Lecture Series

A Textual Survey of Radical Islam
Muslims, like the adherents of all other religious denominations, interpret their texts. If you ask the question, is today’s Islamic radicalism grounded in Islamic religious texts, then the answer would be that this depends on which Islamic community interprets the text. Ninety percent of Muslims reject interpretations rendered by radicalized Muslims. By examining source documents, including extensive quotations from Muhammad’s revelations in the Quran, historically important fatwas (religious decrees) dating back to the Mongols 13th century conquest of Arabic lands and the writings of the most important radicalized contemporary Islamic personalities, including Osama Bin Laden and Abu Bakr al-Baghdadi (the self-declared ISIS Caliph), this course will provide a definitive and comprehensive understanding of the way radical Muslims view Islamic texts.
Mondays, January 3-31 (no class January 17), 2:00-3:00 pm

1945: A Seminal Year in World History with Doug Brin
The Second World War climaxes on V-E and V-J Days, and the fascist Axis is defeated. FDR dies before his dream of the United Nations comes to fruition. Newly installed President Truman makes the momentous decision to use the atom bomb.
Tuesdays, 2:00-3:00 pm, ends January 5

All About the US Presidency with Doug Brin
This class will provide a detailed overview of the 45 individuals who have served “in the office.” The emphasis will be on little-known – and often surprising – facts and the important people in the presidents’ lives. Much of the material will focus on the controversial aspects of the presidents and on their respective white house tenures. We will examine frequent ‘revisionist’ theories of how these past issues are viewed today.
Tuesdays, 2:00-3:00 pm, begins January 12

Shakespeare with Actor Leo Schaff
Join charismatic actor and teacher Leo Schaff as he breathes life into Shakespeare’s words, acting out portions of the play and offering illuminating insights into the Bard’s language, plot lines, historical context, and eternal relevance, all with a generous sense of humor.
Wednesdays, 2:00-3:00 pm, Ongoing

The History of Art: Roman Art and Architecture with Professor Seth Gopin
Dr. Gopin continues his history of art course by examining Roman art and architecture. This five-week course presents a comprehensive overview of the history of the Roman Republic, the expansion of the Empire and its ultimate collapse. The class considers the rise of portraiture and landscape painting, and the considerable achievements of craftspeople and builders in Rome and throughout the empire. We will explore frescoes, mosaics, sculpture, and architecture as an expression of Roman power.
Recitation: In addition to Dr. Gopin’s Art History Zoom class, he will offer two in-person recitations at the 92Y that will focus on the previous classes. New material will not be introduced during the recitation; rather, it will be an opportunity for a guided review of material that has already been presented, a chance to talk about the art and a chance to ask questions directly to Dr. Gopin. The recitation sessions will be in-person only and will not be presented via Zoom.
Jackie Robinson’s Brooklyn with Peter Laskowich
It is said that if Jackie Robinson was the ideal man to integrate baseball, then Brooklyn was the ideal place. We will find that it is the physical nature of the borough that so predisposed its people to quickly accept and then embrace this man. Outside of Brooklyn, Robinson took such abuse that even his southern teammates rallied around him at last, and the question around the National League went from “Can he take it?” to “For how long?” The drama unfolded in the little ballpark in the heart of Flatbush.
Friday, 2:00-3:00 pm, January 7

When Women Invented Television with Jennifer Armstrong
Women helped to build the foundation of television far more than they’ve gotten credit for. There's a secret history of the women of early television—pre-Father Knows Best, or even I Love Lucy. In this lecture, we’ll explore how fear-mongering toppled executives’ business sense—and the promising careers of Hazel Scott, the first Black person to host a national show, and Gertrude Berg, the first true sitcom superstar. And we’ll learn how male executives’ failure to listen to women almost killed the longest-running drama in TV history, The Guiding Light, and, even worse, the career of Betty White.
Friday, 2:00-3:00 pm, January 21

