

Prime Times

NEWSLETTER OF
HIMAN BROWN
SENIOR PROGRAM

The Charles Simon Center for Adult Life & Learning

May 2014

A Message from the Director

Jo F. Brown

Before we get to the “fun stuff,” here is a quick reminder about the incredible uptick of scams targeting older adults. You get a call from a computer company with a recognizable name, you are told that your computer is about to crash or something related, and naturally they want to scare you into giving them information. They may give you an “800” number to call to make themselves sound official. Make no mistake, you are being scammed. If you have questions, call your local precinct crime prevention

officer or visit www.NYC.gov/NYPD. Be safe and be smart.

On Thursday, May 22, join us, our Chorus, and Joan Delahunt, for our “**Intergenerational End of Year**” gathering with 92Y Nursery School children in celebration of volunteers and Spring in Warburg Lounge at 11 am.

The 14th Annual Kathryn W. Stein Memorial Concert is on Tuesday, June 17 at 2 pm, and features the indefatigable, award-winning cabaret artist **Marilyn Maye** in her 92Y solo concert debut. \$10 tickets are available to Himan Brown Program members for the matinee performance, at 92Y box office. ■

CLASS NEWS

Based on feedback from you, we will be offering **iPad Beginner, iPad Advanced, Outdoor Photography, & iPhone** classes beginning June 9. Howard Levinger, Al Bland and Jan Polish will be your instructors. Please contact Renée @ 212-415-5649 to register or for more information.

Intermediate Beginners Bridge is geared for players who have finished “Beginner Beginner” Bridge or for those who wish to start again. Review bidding basics, play of the hand, and defense. Competitive bidding, useful conventions and some bridge maxims will be covered. What is learned will be put to use in preset hands and supervised play. Rob Goldman teaches Wednesdays, May 21, 9:15 to 11:30 am through July 30. Please sign up in the office, and you will be contacted.

This month’s **The Art of Listening to Music** will be taught by the following instructors: Barbara Haspel on May 6 and 20, Arielle Levioff on May 13, and Simon Saad on May 27. Tuesdays, 11 am, S297.

May’s **Commanding Films with Mark Ethan** include: *The Postman Always Rings Twice* (May 2), *The Treasure of the Sierra Madre* (May 9), *The Front* (May 16), and we end the series on May 23 with *Body and Soul*. Fridays, 10am to 1pm, S102-103.

Join Betsy Light for **Meditation and Guided Relaxation Groups** on Wednesdays beginning May 14 at 12:45 pm in room S297. You will learn about Breath Awareness, Third Eye and Heart Center Meditation, and Guided Relaxation. Betsy is a certified Kripalu Yoga instructor and an experienced Meditation teacher. Her classes will meet through June and most of July. ■

JEWISH THOUGHT & CULTURE

Renée Septimus teaches on Monday, May 5 and 12 this month

SOCIAL ACTION COMMITTEE OPEN MEETING



Israel Medical and Science Update

June Date TBA.
Warburg Lounge, 2:15 pm

Dates to Remember

Thursday, May 1

Spring Bazaar
10 am to 4 pm
Warburg Lounge

Monday, May 5

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

Tuesday, May 13

Executive Board Meeting
Noon, S101

Tuesdays, May 13 & 27

MetroCard Mobile Sales
9 am to 10:30 am

Friday, May 16

NYLAG: Advanced Directives/Health
Care Proxies
Tina Janssen-Spinosa, Esq.
11 am to 1 pm

Plaza Jewish Community Chapel
Information Table
Stephanie Garry
11 am to 1 pm

Monday, May 19

92Y Gala - Senior Program closed

Monday, May 26

Memorial Day
Senior Program closed

Tuesday, May 27

General Membership Meeting
12:30 pm, Warburg Lounge

Charles Simon Center for Adult Life & Learning
Himan Brown Senior Program
Jo Frances Brown, Director
Samantha Donoso, Program Coordinator
Amy Marcus, Nurse
Renée Septimus, Counselor
Erica Shein, Intergenerational Programs
212.415.5633/5636/5649
www.92Y.org

92Y

1395 Lexington Avenue, New York, NY 10128
The 92nd Street YM-YWHA is an agency of UJA-Federation

TRIPS

WEDNESDAY, MAY 21

**The Glass House:
Philip Johnson's Iconic Home**

Day Trip to New Canaan, Ct. Departs 92Y at 8:45 am.
Please reconfirm your reservation with the Trip committee. We have a waiting list at this time.

