

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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MRHS at Morningside Gardens Helping Elders. Building Community.

Special Art Program at MRHS

Three doctoral student/artists at *Teachers College* Columbia University are offering a public art workshop sponsored by the Myers Foundation. This free workshop will include photography, performance, and installation art-making. Nine older adults, age 60 and over, are invited to participate in a site-specific public art-making experience that will include an opportunity to show their works in the Macy Gallery at Teachers College.

This workshop will begin on **Saturday, January 29, 2011, 11:00 AM** and will run for six weeks. Participants' activities will link the public context regarding the Morningside Heights area to connect the inspirational artistic response to the site. The participants will develop a site-specific art work during the six weeks for presentation at the end of the program. The classes will be held at MRHS. Please call MRHS at 212-666-4000 to enroll.

Program on Peace Education

All who are concerned about world peace are invited to a special evening at MRHS on **Tuesday, January 11, 7:00 PM**, with **Betty Reardon**, (Bldg. III), the founding director emeritus of the International Institute on Peace Education.

A long-time resident of Morningside Gardens, Betty will speak on "Learning through Decades of Peace Education." Her insights and experience will be of benefit to everyone seeking ways to strengthen the peace movement.

MRHS is closed on Monday, January 17, Martin Luther King Day.

Elections Committee Will Pick Up Your Proxies

The Elections Committee will be happy to pick up your proxy for the Special Election if you are unable to mail it or drop it off at the Management Office. Please call Margaret Bianchi in the MRHS Office at 212 666-4000 and she will let the Elections Committee know.

Lecture Preview of *The Heiress*

Mimi Lamb, (Bldg. VI), professor of English Literature and Theater at Fordham University, will do a talk on *The Heiress* (the upcoming dramatic production of the Morningside Players), based on the Henry James novel, *Washington Square*. Those who have heard Mimi speak will know they are in for a treat. Join us on **Wednesday, January 5, 7:00 PM** in the **Tuttle Center, 100 La Salle, #MC**.

Correction

In our December Newsletter, we incorrectly identified the donor of the Sterling Silver Tiffany Pen to the MRHS Silent Auction. The elegant pen was donated by Building I resident, **Kamu Kamadoli**. Thank you, Kamu, and sorry for the error!

Did you know that the MRHS Writing From Life Experience Class can be found online! For recent blog entries, go to getyourwordsworth.wordpress.com/about/

****Congratulations to Joy and Fred Cooke (Bldg. I) who celebrated 60th Wedding Anniversary on December 9.****

**Happy New Year
from all of us at MRHS!**

Technology for You MRHS "techNet"

Here's what's coming in January.

1. We are planning to hold our next "techNet" meeting on Thursday, **January 13, at 7:00 PM.** The topic will be on Social Networking -- Facebook, Twitter and YouTube. It will be presented by *Jael Simonson-Tunick*, a recent Sarah Lawrence graduate and a temporary resident of Morningside Gardens.

2. Want to "Excel?" - Now forming a small self-help group to learn about Microsoft's Excel Spread Sheet. In order to participate, you need a laptop computer (either Mac or PC), have Microsoft Office with Excel installed on your computer, and be willing to meet on a regular basis. You should also have a blank flash drive. If you are interested in joining this group, please send an email to Mike Davidson. We will try to find a convenient time for everyone to meet.

If you have particular expertise in Excel, please let us know so we can invite you to a meeting to share this skill.

3. The Macintosh I-Mac and Brother Multifunction (print, scan, copy) machines are available for public use on Monday and Wednesday from 12:00 Noon to 2:00 PM. Call the MRHS office (212-666-4000) if you wish to reserve a time or to use the facility at periods other than these.

If you would like individual instruction on how to use the I-Mac and/or the printer, or how to scan or copy a document, please get in touch with either Mike Davidson or the MRHS office.

For further information please send an email to: DrMichaelSDavidson@Gmail.com.

Welcome Huajuan!!

MRHS extends a warm welcome to **Huajuan Chen**, Social Work intern from Columbia University, who will be with us from January through May.

Happy January Birthday!!