Rockin’ TV: Rock & Roll and Television from Elvis to the Monkees with Professor Brian Rose
Beginning in the mid-1950s, rock music found a surprising home on mainstream television. Programs hosted by Milton Berle, Steve Allen, and especially Ed Sullivan featured a wide variety of musicians including Bill Haley & the Comets, Fats Domino, Buddy Holly, and especially Elvis Presley, who appeared on all three shows to galvanic response. Afternoon dance programs like American Bandstand played a role as well in bringing rock to large and eager teenage audiences. Then, in 1964, the appearance of the Beatles on The Ed Sullivan Show would change the face of pop culture, leading to an explosion of televised rock, from the Supremes to the Rolling Stones, for the rest of the decade. This program will present a lively survey of the fascinating history of how rock and television grew up together.
Friday, 2:00-3:00 pm, January 28

Health Talks
Physicians, nutritionists, fitness trainers and a healthy cooking chef present information on a wide variety of important health issues.

Music Appreciation

The Art of Listening to Music
Professional musicians illuminate classical music and enhance your appreciation of the great works. Listen to live and recorded classical music and deepen your knowledge of the works and those who composed them.
Tuesdays, 11:00 am-12:00 pm, ongoing

Musical Theater Sing Along with Musician/Singer Mark York
Explore classic Broadway shows as Mark York, at the piano, shares anecdotes and insights about the musicals, stars, lyricists and composers — and enjoy a sing-along of your favorite tunes! Music provided.
Wednesdays, 12:30-2:00 pm, ongoing
A Brief History of Jazz and the Blues with Robert Silverman  
Fridays, 11:00 am-12:00 pm, November 19-January 28

Special Events

Concert featuring Alexander Wu, pianist  
Friday, 2:00-3:00 pm. January 14

SAC Opening Meeting: Empowering the Chassidic Women of Borough Park, Met Council Project  
The Met Council is working with a not-for-profit start-up to offer classes in coding to religious Jewish women so that they can receive the education they need for success in the marketplace.  
Monday, 12:30-1:30 pm, January 31

Interactive Classes

Theater Workshop with Scott Klavan  
Using theater games, improvis and rehearsed scenes and monologues culminating in a public performance, Scott Klavan teaches the basics of modern acting. The art of acting uses the whole self: body, brain and emotions; it has been proven to be beneficial for healthful aging. The class is fun, informative, creative, social. No experience required.  
Mondays, 1:00-2:45 pm, ongoing

Virtual Cocktail Hour hosted by Erica Shein  
Mondays, 5:00-6:00 pm, ongoing

Ben Franklin Circles with Erica Shein  
Facilitated discussion around the 13 virtues by which Benjamin Franklin chose to live his life. Circles explore the idea of civic virtue – using discussion topics like justice, order, generosity and empathy as windows into improving our individual lives and the world. Each class focuses on a different virtue.  
Bi-Monthly on Tuesdays, 4:00-5:00 pm

Book Group with Erica Shein  
This monthly book group covers fiction and nonfiction. Animated, facilitated discussions focus on theme, characters and plot. Information about the book to be discussed will be provided in advance.  
Monthly on Tuesdays, 4:00-5:00 pm

Movie Group with Erica Shein  
Join our lively discussion group on movies currently available to stream on Netflix, Amazon Prime and more.  
Monthly on Tuesdays, 4:00-5:00 pm

World Events: A Civic Dialogue with Professor Gordon Levin, Lucy Kirk, Susan Scheuer  
A weekly forum on world events, focusing on issues both domestic and international. The hosts lead off each session with a brief overview of the latest, most compelling news stories, followed by animated discussion amongst the attendees. A key element of these sessions is to create a safe and welcoming space for divergent viewpoints.  
Thursdays, 11:00 am-12:00 pm, ongoing
The Greatest Plays: Baseball History with Steve King
Share your passion of this sport with Steve King as he discusses the greatest teams, players and plays of all time.
Thursdays, 12:30-1:30 pm, ongoing

Shoot the Breeze with Erica Shein
Lively, informal discussion about what’s happening in New York and beyond. Class ends with lighter news and jokes.
Fridays, 4:00-5:00 pm, ongoing

Supportive/Self Reflective Discussion Groups facilitated by Licensed Clinical Social Workers

