

92NY HIMAN BROWN 60+ PROGRAM

IN PERSON & ONLINE COURSE DESCRIPTIONS

DECEMBER 2024

LECTURE SERIES

Children and Notable Family Members of the US Presidents with Doug Brin

Many spoiled, ensnared in scandal. Frustrated, arrogant or satisfied, how they handled fame, fortune and misfortune. TUESDAYS, 2:00-3:00 PM, ONGOING

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. The current play is *Henry V*. WEDNESDAYS, 2:00-3:00 PM, ONGOING

Revolution! with Dr. Jeff Horn

This class surveys the theory, practice and accomplishments of revolutionary movements and explores historical and contemporary case studies. Together, we will consider some scholarly perspectives, primary sources and images. WEDNESDAYS, SEPTEMBER 18 AND 25, OCTOBER 23 AND 30, NOVEMBER 6, 13 AND 20 AND DECEMBER 4, 11 AND 18, NO CLASS NOVEMBER 27, 3:00-4:00 PM

Muslims, Christians and Jews in Middle Eastern History with Professor Matthew Ellis

How should we characterize the relationship between Jews, Muslims and Christians across the long history of the Middle East? Although present-day politics and popular media tend to give the impression of perpetual conflict between the three Abrahamic faiths in this diverse, mosaic-like region, the historical reality has typically been far more complex. This class will provide an overview of the historical interactions between these three faiths in the Middle East from the emergence of Islam in the 7th century—when Muslim Empires came to dominate the region—to the present day. Particular attention will be paid to the changing dynamics between Muslim powers and their religious minorities in the modern period, beginning with the

Ottoman Empire's sweeping reforms in the mid-19th century. THURSDAYS, DECEMBER 5, 12 AND 19, 2:15-3:15 PM *PLEASE NOTE: ON DECEMBER 19, CLASS TIME CHANGES TO 2:30-3:30 PM.*

Siena: The Rise of Painting, 1300–1350 with Dr. Seth Gopin

The Metropolitan Museum of Art is hosting a once-in-a-lifetime show on Siena: The Rise of Painting, 1300–1350. The exhibition celebrates an extraordinary era in early Italian Renaissance art, focusing on the innovative achievements of Siennese masters like Duccio, Simone Martini and the Lorenzetti brothers. What makes this exhibition so compelling for a modern audience is that it is the dawn of the Renaissance and Siennese artists were pioneers in creating new ways of portraying the world. Though religious objects dominate the exhibition, the story of Siennese art is about human emotion. Join Dr. Seth Gopin as he explains the show's historical significance and highlights its unique qualities, preparing you to experience this remarkable exhibition at the MET. FRIDAY, DECEMBER 6, 11:00 AM-12:00 PM

JEWISH THOUGHT & CULTURE

Learn, Play and Laugh with 92NY's Rabbi David Ingber

Spend an hour once a week with our very own 92NY's Rabbi David Ingber. He will focus on the power of Jewish storytelling and texts that encapsulate Jewish connectedness to lifelong learning and intellectual growth. He will use Jewish music to heal our broken hearts and lift our hungry souls. Learn about the power of laughter and how it has been an essential Jewish survival. Learn about how Jews are meditators and Judaism is a meditation-based tradition. Ask the rabbi your most pressing questions and be ready to hear unique takes on age old questions. THURSDAYS, 1:00-2:00 PM, ONGOING

Café Ivrit with Shlichah (Israeli Emissary) Raz Betser

If you are a fluent Hebrew speaker but have nowhere to practice, then you are in luck! We will be hosting a monthly Café Ivrit. THURSDAY, DECEMBER TBD, ONGOING

Ulpan (intense Hebrew instruction) with Shlichah (Israeli Emissary) Raz Betser

Come learn Hebrew with Raz! We are now offering Ulpan. If you've always wanted to learn Hebrew, then this is the class for you. In our lessons, we will learn Hebrew letters and conversational Hebrew. Please come with a notebook and a pencil. *Class size is restricted to 15 participants. Please RSVP to Mrobinson-Frimpong@92ny.org to register.* FRIDAYS, NOVEMBER 1-DECEMBER 20, 11:00 AM-12:00 PM

HEALTH

Consultations with Nurse Martha Fortune

TUESDAYS, 12:00-5:00 PM, ONGOING

SPECIAL EVENTS

Afternoon Tea & Treats

TUESDAYS, 3:00-4:00 PM, ONGOING
DECEMBER 17: *COME CELEBRATE DECEMBER BIRTHDAYS WITH CAKE!*

Himan Brown Holiday Party

THURSDAY, DECEMBER 19, 12:00-2:00 PM
Payment and registration are required.

