

Grandparents Day Celebration

Join MRHS for our third annual celebration of Grandparents Day. We will start with a special film on **Saturday, September 12 at 2:00 PM** in the **Tuttle Center**. The film is ***The Secret of Roan Inish***, a film about 10-year-old Fiona, sent to live with her grandparents in a small fishing village in Donegal, Ireland. She soon learns the local legend that an ancestor of hers married a Selkie, a seal who can turn into a human.

Following the film, at about **4:00 PM**, thanks to a donation from **Yes! Solutions**, we will again have **Cream Puffs and Magic**. Please join us for this delicious and fun event featuring **Randy Masters**, who performs close up magic and mind reading, while interacting among the guests.

Come with your grandchildren of any age or perhaps you will just enjoy the company of the grandchildren of others!

New Sonnet Workshop

A number of people have already expressed interest in joining the Sonnet Workshop that was announced in last month's newsletter, now scheduled to start on **September 17**. There is still time for others to join, but the total number will be limited to 12.

Under the leadership of **Beatrice Gottlieb**, the group will immerse themselves in a selection of famous sonnets by Shakespeare, Keats, and Wordsworth. Meetings will take place every other week on **Thursday afternoons from 2:00 to 4:00 PM**.

Anyone who wants to be part of the workshop should see or call Margaret Bianchi in the MRHS Office as soon as possible. (212-666-4000).

Happy Surprises in Life's Later Chapters

With Stephen Chinlund

This seven-week course offers an opportunity for people of all ages to consider the fulfillments of the "extra chapter of life" which comes to people over 60. It has become a time of unexpected satisfactions for many who thought their lives were almost over.

During the seven sessions, participants will consider how we think about our bodies, money, sex, death, spirituality, power and interests in art of all kinds, perhaps postponed from long ago.

Stephen Chinlund has presented this course at the New York Open Center and at the Interchurch Center. *Now he brings it to MRHS!* Introductory meeting on September 22: *Redefining the Meaning of Old*. Don't miss this opportunity!

A nominal fee of \$25 will be charged for the seven sessions. Advance registration is required by Friday, September 18.

Tuesdays from 10:00 AM to 11:30 AM, starting on September 22.

Zumba for Seniors

A new video exercise class that feels like a party will begin on **Thursday, September 10** in the **Thurgood Marshall Room** from **10:00 AM to 11:00 AM**. Zumba Gold is a lower intensity cardio workout for any age. You will learn exciting new dance moves like salsa, merengue, flamenco and cumbia, while you strengthen your body and energize your mind. If you have any questions, speak with the class facilitators — Eleanor Haray, Dana Minaya, or Elise Rackmill.

New York State Farmers Market Nutrition Program

Thanks to the New York City Department for the Aging, MRHS has been provided with vouchers to be used at Farmers Markets as part of the "New York State Farmers Market Nutrition Program." Booklets of vouchers worth \$20 are available from MRHS on a first-come, first-served basis. *There is a limit of one booklet (\$20 value) per household.*

The state requires that each recipient sign a "Statement of Eligibility," indicating that you are at least 60 years of age and meet the following income limits:

--- Below \$1,815 per month for a one-person household

--- Below \$2,456 per month for a two-person household

--- Below \$3,098 per month for a three-person household

Or

Currently receiving or eligible to receive SSI or public assistance.

Please pass along this information to friends and neighbors.

Cinema at MRHS

The MRHS Film Committee – these are the people who bring you the movies on Saturday afternoons and now one Wednesday evening per month – are looking for one or two volunteers to help set up the DVD films on Saturdays. If you can give one Saturday a month to this program please speak to Margaret Bianchi at 212-666-4000.

We'd also like to tell you about our DVD library. We now have a small but growing collection of popular and art films on DVD in our library. Just drop by and ask about the films.

