

# Prime Times

NEWSLETTER OF  
HIMAN BROWN  
SENIOR PROGRAM

The Charles Simon Center for Adult Life & Learning

January 2018

A Message from  
the Director  
**Jo F. Brown**

Congratulations and thank you to the entire Himan Brown Advisory Council, your elected officers, who volunteer their time to enhance our community. Through their planning of social action events and projects to support the underserved, trips, Social Sundays and special events, as well as serving as ambassadors at orientation meetings, and creating fabulous bake sales and bazaars, their volunteer work serves our entire program cohort. The leadership deserves a lot of credit for their ingenuity, creativity and diligence. Special thanks go to Marcia Budd and Len Lubinsky, president and vice-president. To all, our gratitude and best wishes for the New Year.

## CLASS NEWS

The free ranging discussion group, “**Shoot the Breeze**”, meets with Erica Shein on Thursdays, January 4, 18 and 25 at 11:45 am. You can also join Erica and Dafna for **The Ben Franklin Circles**, a discussion group focusing on the 13 virtues as defined by Ben Franklin on Thursday, January 11. By participating in this project, you are helping to foster civic participation and open dialogue. S297

The Tuesday **Art of Listening to Music** classes will be taught by Peter Buchi on January 2, Simon Saad on January 9, Arielle Leviuff on January 16, Javor Bracic on January 23 and Cesare Civetta on January 30. All classes meet in S297 at 11 am immediately following the Senior Adult Chorus class.

Sally Bluimis-Dunn returns to teach **The Personal Essay** on Wednesday, January 24 through March 14 at 11 am in S101. Please sign up in the office.

Professor Seth Gopin teaches three sessions based on his book, **Skyscrapers of New York**, Thursdays, January 25, February 1 & 8 at 1:30 pm in WAG. We will explore the rise of the New York City skyscraper from the Flatiron to the new World Trade Center.

Dr. Richard Larschan, English Professor Emeritus at University of Massachusetts, presents **The Tempest Tossed: Poems, Short Stories and Novels about Immigrant Experience**. Begins Thursday, January 4 through February 22. Weeks 1-3 meet at 1:30 pm. Later classes begin at 11:45 am. Please pick up your syllabus in the program office. For rooms please see schedule.

“**A Short History of the Jazz and Blues Piano and Trumpet**” is Rob Silverman’s Jazz/Music appreciation class for the Winter-Spring semester. Begins Friday, January 5 at 10:30 am, and ends on March 9. S101

**Embrace technology!** It’s a tool like any other that can help you in your daily life. Exploring your iPad and iPhone – Small classes taught by Howard Levinger begin on Thursday, January 25. Only Apple products will be taught. Please see Renée to register and pay.

**Parents with Adult Children:** Join us in a conversation led by Ellen Love, LCSW, addressing “New Roles..New Rules”. Two Wednesdays, 11 am, January 24 & 31. No pre-registration is needed. This is a drop in group. S252

Elly Roth will facilitate the **Vision Support Group** on Thursday, January 18 at 11:30 am in S254. This group is for anyone who is challenged by deteriorating vision and is seeking practical and emotional support.

### SOCIAL ACTION COMMITTEE OPEN MEETING



**New York’s Jewel: Central Park**  
Central Park Conservancy  
Lane Addonizio, AICP  
Vice President for Planning

MONDAY, JANUARY 29

1:55 PM (NEW TIME), S297

### Dates to Remember

#### Monday, January 1

New Year’s Day  
Senior Program is closed

#### Monday, January 8

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

#### Tuesday, January 9

Himan Brown Advisory  
Council Meeting  
Noon, Mezz 2

#### Tuesday, January 9 and 23

MetroCard Mobile Sales  
9 am to 10:30 am

#### Monday, January 15

Martin Luther King Jr. Day  
Senior Program is closed

#### Friday, January 19

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

#### Tuesday, January 23

General Membership Meeting  
12:15 pm, Warburg Lounge

#### Friday, January 26

Stephanie Garry  
Chief Administrative Officer  
Plaza Jewish Community  
Chapel Information Table  
11 am to 1 pm

*Charles Simon Center for Adult Life & Learning*  
*Himan Brown Senior Program*  
**Jo Frances Brown**, Director  
**Samantha Donoso**, Program Coordinator  
**Dafna Gorfinkle**, Program Assistant  
**Renée Septimus**, Counselor  
**Erica Shein**, Intergenerational Programs  
**Julia Zeuner**, Associate Director  
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*

**Friday January 5**

Great Jewish Opera Singers, Part II  
Cesare Civetta, Conductor, Author  
2 pm, Warburg Lounge

**Friday, January 12**

Paul and Rochelle at the Movies  
Favorite songs from Hollywood films  
including *The Trolley Song*, *Two for the Road*,  
*A Fine Romance*, *Gigi*, *Singin' in the Rain*  
and many more!  
Paul Chamlin, Piano and Vocals  
Rochelle Chamlin, Vocals

**Friday, January 19**

Words and Music by Stephen Sondheim  
Mel Haber will trace the career of Sondheim,  
starting from his early days when he wrote  
the lyrics for *West Side Story* and *Gypsy*.  
Later work will be seen in varied performances  
including *Company*, *Sunday in the Park with*  
*George* and *Sweeney Todd*.  
Mel Haber, Music Historian and Lecturer  
2 pm, Warburg Lounge

