

Prime Times

NEWSLETTER OF
HIMAN BROWN
SENIOR PROGRAM

The Charles Simon Center for Adult Life & Learning

July/August 2012

A Message from the Director

Jo F. Brown

Placing a dollar amount on the value of a membership in the Himan Brown Senior Program is, at best, difficult. We feel confident that most people place a high value on belonging to the program and consider it an important part of their retirement planning. We are committed to doing all we can to make your membership a worthwhile investment.

Based on your feedback, a decision was made to eliminate the longtime disparity between the cost of a couples' membership and an individual membership. As of September 1, we will have only individual memberships. Our fees, unchanged since 2006, will increase by approximately ten percent. A membership in the HBSP will be \$435 annually beginning Sept. 1, 2012. As always, we are available to help members for whom our fees represent a challenge. Scholarship assistance is available and we encourage anyone who feels the need, to apply for financial assistance or consider a payment plan. ■

CLASS NEWS

Mario (Rio) Sussman, PhD. will teach **World Events** classes July 9-30. A retired Professor of Social and Organizational Psychology, his classes will address: "The Prisoner Dilemma Game", an experimental two-person game aimed at investigating the development of either cooperative or competitive hostile interaction between two parties; "A New Look at the Shoah"; "How Did Churchill Pick Stalin over Hitler?" and "The Dilemma Between Economic Growth and Saving the Environment". David Meyers teaches World Events beginning Aug 6 through 27 at 10:15 am.

Due to its overwhelming popularity, **Chess for Beginners** is moving to Room S256 from 11:15 am to 12:15 pm. Intermediate and advanced chess continue at 12:30 pm in the same room.

Roy Sheldon returns to teach **The 1800's - China's Pivotal Century**. Chinese language, pronunciation and historical background of Chinese characters and the evolution of "Putonghua" as the national language of China. The 1800's was a period of immense transition for China. There was cultural & military conflict with the West and Japan, a civil war lasting more than ten years, the rise of nationalism and efforts to reform China's institutions and customs to address a rapidly changing global environment. All led to the decline of the last dynasty and the establishment of a modern nation state in the 20th century. 6 sessions, July 20-August 24, 10:30 am, S102-103

Study recent Supreme Court opinions and discuss and debate the legal rationale and future impact of these decisions in **David Meyer's Constitutional Law class**. Students will consider the current ideological divide of the current Supreme Court. David Meyers, political lecturer, Harlan Fiske Stone Scholar at Columbia Law School and Teaching assistant to Professor Ted Shaw, former president of the NAACP's Legal Defense Fund. Tue. July 31, 9:50 - 10:50 am, through August 28.

Living with Low Vision Support Group will meet on Wednesdays **July 11** and **August 8**, at 11 am in room S297. Gain practical insights and emotional support from two experts, Elly Roth and Gina Moffa, who can help you negotiate the world with greater ease. ■

volunteer opportunities

Voter Registration Drive volunteers are needed to work in August and September to assist new and relocated voters with their registration. Help people register to vote in New York State; enroll in or change party enrollment and change a name and/or address. Absentee ballots are also available. This work is part of our Social Action Committee. Contact Gina Moffa, 212-415-5649 if you would like to help.

Dates to Remember

Monday, July 9

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

Friday, July 13

NYLAG
Health Care Proxies/Advanced Directive Counseling
Tina Janssen-Spinosa, Esq.
11:00 am - 1:00 pm

2nd and 4th Tuesday of every month

MetroCard Mobile Sales
9:00 am - 10:30 am

Wednesday, August 8

Plaza Jewish Community Chapel
Information Table
11:00 am to 1:00 pm

Monday, August 6 & 27

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

Charles Simon Center for Adult Life & Learning

Himan Brown Senior Program

Jo Frances Brown, Director

Samantha Donoso, Administrative Assistant

Amy Marcus, Nurse

Gina Moffa, Social Worker

Himan Brown Senior

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TRIPS

SOCIAL SUNDAYS

Sunday, July 22nd

Bezalel: Art, Craft & Jewish Identity Temple Emanu-El

A guided tour of the exhibit and Temple
Meet at 10:00 am. Fifth Avenue and 65th Street
Please register in the Himan Brown Senior
Program office. No fee for this excursion

Sunday, August 12th

Sailing the Lower Hudson

Meet at The South Street Seaport for 1 - 3pm sail.
Prepay tickets \$30. Lunch at Le Goule.