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

Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Joyce Davis, Ralph Della Cava, Norma De Paur, Peggy Haskins, John Johnson, John Kapner, Leila Lieberman, Rachel Martin, Maurice Nixon, Yong-Ki Pak, Dorothy Savage, Katherine Scheuer, Gwen Simmons, Adolf Singer, Yen Tang, Celestine Twining, Una Tuttle, Roderick Wallace, Audraine Wilson, Margaret Yi, and John Yoshinaga

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 September are all invited to our Birthday Party! Come on **Tuesday, September 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 5 Bananas (1971) 1 hr, 20 min

A hilarious comedy by the young Woody Allen. When a bumbling New Yorker is dumped by his activist girlfriend, he travels to a tiny Latin American nation and becomes involved in its latest rebellion. Stars Louise Lasser and Carlos Montalban. Directed by Woody Allen. Rated PG-13.

Sept. 12 The Secret of Roan Inish (1994)

1 hr, 40 min. Ten-year-old Fiona is sent to live with her grandparents in a small fishing village in Donegal, Ireland. She soon learns the local legend that an ancestor of hers married a Selkie, a seal who can turn into a human. Directed by John Sayles. Rated PG.

Sept. 19 Still Alice (2014) 1 hr, 41 min.

Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face to face with a diagnosis of early-onset Alzheimer's. Directors are Richard Glatzer and Wash Westmoreland. Rated PG.

Sept. 26 Winter's Tale (2014) 1 hr, 58 min.

In a New York City of the future a man meets a dying woman and is driven to end evil and save her from death. Outstanding performances by Colin Farrell and Russell Crowe. Based on the novel by Mark Helprin. Directed by Akiva Goldsman. Rated PG.

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 Tuttle Center.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening returns on Wednesday, September 9.

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" meets, Thursday, September 24, at 2:30 PM in the Tuttle Center.

"Later Life Transitions" group's next meeting will be announced soon.

The **MRHS Book Club's** next date will be **Wednesday, September 30 at 3:00 PM**, in the Tuttle Center. Discussion is on the biography, **Washington, A Life**, by Ron Chernow. Everyone is 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, September 18.) 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 is closed on Monday, September 7 for Labor Day. We wish everyone a good holiday.*****

MRHS Film Committee Presents

First Wednesday Films

Next screening on **September 2 at 7:30 PM**

Featuring:

No

(2012) 1 hr 58 min.

An ad executive comes up with a campaign to defeat Augusto Pinochet in Chile's 1988 referendum. This engaging drama was nominated for the Best Foreign Language Film Oscar. In Spanish with English subtitles. Rated R.

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

Great Decisions Program

On **Tuesday, September 1 at 7:00 PM** the **Great Decisions 2015** program will resume with a discussion on "U.S. Policy Toward Africa." All are welcome. Discussion materials will be available at the MRHS office for those who do not have a book.

Want To Share Your Story?

Independent filmmakers from Gigantic Pictures are collecting stories from the older generation about the great loves of their lives for a new project that is in the research stages of development. Right now, they are looking to meet with folks and hear their stories — no cameras or anything, just chatting.

If you are interested in sharing, please contact Pamela at [212-925-5075](tel:212-925-5075) or info@giganticpictures.com to set up a time to talk with the writers.

Need A Vet?

Need a veterinarian who makes house calls? Does your pet need his or her nails clipped? Dr. George Korin makes house calls and is recommended by a Building III resident. Dr. Korin may be reached at 212-838-2569 or DrKorin@NYCVetHouseCalls.Com.

Visit Storm King Art Center

Join MRHS for a visit to the **Storm King Art Center**. Widely celebrated as one of the world's leading sculpture parks, **Storm King Art Center** has welcomed visitors from across the globe for fifty years. Located only one hour north of New York City, in the lower Hudson Valley, it is the setting for a collection of more than 100 carefully sited sculptures created by some of the most acclaimed artists of our time. A picnic lunch is included.