Concert: Music from the Holocaust with Javor Bracic, pianist, & Friends

Join cellist Elad Kabilio, vocalist Yochai Greenfeld and pianist Javor Bracic on an exploration of music written during the Holocaust by composers Josima Feldschuh, Viktor Ullmann, Kurt Weil, Tzvi Avni, Hans Krasa and others. FRIDAY, DECEMBER 6, 2:00-3:00 PM

Concert: Not a Sonata with Arielle Levioff, pianist

This program explores various forms of music with one exception. There is no sonata!

Pianist Arielle Levioff continues her journey with J.S. Bach's Goldberg Variations, this time performing variations one through fourteen. She performs a Prelude and Fugue not by Bach but by Bach's champion Felix Mendelssohn, four sparkling etudes by the 20th century French pianist-composer Robert Casadesus and concludes with Chopin's elegant and romantic Third Ballade, Op. 47. FRIDAY, DECEMBER 13, 2:00-3:00 PM

MUSIC APPRECIATION

The Art of Listening to Music with Javor Bracic, Arielle Levioff and Simon Saad

Professional musicians illuminate classical music and enhance your appreciation of 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 Mark York, pianist and singer

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. WEDNESDAYS, 1:00-2:30 PM, ONGOING

INTERACTIVE CLASSES

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. MONDAYS, 2:00-3:00 PM AND FRIDAYS, 1:30-2:30 PM, ONGOING

Weekly Catch Up with Erica Shein

Unwind with Erica as she walks you through what to expect for the coming week, including the latest from science, cultural events and local news. MONDAYS, 5:00-6:00 PM, ONGOING

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. MONTHLY ON TUESDAYS, 4:30-5:30 PM

Book Discussion 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, 4:30-5:30 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, 4:30-5:30 PM

Poems with Erica Shein

Join Erica Shein to discuss and analyze old and new, short and long, poems. We will discuss the rhythm and themes of these works. MONTHLY ON TUESDAYS, 4:30-5:30 PM

Poetry Recitation with Fran Richey's Class facilitated by Erica Shein

Join Erica Shein and poetry teacher/poet Fran Richey to hear members of Fran's poetry writing class recite their pieces. Erica's class will then have an opportunity to ask questions of the poets and comment on their work. MONTHLY ON TUESDAYS, 4:30-5:30 PM

People of the Book: Short Stories about Being a Jew/Jewish with Dr. Richard Larschan

The distinction between the noun "Jew" and the adjective "Jewish" can sometimes represent a tension in how Jews identify with their religion, their history, their culture in relation both to Gentiles and to God (G-d). Short story writers Philip Roth, Nathan Englander, Bernard Malamud, Grace Paley, Johanna Kaplan and Cynthia Orzyk all question what, DNA aside, it means to be a Jew—or Jewish! WEDNESDAYS, NOVEMBER 6, 13 AND 20 AND DECEMBER 4 AND 11, 12:45-1:45 PM

Monthly Book Group with Professor Nicholas Birns

In this monthly book discussion group, we discuss some of the finest examples of recent American and global fiction. We read books that are entertaining and fun to read, but also have an underlying seriousness of artistic and moral purpose to them. Our discussion will be open and freewheeling and will focus on the styles, themes and plots of the book as well as psychological characterization and the author's social and political context. In reading contemporary fiction, we will find out more about our world and its problems as well as its potential for growth and change. December's selection: Real Americans by Rachel Khong WEDNESDAY, DECEMBER 18, 12:45-1:45 PM, ONGOING

Knitting Circle with Sandy Magesis

WEDNESDAYS, DECEMBER 11, 12:30-2:30 PM, ONGOING

World Events: A Civic Dialogue with Lucy Kirk, Professor Gordon Levin and Susan Scheuer