Women’s Zoom Group with Elizabeth Flamm, LCSW
The purpose of this group is for 60+ women to connect over Zoom to discuss current topics, events and life changes, asking questions and sharing life experience that will help each other. This group is facilitated by a Licensed Clinical Social Worker who initiates different topics to motivate the group discussion. Any woman who is looking for direction, guidance, looking to share and empower is encouraged to join.
Mondays, 11:10 am-12:10 pm, ongoing

Drop-in Discussion Groups with Ellen Love, LCSW
The drop-in discussion groups cover a wide range of subjects animating thoughts and encouraging self-reflection. Our long-running group has stimulated members to observe and consider their attitudes and beliefs with the objective of a deeper understanding of themselves and their relationships. Sharing the experiences and ideas with peers in an inclusive and welcoming environment often normalizes and universalizes feelings of “I must be the only one who feels this way.” The weekly gathering has been a valued source of new friendships and new participants are always welcome.
Tuesdays, 12:00-1:00 pm, ongoing
Wednesdays, 11:00 am-12:00 pm, ongoing

Lunchtime Chat with Elizabeth Flamm, LCSW
The purpose of this group is for 60+ members to chat and share life experiences that can help and motivate each other. This group is facilitated by a Licensed Clinical Social Worker who initiates different topics to encourage the group discussion. Anyone who is looking to build connections and receive support is welcome to join.
Fridays, 12:30-1:15 pm, ongoing

HB Chat Room hosted by Arielle Silverman, Social Work Intern
Join our Social Work Intern Arielle as she leads weekly discussions with lighthearted topics guaranteed to make you laugh and learn more about your fellow HB members.
Wednesdays, 12:30-1:30 pm
Member-led Discussion Groups and Games

Men’s Group
Join your fellow fellows for a weekly group of camaraderie and discussion. This is a great opportunity to talk about common interests and to schmooze!
Mondays, 12:30-1:30 pm, ongoing

Saturday Morning Trivia and Games
Join former College Bowl Trivia coach Joanne Bernstein for a fun and engaging morning of trivia and games. Test your skills!
Saturdays, 11:00 am-12:00 pm, ongoing

Movie Group
This group meets every Saturday to discuss a miniseries or movie that everyone watches in advance via streaming services.
Saturdays, 12:30 -1:30 pm, ongoing

French Conversation with Laura Bodin
This class is for students of French, who have acquired a level of speaking proficiency at an Advanced Beginner Level or above (Intermediate or Advanced). During the class, the participants will have an opportunity to speak in French about many topics of interest to each participant.
All conversations are in French. No English is allowed, except to translate the rare idiomatic expression or word for which there is no equivalent in English. English will also be used very briefly two or three times during each class when a new word/phrase that a participant is not familiar with is introduced in a conversation. The teacher will give the English translation of the word/phrase. Thus, participants will be able to keep a Vocabulary Notebook of new words/phrases learned.
The class is officially from 1:30 to 2:30 pm. If the participants desire, however, then the conversation can continue for an additional 30 minutes.
Saturdays, 1:30-2:30/3:00 pm, ongoing

Short Story Group
This group meets every Sunday to discuss a short story or article which is shared in advance.
Sundays, 5:00-6:00 pm, ongoing

Writing Workshops

Poetry Writing Workshop with poet, Fran Richey
Work on your own poetry during the week, then join our warm, supportive class to read and discuss your work. We’ll also explore the work of well-known poets from different eras, focusing on the art of form, style, revision and craft.
Tuesdays, 12:30-2:30 pm, ongoing

The Personal Essay with writer, Sally Bliumis-Dunn
Come and enjoy the writing of your fellow Himan Brown members in a workshop setting where you learn to hone your personal essay writing skills. Each week a different essay topic is assigned though students are free to write about whatever they chose.
Wednesdays, 12:30-2:00 pm, ongoing
The Stories We Tell, The Stories We Live: A Writing Workshop with Susan Stein
We will write the stories we’ve heard, the stories we’ve learned and the stories we’ve lived. Working with writing prompts in advance and on the spot allows us to jump start the writing process, to quiet our inner editors and find a way to freely tell the stories that are inside us: the everyday stories of what we see in our daily lives, in our work, in our speech, in conversations we hear – the people, the places, behavior, humor, dialogue, neighborhoods.
We will mine our memories, discover our voices, our rhythms and use language to find a way to bring these stories to others.
Fridays, 1:30-3:00pm, ongoing through the end of the year

