

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

President: Eileen Canty
Executive Director: Ronald Bruno

“Senior Safety Lecture”

The 26th precinct Crime Prevention Officer, PO **Kathleen Clifford** will be hosting a **Senior Safety Lecture**. The lecture will cover mailbox fishing, check washing, phone scams, burglary prevention and personal safety. There will also be a distribution of bags with safety handouts and a "panic alarm bracelet" designed for seniors.

Tuesday, October 3 at 3:00PM
The New MRHS Center, 100 La Salle, #MC

New York City Water

“Pure and Wholesome since 1842”

Completed in 1842, the Croton Aqueduct vastly improved the health and safety of NYC as it reached virtually every citizen over more than a century of growth and delivery of "pure and wholesome" water from the Croton Watershed.

Through the use of photos, illustrations and quotes from people who built the aqueduct and those who lived in NYC during this historic era, a colorful picture emerges of a big ambitious city determined to grow even larger and more influential through periods of visionary leadership as well as through spasms of corruption like the Tweed ring. The story of New York's water has continued uninterrupted for 175 years of growth and development.

Thomas Tarnoskey is a board member of *Friends of the Old Croton Aqueduct*, a volunteer group working with NY State Parks in Westchester County.

Monday, October 16 at 7:00 PM
The New MRHS Center, 100 La Salle, #MC

******MRHS is closed on Monday, October 9 for Columbus Day. We wish everyone a good holiday.******

Thanksgiving Dinner

While the current weather may not suggest it, Thanksgiving is coming and this year MRHS is offering you the opportunity to celebrate here with your family, friends, and neighbors. We are organizing a *Thanksgiving Dinner* to be held in the Recreation Center in Building 1.

Based on the success of a smaller celebration held last year, we will have a catered dinner for all in the community. There will be more details in the November Newsletter but consider the possibility when you are making plans. The cost will be around \$25 and you will not have to shop, cook, clean up, or travel.

Wallach Gallery Exhibit

Join MRHS on a tour of *Living in America* at Columbia University's nearby Wallach Gallery. On **Thursday, October 12 from 1:00 to 2:00 PM**, Jennifer Mock from the Gallery will conduct a tour. The exhibit includes part of a manifesto that was written on wooden panels traveling with the model of *Frank Lloyd Wright's Broadacre City (1929-58)*. If interested please contact MRHS at 212-666-4000. MRHS Social Work Intern *Kirk Cooper-Johnson* will lead the group. The gallery is a short walk to 126 Street. We will provide some transport for those who prefer not to walk.

Flu Shot Distribution

On **Monday, October 16, from 10:00 AM to 1:00 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.

MRHS Donor Wall

Please note that all donors of \$500 or more to the MRHS Annual Fund in 2016 will be honored with their names included on a Special Donor Wall. The technology at the New MRHS Center is still under development, which is why the electronic donor wall has not been installed yet. Thank you for your patience.

Mt. Sinai Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital **geriatrician Joyce Fogel, MD,** and **geriatric psychologist Gregory Hinrichsen, PhD,** have been working with the MRHS community on various issues related to aging. The program is called **Memory Matters.** Please see an article by Dr. Fogel on the Newsletter insert.

Upcoming programs:

- **Ask the Doc, Thursday, October 12 at 2:30 PM:** Sign up to meet with Psychologist Greg Hinrichsen and ask him questions, one-to-one.
- **Group Q & A with Dr. Fogel and Dr. Hinrichsen, Thursday, October 26 at 2:30 PM.**

Supper Club News

We are pleased to announce that the popular **Supper Club** is returning this month. On **Monday, October 30 at 5:30 PM,** we will host a Supper Club at Nikko's Asian Fusion Restaurant on Amsterdam Avenue and 123rd Street. Reservations are required. Please contact MRHS at 212-666-4000. Cost is \$15.00



Coming Up!

**6th Annual MRHS Holiday Bazaar
December 1 - 3, 2017**

*Unique gifts handcrafted by your neighbors
for family and friends.*

Watch for details in the November Newsletter

Happy October Birthday!!

