

100 LaSalle Street, NY, NY 10027 (212) 666-4000
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President: Eileen Canty
Executive Director: Ronald Bruno

Renovation Begins!

The long-awaited renovation of MRHS will start in early October. **Beginning on Monday, October 3, we will be working out of temporary quarters in Building 6, 549 West 123rd Street, Apartments #MD and #ME.** The reception area will be in #MD, which may be accessed through the outside door to the right of the lobby. *Thank you to MHC for making these spaces available to us!* We apologize in advance to our neighbors in Building 1 and to all MRHS friends for any inconvenience caused by the renovation. We look forward to welcoming all of you to the new MRHS Center soon!

Flu Shot Distribution

On **Tuesday, October 18 from 10:00 AM to 2:00 PM** the seasonal ***influenza shots*** will be given in the Recreation Center, Building I, Basement. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost. **Call MRHS for an appointment.** Please note: If you have a health condition that calls for a flu shot, or if you work with older adults, it is advisable for you to receive a shot.

Klezmer Concert!

Join us for a special ***Klezmer Concert*** presented by Concerts in Motion on **Friday, October 14, at 2:30 PM.** The concert will take place in the **Thurgood Marshall Room, 80 LaSalle Street. Ground Floor.**

****** MRHS is closed on Monday, October 10 for Columbus Day. We wish everyone a good holiday. ******

Special Fall Fair

Come to our **first Fall Fair from 11:00 AM to 3:00 PM on Sunday, October 16 on the Plaza between Buildings 1 and 2.** If the weather doesn't cooperate, activities will be moved to the Recreation Center in Building 1.

The ***Family Activities***

Committee will sell gently used, clean items. They are accepting donations on Thursday, October 13, 5:30 to 6 PM and from 9:30 to 10:00 AM at the Plaza on the day of the fair.

MRHS has a selection of almost new men's suits, women's designer clothing, books, jewelry, and collectibles. **SPECIAL SURPRISES** are also planned. Donations will be accepted the morning of the Fair.

Garden residents have rented tables to sell a wide variety of items from hand crafted purses to re-gifting items, from home-gathered honey to home-made specialty candies and cakes, from collectibles to varied odds and ends. Tables rent for \$20. Space is free for kids aged 16 and under.

Forms for table rentals and kids' space are available from MRHS or Eileen Canty. If the Recreation Center becomes the site, there will be no provision for kids' space. Contact Mara Tucker (Tamaralt@gmail.com) for details about the ***Family Activities Committee*** plans and for MRHS, Eileen Canty (646-351-6522, crechelady@gmail.com).

For entertainment, The ***Morningside Players*** will offer readings from "A Terrible Tale of the Dreadful Dragon" and related art projects.

Contact MRHS or Eileen if you can volunteer for one or more hours.



Director's Column

As you've read on the front page of the Newsletter the much-anticipated, long-awaited renovation of MRHS is about to begin. There will be inconveniences while we work out of the temporary spaces in Building VI, so we hope you will bear with us. We appreciate MHC for providing us with these spaces to work from while we renovate.

The contractor for the construction was carefully selected by the MRHS Transition Committee after visiting a number of worksites. We were impressed by the workmanship of EJ York, a minority-owned business, and selected them to work on the project. We have been assured that they will take every precaution to maintain the safety of the worksite and to minimize the impact of the renovation on our neighbors and the environment.

We hope you will join us in a spirit of celebration as MRHS enters into a new stage of growth and renewal. For taking us this far I want to thank everyone who served on the MRHS Transition Committee, including past chairs Michael Davidson and Margaret Johnson, and current chair, Cynthia Rock. We also owe a debt of gratitude to staff member Paul Nikolaidis, who has provided countless hours of coordination and guidance on every aspect of the project. I certainly do not thank the entire MRHS staff enough for all their work and dedication. This seems like a good occasion to do so, as we will be working very closely together over the next few months.

I recently attended a talk on "ageism." The speaker pointed out the tendency to judge older people on what they "still" can do --- he *still* does his own shopping; she *still* gets around on her own. But we don't expect older people to grow and change, as if that avenue is cut off when you reach a certain age. So as MRHS celebrates its 50th Birthday this year, and as we join to build a new facility together, let's raise a glass to growth and change!



Happy October Birthday!!

To: Jimmy Arnold, Alan Borthwick, Chia-hua Chang, Colin Chang, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Aline Multare, Kay Murray, Ivy Polk, Reynaldo Silva, Dorothy Teffeau, Sydney Weinberg, Asa Zatz.

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 October are all invited to our Birthday Party! Come on **Tuesday, October 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 1 We regret that we will not be showing a movie on Saturday, October 1 as we are in transition due to the construction.

Oct. 8 1971 (2014) 1 hr, 20 min

In 1971 citizens broke into an FBI office near Philadelphia, took hundreds of secret files, and shared them with the public. The FBI never solved the break-in. For the first time, the burglars speak about their actions. Not rated.