**Friday, January 26**

Love and Laughter  
Songs from The Great American Songbook:  
Musical Theatre, Pop and a few fun surprises!  
Jill Melanie Wirth, vocals  
David Pearl, piano

**Health & Wellness**

*If you are coughing or feverish please take a cue from your symptoms and stay home until you are fever-free and can honestly say you are not putting others at risk. Thank you in advance for your cooperation. We want you to stay healthy!*

*It's still not too late to be inoculated against the flu.*

**Wednesday, January 3**

**Get Personalized Help with Medicare**

Jess Joseph, Patient Advocate  
Noon to 1 pm, by appointment please

**Monday, January 8**

**Constipation: Causes, Prevention and Interventions**

Katherine Roza, MD  
Department of Geriatrics and Palliative Medicine  
Ichan School of Medicine at Mt. Sinai  
2 pm, Warburg Lounge

**Monday January 22**

**“Healthy Brain Aging”**

*What can I do to keep my brain healthy?  
How can I tell the difference between normal memory loss,  
that often accompanies aging, and abnormal memory loss?*  
2 pm, Warburg Lounge

Optional mini-memory screenings (10-15 minutes) offered  
from 1 pm to 2 pm and 3 pm to 3:30 pm

Please sign up in the program office.

Nina Friedman, LMSW

Minelly Vasquez, LMSW

NYU Langone Health

Pearl I. Barlow Center for Memory Evaluation  
& Alzheimer's Disease Center

**Wednesday, January 24**

**Monthly Blood Pressure Screening**

The Riverside Premiere Rehabilitation and Healing Center  
11 am to 12:45 pm. Please sign up in the program office

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; The Derfner Foundation; The Marilyn & Jeffrey Katzenberg Foundation; Virginia and Dr. Mark Silver; Barbara and Martin P. Klein; Gloria Ann Katz, EdD; Lorraine & Gerald Goldman; the Office of the Manhattan Borough President Gale Brewer and New York City Department for the Aging.

**Bulletin Board**

Welcome New Members! Maria Burke, Madlen Ezratty, Diane Katt, Barbara Katz, Maria Lee, Richard Mahler and Harry Spiera

Save the date! Monday, June 25, 2018! 2 pm is our annual Kathryn W. Stein Memorial Concert when the incomparable Chita Rivera performs in a solo concert with her trio. Tickets for Himan Brown Senior Program members are discounted at \$15.

If you would like to connect with members of other generations, please complete the updated 2018 Intergenerational Program feedback form for coordinator, Erica Shein. Visit the office at your convenience.

Lost property like mixed up coats and canes can easily be avoided by identifying your property with a simple label. Please visit the office and we'll happily assist you.

Recycle your E-Waste at 92Y on Sunday, January 21 from 10 am to 4 pm, rain or shine. Most electronic devices are accepted - working and non-working printers, scanners, TVs, VCRs, audio/visual equipment and more.

Did you know that the Center for Jewish History, located at 15 West 16th Street, is the home to no fewer than eight important organizations? It houses the American Jewish Historical Society, American Sephardi Federation, American Society for Jewish Music, Center for Jewish History, Centro Primo Levi, Leo Baeck Institute, Yeshiva University Museum and YIVO Institute for Jewish Research. Plan to visit and enjoy these treasures.

Women ages 60+ are needed for a research study about memory and cognition at Memorial Sloan Kettering which includes coming in once a year for 5 years to examine memory and quality of life. Optional components of the study include providing blood/saliva samples and activity monitoring. \$50 will be offered for each completed study visit. To learn if you qualify, please call 646-888-0126 or email fatovicr@mskcc.org. This is an NIH study.

**JEWISH THOUGHT & CULTURE**

January 29:

**“Working to Integrate At-risk Youth into Israeli Society**

Amy Werman of Nirim Schunot, Guest Speaker

Renée will teach on January 8 and 22

**Intergenerational & Volunteer Opportunities**

Please contact Erica Shein to explore options both here and in the community to interact with young people. Dalton High School students visit 92Y to assist with tech support on Friday, January 26. 12:50 pm, please sign up in the office.

Wire the Wise: Connecting the Generations Through Technology. Ellie Epstein, founder and coordinator brings young people and you together on Sunday, January 14, from 11:30 am to 1 pm, S101. Bring your hand held device for one on one coaching. Please sign up in the office.

**TRIPS**

**SOCIAL SUNDAYS:** While our committee plans for Spring excursions, we will plan to enjoy two events at 92Y which are free of charge with an optional group brunch. Rena Landa welcomes any members who would like to participate in developing future events.

**92Y SCHOOL OF MUSIC FACULTY RECITAL SERIES**

Christopher North, bass  
Sunday, January 7, 3 pm, Weill Art Gallery, open seating  
12:30 pm brunch at Sarabeth's  
1295 Madison Ave. (92nd)

Bridget Fitzgerald, violin  
Sunday, February 18, 3 pm, Weill Art Gallery, open seating  
12:30 pm brunch at Corner Cafe & Bakery  
1645 3rd Ave. (92nd)