Lecture Series

A History of American Immigration with Doug Brin
This course will explore the successive waves of immigrants that arguably formed our contemporary society while simultaneously studying the impact of racism and inequality. Did each group of immigrants welcome those that came after them or did they try and slam the door on both fairness and opportunity? This course will include an examination of The Irish, Jewish, Italian, Eastern European, Asian, and Hispanic Experiences, Native-Americans who were already here and displaced as well as the African-Americans didn't arrive by choice (an understatement).
Tuesdays, 1:30-2:30 pm

Laughing Matters with Richard Larschan
Whether representing as a literary genre or simple escapism, comic works can often provide meaningful insights into the human experience. Stories and poems by James Thurber, Mark Twain, Robert Benchley, Woody Allen, Frank O’Connor, X.J. Kennedy, David Sedaris, Shel Silverstein, Dorothy Parker, Stella Gibbons and Kingsley Amis afford an opportunity to understand both specific stylistic features of particular pieces and attributes of comic writing in general. Along the way, we will also consider some implied ethical assumptions that underpin comic writings.
Mondays, February 3 – April 12, 2:00-3:00pm

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

History of Art & Architecture: Modern Architecture from the Eiffel Tower (1889) to the Steinway Tower (2021) with Seth Gopin
will explore how architects have used technology to revolutionize the construction of skyscrapers and incorporate sophisticated modern design. Whether it is the Bauhaus or in your house, we experience remarkable changes in domestic architecture on a daily basis, even without realizing it. Feel free to join Professor Seth Gopin at 1:30 pm for music and chit chat.
Thursdays, 2:00 – 3:00 pm

Around the World in Seven Films with Sara Lukinson
Sara Lukinson returns later this month for a seven-week series of foreign films, each from a different country, with a mixture of stories, film styles and emotional moods. Four of them won the Oscar for Best Foreign Film. They don’t have much in common except that each one is a treasure. Some are lyrical, others move fast, there are love stories, political adventures, artists, exiles and boys on a road trip.
Participants will be provided with links to rent the films to watch before class, for about $3/film.
Fridays, January 29-March 12, 11:00am-12:00pm

The Cradle of Jewish Life in Europe and the Birth of Ashkenaz with Andree Brooks
The Jews were originally a Semitic tribe living in Judea, later called Palestine. How, why and when did they come to northern and eastern Europe? How did their special customs, which came to be called Yiddishkeit, develop?
Friday, March 19-April 2, 11:00am-12:00pm

**From the Hays Code to X-Rated Movies: A History of Hollywood Censorship**
From its very beginnings in the 1890s, motion pictures have delighted the public—and upset civic and religious authorities who felt that movies needed to be regulated to protect “innocent” minds and discourage immorality. As more and more cities and states established film censorship boards during the early 1900s, Hollywood recognized they needed to take some kind of action. The result was the 1934 Hays Code, which set up strict rules of language and conduct for studio films that lasted more than three decades. As the times changed, the Code was replaced by the voluntary MPAA film ratings system in 1968. And yet, fifty years later, the ratings system of G, PG, PG-13, R, and NC-17 films still continues to have its own set of problems. This presentation will look at 125 years of movie censorship and the many ways Hollywood has tried to deal with this continuing issue.
Friday, March 5, 2:00-3:00 pm

**From Mary Pickford to Meryl Streep: Hollywood’s Star System and How It Works**
For more than a century, Hollywood has relied on star power as the most reliable way to draw an audience. From the early days of silent movies, when Mary Pickford was able to command $10,000 a week to modern times, when actors like Tom Cruise and Tom Hanks are guaranteed $20 million (or more) a picture, the film studios have recognized the crucial role stars played at the box office. This presentation will look at the history of movie stardom—how originally film actors weren’t even identified by name, how Mary Pickford became “America’s Sweetheart” and the first real film star, how the Hollywood studios manufactured stars like Judy Garland, Mickey Rooney, and Lana Turner during its Golden Age, how the star system changed once television came on the scene, and how actors like Jack Nicholson, Meryl Streep, and Denzel Washington ushered in a new definition of stardom during the last few decades.
Friday, March 12, 2:00-3:00 pm

**Exploration in Jazz II with Robert Silverman**
Friday, March 19-May 28, 2:00-3:00 pm

**Health Talks**
Physicians, nutritionists, fitness trainers and a healthy cooking chef present information on a wide variety of important health issues.
Mondays, 12:30-1:30 pm

**Security Talks**
Law enforcement officers join us quarterly to update members on the latest and most prevalent scams as well as provide information on safe banking, mail and cyber security. Officers are also available to answer questions from participants.
Quarterly

**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.
Wednesday, 12:30-2:00 pm, ongoing

**Special Events**

**Intergenerational Book Discussion Group with Dalton Middle School Students (preregistration required)**
Monday, March 8, 9:30-10:30 am

**Oral History Project with HB Members and Dalton High School Students**
Wednesday, March 10, 4:00-5:00 pm

**St. Patrick’s Day Film with Mark Ethan Toporek**
To celebrate St. Patrick’s Day, Mark Ethan Toporek returns with an online film event. He will discuss the movie IN AMERICA, which tells the story of a family of Irish immigrants and their early days of adapting to life in New York during the 1980s. The movie was directed by Jim Sheridan whose most famous film is MY LEFT FOOT. Suffused with gentle humor, this film addresses personal tragedy in a way that resonates with our current collective sense of loss. Please watch the film prior to class. The movie is a $4 rental on YouTube and AmazonPrime.
Wednesday, March 17, 4:00-5:00 pm

**SAC Opening Meeting: Impact of the Pandemic on Older Adults with Dr. Kinga Kiszko**
Dr. Kinga Kiszko is the Associate Program Director of the Brookdale Department of Geriatric and Palliative Medicine at Mt. Sinai
Monday, March 22, 12:30-1:30 pm

**Passover Celebration with 92Y’s Bronfman Center for Jewish Life**
Thursday, March 25, 12:30-1:30 pm

**Interactive Classes**

**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. Two co-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, 12:00-1:00 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
Sundays, 12:00-1:00 pm, ongoing

Days of Our Lives Discussion Group with Alexis Lodge
Come reminisce and share your stories! Online members, please join us – we would love to get to know you!
Thursdays, 3:30-4:30 pm, ongoing

Lunchtime Chat with Elizabeth Flamm, LCSW
You provide your own lunch, but we will provide the ability for you to connect. You can join our call from a smartphone, regular cell phone or landline. 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

**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, 11:00am-12:00pm, 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, 11:00am-noon, ongoing

**Mini-Series/Movie Group**
This group meets every Saturday afternoon to discuss a miniseries or movie that everyone watches in advance via streaming services.
Saturdays, 2:00 -3:00 pm, ongoing

**Short Story Group**
This group meets every Sunday afternoon to discuss a short story or article which is shared in advance.
Sundays, 2:00-3:00 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

**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, 10:00-12:00 am and 1:00-3:00 pm, ongoing
ART AS INSPIRATION: SEE, MAKE, SHARE with Donelle Estey
We are welcoming back teaching artist, Donelle Estey, for a new class which will incorporate art inspiration and art creation.
Tuesdays, 12:15-1:15pm

Fitness

Multi-level 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

Balance and Stability
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, 3:30-4:20 pm, ongoing
Thursdays, 10:00-10:50 am, 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, 3:00-3:50 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, 3:30-4:40 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