PRIME TIMES

Newsletter of the Himan Brown Senior Program — November 2019

A Message from the Director
Julia Zeuner

"We make a living by what we get, but we make a life by what we give." Winston Churchill
Later this month we will celebrate Thanksgiving – a day to give thanks for all we have in our lives. On Giving Tuesday, the Tuesday following Thanksgiving, the world focuses on giving. Founded here at 92Y by former CEO, Henry Timms, as a response to the excesses of Black Friday and Cyber Monday, the day has grown into an international day of giving which raises millions of dollars for charities every year. As you reflect on what you are thankful for this year, we hope you will think of 92Y and the Himan Brown Senior Program. We are fortunate to have a matching grant this year so all gifts will be doubled! We hope you will also consider giving a gift of your time by volunteering for one of our Advisory Council committees. Happy T-Day from the Himan Brown Senior Program staff. We are grateful to be a part of your lives!!

CLASS NEWS

The Art of Listening to Music, Tuesdays, 11:00 am – noon, S297. November 5 – Simon Saad (extended class); November 12 – Arielle Levioff; November 19 – Peter Buchi; November 26 – Javor Bracic

Thursdays with Erica Shein: November 7 and 21: Shoot the Breeze; November 14: Benjamin Franklin Circles (with Erica & Dafna Gorfinkle), 11:45 – 12:45 pm, S297.

Abby Levy continues to teach **Mini-MBA: From Startup to Unicorn, Today's Technology Winners.** Come learn about the impact of technology and social media on today's economy. Tuesdays through November 26, 12:30 – 1:30 pm, S297.

Professor Richard Larschan continues **People of the Book: Short Stories about Being a Jew.** Wednesdays through November 13, 11:30 am – 12:30 pm, S101.

Wednesday Crafts in Warburg Lounge: 10:30 – 11:30 am, Nov. 6, 20: Paper Crafts with Jake Garfield; 11:00 am - 12:00 pm, Nov. 13: Knitting Circle with Ruth Fuchs-Hallet

Sara Lukinson continues **The Great Ones: Artists from the Kennedy Center Honors.** Hear the stories and watch the films of great artist honorees in theater, film, dance, comedy and music. Fridays, through November 22, 11:00 am – 12:15 pm, S102/103.

Seth Gopin continues **The History of Art and Architecture from the Protestant Reformation to the Rise of Louis XIV,** Thursdays through December 5, 1:30 – 2:30 pm, WAG/Warburg Lounge.

Theresa Burns continues to teach **Memoir Writing Workshop,** Thursdays, November 14 – December 19, 1:00 – 2:45 pm, S104.

NEW Additional Session of **Canasta Supervised Play** with Sharyn Harvey starting Wednesday, November 6, 12:30 – 2:30 pm, Mezz (M2)

NEW Learn about a wonderful opportunity to tutor children via Skype or Facetime. Lily Rosenthal, Director of **Study Buddies Connect** will be here on Monday, November 4 at 12:30pm in WL to discuss the program.

NEW **Medicare Update: Everything You Need to Know About Choosing a Drug Plan** with Jess Joseph, Wednesday, November 6, 12:45 – 1:45 pm, Warburg Lounge

NEW **Brown Bag Lunch with Rabbi Scott Perlo,** Wednesday, November 13, 12:00 – 1:00 pm, Warburg Lounge. *Please register in office.*

NEW **Healthy Cooking with Natural Foods** with Chef Gilda Mulero, Tuesday, Nov. 19, 11:15 am-1:00 pm. *Please register in program office. $10 contribution requested.*

A Festivals of Light Luncheon

Join us as we celebrate the season of holidays! 3-course served lunch, live music and dancing! Cost is $30. Tuesday, December 17, 2:00 pm. Buttenwieser Hall

SOCIAL ACTION COMMITTEE OPEN MEETING

Habitat: Building Homes, Community and Hope
Matt Dunbar, *VP, External Affairs, Habitat for Humanity NYC*
Monday, November 25, 2:00 pm, Warburg Lounge

New York Cares Coat Drive
Bring in your clean, gently worn coats for needy New Yorkers

Dates to Remember

Monday, November 4
Social Action Planning & Information Committee Meeting
10:30 am, S250

Tuesday, November 12
Advisory Council Meeting
12:00 – 1:00 pm, NB11

Tuesdays, November 12 & 26
MetroCard Mobile Sales
9:00 – 10:30 am

Friday, November 15
NYLAG Healthcare Proxy Counseling with Tina Janssen-Spinosa, Esq.
11:00 am – 1:00 pm
Warburg Lounge

Plaza Jewish Community Chapel Information Table
Stephanie Garry, CAO
11:00 am – 1:00 pm
Warburg Lounge

Thursday, November 21
Sunshine Committee Meeting
11:30 am, S292

Tuesday, November 26
General Membership Meeting
12:15 pm, Warburg Lounge

Wednesday, November 27
Program closes at 3:00

Thursday, November 28
Friday, November 29
PROGRAM IS CLOSED
Thanksgiving Weekend

VETERAN'S DAY PROGRAM

Monday, November 11
1:30 – 2:30 pm
Warburg Lounge

Julia Zeuner, LMSW, Director
Elizabeth Flamm, LCSW, Associate Director
Samantha Donoso, MS, Operations and Membership Manager
Dafna Gorfinkle, MA, Program Assistant
Erica Shein, Esq, Intergenerational Programs
212.415.5633
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92Y HIMAN BROWN SENIOR PROGRAM

