

The Paterson Great Falls Walking Tour

The story of **Paterson and its Great Falls** demonstrates how the natural and cultural diversity of the area helped fuel the economic and social growth of a young nation. We will be guided by a staff member for this one mile walk to discover how the natural world inspired a founding father, entrepreneurs, immigrants, poets and artists to build the nation's first industrial city. Please wear comfortable and weather-appropriate clothing/shoes. The walk will be on along paved and unpaved paths with uneven footing.

Following our beautiful and informative tour we will enjoy a **Peruvian lunch at Panchitos**, a Paterson mainstay.

Wednesday, September 18 Cost \$50.00

We will depart MRHS at 9:00 AM and will return at 3:00 PM.

If you would like to join us or if you would like more information, please call MRHS at 212-666- 4000 or email Robin Aloï: Robina@mrhsny.org.

African American Migration To Hispaniola

Dana Minaya will return to give a repeat performance of her presentation on the little-known story of the migration of African-Americans to the island of Hispaniola (now Haiti and the Dominican Republic) in 1824. Because her husband Frank's ancestors were part of this migration, Dana has done extensive research on the topic and looks forward to sharing this interesting story.

Wednesday, September 11, 3:00 PM
MRHS Center, 100 LaSalle St., #MC

MRHS – Poetry Event

Please join us when *John Foy* (Building VI) reads from his new book, ***At Play***. John has published widely in journals and online. His formalist work is clear and straightforward – you do not need a PhD to understand it! His previous book, *No One Leaves the World Unhurt*, won the Donald Justice Poetry Prize (2021), and his earlier book, *Night Vision*, won the New Criterion Poetry Prize (2016). John co-hosts the local Morningside Poetry Series.

The eminent poet/critic Adam Kirsch had this to say:

"Playing with words is what I do," John Foy writes, and as with Robert Frost, this is play for mortal stakes. Foy's poems combine wit and formal invention with wry wisdom about the human condition in a way that is both delightful and moving.

Thursday, September 19, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

Dances For A Variable Population (DVP)

MOVEMENT SPEAKS® is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:30 AM
Starting September 12
Building I Community Center

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot for this class.

MRHS Escort Volunteer

High satisfaction + low effort – commitment = MRHS Escort Volunteer

Most of the worthwhile things in life require hard work – careers, relationships, kids, pets. Here is one that doesn't. --- by Candy Gulko

I knew how rewarding volunteer work could be, but I was afraid to make a commitment. My work involves unpredictable article deadlines. I didn't think I could promise a certain number of hours/week or a specific day each week. But I yearned to do something that felt meaningful.

The MRHS Escort service met my needs perfectly. Margaret put me on the list and called, often a week or more ahead of time, to ask if I could take someone to the doctor or pick him or her up after a medical procedure. No guilt if I was busy and had to say, sorry not this time. Margaret had a list.

Those times when I was available quickly became the highlights of my week. I stepped away from the frenzy of work and the frustration of mundane tasks into a few hours of meaningful connection with someone who needed my help.

Sometimes, they just needed company in the taxi or while waiting for the doctor, or they just needed me to show up so the hospital would be willing to release them after a procedure that required anesthesia.

Other times, I substituted for the unavailable child or spouse, the family member or friend who would ask the questions we forget to ask when we're frightened and ill, the one to take notes so we 'remember' what the doctor said when our minds went blank during the visit.

The cliché, "You get more than you give," proved true for me. I met fascinating neighbors. I learned. I enjoyed.

After volunteering as an escort for a few years, I developed a serious illness. Suddenly, the knowledge I had as a medical writer became something I was afraid to access. My interest in scouring pub med and researching the scientific literature was replaced with fear of what I would find. I needed the friends who accompanied me to medical appointments.

So, if you want to do meaningful volunteer work, if you want to help some of your fascinating neighbors, if you want to be able to say 'no' without guilt and 'yes' with enthusiasm, ask Margaret to put you on the list. Margaret may be reached at 212-666-4000 or MargaretB@mrhsny.org

Happy September Birthday!!

