PRIME TIMES

Newsletter of the Himan Brown Senior Program March 2020

A Message from the Director
Julia Zeuner

Spring is around the corner! Warmer weather, brings thoughts of improving overall fitness so we can spend more time walking outdoors, enjoying our great city! Our program has a myriad of offerings to help you meet your goals! Our newest addition is our nutritionist, Sonia Ahuja, MS, RDN, CDN, Director of Nutrition and Nursing at the NY Enrichment Group. Sonia will be available twice a month to meet with you for private nutrition consultations! She will also offer small, interactive workshops on topics pertinent to our members. In addition, our Nurse Martha Fortune, is shifting her hours to Mondays, 10:00 am - 1:00 pm and Thursdays, 9:30 am - 1:30 pm to be more available to our members. And of course, we continue to offer 20 fitness and dance classes every week! So let's motivate each other toward better health and fitness!

CLASS NEWS

The Art of Listening to Music, our music appreciation course, is taught by a rotating group of professional musicians. Tuesdays, 11:00 am – noon, S297. March 3 – Javor Bracic; March 10 – Simon Saad; March 17 – Javor Bracic; March 24 – Arielle Levioff; March 31 – Simon Saad

Thursdays with Erica Shein: Shoot the Breeze: March 12 & 26. Ben Franklin Circles: March 19. Thursdays, 11:45 am – 12:45 pm, S297.

NEW Sara Lukinson returns to teach **The Great Ones: More Artists from the Kennedy Center Honors.** Hear the stories and watch the films of great artists chosen as Kennedy Center Honorees from theater, film, dance, comedy and music. Tuesdays, March 3 through May 5, 12:30 – 1:30 pm, S102&103/S297. *There is no class scheduled for April 21.*

NEW Officer Anthony Nuccio, Crime Prevention & Digital Communications Officer, 19th Precinct, discusses **IRS and Phone Scams** on Thursday, March 12,12:00 pm, Warburg Lounge.

NEW Doug Brin to give a one-session talk on: **1920--A Time That Resonates From 100 Years Past:** *an out-of-control presidency, anti-immigrant fervor, the bane of income inequality, and how new technology revolutionizes the media.* Thursday, March 26, 1:30 – 2:30 pm, S102/103.

NEW Technology: Beyond the Basics. Join Technology consultant, Wendy Weiss, for an interactive technology training class. Friday, March 13, 12:30 - 1:30 pm, S297.

NEW Healthy Cooking with Natural Foods chef Gilda Mulero, Monday, March 16, 11:15 - 1:00 pm, S252. *Register in program office.* $10 contribution requested.

NEW Ellen Love, LCSW, returns Wednesday, March 18 to facilitate **Necessary Conversations,** 11:00 am – 12:15 pm, S292. *Preregistration with is required.*

Richard Larschan continues to teach his literature series, **Speaking Up/Speaking Out: Short Stories by Major Women Writers,** Wednesdays through March 25, 11:30 am – 12:30 pm, S101.

Seth Gopin continues his series **From Versailles and Poussin to 18th-century Parisian Hotels & Watteau: The Great Age of French Art and Architecture.** Thursdays, through March 19, 1:30 – 2:30 pm, WAG/Warburg Lounge.

Sally Bliumis-Dunn will teach **The Personal Essay Class** on Wed., March 25 only, NB08, 12:45 pm. Her make-up class is tentatively scheduled for Fri., March 20.

Theresa Burns' **Memoir Writing Class** continues Thursdays through March 26, 1:00 – 2:45 pm, S104.

Rob Silverman continues to teach his jazz appreciation series, **Jazz through the Ages.** Fridays through March 27, 10:30 am – noon, S101.

SOCIAL ACTION COMMITTEE OPEN MEETING

PROBLEM SOLVING COURTS
THE POSITIVE IMPACT OF JUDICIAL REFORM
With Judge and Professor Marybeth Richroath
Monday, March 30, 2 pm, Warburg Lounge

Dates to Remember

Monday, March 2
Social Action Planning & Information Committee Meeting
10:30 am, S292

Tuesday, March 10
Advisory Council Meeting
12:00 – 1:00 pm, Room M2

Tuesdays, March 10 and 24
MetroCard Mobile Sales
9:00 – 10:30 am

Thursday, March 19
Sunshine Committee Meeting
11:30 am, Room S252

Friday, March 20
Plaza Jewish Community Chapel Information Table
Stephanie Garry, CAO
11:00 am – 1:00 pm
Warburg Lounge

Tuesday, March 24
General Membership Meeting
12:15 pm, Warburg Lounge

Friday, March 27
NYLAG Healthcare Proxy Counseling
with Tina Janssen-Spinosa, Esq.
11:00am – 1:00pm
Warburg Lounge

