

Flu Shot Distribution

On **Friday, October 19, from 11:00 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.

Shakti Naam Yoga

We are delighted to again offer **Shakti Naam Yoga** to our community. With its roots in ancient yogic wisdom, Naam 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 (asanas), mantra (sound vibration), mudra (healing hand positions), pranayama (conscious healing breathing exercise), and meditation, Namm Yoga works on the subtle channels of energy in the body.

The fall classes will be taught by **Kalpna 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 15 years.

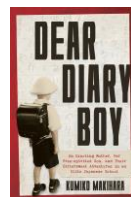
Mondays, October 1 - December 10
(NO classes on 10/8 and 10/22. Class on 10/22 will be held on Wednesday, 10/24)

Time: 6:30 PM to 8:00 PM at MRHS
Total Classes: 10

The cost for the class is \$20. Please contact MRHS at 212-666-4000 to sign up.

Meet Author Kumiko Makihara

Join Author **Kumiko Makihara** as she discusses *Dear Diary Boy: An Exacting Mother, Her Free-Spirited Son, and Their Bittersweet Adventures in an Elite Japanese School*. The book is an intensely personal, heartwarming and heartbreaking chronicle of one mother and child's experience in a prestigious private Tokyo school.



Kumiko Makihara writes about her impressions of life in Japan and the United States, two countries she has been traveling back and forth between for most of her life. Her columns have appeared in the International Herald Tribune, The New York Times Magazine and Newsweek, as well as in the books Reimagining Japan: The Quest for a Future That Works and Tsunami: Japan's Post Fukushima Future.

Wednesday, October 3 at 7:00 PM
The New MRHS Center, 100 LaSalle, #MC

"Love, Maria"

Gregor Collins returns to discuss his book, *The Accidental Caregiver*, a moving memoir recounting his unique relationship with 92-year-old Holocaust refugee and Gustav Klimt heiress Maria Altmann. Altmann's extraordinary life inspired the movie "Woman in Gold" starring Helen Mirren.

Collins' last appearance at MRHS occurred on the same evening as an important community meeting, we invited Gregor back to speak.

Tuesday, October 9 at 7:00 PM
The New MRHS Center, 100 LaSalle, #MC

***** MRHS is closed on Monday, October 8 for Columbus Day. We wish everyone a good holiday. *****

“I Am A Caregiver”

PSS Circle of Care will be starting up a new group at MRHS called ***I Am A Caregiver***. This group is meant for anyone providing care for a relative or friend, especially for those with cognitive and memory issues. There will be a different topic every session, along with helpful resources and contact information that may be helpful to caregivers.

The group will meet **the second and fourth Tuesday** of every month at **3:00 PM**, starting on **October 9**. If interested, just come by, no need to register in advance.

Watercolor Workshop: Fall Leaves

Fall leaves are the perfect subject to learn and practice basic botanical watercolor techniques in a relaxed and supportive environment. Techniques such as flat washes, wet on wet, glazing and adding details will be covered. All levels are welcome. No drawing experience necessary. All supplies will be provided.

Please call Margaret at 212-666-4000 to reserve a spot. Limited Enrollment of 10 participants.
Cost \$15.00.

Sunday, October 7, from 11:00 to 2:30 PM
(With half-an-hour break for lunch)
The New MRHS Center, 100 LaSalle, #MC

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 10 at 1:00 PM**. Please call 212 666 4000 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.

Flea Market

MRHS will not be holding a Flea Market in 2018. But our EBay team accepts items that might be salable on our EBay site.

Happy October Birthday!!

To: Jimmy Arnold, Chia-hua Chang, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Aline Multare, Ivy Polk, 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 16, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 6 **Winter's Bone** (2010) 1 hr, 40 min
In the Ozarks, Ree, a 17 year old girl is the primary caretaker for her mentally ill mother and younger sister and brother. The family is struggling with poverty. Her father, involved in the drug trade, has skipped bail and put their house and property up as bond. Ree sets out to find him and to prevent the family from losing their home. Rated R

Oct. 13 **The King's Speech** (2010) 1 hr, 59 min
Biopic of British King George VI (father of current Queen Elizabeth) who reluctantly ascended to the throne when his brother abdicated. He was hampered by a speech impediment. His wife hired an Australian actor and speech therapist to help him overcome his stammer. His teacher used unconventional methods to help him speak with confidence, and the two became life-long friends. Rated R

Oct. 20 **Cinema Paradiso** (1988) 2 hr, 35 min
A filmmaker recalls his childhood when falling in love with the pictures at the cinema of his home village and forms a deep friendship with the cinema's projectionist. Rated R

Oct. 27 **Black or White** (2014) 2 hr, 1 min
The story of a grandfather who is suddenly left to care for his beloved granddaughter. When the little girl's grandmother seeks legal custody, a legal battle ensues that forces the families to confront their true feelings on race, forgiveness and understanding. PG-13

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

Oct. 3 Oct. 17 Oct. 31

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" resumes on **Thursday, October 18 at 2:30 PM**.