Studio Art

Studio Art with Zack Seeger
Join artist Zach Seeger for drawing and painting tutorials over Zoom! Students are encouraged to work alongside Zach as he answers questions about process, materials and art history. Ideal for all levels, from beginner to advanced.
Wednesdays, 10:00 am-12:00 pm and 1:00-3:00 pm, ongoing

Drawing & Painting with Lili White
Tuesdays, 10:00 am-12:00 pm and 1:00-3:00 pm, ongoing

Drawing & Painting with Donelle Estey
Thursdays, 10:00 am-12:00 pm and 1:00-3:00 pm, ongoing

Mixed Media through the Lens of Modern Art with Marguerite Day
In this class, students will create mixed-media works based on some of the most renowned art in the period of Modernism. Inspiration will be drawn from works such as: the collages of Henri Matisse; the abstracted forms of Georgia O’Keeffe; the dimensional paintings of Robert Rauschenberg; the portraits of Frida Kahlo; and the narrative works of Marc Chagall. Discussions will be led about Modern artists and their techniques, but students will be guided to find their own style and expression as they work in similar techniques, media, and themes.
Fridays, 12:30-2:30 pm, ongoing

Game Play

Supervised Mah Jongg with Jane Nadboy
Mondays, 12:00-2:00 pm

Advance Beginner Bridge with Alene Friedman
Mondays, 12:30-1:30 pm, ongoing

Duplicate Bridge with Rich Marchione
Tuesdays and Thursdays, 10:00 am-12:00 pm, ongoing
Supervised Bridge with Alene Friedman
Tuesdays and Thursdays, 1:00-3:00 pm, ongoing

Supervised Canasta with Michelle Marx
Wednesdays, 10:00 am-12:00 pm (begins December 15)

Fitness

Chair Yoga
Stretch and strengthen your body while you calm and focus your mind. Each class includes centering, gentle warm-ups, posture exploration and deep relaxation. Chair and/or standing; for students of all levels. Mondays and Fridays, 10:00-10:50 am, ongoing

Vitality, Strength and Power
This class focuses on proper anatomical alignment, safe practices for compromised joints and understanding the balance between building strength and maintaining range of motion and adequate stretch in the muscles. Mondays, 11:10-12:00 pm, ongoing

Cardio and Strength
This class begins with a joint mobilizing warm-up and continues with 20 minutes of aerobic movements to build cardiac stamina. Class ends with a series of stretches for the whole body. Tuesdays, 10:00-10:50 am, ongoing

T’ai Chi Chih
A standing class designed to improve balance, improve strength and relax your mind and body. Includes easy warm-ups, Qigong movements for balance and the 20 movements of the T’ai Chi Chih form. Tuesdays, 11:00-11:50 pm, ongoing
Fridays, 3:30-4:20 pm, ongoing

Group Fitness Training
This class is designed to encompass everyday functional movement with integrated strength patterns to induce muscular endurance, enforce proper posture, balance and total body control. Wednesdays, 10:00-10:50 am, ongoing

Guided Meditation and Relaxation
This audio-only class includes a brief introduction for new members followed by breathing techniques (Pranyama) and a silent meditation (Mindfulness/Metta/Mantra) with teacher cues for awareness of breath and physical sensations as an anchor. Each session concludes with a guided relaxation. Wednesdays, 3:00-4:00 pm, ongoing

Folk/Israel Dancing
In our 92Y folk dance classes, we experience and celebrate the beauty of countries and cultures from around the world through dance and music. Dance styles include Israeli, Greek, Macedonian, Serbian, Romanian, Russian, Latin and American dance. Our class begins with a warmup and stretch, and all dances in our Zoom sessions are taught or reviewed, before doing the dances with music. Come and enjoy! Thursdays, 12:00-1:15 pm, ongoing