

# PRIME TIMES

Newsletter of the Himan Brown Senior Program

September 2018

A Message from  
the Director  
Julia Zeuner

There is a lot of creative energy flowing from our program office as we head into Fall – from the new look of our program materials to the new classes and faculty we added to the schedule! We also added a new Associate Director to our team. Please stop by to introduce yourself to Elizabeth Flamm, LCSW. Elizabeth is a highly skilled social worker who comes to us from Mount Sinai Hospital.

To augment our staff, we also have consultants here monthly for planning and information (see *Dates to Remember*): Tina Janssen-Spinosa, Esq from NYLAG for healthcare proxy counseling; Jess Joseph, patient advocate, for Medicare support; and Stephanie Garry, from Plaza Jewish Community Chapel. Our representatives from the development department - David Clough, Planned Giving Officer and Gabrielle Mellett, Development Officer – will now be joining us the third Monday of the month to meet with you to discuss all the ways you can help support our program.

## CLASS NEWS

**The Art of Listening to Music.** Simon Saad teaches September 4, Arielle Levioff teaches September 18. 11:00-12:00 pm, Room S297

Erica Shein facilitates **Shoot the Breeze** on September 6, 20. **Ben Franklin Circles** on September 13. **Book Discussion Group** on September 27. All classes: Thursdays, 11:45-12:45 pm, Room S297

Theresa Burns returns to teach her **Memoir Writing Workshop** starting Thursdays, September 6 through October 25. 1:00 – 2:45 pm, Room S104.

**NEW! How Did We Get Here? A History of Conflict and Reconciliation in America with Avi Jezer** - an experienced history lecturer with past careers in management consulting-executive search, politics and government. Course will examine and trace the socio-political factors that contributed to the current situation. While we will trace the history of these factors to the colonial period, course will re-evaluate events that occurred during the participants’ lifetimes. Thursdays, September 6 - October 11. 1:30-2:30, Room S102-103

**The Big Bands and Beyond and Little Yiddish Music** with Rob Silverman, pianist, trumpeter, composer. Begins Friday, September 7 through November 2. 10:30 am - Noon, Room S101

**Necessary Conversations** with Ellen Love returns Wednesday, September 12 through November 7. 11:00-12:00 pm. This small group discussion requires preregistration through Ellen Love. Room S252

**Dalton Tech:** Dalton high school students return to help members with technology needs! Sign up in office. Friday, September 28, 12:50 – 1:50 pm, Room S297

**NEW! Introductory Level Intensives in Mah Jongg, Chess, Canasta and Bridge.** This fall we are launching a new series of absolute beginner level classes for members who would like to learn a new game! Each series of classes will cost \$60 and consist of 8 lessons (except Bridge, which requires 10 lessons and will cost \$75). Please register and pay in program office.

**HBSP is Closed for the Following Holidays:**  
Monday, September 3, *Labor Day* • Monday, September 10, *Rosh Hashanah*  
Tuesday, September 11, *Rosh Hashanah* • Tuesday, September 18, *Yom Kippur Eve (closes 3 pm)* • Wednesday, September 19, *Yom Kippur*  
Monday, September 24, *Sukkot* • Tuesday, September 25, *Sukkot*

## Dates to Remember

**Tuesday, September 4**  
HBSP Advisory Council Meeting  
Noon, S101  
  
Registration begins for October 25th trip to **The Barnes Foundation**, Philadelphia, PA

**Tuesday, September 11 & 25**  
MetroCard Mobile Sales  
(Corner 92nd & Lex)  
9:00-10:30 am

**Monday, September 17**  
Social Action Planning & Information Committee Meeting  
10:30 am, S297  
  
Development Officers  
David Clough and Gabrielle Mellett  
11:00 am - Noon, WL

**Friday, September 21**  
Plaza Jewish Community Chapel Information Table  
Stephanie Garry,  
Chief Information Officer  
11:00 am – 1:00 pm, WL

**Friday, September 21**  
NYLAG Health Care Proxy Counseling  
Tina Janssen-Spinosa, Esq.  
11:00 am – 1:00 pm, WL  
Please sign up in office.