The **MRHS Book Club's** next meeting will be on **Tuesday, October 23 at 3:00 PM** in the New MRHS Center. They will discuss ***The Customs of the Country*** by Edith Wharton. 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 19, 2018). 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

Wednesday, October 10

at 7:30 PM

A Time to Live and a Time to Die

(1985) 2 hr. 18 minutes

An autobiographical feature film on growing up in Taiwan in the 1950s. It conveys a density of familial detail that we usually encounter only in certain novels. Like many great films, it makes you see the world anew, as if for the first time. Directed by Hou Hsiao-hsien, "the world's greatest working narrative filmmaker" (J. Hoberman). In Chinese, with English subtitles.

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

Great Decisions 2018

The Great Decisions 2018 program will resume on **Tuesday, October 2**. Gil Morahg will lead a discussion on "U.S. Global Engagement and the Military." The program takes place at **7:00 PM** in the New MRHS Center, 100 La Salle, #MC. For those who do not have books, readings for the October discussion will be available in the MRHS office.

****** 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.

Coming Up!

7th Annual MRHS Holiday Bazaar

November 30 – December 2, 2017

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

Watch for details coming up!

The Pleasures of Poetry

I was recently inspired by an article by M.H. Abrams called "The Fourth Dimension of a Poem." Who knew a poem had four dimensions? And what in the world could they be? I knew Abrams was worth listening to because he was a great teacher and a brilliant literary critic. The article turned out to be as illuminating as I thought it would be.

I felt that its insights could be the basis for a course on the joys and pleasure in poems. Forget about the solemn thoughts that many people look for. We would explore what there is in poetry that gives us pleasurable sensations. You might be surprised.

This is an invitation to join me in exploring a few poems and having some fun doing it. I will be both guide and participant, with the spirit of Abrams lighting the way.

You can call me if you would like some clarification before you decide to join. My number is 212-222-4509. Please sign up with Margaret Bianchi in the MRHS office by October 12. We expect to meet every other Tuesday at 2:00 PM for a two-hour session. We will start on October 30 and, depending on how it goes, continue until about the beginning of March. There will be no assignments, since all the work, such as it is, will be done in the class.

Beatrice Gottlieb (Bldg. IV)

Announcing New Supper Club

MRHS is planning a Supper Club outing on **Monday, October 22 at 5:30 PM**. Please look for the notices. It will be at one of the great neighborhood restaurants. Don't miss a chance to join your neighbors and have a fun evening out.

Renovating Our Apartments For Aging In Place

Many of us would like to stay in Morningside Gardens as we grow older. Unfortunately, our apartments were not designed to accommodate wheelchairs or walkers; with narrow doorways and little room to transfer, inadequate lighting or inappropriate floor surfaces, some of our apartments are less safe than they should be.

We'd like to form a committee that would provide practical information and guidance to MG residents who want to stay in their apartments for the long haul. The committee might, for example, interview people who have renovated their apartments, write a booklet with specific suggestions on renovating MG apartments with information about which walls can be moved (and other structural limitations), or research whether funding is available for consultations with architects or to cover renovation expenses.

If you'd like to be involved, contact **Ellen Fried at ellenfried1@gmail.com, 914-500-5596 or Maggy Sears at maggysears@gmail.com, 646-352-2094.**

Mt. Sinai / MRHS Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai School of Medicine has been working with the MRHS community on various issues related to aging in a program called ***Mind Matters***.

Thursday, October 11, 2:30 PM

"Parkinsons and Seniors" with Dr. Gupta.

Friday, October 19: Ask the Doc with Dr. Joyce Fogel, Mt. Sinai Geriatrician, 2:30 PM

Please contact MRHS in advance to schedule a one-to-one "Ask the Doc" session.

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.

MRHS Travels

Join the MRHS travelers on a boat excursion. The boat departs from Chelsea Piers and is a two and one-half hour ride up the Hudson. A buffet lunch is provided on the boat.

Please contact MRHS at 212-666-4000 for a reservation.

**Date: Tuesday,
October 23**

**Depart MRHS
9:30 AM**

**Return: 3:30 PM
(approximate)**

Cost: \$60.00



Low Vision Group

The low vision group offers people with impaired vision a friendly space to talk about the things they experience due to vision loss. We learn from each other how to manage changes and develop coping skills; we also share ideas about visual aids and ways to enjoy our city by finding activities geared for people with low vision.

!!! Interesting and Rewarding !!!

Meeting times for the month of October:

**Monday, October 15 and Monday, October
29 at 3:30-4:30 PM**

Sanitation Coalition Update

The annual meeting of the Sanitation Coalition scheduled for **Thursday, October 11** has been postponed. --- Joan Levine, Bldg. I

Relaxation Exercises Resume

We start with warm-ups followed by relaxation and meditation exercises. These are based on Yoga and Chi Gong (Chinese healing exercises). The Class is by a multi-certified instructor, and MG resident, **Marge Nissen**

All are welcome – no prior experience needed. Guaranteed to leave you feeling relaxed. First two classes are free followed by six additional sessions for the minimal price of \$25.00

Begins Tuesday, September 18 at 11:00 AM. Please call 212-666-4000 to reserve.

“Going To The Theater At Age 91 (& 1/2)”

Go to Building I resident **Lydia LaFleur's** blog stillupright.wordpress.com to read her wry reflections on going to the theater at the age of ninety-one.