Registration for the Thursday, October 11 visit to
The Barnes Foundation and **The Rodin Museum** in
Philadelphia begins on Monday, July 16 at 11am.
Your fee includes transportation and admission to both
museums. A 30 minute talk by a docent will precede your
self-guided tour at the Barnes. Lunch is "on your own".

**Priority Registration: Senior Program members
only from July 16-August 1. Members: \$62**

August 2, open registration for friends, \$68

REGISTRATION FOR SOCIAL SUNDAYS BEGINS IMMEDIATELY

Health & Wellness

monthly awareness programs addressing current wellness issues

Monday, July 16 (Pt I) and July 23 (Pt II) Chinese Self-Care Workshops

Taoist Health and Longevity Exercises: Pt I

Exercises for the Back and Internal Organs

Heavenly Stem and Eight Pieces of Brocade: Pt II

*Ken Gray, Certified T'ai Chi Chih Instructor
and Qi Gong Teacher*

Monday, July 30 (Pt I) and August 13 (Pt II)

Current Concepts in Osteoarthritis

A Physical Therapy Perspective

Pt I – The Extremities Pt II – The Spine

Noah Kaminsky, DPT, CSCS,

Aaron Huppert, PT, Cert MDT

*Back to Sports Physical Therapy at - 92nd Street Y
Hospital for Special Surgery Rehabilitation Network*

All Health and Wellness programs in Warburg Lounge at 2:30

JEWISH THOUGHT & CULTURE

Renee Septimus will explore a miscellany of topics related to Jewish history, law, tradition, custom, literature and philosophy. Topics will include Jewish Business Ethics; the Book of Job; Tisha b'Av and the Destruction of the Temple and much more. Classes are cancelled on: July 2, 30 and August 20.

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THE HALLMARK
BATTERY PARK CITY
BROOKDALE SENIOR LIVING

Community Bulletin Board

Welcome to our newest members: Lois Barnett, Deanna Drobner, Naomi S. Gat, Terrie Gerstner, Suzanne Helm, Helaine Geismar Katz, Herman Margulies, Howard Wachter

Copies of **92Y Cooks** are available for purchase in the Himan Brown Senior Program office. Our 158 page paperbound book is a terrific gift. Senior member cost is \$15 / all others \$20.

Ephraim Hirshberg offers free help "Troubleshooting" for your computer on Fridays in Warburg Lounge at noon. A native speaker, he will also help anyone interested in practicing and enhancing their Hebrew language skills. Fridays at 1pm. ■

July 6

Schumann and Brahms:
Their Lives, Friendship and Music
Solo and Four-Hand Music
Ruth Albert Spencer and Lorraine Falberg Fuchs, *Pianists*
Lecture and Recital
Weill Art Gallery, 2pm
The New York Council for the Humanities: speakers in the Humanities is the co-sponsor of this event

July 13

Hear Ye! Come Ye All to the Weill Art Gallery and discover why "Levi Brothers Don't Get Any Credit" (so says Irving Berlin)
Molly Stern, *Soprano, Concert Pianist*
Maurice Stern, *Tenor*
Weill Art Gallery, 2pm

July 20

"Another Openin', Another Show!"
The singing team of Janet Kaplan and Leni Tabb will perform a variety of musical treasures and pleasures
Jeff Cubeta, *Piano*
Warburg Lounge, 2 pm

July 27

July Birthdays celebrated
Warburg Lounge, 12:30 pm

Annual Choral Concert
Himan Brown Senior Adult Chorus
Joan Delahunt, *Director*
Warburg Lounge, 2 pm

August 3

"An Afternoon at the Movies"
Ms Olivia Detante, *Vocals*
Keico, *Piano*
Warburg Lounge, 2 pm

August 10

"How Deep is the Ocean?"
Rochelle and Paul Chamlin
Warburg Lounge, 2 pm

August 17

"That Place, Those Times" A dramatic reading of prose and poetry
Shirley Romaine, *Actress*
Warburg Lounge, 2 pm

August 24

August Birthdays celebrated
Warburg Lounge, 12:30 pm

Jazz and More..

Jan Leder, *Flute, Composer, Lyricist*
Jon Davis, *Pianist /composer*
Warburg Lounge, 2 pm

The Mildred and Emanuel Goldberg
SPECIAL FRIDAYS