**Wednesday, September 26**  
General Membership Meeting  
12:15 pm, WL

**Sunday, September 30**  
92Y Street Fair  
Volunteers needed.

Julia Zeuner, LMSW, Director  
Elizabeth Flamm, LCSW, Associate Director  
Samantha Donoso, MS, Program Coordinator  
Dafna Gorfinkle, MA, Program Assistant  
Erica Shein, Esq, Intergenerational Programs  
212.415.5633  
[www.92Y.org/HimanBrown](http://www.92Y.org/HimanBrown)



## SOCIAL ACTION COMMITTEE OPEN MEETING



**Public Advocate, Her Role  
and Resources for Each of Us**  
Letitia James and staff  
October, 22 2 pm, WL

The Mildred and Emanuel Goldberg  
**SPECIAL FRIDAYS**

**September 7**

Phoenix Ensemble  
Piano and Voice Recital  
Wayne Weng, Piano  
Yinpei Han, Mezzo-Soprano  
Schumann to Gershwin  
2:00 pm, Weill Art Gallery

Birthday Cake for All! 12:15, WL

**September 14**

Suzy Perelman and Christian Regul  
Violin and Piano Concert  
Brahms, Faure, Mozart, Sarasate  
and John Williams  
2:00 pm, Weill Art Gallery

**September 21**

Himan Brown Senior Drama Group  
Scenes and Monologues  
Scott Klavan, Director  
2:00 pm, WL

**September 28**

Javor Bracic, Piano  
Mostly Mozart Recital  
2:00 pm, Weill Art Gallery



**BOOK DISCUSSION** With Erica Shein  
*Something Beautiful Happened,*  
by Yvette Manassis Corporon  
Thursday, September 27, 11:45-12:45 pm, S297

**VOLUNTEER OPPORTUNITIES**

Volunteers needed for **92Y Annual Street Fest Sunday, September 30.** This year we are holding a Bake Sale at our booth! **Calling all bakers - please help us bake.** Please sign up for shifts to man the Himan Brown Senior Program booth and help spread the word about our wonderful program.

**Health & Wellness**

Wednesday, September 5  
**Your Medicare Questions resolved!**  
Jess Joseph, Patient Advocate  
Noon-1:00 pm, HBSP Office  
Sign up for appointment in office.

Wednesday, September 12  
**Monthly Blood Pressure Screenings**  
The Riverside Premiere Rehabilitation and Healing Center  
Trisha King, LPN  
11:00 am-12:45 pm, HBSP office

**Nutrition Project**

Friday, September 14  
**NEW! Healthy Lifestyles Support Series**  
Elizabeth Flamm, LCSW  
1-2:00 pm, room S252

Monday, September 17  
**Nutrition Workshop**  
Chronic disease, nutrition, and a healthy heart.  
2:00 pm, Warburg Lounge

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**COMMUNITY  
BULLETIN BOARD**

**WELCOME** to our newest members: David Borowka, Anita Brown, Tobi Busch, Bobbi Schecter, Alfred Hess, Cynthia Hess, Valery Lanyi, Marvin Lipton, Frances Mound, Diana Murad, Sara Shannon, Yolanda Sherman, Roberta Padell, Dora Pompey and Ahmet Unsal.

FYI: We have New York State voter registration forms and Absentee Ballot applications available in the office.

**Seeking a million volunteers!** All of Us Research Program is a national initiative whose mission is to speed up health research and medical breakthroughs. 646-962-6170 or AllofUs-Cornell@med.cornell.edu.

Senator Liz Krueger's **Annual Senior Resource Fair** Wednesday, October 18th, 2:00 to 5:00 pm at Temple Emanuel, 1 East 65th Street. Over 60 senior service providers and advocacy groups provide range of information.

**SENIOR STRIDERS** sponsored by the New York Road Runners. Love to walk? Join HBSP member and walks co-ordinator, Monte Olenick, on Tuesdays and Thursdays at 9:45 am for a 1.5-2.5 mile walk in Central Park! Group meets at the NYRR Information Kiosk at the East 90th Street entrance to the park.

**Music School News!** If you wish to use one of the practice rooms in our brand new School of Music, (5th Floor, South Building) you must purchase a pass to practice, reserve the room with Dafna, and then give a valid form of ID to obtain your electronic key card from a member of the Music School faculty.

**Culture Pass** - a program for library card holders. Using your library card, you can reserve a pass and get free admission to dozens of NYC's museums and cultural institutions. <https://www.culturepass.nyc/>

**JEWISH THOUGHT & CULTURE**

Sukkot, "the Festival of Tabernacles", "the Festival of Booths". Come explore this lesser known of the fall Jewish Holidays with Abby Eisenberg  
Monday, September 17 1:00 pm

**DAY TRIPS**

**The Barnes Foundation**

Philadelphia, PA

**Thursday, October 25**

Special exhibit:

Berthe Morisot, Woman Impressionist  
Price includes transportation & admission.

Visit is self-guided. Lunch is on your own at area restaurants.

Members: \$60, Non-Members: \$70  
Checks or Credit Cards Preferred.

**Registration begins  
Tuesday, September 4.**

PLEASE REGISTER AND PRE-PAY IN THE SENIOR PROGRAM OFFICE

**OCTOBER SNEAK PEEK**

- Movie Club with Erica Shein
- Fitness Assessments with the May Center