

# Prime Times

NEWSLETTER OF  
HIMAN BROWN  
SENIOR PROGRAM

The Charles Simon Center for Adult Life & Learning

March 2014

## A Message from the Director

**Jo F. Brown**

Here's to all of you intrepid New Yorkers who braved the fierce New York winter. It's been one to remember. Let's think daffodils, sweater weather and about the special events coming soon: **Berkshire Hills Eisenberg Camp** will present the summer program in S104 on **Wednesday, March 5** at 1 pm. Their summer cultural programs were well-received by many of you in 2013, and it's an opportunity to learn more and offer feedback.

**Max Blitz's birthday** will be celebrated in Warburg Lounge on **Thursday, March 13**. Lift a glass to Max and enjoy Shane Bertram Baker, Monologist-Magician-MC whose specialty is Yiddish. He will entertain everyone in Warburg Lounge at 12:30 pm, and trust me, he's amazing.

Our Executive Board will sponsor a **Bazaar** to support our programs, luncheons and trips, on **Thursday, May 1**, from 10 am to 3 pm. Save the date and your tchotchkes! Saleable merchandise, aka your donations, are essential to the success of the event. If you have sources for new merchandise, please see Pat Haber, the event coordinator. ■

## CLASS NEWS

Cristina LeMay, Ph.D., will complete the winter literature class on Thursday, March 6, extending one week due to winter's complications. John Angeline, Ph.D. will begin the Spring Art appreciation class on Thursday, March 13. The "Other" 19th Century: Romanticism, Pre-Raphaelites, and Symbolism. Looking at Blake, Goya, Friedrich, Delacroix, Turner, Rosetti, Burne-Jones, Morris and co., Moreau, Redon among others. 2 pm, S102-103.

Mark Ethan, film historian and actor, hosts **Commanding Films**, a new series which will explore serious and comedic films that reflect the Ten Commandments. Fridays, March 21 to May 23. 10 am to 1 pm. A schedule is in the office. The series begins with *Inherit the Wind*, followed by *The Miracle Woman*.

Erica Shein is organizing dates for the first in a group of **tech get-togethers** with Dalton School high school students. Wednesday and Fridays are the target days in March. If you are interested, complete a questionnaire from the office and Erica will contact you.

You must have been screened and registered on February 24 to participate in the study and classes that **The Feldenkrais Foundation** has organized for us. Method classes are meeting on Mondays at 1:15 pm in the Lower Dance Studio (NB07). The classes are open only to those screened and chosen.

**The Art of Listening to Music** in March features the following instructors: Barbara Haspel on March 4 and 25; Simon Saad on March 11, and Arielle Levioff on March 18. Join these musician/educators in room S297 for an hour of great music. Meets every Tuesday from 11 am to 12 Noon.

**Living with Low Vision?** Our monthly support group gets raves from those who attend and learn coping skills and get support from their peers. Led by Elly Roth, the next meeting is Thursday, March 13 at 11:30 am, room S101 ■



Film screening of *Vanity Fair*, that will be taught by Dr. LeMay in March, will be shown Wednesday, March 19, 10:45 am, rm S256.

## SOCIAL ACTION COMMITTEE OPEN MEETING



### Government Abuse of Power

Center for Constitutional Rights  
Lauren Gazzola,  
Communications Associate for Publications, CCR

MONDAY, MARCH 24 WARBURG LOUNGE 2:15 PM

## Dates to Remember

### Monday, March 3

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

Tickets will go on sale for  
the Passover Luncheon (April 10)  
Price and menu TBA

### Friday, March 7

Plaza Memorial Chapel  
Information Table  
Stephanie Garry  
11 am to 1 pm

### Tuesday, March 11

MetroCard Mobile Sales  
9 am - 10:30 am

Executive Board Meeting  
Noon, S101

### Friday, March 14

Tina Janssen-Spinosa, Esq.  
New York Legal Assistance Group  
Health Care and Advanced  
Directives Counseling  
11 am to 1 pm,  
Warburg Lounge (please sign up)

### Tuesday, March 25

MetroCard Mobile Sales  
9 am - 10:30 am

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**, Administrative Assistant  
**Amy Marcus**, Nurse  
**Renée Septimus**, Counselor  
212.415.5633/5636/5649  
[www.92Y.org](http://www.92Y.org)