SOCIAL SUNDAYS

JUNE 1

Gloria—A Pig Tale A humorous opera
Metropolitan Museum of Art.

\$48. Tickets for 2 pm matinee, Conductor Alan Gilbert

JULY 13

**Hop-On Hop-Off Harbor Cruise &
9/11 Memorial Visit**

New York City Water Taxi
All inclusive \$32. pre-paid

AUGUST 10

Tibet House/Art, History & Culture
Save the Date

PLEASE REGISTER AND PRE-PAY IN THE SENIOR PROGRAM OFFICE

Health & Wellness

monthly awareness programs addressing current wellness issues

Monday May 5

Hearing Matters in Healthy Aging

A Panel Discussion

Robyn Barsky, CEO

Zounds Hearing NYC & Boca Raton, FL

Barbara E. Weinstein, Ph.D.

Professor and Executive Officer, Au.D. Program

Graduate Center, CUNY

Carolyn Ginsberg Stern

Manager, Center for Hearing and Aging

Terrence Williams

Director of Technical Services

Center for Hearing and Communication

2:00 pm, Warburg Lounge

Monday, May 12

Pain Management

Sivan Ben-Moshe, MD, Geriatric Fellow

Mount Sinai Medical Center

2:15 pm, Warburg Lounge

Tuesday, May 20

Durable Medical Equipment:

Canes, Scooters, Wheelchairs and more

The Medicare Minute

Medicare Rights Center

Jess Joseph, Patient Advocate

12 Noon, Warburg Lounge

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! Jacqueline Freiberg, Charlotte and Sung Lin, and Barbara J. Martin

Just Jim Dale featuring Mark York at the Piano is a brand new show at the Laura Pels Theatre, 111 West 46th Street (the Harold and Miriam Steinberg Center for Theatre), produced by the Roundabout Theatre Company from mid-May until August 15. Check this out! Mark is our musical theatre workshop teacher and will be on "sabbatical" until late August.

The Rosenthal Institute for Holocaust Studies lecture series at The Graduate Center, CUNY, 365 Fifth Avenue at 34th St, Wed., May 7, at 6:15 pm. *The Vatican and Its Response to the Holocaust in Italy*, Dr. Susan Zuccotti lectures. For information: 212-817-1945.

One Stop at JASA is a program for those in need of assistance in applying for any benefits and entitlements. If you live between 59th Street and 125th Street, west of Central Park, contact One Stop at JASA for free assistance at 212-864-7900. Their new drop-in center is located at 475 Riverside Drive, and they also help people who cannot visit the center.

Carter Burden Center for the Aging's web site: <http://carterburdencenter.org/ccmembership> gives you information about their Cultural Connections programs which enable people to take advantage of the phenomenal cultural and artistic life of this city. There is now an annual \$25. membership fee to support this great program. ■

May 2

A Love Letter to Nora Ephron:
American Journalist, Advocate,
Novelist, Filmwriter, Playwright,
and Foodie

Shirley Romaine, Actress/TV
personality, will read from and
discuss her body of work.

2 pm, Warburg Lounge

May 9

Phoenix Ensemble

Gershwin: Preludes (arr. James Cohn)
Bernstein: Sonata for Clarinet & Piano
Brahms: Sonata for Clarinet & Piano,
Op 120 No 1

2 pm, Weill Art Gallery

May 16

Annual Poetry Reading

Fran Richey, Instructor/Editor
of Writing Anthology

2014 Anthology will be available

2 pm, Warburg Lounge

May 23

Celebrate May Birthdays with cake.
12:30 pm, Warburg Lounge

Cabaret Workshop Class Concert
Joan Delahunt, Director/Vocal Coach
2 pm, Warburg Lounge

May 30

Piano Recital

Eunmi Ko, Piano

Eastman School of Music

2 pm, Weill Art Gallery

The Mildred and Emanuel Goldberg
SPECIAL FRIDAYS