To: Judith Anderson, Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Hsin-Pao Han, Paul Haskins, Beatrice Hawkins, Florence Keller, Ruth Kivette, Lydia La Fleur, Beulah Lawless, Chun Fan Mao, Fritzi Martin, Ruther Miller, Jean Prosser, Marion Rothenberg, Gloria Robotham, Edward Rosenblum, Ana Santos, Juanita White, and James Yeh.



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 January are all invited to our Birthday Party! Come on **Tuesday, January 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Jan. 8 *fantasia* (1940) 2 hrs.

Here is an old musical movie of a different kind. Disney blazed new trails using a variety of animation styles to present classical compositions by Bach, Mussorgsky, Stravinsky, and others.

Jan. 15 *The Darjeeling limited* (2007)

1 hr., 31 min. An odd story of three American brothers on a long train ride through India, reconnecting with each other as they try to find their mother (played by Anjelica Huston), who took off after their father's death.

Jan. 22 *The Secret in Their Eyes* (2010)

2 hrs., 9 min. Delving into an old case from the days of the dictatorship in Argentina, a retired police investigator makes some disturbing discoveries. In Spanish, with subtitles.

Jan. 29 *Zeigfeld follies* (1946) 1 hr., 50 min.

And now a musical about musicals. Vincente Minelli directed this revue imagined by Ziegfeld himself (William Powell), looking down from heaven. Performers include Judy Garland, Fred Astaire, Red Skelton, and Lena Horne.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

**Your donation to MRHS is
tax deductible!**

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 1:15 PM**.

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

Monday Tuesday Wednesday Thursday Friday
8 – 6 8 – 6 8 – 6 8 – 5 9 – 5

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 5 9 – 5 9 – 5 9 – 5 9 – 5

Hypertension Screening – Alternate Wednesdays from 9:00 - 11:00 A.M.

01/06, 01/20

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" group will meet this month on **Thursday, January 21 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, January 7 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Friday, January 14 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Let the Great World Spin, Colum McCann**.

Low Vision Group will meet **this month, on Friday, January 21 at 2:00 PM**.

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 January 21). 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.*

History Reading Group

This long-standing group, which meets biweekly under the direction of Beatrice Gottlieb, a resident of the Gardens, is my favorite activity here at Morningside Gardens.

We read at a slow pace and discuss in depth books relating to the history of Western culture. The range of what we have read is broad, extending from Homer, Gibbon's Decline and Fall of the Roman Empire to The Armada by Garrett Mattingly and The Memoirs of Gluckel of Hameln, the fascinating journal written by a Jewish woman who lived during the late 17th and early 18th centuries in present-day Germany.

American history has not been slighted in our readings, for we have studied A Midwife's Tale by Laurel Thatcher Ulrich, based on the diary, kept by a midwife who lived and plied her trade in Maine following the American Revolution, and are now approaching the final chapters of The Hemingses of Monticello by Annette Gordon-Reed.

Beatrice Gottlieb's background in history, especially European social history, enables her to add further dimensions to what we read and discuss. Our meetings are truly stimulating and mind-expanding.

Jeanne Felker (Bldg. I)

Save The Date!

On **Tuesday, February 15**, in commemoration of Black History Month, MRHS and the New York Historical Society will be sponsoring a special program on onetime Gardens resident, **Thurgood Marshall**. The program will include a one-hour film to be followed by discussion. There will also be a drawing for the Society's latest book, *When Did the Statue of Liberty Turn Green?*

The program will take place in (where else!) the **Thurgood Marshall Room, from 7:00 to 8:30 PM**.

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

Have you seen these cards? Samples are available at the MRHS office.

In times of celebration or bereavement, remember MRHS.
Cards may be ordered from MRHS.

MRHS Activities Schedule for Winter 2011

Mondays

Chair Yoga Relaxing, restorative, strengthening. Poses and stretches are done both standing and using the chair. (With video) Weekly, 10 AM. Ongoing.

Monday Night Yoga Led by Gardens resident Melissa Hull, M.D., this class is perfect for everyone and especially for those who need a more gentle Yoga. 7:30 PM. Ongoing.

Tuesdays

Chi Gong A Chinese healing art that allows the body to move in a very relaxed way. A series of simple but effective exercises that address a variety of health issues. Can be done sitting or standing. Tuesdays, 10:30 to 11:30 AM. Starts January 11.

Tuesday Lunch Bring your lunch and enjoy the company of others. MRHS supplies the coffee, tea, cookies, conversation. Ongoing, 12:30 PM.