The Mildred and Emanuel Goldberg

SPECIAL FRIDAYS

Friday, November 1
Celebrate November Birthdays w/ Cake!
12:30 pm, Warburg Lounge

Folk Influenced Classical Music for Violin and Piano
Suzy Perelson, violin
Joshua Sawicki, piano
2:00 pm, WAG

Friday, November 8
The Jewish Suite from Venice to New York
Rob Silverman, piano and vocals
Belden Bullock, acoustic bass
2:00 pm, WL

Friday, November 15
Dimitri Kolesnick Trio
The Great American Songbook
Dmitri Kolesnick, Bass
Rob Mosei, piano & vocals
Ron Affif, guitar
2:00 pm, Warburg Lounge

Friday, November 22
Phoenix Ensemble Returns!
2:00 pm, WAG

Health & Wellness

Monday, November 4
Coping with Digestive Diseases
Dr. Zaib Khan, Mt. Sinai Fellow
2:00 pm, Warburg Lounge

Wednesday, November 6
Individual Medicare Consultations with Jess Joseph
11:45 am – 12:45 pm, HBSP Office. *Please register in office.*

Wednesday, November 6
Medicare Update: Choosing a Drug Plan
with Jess Joseph
12:45 – 1:45 pm, Warburg Lounge

Monday, November 18
Caregiver Survival Guide, All You Need to Know
Dr. Caitlyn Kuwata, Mt. Sinai Fellow
2:00 pm, Warburg Lounge

Individual Fitness Assessments with 92Y May Center personal trainers. Includes biometrics, movement, strength and cardio screenings. $15/assessment. *Please register in office.*

Support

Vision Support Group with Ellie Roth
Wednesday, December 18, 12:45 – 1:45 pm, TBD

Bereavement Support with Elizabeth Flamm, LCSW
Please see Elizabeth for more details.

Elizabeth Flamm, LCSW/Associate Director, is a highly skilled therapist who is also available to meet individually with members and families.

Technology Help

Dalton Tech - *Please register in office*
Friday, November 15, 12:50 pm - 1:50 pm, S297

92Y Himan Brown Senior Program is endowed by a generous grant from the Himan Brown Charitable Trust. Major support for the Himan Brown Senior Program is provided by The Derfner Foundation; The Marilyn and Jeffrey Katzenberg Foundation; and The Kathryn W. Stein Endowment. Additional support is generously provided by FJC-A Foundation of Philanthropic Funds; The Margot and Adolph Friedlander Endowment; glassybaby; The Mildred and Emanuel Goldberg Endowment; Lorraine and Gerald Goldman in honor of Jo Frances Brown; Gloria Ann Katz, EdD; Barbara and Martin P. Klein; Joan M. Leiman; The Marvin and Sylvia Rubin Family Foundation; The Fan Fox and Leslie R. Samuels Foundation; Lilian Sicular in memory of Robert L. Segal; Virginia and Dr. Mark Silver; and The Dorothy and Sol Smolen Endowment.

COMMUNITY BULLETIN BOARD

WELCOME to our newest members: Karen Brenner, Maureen Golden, Thelma Goldstein, Babette Hollister, Marcia Meyers and Morris Schoeneman.

If you want to celebrate a special occasion- a birthday, anniversary or ??? and share your joy with the Himan Brown community, contact us to order and pay for a cake from Fairway. Please see Dafna for details! (Cakes run approximately $135.)

Estate planning seminar with David J. Spacht and Nora L. Brady of Pryor Cashman, LLP. Understanding and implementing your estate planning goals. Thursday, November 7, 10 - 11:30 am, WAG. Sponsored by 92Y Legacy Society. Reservations required: 212-415-5755 or friends@92y.org.

GETTING YOUR HOUSE IN ORDER

Learn all you need to know about **advance directives** and **funeral planning**. Coffee and desserts will be served. Sponsored by Plaza Jewish Community Chapel. *Please register in program office.*
Wednesday, November 20, 1:00 – 2:00 pm, S101

JEWISH THOUGHT & CULTURE

Mondays, 1:00 – 2:00 pm, S297
November 4 – Rabbi Samantha Frank
November 18 – Rabbi Scott Perlo
November 25 - Rabbi Samantha Frank

NEW MEMBER WELCOME TABLE

New members, please bring your lunch and join us at our meet and greet table!
Day, November 21, 12:00-1:00 pm, WL

MOVIE CLUB

facilitated by Erica Shein
Director Rupert Goold's ***Judy.***
Tuesday, November 12, 2:45 – 3:45 pm, S297
Please see film independently and be ready to discuss.

DALTON MIDDLE SCHOOL BOOK DISCUSSION GROUP

Monday, November 18
1:30 – 2:30 pm, S104
Please register in office.

SOCIAL SUNDAYS & TRIPS

Sunday, November 24
The Cloisters
The Colmar Treasure: A Medieval Jewish Legacy
Details to follow

DECEMBER SNEAK PEEK

Mark Ethan returns with a new film series!
Rob Silverman on Wednesdays!
Intro to Jazz & Blues