ovarian , Cervical and Uterine Cancer Awareness

LatinaSHARE and MRHS will be offering a series of online presentations this fall on Breast, Ovarian, Cervical, and Uterine Cancer Awareness. The presentations will be offered *in English and in Spanish*.

Here is the schedule:

Nov. 30, 2:00 PM: Uterine Cancer Awareness

Dec. 14, 2:00 PM: Cervical Cancer Awareness

Call MRHS at 212-666-4000 for the Zoom link closer to the dates.

SHARE has been in existence for almost 47 years serving people affected by breast, metastatic breast cancer, ovarian, uterine or cervical cancer. **SHARE** offers educational programs, support groups, community outreach and a national helpline. For more information, go to: <http://www.sharecancersupport.org/>

"Walk With Ease"

The Walk With Ease Program is a community-based physical activity and self-management education program. And all you have to do is walk!

The Arthritis Foundation's Walk With Ease is a great way to spend time with friends, or meet some new people, while taking in the fresh air three times a week. This a six-week program which is evidence-based.

Health outcomes include:

- Decreased pain
- Increased strength
- Increased balance
- Increased self-efficacy

For more information, please contact one of our social work interns, Myra Townes (MyraT@mrhsny.org) or Nina Khutsishvili (NinaK@mrhsny.org), by email or by calling 212-666-4000.

Or just stop by! Everyone is invited!

Tuesdays, Wednesdays, Fridays at 1:00 PM

MRHS Monthly Film Series

Join us for our monthly, in-person film series. We are showing a different film **every second Monday of the month at 1:00 PM**. In November, our film will be:

"Swept Away"

(1974)

1 hours, 54 minutes

Class warfare hits the high seas in this Italian comedy about Gennarino (Giancarlo Giannini), a long-suffering crew member who works on a rich couple's yacht. The wife, Raffaella (Mariangela Melato), verbally abuses Gennarino and regularly insults his communist views. But when a day trip leaves the pair stranded at sea, they wash up on a deserted island and Raffaella is, suddenly, no longer the one in control. "An absorbing movie, it tells a story we get involved in and it's often very funny" - Roger Ebert. Directed by Lina Wertmüller (*Seven Beauties*). *In Italian, with English subtitles.*

Monday, November 13, at 1:00 PM
MRHS Center, 100 LaSalle St., #MC

MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, November 15, at 3:00 PM**. The reading selection is the novel, ***O Pioneers*** by *Willa Cather*. The Program is 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. December's meeting is set for Wednesday, December 20 at 3:00 PM to discuss the novel, *Last Night in Montreal* by *Emily St. John Mandel*.

Monthly Supper Club

Join the social work interns of MRHS, **Nina & Myra**, for the Supper Club on **Tuesday, November 28!** Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. The **Supper Club** will meet every fourth Tuesday of the month. If interested, please contact Nina or Myra at MRHS at 212-666-4000.

Life Story Club

LIFE STORY CLUB 中文人生故事會,

每週四下午2-3點, 下樓來 MRHS長者中心 (100 LaSalle St)

一起聊聊大家的人生故事~

關於人生故事會:

我們是致力於對抗老年孤獨的公益組織。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~!

有任何疑問, 歡迎撥打主持人譚小姐電話302-321-3199!

我們週四下午2點見!

Chinese LIFE STORY CLUB,
Every Thursday from 2-3 PM, come to the **MRHS Center (100 LaSalle St)**

Let's share our life stories together!

You are welcome to walk in to listen or share. If you have other inspiration, feel free to share other stories!

About Life Story Club:

For ten weeks, we organize a small club for older adults, allowing up to 15 participants to meet once a week, share life stories, and build friendships.

At the end of each session, we offer to record the stories of those interested, with no writing required, allowing your cherished tales to be preserved and shared with anyone you wish!

If you have any questions, please don't hesitate to call the host, Effy, at 302-321-3199! We look forward to seeing you this Thursday at 2:00 PM!



Moving For Life

Dance 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 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 to 11:00 AM
Outdoors, On the Plaza (weather permitting), Between Buildings 1 and 2

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.

MRHS Legacy Society

Membership in the MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will.

Information relating to planned gifts to MRHS will be held in confidence and the names, only, of the members of the MRHS Legacy Society will be acknowledged in the MRHS Newsletter and Annual Report. Donors may be listed anonymously if they prefer.

If you have any questions about the MRHS Legacy Society or would like information about making a planned gift to MRHS, please contact MRHS at 212-666-4000 or info@mrhsny.org.

Kundalini-Shakti Yoga

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 17 years.

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

Thursdays, 5:30 PM to 6:45 PM, Via Zoom

Upcoming Programs and Events

Annual Pottery Sale. The Ceramics workshop group will renew the tradition of holding the Annual Pottery Sale in the Building 6 basement Workshop space. The date is **November 18**. As has been the case for the past many years, the proceeds of the sale will go to MRHS.

Dances For Seniors

-Presented by "Dances For a Variable Population"

Wednesday, December 6, 1:30 PM
Thurgood Marshall Room

Repair Café

Saturday, December 2
Building 1 Community Center

Winter Celebration

Returning after a 3-year hiatus!

Wednesday, December 13, 4:00 PM
Building 1 Community Center

David Rosenstock, Financial Planning

Thursday, January 18, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

Tai Chi for Arthritis

The evidence-based course, **Tai Chi for Arthritis** is led by trained instructor, *Jazell Choi-Andujar*, and meets on **Tuesdays and Thursdays at 3:00 PM** in the **Thurgood Marshall Room**.

This is an *evidence-based* course, meaning it has been approved as a therapeutic procedure, including falls prevention benefits. Please contact Margaret Bianchi at 212-666-4000 or email MargaretB@mrhsny.org to sign up or for more information.

Music Middays Presents

Rubén Rengel,
violin, & Ahmed
Alom, piano
Music by
Stravinsky, Eleanor
Alberga, and music
from Latin America.

Tuesday, November 14, 12:00 noon.

A program of Music Mondays. FREE CONCERT



Music Mondays Presents

Escher Quartet & Terrence Wilson, piano. Acclaimed for its "eloquent, full-blooded playing," the Escher Quartet offers "a beautiful blend of individuality and accord." (BBC Music Magazine) They perform regularly at the Kennedy Center, Carnegie Hall, and at Lincoln Center, where they will perform the complete cycle of Bartók's string quartets in March. Here, they are joined by Grammy nominee Terrence Wilson, "one of the biggest pianistic talents to have emerged in this country in the last 25 years" (Baltimore Sun).

Haydn, Leoš Janáček, Dvořák
Monday, November 27, 7:30 PM
FREE CONCERT

Music Mondays at Advent Lutheran Church
2504 Broadway at 93rd Street