Sing-Along with Gil Brighten your day with music. Gil on the guitar. Weekly, 1:15 – 2:15 PM. Ongoing.

Birthday Party Come celebrate your birthday with us. The party begins at 12:30 PM. MRHS supplies the coffee, tea and birthday cake. Third Tuesday of month.

Spanish Class Led by Luis Argueta, a lively class including instruction and conversation with audio aids. Weekly, 3 – 4 PM. Resumes on January 4.

Circle of Hands

If you crochet, knit, embroider (cross stitch, crewel), needlepoint, quilt or appliqué and would like to share your needlework skills, designs and techniques with others, or just work in friendly company, you should participate. Led by Gardens resident, *Mary Davidson*. Tuesdays from 7:00 – 8:00 PM. Back January 4

Great Decisions

This discussion on foreign policy issues will resume on the first Tuesday in February and meet monthly from 7:00 – 8:00 PM. Series of programs resume in February. A special program will be offered on January 11.

Wednesdays

Stretch and Tone Exercise with Lucienne Yoshinaga to stay lithe and limber. Weekly, 10 AM. Resumes January 5. Ongoing

Hypertension Screening

Alternate weeks, 9 to 11 AM. From January 12.

Chinese Language Class (Mandarin)

Learn Chinese with a native speaker and experienced language teacher. Wednesdays at 11 AM. Ongoing.

Writing from Life Experience Awaken your creativity and capture your memories on paper. Taught by Susan Willerman. 10 week session. Limited to 15 people. Registration fee: \$50 Weekly, 2:30 – 4:00 PM. *New* session starts Jan. 12

MRHS Bridge Club

Join your neighbors to play bridge. All levels of expertise welcome. Wednesdays from 7 – 9:00 PM.

Tai Chi Chuan

Tai Chi Chuan is a body movement system that helps you achieve the goal of graceful movement. With its many health benefits Tai Chi can be called the **Dance of Life**. *Carl Jones*, (Bldg. V), teaches on Wednesdays from 6:30 to 8:00 PM. New series begins January 29 in the Thurgood Marshall Room, 80 La Salle, \$25. Eight sessions.

Thursdays

Stress Reduction Through Exercise

Entire body exercises, starting slowly and working up to an aerobic level. Then we cool down with exercises using relaxation techniques. Can be done sitting or standing. Thursdays, from 10:30 to 11:30 AM.

Ten Sessions Fee: \$25 10:30 – 11:30 AM. Starts January 6.

Reading History This literate discussion group continues reading *The Hemingses of Monticello* by Annette Gordon-Reed. Led by Bea Gottlieb. Alternate weeks, 2 – 4 PM. Ongoing. (Currently class is filled; see article in this newsletter for more details.)

Later Life Transitions Discussion in this lively group centers around issues of later life, based on readings by and about older people. Led by Hardy Geer and other members of the group. Monthly, 3 PM. Ongoing.

Take Charge of Your Health Led by nurse, Marie Phillips, this group will discuss topical health issues and concerns. Monthly, 2:30 PM. Ongoing.

Fridays

Low Vision Support Group

Fridays at 2 PM. For those with vision problems.

Saturdays

New! Art Class

This free workshop includes photography, performance, and installation art-making. Begins on January 29, 11:00 AM and runs for six weeks. (See article in this newsletter for more details.)

DanceFit Early Bird

Focusing on posture, alignment, balance work, bone density exercises and the functional, practical needs of seniors. Class is taught by Gardens resident, *Suzy Frazer*. 10 sessions, 9:00 AM – 10:00 AM. Fee: **\$25**. Starts January 8.

DanceFit Later

Overall general fitness class for the active participant. Includes a moderately vigorous warm up, with free weights, stretching, Pilates Mat work on the floor and a dance/cardio element at the end. Class is taught by Gardens resident, *Suzy Frazer*. 10 sessions, 10:00 AM – 11:00 AM. Fee **\$25**. Starts January 8

Saturday Afternoon Videos

A different movie every week. \$1.00 2:00 PM.

Monthly

MRHS Book Club

Participants discuss a different work of fiction every few weeks. All are welcome. The group meets once every month at 3pm. Next gathering is January 14.