A weekly forum on world events, focusing on issues both domestic and international. The 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. THURSDAY, DECEMBER 5, 12:30-1:30 PM, ONGOING

SUPPORTIVE/SELF REFLECTIVE DISCUSSION GROUPS FACILITATED BY LICENSED CLINICAL SOCIAL WORKERS

Women's 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, AND

WEDNESDAYS, 11:00 AM-12:00 PM, ONGOING

Living After Loss, a Bereavement Group for Those Who Have Lost a Loved One with Dr. Carole Brafman

Although each loss is unique, sharing feelings is often helpful since grief can be lonely and isolating. A group serves as an important source of emotional support and validation of the complex feelings accompanying the loss of a loved one.

TUESDAYS, 1:00-2:00 PM, ONGOING

Live Strong with Dr. Randy Kamen

In our group, you will learn the best of modern science and ancient traditions so that you can 'retrain your brain' for greater resiliency as you navigate through this next precious chapter of life. You will weave key skills and strategies into your daily life that lead you to greater joy, connection and meaning—despite inevitable challenges.

FRIDAYS, 12:00-12:50 PM, ONGOING

Lunchtime Chat with Elizabeth Flamm, LCSW

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's discussion. Anyone who is looking to build connections and receive support is welcome to join.

FRIDAYS, 12:30-1:15 PM, ONGOING

Live Strong in Practice with Dr. Randy Kamen

This class is dedicated to *putting into action* the skills and strategies that support your ability to 'retrain the brain' for greater connection, resiliency and personal growth. There will be time for conversation, practices and individualized attention.

FRIDAYS, 1:00-1:50 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 AND FRIDAYS, 12:00-1:30 PM, ONGOING

Yiddish Conversation Circle

MONDAYS, 1:00-2:00 PM, ONGOING

Acting Workshop with Marilyn Schulman

Marilyn Schulman is a graduate of Northwestern University's Theater Department. For 19 years, she directed two or three shows a year of Middle and Upper School students in their theatrical productions at the Birch Wathen Lenox School on the Upper East Side of Manhattan. She also directed two parent/teacher shows and taught an acting class. Marilyn also taught 9th grade English and 8th grade U.S. History. She is an active member of the Himan Brown program and an avid Theater goer. Class members will be encouraged to bring in poems and/or speeches as well as monologues and scenes that they would like to perform. No experience is necessary to participate.

MONDAYS, 1:00-2:45 PM, ONGOING

Monday Member Salon

MONDAYS, 3:15-4:15 PM, ONGOING

DECEMBER 2: "From the Suburbs to the Upper East Side" with Janet Dubner. After decades of community and companionship in suburbia, Janet will talk about downsizing and finding life anew "in the big city." She hopes participants will share some of the challenges and rewards they have faced upon deciding to retire to the Big Apple.

DECEMBER 9: "Autocracy 101: What Can Hungary Under Orban Teach Americans Facing Trump?" with John Farago
John Farago, the husband of Himan Brown member Jeanne Martin, was one of the founders of CUNY Law School, where he taught for 30 years. He has also been an administrative law judge for more than 40 years hearing cases involving special education. These days, he finds himself in the awkward position of holding dual citizenship in Hungary and the United States. He has watched the former descend into Victor Orban's illiberal autocracy and now fears that the US may be trudging in a disturbingly similar direction. In this Senior Salon, he will present his observations about Hungary's social and political evolution over the past 14 years of Orban's leadership. Moreover, he will suggest parallels and differences between the two countries and social settings, answer questions and foster dialogue about the path ahead for both countries.

Member-led Virtual Cocktail Hour

TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS AND SATURDAYS, 5:00-6:00 PM, ONGOING

The Best Of... with Phyllis Brusiloff

At each session, everyone will have an opportunity to talk and share their best of. Examples include best books, best meals, best trips, etc.