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

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 17 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 7 **The Zookeeper's Wife** (2017) 2 hr, 7 min. The time is 1939, the place is Poland, homeland of Antonia Zabinski (Jessica Chastain) and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under their stewardship and care. When the Nazis invade their country, Antonia and Jan show incredible courage and save the lives of hundreds of people and countless animals. This engaging drama is based on a true story and the zoo continues to flourish today. Directed by Niki Caro. Rated PG-13

Oct. 14 **Departures** (2008) 2 hr, 11 min When a young cellist's orchestra is disbanded, he unintentionally lands a job for the ritual Japanese ceremony of encoffination. The film follows his profound and sometime comical journey. Directed by Yojiro Takita. Oscar winner for Best Foreign Language Film. With English subtitles. PG-13

Oct. 21 **Ghost** (1990) 2 hr, 9 min Sam Wheat (Patrick Swayze) is a banker, Molly Jensen (Demi Moore) is an artist and the two are madly in love. When Sam is murdered by his corrupt business partner Carl Bruner (Tony Goldwyn), his spirit stays behind to protect Molly with the help of a reluctant psychic (Whoopi Goldberg). Directed by Jerry Zucker. Rated PG-13

Oct. 28 **Beatrix at Dinner** (2017) 1 hr, 23 min Salma Hayek stars as a holistic health worker compelled to break bread with John Lithgow's Trumpian capitalist. Directed by Miguel Arteta. Rated R

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 New MRHS Center.

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

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

October 4, October 18

9:00 AM to 11:00 AM

100 La Salle, #MC

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

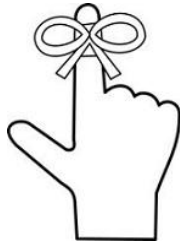
Nurse Marie Phillips' "Take Charge of Your Health" will resume on **Thursday, October 19 at 2:30 PM in the MRHS Center.**

The **MRHS Book Club** meets next on Wednesday, November 1 at 3:00 PM. The group discuss literary works, both fiction and non-fiction. The reading choice is ***A Passage to India***, by E.M. Forster. Please consider joining. All 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 20, 2017). 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.***



Film Committee Presents

First Wednesday Films

Next screening on **October 4 at 7:30 PM**

A World Apart

(1988) 1 hour 52 minutes

A World Apart (1988) 1 hr 52 min. The story of real life anti-apartheid activist Ruth First as told by her daughter. There is a strong social consciousness and political content, but also a subdued dramatic atmosphere and rich visual sensibility. Awarded the Best Actress prize and Grand Prix at the Cannes Film Festival.

The New MRHS Center, 100 La Salle, #MC
\$1.00 suggested donation

Great Decisions 2017

Great Decisions continues on **Tuesday, October 3 at 7:00 PM** with a discussion on "Latin America's Political Pendulum." The meeting will take place in the **MRHS Tuttle Center, 100 La Salle, #MC**. *Sarah Eggleston* will be facilitator. Reading material for the discussion is available from the MRHS office.

Long Island Wineries Trip

Join us on a tour of the **North Fork of Long Island**. The North Fork is one of America's most diverse wine growing regions, producing exciting, high quality wines. Our first stop will be at **Castello Di Borghese**, an award winning winery in Cutchogue. We'll enjoy a tasting and learn more about the history of the North Fork. Our next stop will be at **Pelligrini** for a tasting, tour and boxed lunch. We'll conclude our North Fork visit with a stop at **Briermere Farms**, a farm stand famous for their freshly baked pies. Our entire tour will be guided by a North Fork local, Jo-Ann Perry of Vintage Tours.

Date: Mon., Oct. 23 **Departing at 9:00 AM**
Cost: \$60.00 **Returning at 5:30 PM**

The MRHS e-mail Newsletter will include the boxed lunch choice or contact MRHS for more information. Please indicate your lunch choice when you sign-up.

Talent Wanted

MRHS to Host Intergenerational Variety Show

Do you sing, act or dance? Can you play an instrument, tell a few jokes or perform a magic trick? Do you have an unusual skill or talent?

MRHS is looking for Morningside Gardens residents, both children and older adults, to help us create an intergenerational variety show. If you have talent, let us know! **Be part of the Fun!!!**

Please contact MRHS at 212-666-4000 or email saudia100@aim.com

Flea Market Donation Schedule

Flea Market donations will be accepted from 3:30 PM to 7:00 PM in the basement of Building 1 on the following **Wednesdays: October 4, 11, 18, 25, November 1 and 8.**

No clothing or furniture, but most other items are welcomed. We also welcome volunteers on these dates to accept and sort donations. From November 12 through November 16, folks are needed to set out and price the offerings, and on November 17, 18, and 19, they are essential to sell and then clear out what is left.