To: Gilda Brodsky, Ralph Della Cava, Norma De Paur, Marilyn Crockett Freeman, Peggy Haskins, John Johnson, Carl Jones, Tim Kelley, Leila Lieberman Maggy Sears, Yen Tang, Celestein Twining, and Edith Valentine.

MRHS Board Game Café

Please join us **Friday, September 27 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, September 27, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

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 **Understanding Indonesia**, facilitated by Building I resident, *Ken Thomas*.

Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar? What are current issues in U.S.-Indonesian relations, and what role can the country play in Asia?

For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

**Tuesday, September 3, 7:00 PM,
Via Zoom.**

Stress Reduction with Jana

Jana's class resumes on **Tuesday, September 10 at 10:00 AM** in the **Community Center** in the basement of Building One. It's a good way to reduce stress through movement. Exercises can be done standing or sitting. Classes will meet weekly.

MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

Please feel free to contact Stephanie Low with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

Upcoming Dates: September 9, 16

MRHS Book Group

On **Wednesday, September 11 at 3:00 PM** we will discuss **The Morningside** by *Tea Obrecht*.

On October 9 we will discuss *The Garden of Evening Mists* by Tan Twan Eng for those who want to read ahead. All are welcome to join.

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



Circle Of Hands Resumes!

This Fall, Circle of Hands will meet on **Wednesday nights starting September 11 at 7:00 PM** in the West Room of MRHS.

Whether you are a beginner or a veteran who likes working with their hands on projects such as knitting, crocheting, embroidery, quilting or other needle work, please join us. Bring a project you may have started or think about what you would enjoy working on. Some materials may be available to get you started. We help each other and will look forward to you joining the Circle, a relaxed and friendly setting. Contact Mary Davidson at marywickens@gmail.com if you have any questions.

Looking Ahead

- **Flu Shots** – October 23: 10:00 AM – 1:00 PM
- **“Cybersafety”** – *Laura Scherling*, Columbia University – November 8, 1:00 PM
- **“Planning Your Goodbye”** – *Blanche Colson*: January, 2025

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, September 20, 2024). 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 Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, September 26 at 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

Spanish Conversation

Hola! MRHS would like to start up a **Spanish Conversation Group**. We need a volunteer to lead the group in conversation. If interested, please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org.

***** MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. *****



West Harlem
Development
Corporation

Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

Max Surjadinata

Max Surjadinata is a retired Indonesian-American Clergyman living in Morningside Gardens with his wife, Elice Higginbotham, and their dog, Pascal. Max was born in Jakarta, Indonesia; he moved to the U.S. at the age of 20, where he did his undergraduate and theological studies and was ordained in the United Church of Christ. He has served churches in Canada, the U.S., and overseas as a Global Missioner in Timor-Leste and Indonesia, and with the World Council of Churches' Ecumenical Accompaniment Programme in Palestine and Israel.

As a child and adolescent in Indonesia he experienced life during colonialism, military occupation and the struggle for national independence. As a foreign student in the U.S., he learned about, and experienced, racism, and participated actively in the civil rights and anti-Vietnam War movements. He also learned that humor can be a balm, a solace and a source of strength along life's journey.

Come hear Max talk about some of the humorous happenings that have occurred in his lifetime!

Wednesday, September 25, 3:00 PM
MRHS Center, 100 LaSalle St., #MC

Writing From Life Experience

The **Writing From Life Experience** group will enter its 31st year in September. The group is looking for a few new members. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org if you are interested.

The group meets on (mostly) alternate Mondays from 2:30 - 4:30 PM. No previous writing experience necessary – you will be met either as a beginner or as a seasoned writer. Classes will take place via Zoom.

The fee for 20 sessions is \$50.

