The free ranging discussion group, “Shoot the Breeze”, meets with Erica Shein on Thursdays, February 1 & 8 at 11:45 am. You can also join Erica and Dafna Gorfinkle for the The Ben Franklin Circles, a discussion group focused on the 13 virtues as defined by Ben Franklin in the 18th century. Join them on Thursday, February 15, also at 11:45 am, S297.

The Art of Listening to Music classes will be taught by Peter Buchi on February 6, Javor Bracic on February 13, Simon Saad on February 20 and Cesare Civetta on February 27. All classes meet in S297 at 11 am immediately following the Senior Adult Chorus class.

Sally Bluimis-Dunn teaches The Personal Essay memoir writing class through Wednesday, March 14. newcomers are welcome. Please sign up in the program office. 10:45 am to 12:15 pm, S101.

Dr. Richard Larschan, English Professor Emeritus, teaches The Tempest Tossed: Poems, Short Stories and Novels about Immigrant Experience through February 22. On Feb 1 & 8 his class meets at 11:45 am. On February 15 and 22 his class meets at 1:30 pm. Due to the January 4 class cancellation, the class will also meet on March 1 at 1:30 pm.

A very special Book Discussion Group: Liliane Willens was born in Shanghai to Jewish Russian parents who fled the Bolshevik Revolution. She was a “stateless’ girl in the world’s most cosmopolitan city. Her memoir, Stateless in Shanghai, is this month’s book selection and is available in paperback and on Kindle. NEW DATE: Thursday, February 22, at 11:45 am with Erica Shein facilitating. Ms. Willens will be skyping for a Q & A with the students.

Ellen Love facilitates a new “Necessary Conversations” discussion group beginning Wednesday, February 7 at 11 am. If you are interested in this small group experience, please sign up in our office. Space is limited.

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.

SOCIAL ACTION COMMITTEE OPEN MEETING

Homelessness: The Crisis in NYC and Beyond
Ellen Baxter, Founder
BHC Broadway Housing Communities
Monday, February 26, 1:55 pm, S297

Passover Food Drive
March 5-15 in cooperation with Met Council on Jewish Poverty
Please see the enclosed flyer.
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.

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Monday, February 5
February is Heart Health Month
The Riverside Premier Rehabilitation & Healing Center
Is sponsoring this event with a blood pressure screening and providing heart healthy snacks at 1:30 pm
Heart Disease: Recognition and Prevention
Michele Lee, MD
Department of Geriatrics and Palliative Medicine
Ichan School of Medicine at Mt. Sinai
2 pm, Warburg Lounge

Wednesday, February 7
Get Personalized Help with Medicare
Jess Joseph, Patient Advocate
Noon to 1 pm, by appointment please

Wednesday, February 14
Monthly Blood Pressure Screening
The Riverside Premiere Rehabilitation & Healing Center
LPN, TBA
11 am to 12:45 pm, Please sign up in the office

February 2
The Life and Legacy of Jascha Heifetz
A 20th Century Iconic Artist
Cesare Civetta, Music Educator, Conductor
2 pm, Warburg Lounge

February 9
The Kenny Williams Memorial Band
Music “From Soup to Nuts, From A to Z”
Warren Daniels, soprano, alto and tenor sax
Adrienne Finney, organ
Solomon Hicks, guitar
Boncellia Lewis, aka “Miss B”, vocals
2 pm, Weill Art Gallery

February 16
Celebrate February Birthdays at 12:30, WL
“Scenes and Monologues”
Himan Brown Senior Program Drama Group
Scott Klavan, Director
2 pm, Warburg Lounge

February 23
West Side Stories (Upper West Side)
Explore the rich architecture and history of the area surrounding Columbus Circle, visit the site of the first Jewish Congregation in North America and more
Marty Schneit, a born and bred New Yorker licensed NYC Tour Guide and Historian
2 pm, Warburg Lounge

Welcome to our Newest Members! Cathey Falvo, Dorothy Melia, Diane Sidikman, Ilya Speranza, Andrew Squire, Emily Walsh and John Walsh. Save the date for the New Member Breakfast: Wednesday, March 21, 10:00 am.

We are asking that all members regularly update their registration cards/membership information. It’s essential that we have an emergency contact for you as well as your physician’s contact information.

Women age 60+ are needed for a research study about cognition by MSKCC. Memory and quality of life are examined in an annual visit which offers remuneration for your time. To learn if you qualify, call (646) 888-0177 or email mcnealk@mskcc.org. This is an NIH study.

Don’t let winter’s challenges keep you home when you could be here! New York Foundation for Senior Citizens’ Project Cart offers free transportation to people 60+ in Community Districts #1-#8 who want door to door transportation to varied destinations. To register and request this amazing service, call (212)956-0855. This program is funded by the New York City Department for the Aging and from rider’s voluntary contributions.

Senior Walks sponsored by the NYRR. 10:00 am on Tuesdays and Thursdays, meet at the NYRR Information Kiosk in Central Park (E90th St. entrance). Groups are led by longtime volunteer and Himan Brown member Monte Olenick.

PHOTO & VIDEO RELEASE FORMS
Throughout the year, we need photos for marketing and for our webpages. We would love to use photos of you, but can only do so with your signed consent on file. Please complete and return the enclosed release form. Thank you.

JEWISH THOUGHT & CULTURE
Monday, February 12
“Violence and Society: A Jewish Perspective”
Rabbi Ethan Witkovsky, Guest Lecturer,
Park Avenue Synagogue, 1 pm, S297
February 5 & 26
Renée teaches, 1 pm, S297

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, February 16 at 12:30 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, February 18, from 11:30 am to 1 pm, S101. Bring your handheld device for one on one coaching. Please sign up in the office.

SOCIAL SUNDAYS
February 18: 92Y School of Music Faculty Recital
Bridget Fitzgerald, violin
Weill Art Gallery (open seating)
1:00 pm, optional brunch at the Corner Café (1645 Third Avenue)
March 25: Metropolitan Opera Backstage Tour
$20, 1:30 pm tour
late lunch option, P.J. Clarke’s at Lincoln Square