PASSOVER SEDER CELEBRATION

Seder to be led by Rabbi Peter Rubinstein and Rebecca Schoffer.
Light lunch to be served.
Thursday, April 2, 12-2:00 pm
Buttenwieser Hall. Tickets $25

Julia Zeuner, LMSW, Director
Elizabeth Flamm, LCSW, Associate Director
Samantha Donoso, MS, Operations and Membership Manager
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92Y HIMAN BROWN SENIOR PROGRAM

The Mildred and Emanuel Goldberg
SPECIAL FRIDAYS

Friday, March 6
Celebrate March Birthdays with Cake!
12:30 pm, Warburg Lounge

Jazz Duo
Dmitri Kolesnik, bass
Rob Mosci, piano and vocals
2:00 pm, Warburg Lounge

Friday, March 13
Piano for 2 & 4 Hands
Arielle & Michael Levioff
2:00 pm, WAG

Friday, March 20
The Life & Music of Johnny Mercer
Jim Jimirro, Chairman Selection Committee for Traditional Pop category for the Grammys; voting member, Academy of Motion Picture Arts and Sciences
2:00 pm, Warburg Lounge

Friday, March 27
Rob Silverman Jazz Trio
Robert Silverman, piano and trumpet
Belden Bullock, bass
Scott Hamilton, drums
2:00 pm, WAG

Nurse Consultations

Mondays, 10:00 am - 1:00 pm, Thursdays 9:30 am - 1:30 pm
Nurse Martha Fortune is available to meet with members by appointment or drop-in. *Please register in office.*

Health & Wellness

Monday, March 2
Palliative Care vs. Hospice Care
Dr. Natasha Mehta, Mt. Sinai Geriatric Fellow
2:00 pm, Warburg Lounge

Wednesday, March 4
Individual Medicare Consultations with Jess Joseph
12:00 – 1:00 pm, HBSP Office. *Please register on clipboard.*

Thursday, March 5
Tea With Nurse Martha Fortune
Come with questions and workshop ideas.
11:00 - 12:00 pm, Warburg Lounge

Monday, March 9
Fall Prevention: Safely Navigating Our Home and World
Mary Copeland, Senior Fitness Specialist
2:00 pm, Warburg Lounge

Friday, March 20
Private Nutrition Consultations
Sonia Ahuja, MS, RDN, CDN
12:00-1:30 pm, Consultant's office. *Please register in office.*

Monday, March 23
Nutrition workshop and private consultations
Sonia Ahuja, MS, RDN, CDN
1:30 – 3:30 pm Consultant's office & Warburg Lounge.
Please register in office.

Support

Elizabeth Flamm, LCSW/Associate Director. Elizabeth is a highly skilled therapist who is also available to meet individually with members and families.

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COMMUNITY BULLETIN BOARD

WELCOME to our newest members: William Andrews, Sam Bader, David Blum, Judith Cohen, Asher B. Dann, Theodore Herman, Muriel Mitzman, Esther Peterseil, Elinor Reardon, Natalie Sklar and Carole Weinberg

If you want to celebrate a special occasion - a birthday, anniversary or ??? and share your joy with the Himan Brown community, contact us to order and pay for a cake from Fairway. There are myriad of flavor choices, so you can design your own cake! (Cakes run approximately $135.)

We have a place you can register if you want to find game players like yourself. Chess? Mah Jongg? Scrabble? Canasta? Poker? Our game registration book in the office may help you find new people for that game you love!

NEW MEMBER BREAKFAST

All new members welcome!
Thursday, March 19, 10:00 - 11:30 pm, WAG
RSVP in program office.

BOOK DISCUSSION GROUP WITH ERICA SHEIN

The Namesake
by Jhumpa Lahiri
Thursday, March 5
11:45 am – 12:45 pm, S297

JEWISH THOUGHT & CULTURE

Mondays, 1:00 – 2:00 pm, S297
March 2 – Rabbi Laurie Braun
March 9 – Rabbi Scott Perlo
March 16 – Rabbi Samantha Frank
March 23 – Professor Joshua Halberstein
March 30 – Rabbi Laurie Braun

CELEBRATE PURIM WITH THE NURSERY SCHOOL

Friday, March 6. 11:00 am
Warburg Lounge

SUNSHINE COMMITTEE TABLE: Stop by and learn about this new community resource!
Thursday, March 26, 12:00 - 1:00 pm, WL

SOCIAL SUNDAYS

Sunday, March 29
Museum of the City of New York
Docent-led tour and film
Followed by lunch at *Bread and Wine*
Transportation with Project Cart
$20, lunch separate pay

APRIL SNEAK PEEK

Yom HaShoah Concert – Iron and Coal - April 21