

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Live Music at MRHS

Presented by Concerts In Motion

In-person classical music recitals by professional musicians will be returning to MRHS in September. Please note that there will be limited seating to observe Covid precautions and masks must be worn during the programs.

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a seat. **Tuesdays, Sept. 14 and 28 at 2:00.**

New Fitness Class

Building V resident **Suzy Frazer** will be leading a new fitness class. Suzy has been trained in the "Silver Sneakers" method, which the class will be based on. Class size will be limited to accommodate the six-foot social distancing requirements of the NYC Department for the Aging (DFTA.) Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to register. Eight classes will take place on **Thursday afternoons at 2:00 PM**, starting on September 16.

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 first session will be **Thursday, September 16th, 12:00 Noon**. The second session will be on September 30th. Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

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

Director's Column

While we had hoped that programming at MRHS would have returned to normal by the time of this Newsletter, the Delta variant had other ideas. We must continue to abide by the guidelines set by the NYC Department for the Aging (DFTA), mandating that masks be worn and distance maintained during indoor activities.

These guidelines have permitted us to introduce some exciting new programs – an art class, exercise class, classical music concerts, and a Board Game Café – where mask-wearing and distancing are not too onerous. But programs that depend on conversation and discussion are severely hampered by masks and distancing, so our in-person programming must remain limited for now – though our slate of online programming continues. Unfortunately, we also can't take advantage of the beautiful outdoor grounds at the Gardens at the moment, as we might have normally under these circumstances, because of the limited access to open spaces during renovations.

The good news is that our staff will be returning to regular hours this month. All staff members have been fully vaccinated and everyone who works at MRHS, whether as a volunteer or a consultant, is required to be vaccinated. So our staff is able to assist you as always, of course observing Covid precautions. Please don't hesitate to contact us at MRHS if you need help or just need someone to speak with. Finally, if you need any assistance getting the Covid vaccine we can help – with your first shot, or with the booster shot when it becomes available eight months after you've received your second Pfizer or Moderna vaccination. As of this writing, guidelines haven't yet been established for the Johnson & Johnson vaccine, but we'll be here to help when they are.



Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Ralph Della Cava, Norma De Paur, Marilyn Crockett Freman, Peggy Haskins, John Johnson, Carl Jones, John Kapner, Leila Lieberman, Rachel Martin, Katherine Scheuer, Maggy Sears, Yen Tang, Celetein Twining, Audraine Wilson, and Margaret Yi.

Eileen Canty (1933-2021)

MRHS is saddened to announce the passing of Building III resident Eileen Canty on August 23rd at the age of 88.

Eileen served on the MRHS Board of Directors for many years, including stints as MRHS President and Vice-President. Eileen also coordinated the MRHS Flea Market and, in recent years, volunteered much of her time to raise funds for MRHS through our eBay Project.

Eileen was much beloved by the MRHS community and will be greatly missed.

In lieu of flowers, Eileen's family requests donations be made to MRHS.

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom sponsored by MRHS.

Upcoming Great Decisions 2021 Topics

- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

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

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.

Bloomington 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, September 17, 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, September 22 at 3:00 PM**. The group will discuss *The Known World* by Edward P. Jones. 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, September 24 (last Friday of every month) 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, September 22, 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. ****

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MRHS's "Great Movies" Series

"Nobody Knows"

(2004) 2 hrs., 20 min.

When their young single mother leaves home to pursue a mysterious job and a new romance, 12-year-old Akira must look after his two younger sisters and brother in a Tokyo apartment. Yūya Yagira became the youngest Best Actor winner in the history of the Cannes Film Festival. With wrenching clarity and unvarnished lyricism, director Kore-eda ("Maborosi," "After Life," "Shoplifters") captures the precarious balancing act of hope and vigilance that sustains children forced to grow up much too quickly.

In Japanese, with English subtitles.

Thursday, Sept. 16, 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.