DATE: Thursday, Oct. 15 **DEPART:** 10:00 AM
PRICE: \$60.00 **RETURN:** 5:00 PM

TMP Playwrights Group

The Morningside Players will present two programs of new works by the TMP Playwrights Group. New scenes by Mike Davidson, Marge Nissen and John Barrow will be read. "Loft Story", a complete play by Marilyn Crockett will also be read. As a *special bonus*, a one-act by Jud Levin will be presented. Jud will be remembered by many as an active member of The Morningside Players. Please join us Saturday, September 12 at 7:30 PM and Sunday, September 13 at 3:00 PM, at the TMP Theater space, 100 La Salle St. (the Recreation Center in Bldg. 1). A donation of \$5 is suggested.

English Conversation

Interested in practicing your English? MRHS is offering one-to-one conversational English sessions. Join one of our volunteers to discuss topics ranging from the weather to the upcoming elections.



“有兴趣练习英语吗?”

MRHS将开始一对一的英语会话课程。与我们的志愿者练习对话，讨论的话题从天气到即将举行的选举。请与MRHS联系，以了解更多信息。

Contact MRHS at [212-666-4000](tel:212-666-4000) or joannas@mrhsny.org to learn more.

John Seaman's Liberty Salons

Two afternoons from **3:00 PM to 5:00 PM:**

Tuesday, September 15, Penelope

Karageorge, writer, filmmaker, poet and journalist, returns. Penelope will lead a poetry workshop including instruction in how to do *haiku*, a 17-syllable Japanese poetry form; participants will be able to create their own work in English.

Dr. Tom Mallios, a Greek-American clinical psychologist will speak. He is a founder of GABSI, the Greek-American Behavioral Sciences Institute. He has a private practice in New York. He will speak on the ancient Greek philosophical and medical contributions to modern psychology. The date is **Thursday, September 24.**

Both programs include light refreshments.

Discounted Tickets to Philharmonic Concert

MRHS has a special offer from John Seaman (Bldg. V) of discounted tickets for a New York Philharmonic "All Brahms" concert. The date is Saturday, October 24 at 8:00 PM. Those receiving this offer will also be able to enjoy drinks (wine, coffee, tea, etc.) in the Patron's Lounge. The discounted tickets are \$29.50, (about 40 percent discounted, third tier seats).

We need to pay in advance so you would have to make payment by September 10. required minimum is 15 persons. To request tickets please call the MRHS office at 212-666-4000.

MRHS Fall Programs

MRHS has exciting programs lined up for this fall. Please look for the complete schedule and registration materials to be delivered to your doors very soon.

Save the Date: Wed, October 21, 7:00 PM

Catherine Onyemelukwe will discuss her memoir, ***Nigeria Revisited***, and will share art, beads, and other material culture from Nigeria that informs her book.

THE MORNINGSIDE PLAYERS NEEDS YOU!

Calling all volunteers!!!

Love the theater and want to be part of it? The Morningside Players would be thrilled to have you join them!

For acting, directing, creative positions - new applicants ALWAYS welcome and news/auditions will be posted on the Morningside Players' website and MG bulletin boards.

Off stage help- The Morningside Players' increasingly very popular shows take real staffing to run and they'd love to tap into the incredible expertise and kindness of fellow MG cooperators!

These jobs include:

- data entry of mailing list names and contacts into TMP list serve
- Grant Committee
- costume and laundry help during shows
- box office at shows
- house manager at shows
- "security monitor" sitting at shows
- stage management help
- sound and light board tech help to run shows
- publicity distribution/ posting of flyers etc
- purchasing refreshments and serving at post show receptions
- audience seating, set and outdoor signs set up etc
- Special Benefit community appeals to restaurants, stores, etc

Many of these only require very occasional appearances and you will have the fun and camaraderie of making new friends and serving the arts! If interested please call the Morningside Players at **646/200-5089** or email a message via the website at **www.morningsideplayers.org**

Thanks and hope to see you there!