Check your calendars now. Call Margaret Bianchi at 212-666-4000 to sign up. Volunteers have the opportunity to purchase one item at market price each day they volunteer before the market begins. But the biggest perk is the fun and companionship the volunteers experience.

***** 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. *****

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

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, October 11 at 1:00 PM.** Please call [212 666 4000](tel:2126664000) to RSVP. 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 the lunch is \$10. Please bring a check payable to MRHS.

Volunteerism: How to Get the Most Out of It

"Older Adults Making a Difference in NYC"

*Presented by The Interchurch Center
Hosted by MRHS*

Rev. Dr. Valerie Oliver Durrah will moderate this workshop discussion with three panelists who will discuss how volunteers have been engaged by their organizations and what volunteer opportunities exist today. If you are currently volunteering or wish to become engaged in volunteering today, you are invited to attend an upcoming workshop.

Panelists are **Allison McDermott**, Executive Director, Havens Relief Funds Society; **Djamillah Samad**, Executive Director, Church Women United; and **Irene Zola**, Founder and Executive Director of, Life force in Later Years.

Thursday, October 26, 10:00 – 12:00
The New MRHS Center, 100 La Salle, #MC

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 Meeting dates have changed. In October the group will meet on **Monday, October 16 and Monday, October 30 at 3:30 PM.** Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Memory Tree Program Offered

Mild Memory Loss does not have to mean giving up on learning, development and socialization. Please join The *Memory Tree*, **Wednesday Afternoons from 2:00 PM-4:30 PM** in the newly renovated offices of MRHS. For the past eleven years we have partnered with MRHS to provide classes and workshops designed to fight the aging process - including the loss of memory - through mental and physical fitness.

The Memory Tree's unique program offers three different classes each week, to help maximize memory. Classes include; Memory Aerobics, Literary Expression, "In the News", and chair yoga to keep the mind and body healthy, important components of memory enhancement. The benefits of the program are best expressed by one participant, Lenny K. "The Memory Tree program has kept me alive. I wish I didn't have to leave."

If you are interested in joining us at The Memory Tree, or know of someone in the community that could benefit from our program please contact **Elizabeth Fine, LCSW, at 917-656-0558 or email:elizabeth@TheMemoryTree.org.**

MG Players to Perform Agatha Christie Story

The Morningside Players will present *The Unexpected Guest* by Agathie Chrstie! The Queen of Crime's famous, rarely done noir thriller will be directed by Susanna Frazer, with a set by Marcus Willard, sound/lights by Patrick Mahaney and costumes by Ridget Leicester. "*It kept the audience in a state of stunned uncertainty, guessing wron to the last.*" (*Guardian*)

Thursdays, Fridays, and Saturdays – Oct. 19, 20, 21, 26, 27, and 28 at 7:30 PM. Saturdays and Sundays Oct. 21, 22, 28 and 29 at 2:00 PM. Suggested donation: \$15. Seniors and students \$12. Tickets via www.morningsideplayers.org or call 646-200-5089. Be afraid to miss it!!!

Riverside Health Fair

Harvesting Health And Wellness

Date: October 1, 2017

Time: 1:00 PM - 5:00 PM

Location: The Riverside Church Assembly Hall and Cloister Lounge

91 Claremont Avenue, New York, NY

For more information, please contact Daniel at DConover@trcnyc.org

Fall Textile Collection

The Sanitation Coalition's fall textile collection will be on **Saturday, October 21 from 11:00 to 1:00**. It will be held at the usual place, in front of [3150 Broadway](http://www.3150broadway.com). (Broadway and La Salle St.) We will accept gently used clothing, clean torn textiles of all types except pillows and quilts. We also accept belts, handbags and worn shoes. Please note that we will collect for 2 hours only. See you there!

Columbia Community Scholars Lecture

ProjectArt:

"How we built the largest art school in America, without owning a single building."

Tuesday, October 10, 6:30 PM

Columbia University, Faculty House

(116th St. bet. Amsterdam and Morningside)

Information and RSVP:

sps.columbia.edu/community-relations or
<http://bit.ly/2x1kgGw>

Please RSVP before October 4, 2017.