

Prime Times

NEWSLETTER OF
HIMAN BROWN
SENIOR PROGRAM

The Charles Simon Center for Adult Life & Learning

February 2014

A Message from the Director

Jo F. Brown

Consider attending an “icebreaker” with Dalton high school students and Erica Shein at **12:30 pm on Wednesday, February 5** in Warburg Lounge. This new community is germinating and with Erica’s guidance, a group of **intergenerational programs** will develop. To help us plan, there is a one page survey in the office that we encourage you to complete. Our first meeting will focus on technology, others on oral history, book discussions, and chess.

The first week of March, 92Y will host a multi-disciplinary festival of ideas, **Seven Days of Genius**. Featuring onstage and online programs, and in collaboration with exciting partners like Cornell Tech and MSNBC, we’ll explore the concept of Genius through the lens of history, politics, culture, creativity, science, innovation and more. The programming team at 92Y would love to capture the thoughts of some of the members of the Himan Brown program on camera to share online and through social media. Let me know if you’re interested in this project. ■

CLASS NEWS

iPad, smartphones, digital still life photography and more are offered in small groups by patient teachers who will demystify these devices in a series of classes offered in 8-week sections. Renée Septimus and Jan Polish want to meet members to consider future classes to best meet your learning needs. If you are comfortable with your computer but want to learn more, e-mail Jan and Renee to join a planning meeting, date TBA. jpolish@gmail.com and rseptimus@92y.org.

The Art of Listening to Music in February has Arielle Levioff teaching on Feb. 4, Simon Saad on Feb. 11 and 25, and Barbara Haspel on Feb. 18. All music appreciation classes are held in S297 from 11 am to Noon.

Welcome a new writing teacher, Theresa Burns, on Thursday, February 13, when we resume **Memoir Writing classes** for a 10-week course. Please sign up in the Senior Program office. Theresa earned her MFA from the Writing Program at Sarah Lawrence in 2001 and currently teaches at FIT. She was a senior editor for a major publishing house and comes to us with great enthusiasm.

Living with Low Vision, our monthly support group, will discuss **Tips, Trips and Devices** on Thursday, February 13 at 11:30 am in S101.

92Y May Center has added an **Aqua Zumba** class on Mondays from 12:15 to 1 pm. If you would like to try this or any of the other weekly aquacise classes held in the 3rd floor pool, please see us for a guest pass. The special Himan Brown Swim program fee is an additional \$195 annually.

Bridge, Beginner: for the New Player. Robert Goldman has played in most American Bridge tournaments and now directs duplicate bridge and teaches bridge in various senior centers and adult education sites in the NY metropolitan area. If you have never played bridge or if you are a beginner who is rusty and wants to start to play again, sign up for his new class scheduled to begin on Wednesday, March 5 and run for ten weeks. ■

JEWISH THOUGHT & CULTURE

Renee teaches February 3, in S102/103
and February 10 and 24 in S101 at 1 pm .

On **February 3**, *Footsteps* staff will be joined by Maya Ciarrocchi, whose documentary, *Frei* (Free), about members of the ultra-religious community, will introduce and screen her film. *Footsteps* is an organization dedicated to providing educational, vocational and emotional support to those seeking to enter or explore a world beyond the insular ultra-religious environments in which they were raised.

Dates to Remember

Monday, February 3

Social Action Planning &
Information Committee Meeting
10:30 am, room S297

Friday, February 7

New York Legal Assistance Group
Tina Janssen-Spinosa, Esq.
Advanced Directives and Health
Care Proxy Counselling
11 am to 1 pm

Sunday, February 9

Broadway at 92Y Chorus
92Y School of Music
Kaufmann Concert Hall, 2 pm
Free Concert, A Reception Follows

Tuesday, February 11

Executive Board Meeting
Noon, S101

Tuesday, February 11 & 25

MetroCard Mobile Sales
9 am-10:30 am

Monday, February 17

President’s Day-Program Closed

Friday, February 21

Plaza Jewish Community Chapel
Information Table
11am -1 pm

Tuesday, February 25

General Membership Meeting
12:30 pm, Warburg Lounge

*Charles Simon Center for Adult Life & Learning
Himan Brown Senior Program*

Jo Frances Brown, Director
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92Y

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The 92nd Street YM-YWHA is an agency of UJA-Federation

TRIPS

THE GLASS HOUSE – WED, MAY 21

Philip Johnson's iconic residence in New Canaan, CT., built in 1949, is our destination. A two-hour guided tour of the home will be followed by time in New Canaan for lunch on your own and shopping. Registration will begin Tuesday, February 18, from 11 am to 1 pm. Members: \$75/Friends: \$80

SOCIAL SUNDAYS

Tour Madame Tussauds Feb 16 – sold out

Heart & Lights with the Rockettes

Radio City Music Hall
Sunday, March 30 at 1 pm
Limited tickets @ \$40 available

The Noguchi Museum and Garden

Sunday, April 27. 1 pm tour
\$20 pre paid (includes transportation, and tour)
Meet at The Asia Society at noon for shuttle bus to museum (70th /Park Ave.)

