

A Circle Of Hands Returns!

A Circle of Hands will resume meetings on **Wednesdays from 7:00 to 8:00 PM** starting **October 6, 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.

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 ***Roles of International Organizations in a Global Pandemic*** facilitated by *Building II resident Liz Mellen*.

The Covid-19 pandemic has thrust the World Health Organization (WHO) into the limelight, for better and for worse. What is the WHO's role in responding to international pandemics? What can be done to improve the WHO's response to future global health crises?

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, October 5, 7:00 PM
Via Zoom

Flu Shots

As in years past, MRHS and Mt Sinai Hospital will be providing flu vaccinations at no cost. Due to the renovation of the Recreation Center, this year the vaccine will be given at MRHS.

Please call MRHS at **212-666-4000** or contact Margaret Bianchi at **MargaretB@mrhsny.org** to register. You must register in advance to receive a shot. You will be asked to select a specific time slot and arrive at that time to ensure social distancing. Everyone over the age of 18 is invited to sign up.

Here are the protocols provided by Mt Sinai:

- You must wear a mask through the whole process in order to get vaccinated.
- Make sure you wear appropriate clothes to be able to get your arm in and out easily for vaccination.
- No fever the day of vaccination.
- You must show up ON TIME for your scheduled time slot, not before, not after, or you won't be able to get the flu shot.
- Social distancing will be maintained and required the whole time.
- Your visit will only take between 15-20 minutes with a pre-safety screening, form filling out, and immunization.
- Be prepared to be standing the whole time as the process moves fast.
- You will be receiving the STANDARD FLU SHOT, which is quadrivalent and ok for anyone 18 years and older.
- If you have received the COVID-19 Vaccination within 2 weeks of your scheduled flu shot date, we suggest you wait to get the flu shot until a later time frame.
- No insurance is needed, this is a FREE flu vaccination.

Friday, October 1, 10:00 AM to 1:00 PM

The Memory Tree™

As we get older there are things we can do to help keep your body and mind in top shape. The Memory Tree™ is a weekly program at MRHS that provides a variety of classes each week in our 90-minute program designed to “tune-up” our brains.

We believe that the best way to fight the aging process including the weakening of memory is through mental and physical fitness. Our classes do just that! For over 15 years we have been offering The Memory Tree™ on-site at MRHS, but due to COVID-19, we have moved our program onto Zoom.

The Memory Tree™ offers a variety of programs designed to keep the body and brain challenged: Memory Aerobics classes will strengthen your memory. Chair Yoga focuses your attention while reducing stress. Our arts appreciation classes create a rich learning environment to stimulate your neural networks, through discussions about art, poetry, film, music, and literature.

If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program please contact Elizabeth Fine, LCSW, at (917) 656-0558 or Margaret Bianchi, at the MRHS office (212) 666-4000.

We look forward to meeting you!

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

Alex Schiraldi – mrhs-swi@mrhsny.org

Happy October Birthday!!

To: Jimmy Arnold, Beatrice Bower, Michael De Borja, Deanna Gates, Geruth Graham, Jules Le, Mary Lowry, Charles Macdonald, Mary McDonald, George Mapp, Ivy Polk, Rebecca Rikleen, Dorothy Teffeau, Nataline Delisle Vandeburg, Sydney Weinberg, and Theresa Thompson Ziegler.

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!

We will meet twice a month on Thursdays. Our sessions will be **October 7, 12:00 Noon** and **October 21, 12:00 Noon**. The October 21 meeting will include an in-person presentation by **Operation Safe Travels**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

Free Concert Tickets

MRHS has been generously offered a limited number of tickets to the **Ureuk Symphony Orchestra with Christopher Lee, Conductor**, at the **Kaufman Music Center, 129 W. 67th St.** on **Friday, October 1 at 8:00 PM.**

Please send your reply to Gloria (gp1900@yahoo.com) and please make sure to use all the tickets you request.

PLEASE NOTE: Anybody entering Kaufman Music Center (audience, performer, staff) 12 years or older will need to present proof of vaccination. All guests must wear a mask at all times with the exception of performers while on stage. Performers must wear a mask while in all other spaces of the building.

***** MRHS will be closed on Monday, October 11 for Columbus Day / Indigenous Peoples' Day. *****

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.

Bloomingtondale School of Music

Music Appreciation Series via Zoom

Marc Peloquin, Instructor

"Musical Masterworks:

The Symphony"

October 1,8,15,22

Fridays from 1:00-2:30 PM



This class will explore the incredibly rich diversity of music for the symphony orchestra. Participants will learn about Beethoven's monumental Ninth Symphony, Tchaikovsky's passionate Pathetique Symphony, and Leonard Bernstein's dramatic Jeremiah Symphony, among others.

\$20 per 4-week session

Upcoming Sessions:

Musical Masterworks: The Concerto

October 29 - November 19

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/discussion of the great performers of these works.

Musical Masterworks: Chamber Music

January 7 - 28

This class will explore some of the most beautiful music written for such ensembles as the string quartet, wind quintet, piano four hands, and vocal chamber ensemble.

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 15, 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.***

MRHS Book Group

The next scheduled virtual gathering of the Book Group via Zoom is set for **Wednesday, October 20 at 3:00 PM**. The group will discuss ***Slaughterhouse Five*** by *Kurt Vonnegut*. All are welcome.

For further information contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

MRHS Board Game Café

Are you interested in playing board games with other MG residents of all ages? We have Low Vision Scrabble, Classic Rummy, Connect Four and decks of cards. Let us know which games you like to play, and if there is one you like that is not listed here let us know that too! Please contact Margaret Bianchi at 212.666.4000 or margaretb@mrhsny.org if you are interested.

Friday, October 29 (last Friday of every month) at 2:30 PM at MRHS

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

MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, October 27, 2021 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

**** 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's "Great Movies" Series

"The Kid With a Bike"

(2011) 1 hr., 27 min.

11-year-old Cyril is abandoned in a state-run youth farm by his father. Almost by accident, he becomes the ward of Samantha, a local hairdresser. Winner of the Grand Prix at the Cannes film Festival and Golden Globe nominee for Best Foreign Language Film. A heart-wrenching, spiritually rich drama, "one of the best films about childhood since Kes" (Screen Daily).

In French, with English subtitles.

Thursday, October 21, 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.

The New York State Farmers Market Nutrition Program

If you are 60 years of age or older and have limited income (\$1,968/month or less for a single household), come to MRHS to learn if you qualify for vouchers in the amount of \$20 to be used at Farmers Markets. WIC participants can also qualify for vouchers, which may be used to purchase locally grown fruits and vegetables at nearby farmers markets. All vouchers expire on November 30.

Please sign up with social work intern **Alex Schiraldi** at MRHS on:

Mondays, 10:00 AM – 12:00 Noon

Thursdays, 10:00 AM – 11:30 AM

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.

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