

Fall Fair 2019

The Fall Fair will be held on **Sunday, October 6, from 12:00 Noon to 3:00 PM on the Plaza between Buildings One and Two.** MRHS will again be partnering with MHHC's Family Activities Committee, MGCA and the Players to provide intergeneration fun. In the event of rain, indoor spaces have been reserved.

MHHC residents are invited to rent tables for \$25 to sell their own items and keep the proceeds. Alone or partnered with friends and neighbors, they can stock a table with anything from holiday decorations to craft items.

Rental forms are available in the MRHS office. Tables will be available on a first come basis. As in the past, space will be free for kids aged 16 and under who are encouraged to offer books, games, and sports equipment. They should provide their own ground covering.

Bus Trip: Brooklyn Navy Yard

We'll be returning to the **Brooklyn Navy Yard** for a one-hour guided exhibit tour followed by a one-hour guided bus tour of the Yard. There have been many changes since our last visit in 2017. ***Brooklyn Navy Yard: Past, Present and Future*** tells for the first time the story of the historic Brooklyn Navy Yard.

Today it is home to the greatest concentration of manufacturing and green businesses in New York City. Lunch will be provided by *Russ and Daughters*, which is located within the Brooklyn Navy Yard. Please note you'll be asked to select your lunch choice when you sign-up for the trip.

Date: Tuesday, October 22 Cost: \$65.00
Depart MRHS: 9:00 AM
Return 3:00 PM (approximately)

Creativity Circle Program

MRHS is piloting a **Successful Aging Creativity Circle** program to help older adults manage a variety of age-related challenges, such as making friends as you get older, finding ways to feel resilient, keeping your brain and body healthy, managing stress, and taking time for self-care. The program is organized around a support group model.

The group will meet weekly over a seven-week period and engage in facilitator-led group sessions that offer an innovative blend of ***mindfulness, creative arts expression and social-emotional learning***. These three components combine to help participants share personal experiences and reflections, gain skills, and feel more connected to themselves and those around them.

Limited spots available. Program runs from **Monday October 28 at 4:30 to Monday December 9**. Please register by calling MRHS at 212.666.4000 or by emailing Deborah.watman@icahn.mssm.edu or calling 646-819-3663.

"Finding Your Voice"

A Poetry Reading Event!

Please join us for an exciting afternoon of poetry reading featuring live readings by five Morningside Gardens residents. The readings will be followed by what we hope will be a lively discussion.

Light refreshments will be served.

Thursday, October 24, 4:00 PM
MRHS Center, 100 La Salle

****** MRHS is closed on Monday, October 14 for Columbus Day. We wish everyone a good holiday. ******

Welcome Staci!

MRHS would like to welcome our new NORC nurse, **Stacia Steen, RN**. Staci's hours are from 9:00 AM to 5:00 PM, Monday through Friday. Stop by and say hello! You can also contact Staci by calling 212-666-4000 or emailing her at stacias@mrhsny.org.

“Getting Your Legal House In Order”

In this presentation you will learn about Estate Planning and Long-Term Care Planning, including:

- Wills vs. Trusts
- Power of Attorney, Health Care Proxy, Living Will
- Digital Diary
- Long Term Care, Medicare & Medicaid

Presented by *Pauline Yeung-Ha, Esq.*, Partner of Grimaldi & Yeung LLP

Grimaldi & Yeung LLP is a personal service law firm with a special focus on the planning needs of retirees, elders, disabled and their families.

Wednesday, October 30, 7:00 PM
MRHS Center, 100 La Salle

The New York State Farmers Market Nutrition Program

If you are 60 years of age or older and have limited income (\$1,354/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 **Megan Longo** at MRHS on:

Mondays, 3:15 PM – 4:45 PM

Wednesdays, 12:00 PM – 1:45 PM

Fridays, 3:30 PM – 4:45 PM

Happy October Birthday!!

To: Jimmy Arnold, Chia-hua Chang, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Ivy Polk, Dorothy Tefteau, Sydney Weinberg

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

Saturday Afternoon Movies

Oct. 5 56 Up (2012) 2 hr 24 min – In 1964, British TV produced a film titled "7 Up," which focused on the lives, hopes and expectations of 14 children. Every seven years since then, the series has revisited them. They provide perspectives that are frequently surprising. One of the most rewarding documentary projects of all time.

Oct. 12 Monty Python and the Holy Grail (1975) 1 hr, 31 min King Arthur and his Knights of the Round Table embark on a surreal, low-budget search for the Holy Grail, encountering many, very silly obstacles. Directed by Terry Gilliam and Terry Jones. Rated PG

Oct. 19 Jackie Brown (1997) 2 hr, 34 min Based on Elmore Leonard's novel *Rum Punch*, *Jackie Brown* follows the titular flight attendant (Pam Grier) as she plots to double cross the federal authorities as the gunner runner (Samuel L. Jackson) she owes money to, with the help of a bail bondsman (Robert Forster). Directed by Quentin Tarantino. Rated R

Oct. 26 Paris to Pittsburgh (2018) 1 hr, 17 min A documentary set against the national debate over the United States' energy future—and the Trump administration's explosive decision to exit the Paris Climate Agreement—the film captures what's at stake for communities around the country and the inspiring ways Americans are responding, including the film's vivid portrayal of jobs in renewable-energy industries. Rachel Brosnahan (narrator), music by Paul Brill. Directed by Michael Bonfiglio and Sidney Beaumont. Not rated.