# 92Y

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

# TRIPS

## THE GLASS HOUSE – WEDNESDAY, MAY 21

Wait list only. Philip Johnson's The Glass House in New Canaan, CT. and lunch on your own in New Canaan. Register at the Trip Table, 11 am to 1 pm in Warburg Lounge

## SOCIAL SUNDAYS

### *Gloria-A Pig Tale*

A comic opera performed by Alan Gilbert in collaboration with The Julliard School  
June 1 at 2 pm. \$48. Pre-paid tickets  
Metropolitan Museum of Art  
Grace Rainey Rodgers Auditorium

*Save the date! Wednesday, October 8*

### **The Frances Lehman Loeb Art Center at Vassar College**

Luncheon at Culinary Institute of America (CIA)  
Price and other details to be announced

PLEASE REGISTER AND PRE-PAY IN THE SENIOR PROGRAM OFFICE

## Health & Wellness

monthly awareness programs addressing current wellness issues

### Monday, March 3

#### ***Guided Meditation and Relaxation***

*Betsy Light, Instructor*  
2:15 pm, Warburg Lounge

### Monday, March 10

#### ***Constipation: A Necessary Conversation***

*Pei Chen, MD*  
*Geriatrics Fellow, PGY4*  
*Ichan School of Medicine at Mount Sinai*  
2:15 pm, Warburg Lounge

### Monday, March 17

#### ***Financial Wellness: 10 Things you should know about new Estate Tax Rules***

*Erika Safran, Certified Financial Planner*  
2:15 pm, Warburg Lounge

### Tuesday, March 18

#### ***Medicare Q & A***

#### ***How to Appeal Prescription Drug Plan Decisions***

*Jess Joseph, Patient Advocate*  
*Medicare Rights Center*  
12 Noon, Warburg Lounge

## JEWISH THOUGHT & CULTURE

Renee Septimus will host **Footsteps**, 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. The **Footsteps** staff will be joined by filmmaker Maya Ciarrocchi, who will introduce her documentary **FREI (FREE)**, about members of the ultra-religious community. Rescheduled from February 3 to **Monday, March 31 at 1 pm in Warburg Lounge.**

March 3, Guest speaker, Rabbi David Ingber

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 newest members! Richard S. Davidoff, Gerald Drogin, Dan Feld, Suzanne Green, Sandra Kavonic, Lois N. Krassner, Eytan Porat, Norma Prado, Milton Shoshkes and Rebecca Weiss

**DOROT, Inc.**, a community based non-profit organization based on the Upper West Side, offers diverse educational and support programs via teleconference. For their **University Without Walls** classes, call 212-769-2850. For **Caregiver's Connections** support groups, both on-site workshops and support via telephone, call Karen Brand, 973-726-3226.

A free Lung Cancer Screening presented by The Mount Sinai Hospital and Lung Cancer Alliance on Wednesday, March 5 from 6:30 pm to 8:30 pm at Goldwurm Auditorium, 1425 Madison Avenue (East 98th St). RSVP to 212-241-7600 or email [laverne.powell@mountsinai.org](mailto:laverne.powell@mountsinai.org)

New York State Senator Liz Krueger has compiled a guide dealing with clutter and hoarding issues called *What to Do With all that Stuff*. It is available on line at <http://krueger.nysenate.gov> or by calling her office: 212-490-9535 ■

*Our longtime Theatre Committee chairperson, Betty Atkin, is retiring from her post. We thank her for phenomenal efforts. We are seeking people to take on this volunteer work. Please see Jo.*

### March 7

Mike Trombetta, Sax and vocals  
The music of Gershwin,  
Porter & Berlin  
2 pm, Warburg Lounge

### March 14

The Allegro Singers  
Arias from Verdi, Rossini and others  
Monique McDonald and friends  
Inna Leytush, Pianist  
2 pm, Weill Art Gallery

### March 21

Celebrate March birthdays with cake  
Warburg Lounge, 12:30 pm

Dror Perl: A piano program of Jazz Standards and Israeli music. Dror is a composer, pianist, and accompanies the Shababa Mamas at 92Y  
2 pm, Warburg Lounge

### March 28

Gershwin: Double Life of an American Icon  
A solo piano program of Gershwin's early piano works and songs from hit musicals.  
Alexander A. Wu  
Pianist and arranger  
A Yamaha Performing Artist  
2 pm, Warburg Lounge

The Mildred and Emanuel Goldberg  
**SPECIAL FRIDAYS**