PLEASE REGISTER AND PRE-PAY IN THE SENIOR PROGRAM OFFICE

Health & Wellness

monthly awareness programs addressing current wellness issues

February 3

Memory Tips and Check-Ups

Harry Ramos, MD, MBA
Geriatrics Fellow PGY

Brookdale Department of Geriatrics and Palliative Medicine
Mt Sinai Hospital
2:15 pm, Warburg Lounge

February 10

Moving Forward with the Feldenkrais Method

This information session will demonstrate and explain exercises that are gentle, relaxing, easy and effective. The research study will be discussed and the program reviewed.

Nancy Gayle Judson
Interim Executive Director, Feldenkrais Foundation
2:15 pm, Warburg Lounge

February 18

Medicare Q & A - Affordable Care Act & Medicare

Jess Joseph, Patient Advocate, Medicare Rights Center
12:00 - 12:30 pm, Warburg Lounge



We will screen the film version of
The American by Henry James on
Wednesday, February 12, 11:30 am, S104

SOCIAL ACTION COMMITTEE OPEN MEETING



Global Aging: Policy and Issues

Helen R. Hamlin
IFA Main Representative at the
United Nations; Past Chair of the
Non-Governmental Committee on Ageing

MONDAY, FEB 24 WARBURG LOUNGE 2:15 PM

92Y Himan Brown Senior Program is endowed through a generous grant from the Himan Brown Charitable Trust. Major support for the Himan Brown Senior Program is provided by: the estate of Kathryn W. Stein; The Margot and Adolph Friedlander Endowment; the estate of Dorothy and Sol Smolen; the Sylvia and Marvin Rubin Family Foundation; the estate of Mildred Goldberg; Jacqueline and Mortimer Sackler; the Office of the Manhattan Borough President Scott Stringer and New York Department for the Aging; the Jewish Community Youth Foundation; The Lewart Family Charitable Trust; and Reliable Community Care, Inc.

Community Bulletin Board

Welcome to our newest members: Jack Adler, MD, Diane DeMarchena, Hon. Muriel Hubsher, Leonard Lavitt and Betty Rubin

As of now, minutes of the General Membership meetings held in Warburg Lounge will be posted in the Lounge on the bulletin boards.

LIFELINE is the only hospital-monitored personal emergency response system in New York City and is administered by New York-Presbyterian/Weill Cornell Medical Center. We suggest this non-profit service for those wanting affordable "peace of mind." 212-746-6479, www.nypgeriatrics.org

If you missed our 2012 event when author, Ellen Cassedy, spoke about her well-reviewed book, *We Are Here: Memories of the Lithuanian Holocaust*, you can hear her at The Rosenthal Institute for Holocaust Studies, The Graduate Center, Wednesday, February 19 at 6:15 pm. The event is free. For more information, call 212-817-1945.

92Y School of Music Faculty Concert Series. Sarah Tolar, voice. Classical and Modern Works. Sunday, February 16, 2 pm. Free, Weill Art Gallery ■

February 7

"Songs I Love to Sing"
John Gabriel, vocals
Rolf Barnes, piano
John is a vocalist and actor whose strong baritone has been heard at The Metropolitan Room, and whose career has spanned television (Love of Life, Ryan's Hope), Broadway (Applause), and radio.
Weill Art Gallery, 2 pm

February 14

Celebrate February Birthdays and Valentine's Day. Enjoy cake in Warburg Lounge at 12:30 pm

Cabaret Show featuring students of Joan Delahunt, Coach/coordinator Warburg Lounge, 2 pm

February 21

A Musical Review:
"Love is a Simple Thing"
Comedic and Love Songs
Miriam Fond, Jerry Levine,
Meg Dooley, vocals
Woody Regan, piano and vocals
Warburg Lounge, 2 pm

February 28

Robert Silverman Jazz Trio
Standards, Originals and the Blues
Belden Bullock, Bass
Scott Hamilton, Drums
Robert Silverman, Piano and trumpet
Warburg Lounge, 2 pm

The Mildred and Emanuel Goldberg
SPECIAL FRIDAYS