

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Open House at MRHS!

Food, Fun and Prizes:

Come join us for a festive afternoon full of community spirit. **MRHS** will be hosting this event as a way of celebrating Fall with all of our neighbors in the Gardens. We will also be presenting volunteer opportunities for any who are interested. Feel free to drop in for a short while or stay for the entire afternoon. Come prepared to enjoy!

Sunday, October 16, 12:00 - 4:00 PM

In person at MRHS (*Masks will be required for in-person programs until restrictions are lifted by the NYC Dept. for the Aging.*)

Moving For Life

Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages **following cancer or other major health issues** 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.

Fridays, 3:30 PM to 4:30 PM

October 7, 14, 21, 28

Outdoors, Plaza between Buildings 1 & 2

***** MRHS will be closed on Monday, October 10 for Columbus Day / Indigenous Peoples' Day. *****

Tai Chi for Arthritis

The evidence-based course, **Tai Chi for Arthritis** will start *in-person* on **Tuesday, October 4**, and will run for 18 classes until early December. The class will be led by trained instructor, *Jazell Choi-Andujar*, and will meet on **Tuesdays and Thursdays at 3:30 PM** in the **Thurgood Marshall Room**.

This is an evidence-based course, meaning it has been approved as a therapeutic procedure, with falls prevention benefits. Please call MRHS to sign up at 212-666-4000 or to get more information. *Masks will be required, and capacity will be limited.*

Finances And Insurance Made Simple Series

Medicare Part 2. The Medicare enrollment period is fast approaching. Last month's talk focused on the basic benefits of Medicare; however, there are many different types of plans available. Most people choose the traditional Medicare plan, which offers the widest selection of doctors and specialists, although it requires a supplemental plan for full coverage. Navigating the myriad Advantage plans can be daunting, and it can be difficult to choose the plan that best suits your needs in the event you are interested in an Advantage plan.

Gardens resident **Weilin Li Marabello** and her partners from Prudential will join with representatives from various Advantage plans to help choose the right coverage for you.

Thursday, October 20, 7:00 – 8:00 PM
In person at MRHS and via Zoom

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve a spot in person or to receive the Zoom link.

Helen Milholland

Helen Milholland passed away on August 7, 2022, in hospice care in her home at 510 West 123rd Street. Helen began working part time in the Sales and Management Office of Morningside Gardens in 1994. She was promoted to Sales Manager in 1997 and continued in this role for 10 years. Helen loved the neighborhood and was always especially pleased to meet people who she knew from her sales days. With her amazing memory, she invariably remembered the units she helped sell to her neighbors. A memorial service for storytelling and reminiscences will be held at a later date.

MRHS Book Group

The next meeting is **Wednesday, October 12, at 4:00 PM** (not the regular time) to discuss the novel, *State of Wonder*, by *Ann Patchett*. Via Zoom. All are welcome. For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

George Bruce Library

The New York Public Library's **George Bruce Library** will reopen on Monday, September 26, following infrastructure improvements. The branch initially closed to facilitate preliminary work to install a new heating and cooling system, boiler, and fire alarm system, as well as other improvements to the building

The Library will resume its regular service and programming, including upcoming events:

- Computer Basics: 1-on-1 sessions, Mondays and Fridays, 12:15–1 PM
- Family Storytime, Tuesdays and Thursdays, 12:30–1 PM
- College and Career 1-on-1 sessions for Teens, Thursdays, 3–5 PM
- Chess for Kids and Teens, Thurs, 5–6:30 PM

Flu Shots coming to MRHS on November 7! Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to sign up.

Happy October Birthday!!

To: 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, and Theresa Thompson Ziegler.



MRHS's "Great Movies" Series

"Cradle Will Rock"

(1999) 2 hr., 13 min.

The art and theater world of 1930s New York City is the backdrop for a tapestry of interwoven stories. Nelson Rockefeller commissions Diego Rivera to paint the lobby of Rockefeller Center. A 22-year-old Orson Welles directs his Federal Theater group in an infamous stage production. Artists risk their livelihood by continuing to perform and paint according to conscience. A crowd favorite at the Cannes Film Festival. The star-studded cast includes Vanessa Redgrave, John Cusack, Joan Cusack, Bill Murray, Susan Sarandon, John Turturro, Emily Watson, and Hank Azaria. Directed by Tim Robbins.

Thursday, October 20, 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.

Riverside Church Event

Riverside Church would like to invite Morningside residents to a prayer vigil on November 8 dedicated to the memory of the victims of gun violence in the United States. This service will include Fauré's Requiem in its entirety. There will be a collection to benefit the families of the Robb Elementary School in Uvalde, Texas shooting.

Fauré Requiem

November 8 at 7:00 PM

The Riverside Church, 490 Riverside Drive

MRHS Online Classes

MONDAY

Strength Workout for Seniors

Chair Exercises w/light weights
10:00am – 11:00am (online or in-person)

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

Chair Yoga for Seniors

10:00am – 11:00am (online or in-person)

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 (call us for next feature)

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Stretch Workout for Seniors

10:00am – 11:00am (online or in-person)

**** 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. *****

MRHS Board Game Café

Please join us **Friday, October 28 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, October 28, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

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 **Drug Policy in Latin America**, facilitated by Building III resident, *Dana Minaya*.

The issue of migration to the United States from Latin America has overshadowed the war on drugs, which has been underway for decades with little signs of progress. What are the roots and the bureaucratic logic behind today's dominant drug policies in Latin America? Is it time to reconsider punitive drug control policies that disrupt supply chains and punish drug possession?

Tuesday, October 11, 7:00 PM, Via Zoom

Great Decisions Upcoming Schedule

- November 1: "Industrial Policy"
- December 6: "Biden's Agenda"

MRHS Men's Group

The next meeting of the Men's Group will take place probably via Zoom on **Wednesday, October 26 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

Latin/Swing/Jazz 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 while you have fun dancing. Classes begin October 6, through December 1, every Thursday morning at 10:30 AM to 12:00 noon, in the Thurgood Marshall Room, Building III. (No class on November 24 for Thanksgiving)

If interested, please contact Margaret at MargaretB@mrhsny.org to sign up. For more information can call or text or email dance instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com.

Flu and Covid Vaccinations

MRHS will be distributing the **flu vaccination** on **Monday, November 7, from 10:00 AM to 1:00 PM** at MRHS. Please call MRHS at 212-666-4000 or stop by to make an appointment. You can also email Margaret Bianchi at MargaretB@mrhsny.org to schedule an appointment.

Also, contact MRHS if you need help scheduling the new Covid booster shot. As of this writing, Duane Reade at 125th St. and Broadway is taking appointments for all Covid vaccinations, including the new booster.

COVID Test Kits

MRHS has Covid Test kits available. If you need help performing the test, please contact MRHS at 212-666-4000.

Music Mondays

Music Mondays presents ***Ruckus & Emi Ferguson - Fly the Coop***. Hear "the world's only period instrument rock band" (San Francisco Classical Voice)." Music by Bach and Ligeti. **Monday, October 3, 7:30 PM.** **Advent Lutheran Church**, 2504 Broadway at 93rd Street. Free concert. Face masks required.

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 session will be held on Tuesday, October 4.**

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

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, 2022). 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.***

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Meetings will be on **Thursday, October 6 and October 20 at 4:00 PM.** For more information, please call MRHS at 212.666.4000. Walk ins welcome!

****** 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. ******