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 MRHS Center.

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

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

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

Nurse's Hours – Nurse's schedule:

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

Hypertension Screening on Wednesday

Will resume on Wednesday, Oct. 2, Oct. 16 and Oct. 30. 9:00 AM to 11:00 AM

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

The **MRHS Book Club's** next meeting will be on **Wednesday, October 30 at 3:00 PM** in the MRHS Center. The group will discuss the novel, **Life and Fate** by Vasily Grossman, a 20th century Russian novel set during World War II. Please consider joining. All 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, October 18, 2019). 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.***

****** Please note: MRHS has a subscription to Consumer Reports, which you can access online in the MRHS Media Lounge. A copy of the monthly publication is also available in the lounge. ******

Shakti Naam Yoga

We are delighted to again offer **Shakti Naam Yoga** to our community. With its roots in ancient yogic wisdom, Naam Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Naam Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 15 years.

Mondays, October 7 – December 16

Time: 6:30 PM to 8:00 PM at MRHS

Total Classes: 10

The cost for the class is \$20. Please contact MRHS at 212-666-4000 to sign up.

Thanks, Foodtown!

MRHS would like to thank the Foodtown supermarket on Amsterdam Ave. for their generous donation of ice cream to our annual Ice Cream Social on September 3. I'm sure everyone who stopped by that evening agree it went to very good use!

MRHS Film Committee Seeks Volunteer

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

Flu Shots

Flu Shots will be distributed from 10:00 AM to 1:00 PM on Friday, November 15. Please contact Margaret at 212-666-4000 or margaretb@mrhsny.org to sign up.

Mt. Sinai / MRHS Program

Thursday, October 3, 2:30 PM

"Ask the Doc" with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care.

You must contact MRHS in advance to schedule an "Ask the Doc" session.

Thursday, October 17, 3:00 PM

"Balance Workshop" with *Dr. Anat Lubetsky*, Assistant Professor at New York University Department of Physical Therapy. In this dynamic workshop we will talk about why we should care about balance, what are the different systems that help us control our balance and what exercises we can do maintain and improve our balance.

Thursday, October 24, 2:30 PM

"The Mind Explained: MEMORY"
Movie and discussion with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care and *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

**** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ****

Low Vision Support Group

The Low Vision Support Group will continue meetings in October on **Monday from 3:30 to 4:30 PM**. This month it will meet on **October 21** and **one other date in October to be decided on by the group**. In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

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

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, October 9 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month. The cost of the lunch is \$10. Please bring a check payable to MRHS.

Free Beginner Guitar Lessons!

From the Bloomingdale School of Music

Tuesdays, 1:30 PM - 3:00 PM

October 8 to December 17, at MRHS

Students will gain a hands-on approach to music in a supportive group setting focused on introductory guitar skills. Participants will learn beginning classical/ acoustic guitar technique, basic music reading skills, and gain a deeper understanding and appreciation of music.

This program is structured so that each class builds off the previous therefore, students should commit to the entire duration of the course.

Instruments will be provided for the 12-week course for a \$50 rental fee. Contact Ron Bruno at 212-666-4000 or ronb@mrhsny.org. Only a few spots remaining!

Great Decisions 2019

The Great Decisions 2019 program will resume on **Tuesday, October 1**. Peggy Thomas will lead a discussion on *Cyber Conflict and Geopolitics*. The program takes place at **7:00 PM in the MRHS Center**. For those who do not have books, readings for the October discussion will be available in the MRHS office.

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.

COMING UP: MRHS Holiday Bazaar!

December 6, 7, 8, 2019

Come early to shop for unique gifts created by your neighbors for family and friends. Watch for details in the November Newsletter.

Pop Up Movie Sneak Preview

Floating Weeds (1959) 1 hr 59 min –

An aging actor returns to a small seaside town with his troupe and reconnects with an old flame and their now-grown son. This does not go over well with his current mistress. Ozu weaves an atmosphere of peaceful tranquility, of music and processions and leisurely conversations, and then explodes emotional secrets. All done with hypnotic visual beauty. One of Roger Ebert's ten greatest films of all time. *In Japanese, with English subtitles.*

Thursday, October 17 at 7:00 PM

***** 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. *****

MG Players to Preview Love Letters

A.R. Gurney Play

The Morningside Players invite you to a special dress rehearsal/preview of *Love Letters* by A.R. Gurney, (prior to a tour in Florida) on Oct. 6th 2PM in the Recreation Center (100 La Salle St.). Featuring JoAnn Cunningham and Jim Fredericks and directed by Susanna Frazer, this intimate romantic play is *delightful...entertaining...satisfying*" - NY Observer. Refreshments to follow!

No admission but contributions welcome. Seating is limited, so please reserve at 646 200 5089 or at morningsideplayers@gmail.com