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

健康讲座

您有没有试过出门之后才想起手机或钥匙忘记拿？走进房间却想不起来自己要找什么？我的家人反复问同样的问题是唠叨吗？欢迎参加健康讲座 · 纽约大学注册社工梁小姐将为您解答这些疑惑。

日期：9/18 星期三

时间：下午三点

地点：MRHS 长者中心（提供现场和Zoom线上参与方式）

强烈推荐现场参与 · 因为我们将有抽奖环节 · 送出礼品！

如有疑问 · 欢迎联系梁小姐：212-998-9309或 il2336@nyu.edu

Health Seminar

Have you ever left the house realizing you forgot your phone or keys? Do you sometimes walk into a room but can't remember what you were looking for? Is it just nagging when a family member keeps asking the same question repeatedly? Join us for a health seminar where Ms. Leong, a licensed social worker from New York University, will answer these questions and more.

Date: Wednesday, September 18

Time: 3:00 PM

Location: MRHS Center (In-person and Zoom options available)

In-person attendance is highly recommended as we will have a raffle with gifts! For any questions, please contact Ms. Leong at 212-998-9309 or il2336@nyu.edu.

**** 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. ****

Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午3-4點, 下樓來MRHS長者中心, 我們一起聊聊大家的人生故事~

本週故事話題是: 1) 你堅持過最久的一件事是什麼? 是怎麼開始的? 2) 請分享一個你曾作出的承諾, 可以是對自己的, 也可以是對他人的?

關於人生故事會: 在十週內, 我們免費為長者組織15人以內, 每週一次的小型聚會, 一起分享人生故事、建立友誼。在故事會的最後, 我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網:

<https://lifestoryclub.org/>

有任何疑問, 歡迎撥打主持人譚小姐電話302-321-4199!

我們週四4點見!

Chinese LIFE STORY CLUB, **every Thursday at 3:00 PM**, come to the MRHS Center, and let's share our life stories together! If you have any questions, please feel free to contact the facilitator, *Effy*, at 302-321-4199!

Please note: The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested.

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 meeting is **September 3**. Please contact *Robin Aloi* at 212-666-4000 or RobinA@mrhsny.org to reserve.

There's Magic in Music!

Join us for the newest zoom program at *The Memory Tree*, "**There's Magic in Music**", on the 2nd and 4th Tuesday of every month from **2:00-3:30**. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia.

Tuesdays, September 10 and 24
MRHS Center, 100 LaSalle St., #MC

The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics. Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *The MET's* locations.

The program is held on the third Friday of each month at the **MRHS Center, 100 LaSalle St., #MC. Friday, September 20, 1:00 PM**

For more information, please call MRHS at 212-666-4000 or email Robina@mrhsny.org

Balance Issues Support Group

Let's help each other! Causes of balance problems include medications, ear infection, a head injury, or anything else that affects the inner ear or brain. Low blood pressure can lead to dizziness when you stand up too quickly. Regardless of what causes your balance issue, it is helpful and important to get the support of others who are experiencing the same challenges.

For further information please call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org.

Thursdays at 1:00 PM, at MRHS Center
Next Meeting: September 12

Morningside Players

Morningside Players Theater Co. at *LaSalle St again!* Don't miss ***Will's Fools and Clowns*** – a short comedy show for kids of *all* ages. It will be presented at the **LaSalle/Open St** festivities, **Thursday Sept. 5, 6:30 PM** (rain date Sept.12). Noted actor Charles E. Gerber will enact some wacky and delightful bard people! www.morningsideplayers.org

MRHS Legacy Society

Membership in the MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will.

Information relating to planned gifts to MRHS will be held in confidence and the names, only, of the members of the MRHS Legacy Society will be acknowledged in the MRHS Newsletter and Annual Report. Donors may be listed anonymously if they prefer.

If you have any questions about the MRHS Legacy Society or would like information about making a planned gift to MRHS, please contact MRHS at 212-666-4000 or info@mrhsny.org.

Music Mondays

Monday, September 16: 7:30 until 9:30 PM

Miró Quartet. The Miró Quartet is beloved for their interpretations of the classics as well as new music. They share both in a program featuring Beethoven's final quartet, op. 135, alongside Caroline Shaw's new *Microfictions* and Kevin Puts's *Home*, inspired by the refugee crisis and photographs of displaced families searching for a new home.

<https://www.musicmondays.org>

Advent Lutheran Church, 2504 Broadway at 93rd Street. FREE.