Oct. 15 Ex Machina (2015) 1 hr, 48 min

British-American science fiction thriller. A young programmer Caleb wins a contest that rewards him with a week at the private estate of his firm's brilliant CEO. On his arrival he learns he will be the human component in a Turing test to determine the capabilities and consciousness of Ava, a beautiful robot. It soon becomes evident that Ava is far more self-aware and deceptive than either man imagined. Rated R

Oct. 22 Hoop Dreams (1994) 2 hr, 50 min

An American documentary follows William Gates and Arthur Agee, two African-American teenagers who are recruited by a scout from St. Joseph's High School in Westchester, Illinois, a predominately white high school with an outstanding basketball program. Rated PG 13

Oct. 29 White Nights (1985) 2 hr, 16 min

Misha Baryshnikov as a defected Russian ballet dancer who returns to Russia and is put under house arrest overseen by Gregory Hines. The story is slight but the dancing is spectacular, especially a duet between Hines and Baryshnikov. Rated PG13

Movies start at 2:00 PM. Please arrive early. Suggested donation: \$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
8 – 6	9 – 6	8 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday,

October 5, October 19

9:00 AM to 11:00 AM in 549 W. 123rd St. #MD

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" will resume on **Thursday, October 27, at 2:30 PM**.

"Later Life Transitions" group will be announced at a later date.

The **MRHS Book Club's** next meeting will be **Wednesday, October 26**, at MRHS. The group will discuss ***My Name is Asher Lev*** by Chaim Potok. Everyone is 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, October 21, 2016). 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.***

MRHS Contributes to Local Back to School Event

On August 30 a **Back 2 School Street Fair**, co-sponsored by Community Board 9 and the 26th Precinct's Community Affairs Unit was held on Old Broadway, between 125th and 126th Streets, to help neighborhood children in grades 1 through 7 prepare for the coming school year. **Sharon Lockhart-Carter, John Carter and Joanna Kapner** purchased and presented, in the name of MRHS, supplies using funds from private donors. Included were spiral notebooks, binders, pens, pencils, markers, crayons, folders, loose-leaf paper and construction paper. Since these items are quickly used up as the school year proceeds, there are plans to gather additional donations. Watch for further information.

John Seaman's Liberty Salon

John Seaman will lead a tour to join **Joe Delfausse**, an officer of the *American Astronomical Association*, to do some sky-watching through five large telescopes on the Highline in Chelsea on 14th Street. The date is **Tuesday, October 4**. The rain date is Tuesday, October 11. See the moon, stars, and planets in a spectacular way. Let's plan to meet at 9th Avenue and 14th Street where there is an elevator to the Highline at **6:30 PM**.

Not a salon but a noteworthy event, takes place on **Monday, October 3**. There is a lecture at the Explorers Club, 46 E. 70 St., Reception at 6:00 PM followed by a lecture at 7:00 PM. The cost is \$20.00 or \$5.00 for students. The subject is on new research in *hieroglyphics*. Call 212-628-8383 for reservations, which are required. Call John Seaman if you want go with him.

***** *Supper Club: Join us at Bettolona Restaurant on Monday, October 24, 5:30 PM!* *****

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

What Can a FIDA Plan Do For Me?

FIDA is a new kind of health care program for individuals who have both Medicare and Medicaid. The NYC Department for the Aging's *Health Insurance Information Counseling & Assistance Program* will offer information for you to learn about FIDA.

Monday, October 31, 2:00 PM
MRHS Office, 549 West 123rd St., #MD

Neuroscience Wednesdays

The series will continue on **Wednesday, October 26 at 7:00 PM** with a talk by neuroscientist and Building IV resident, **Madelyne Kraft** leading the discussion. The topic is "**Mind and Mood Altering Drugs.**"

Great Decisions 2016

Great Decisions meets next on **Tuesday, October 4 at 7:00 PM** with a discussion on "The United Nations." The meeting will take place in the **Thurgood Marshall Room, 80 La Salle, 1st fl.** *Kathleen Todd* will be facilitator. Reading material for the discussion is available from the MRHS office.

***** Did you know that the Jackie Robinson Senior Center, located in the Grant Houses at 1301 Amsterdam Avenue, offers breakfast and lunch daily. The Center is open from 8:00 AM to 4:00 PM, Monday through Friday. *****

***** 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. *****

MEN: A message for YOU!

The next Men's Group Luncheon will be on Wednesday, October 19 at 1:00 PM in the Thurgood Marshall Room. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month.

The cost of lunch is \$10 payable to MRHS. Please call 212 666 4000 to RSVP.

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise! The first Meetings is set for Friday, **October 21** at 2:00 PM. Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Columbia University Program

Columbia University offers its **Manhattanville Lifelong Learners** and **General Course Auditing Programs** to residents of zip code 10027. The **Lifelong Learners Auditing Program** is designed for individuals 65 years of age and older who are committed to the principles of lifelong education. This program allow older adults not currently enrolled in college the opportunity to attend selected lectures and courses drawn from the University's offerings in the Arts and Sciences during the academic year **at no charge**. The **General Course Auditing Program** provides adults under 65 not currently enrolled in college the same opportunity as the Lifelong Learners. Participants will have access to Columbia libraries and bookstore.

For an application, please visit:
<http://sps.columbia.edu/auditing>
For additional information, please contact the **School of Professional Studies** at:
Email: auditing@sps.columbia.edu
Phone: 212-854-9666