FRIDAYS, 3:15-4:15 PM, 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, 11:00 AM-12:00 PM, ONGOING

French Conversation with Laura Bodin

This class is for students of French, who have acquired a level of speaking proficiency at an Advanced Beginner Level or above (Intermediate or Advanced). During the class, the participants will have an opportunity to speak in French about many topics of interest to each participant. All conversations are in French. No English is allowed, except to translate the rare idiomatic expression or word for which there is no equivalent in English. English will also be used very briefly two or three times during each class when a new word/phrase that a participant is not familiar with is introduced in a conversation. The teacher will give the English translation of the word/phrase. Thus, participants will be able to keep a Vocabulary Notebook of new words/phrases learned.

SATURDAYS, 1:30-2:30/3:00 PM, ONGOING

Short Story Group

This group meets every Sunday to discuss a short story or article, which is shared in advance.

SUNDAYS, 5:00-6:00 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 Blum-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 choose.

WEDNESDAYS, 12:45-2:00 PM, ONGOING

The Stories We Tell, The Stories We Live: A Writing Workshop with playwright, Susan Stein

We will write the stories we've heard, the stories we've learned and the stories we've lived. Working with writing prompts in advance and on the spot allows us to jump start the writing process, to quiet our inner editors and find a way to freely tell the stories that are inside us: the everyday stories of what we see in our daily lives, in our work, in our speech, in conversations we hear – the people, the places, behavior, humor, dialogue, neighborhoods. We will mine our memories, discover our voices, our rhythms and use language to find a way to bring these stories to others.
FRIDAYS, 12:45-2:00 PM,
SEPTEMBER 6-DECEMBER 20

STUDIO ART

Oil Painting with Zach Seeger (Small Group Instruction)

Students will learn painting fundamentals from simple brush techniques to layering, glazing and applied color theory. This class will focus on still lifes and direct observation before expanding to more personalized subjects. All levels are welcome.
TUESDAYS, NOVEMBER 5-DECEMBER 17,
12:30-2:30P M. *Registration is required. This class costs \$70 + service fee.*

Studio Art with Zack Seeger

Join artist Zach Seeger for drawing and painting tutorials. 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 AM-12:00 PM AND
12:30-2:30 PM, ONGOING

Watercolor Painting & Drawing Studio with Donelle Estey

This class is open to various mediums and styles included in the exploration of artistic expression. Make use of still lifes, models or other artistic works—as you advance your skills and further develop your personal voice. All levels are welcome to participate—from beginner to advanced.
THURSDAYS, 10:00 AM-12:00 PM AND
12:30-2:30 PM, ONGOING

Art with Donnelle!

FRIDAYS, 10:00 AM-12:00 PM AND 12:30-2:30 PM, THROUGH THE END OF DECEMBER

GAME PLAY

Beginner Bridge with Bruce Gershfield

MONDAYS, 11:00 AM-12:00 PM

Supervised Mah Jongg with Jane Nadboy

MONDAYS, 12:30-2:30 PM, ONGOING

Supervised Bridge with Alene Friedman and Michael Radin

TUESDAYS, 1:00-3:00 PM AND THURSDAYS,
12:15-2:15 PM, ONGOING

Supervised Canasta with Michelle Marx

WEDNESDAYS, 10:30 AM-12:30 PM, ONGOING

Chess with Jerald Times

WEDNESDAYS, 12:30-2:00 PM, ONGOING

Intermediate Bridge with Bruce Gershfield

WEDNESDAYS, 2:00-4:00 PM, ONGOING

FITNESS

Chair Yoga with Lucia Russett

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, 9:30-10:20 AM,
ONGOING

Total Body Fitness with Kareem Collins

Total Body Fitness is a class that combines both standing and chair-based exercises that covers overall strength, balance, hip stability, functional movement and aerobic activity. Whether one is advanced, intermediate or beginner, this class will challenge your overall fitness level. This class will also teach you breathing techniques to correlate with motion patterns.
MONDAYS, 11:00-11:50 PM, ONGOING

Balance & Stability with Mary Copeland

This class addresses the three main elements of Fall Prevention — Good Posture, Muscle Strength and Balance. Class begins in a chair focusing on core strength and spinal alignment with leg exercises to improve the essential movement of rising and lowering to the chair. Standing exercises stabilize hip and pelvis strength for single leg balance and improved, steady gait.
TUESDAYS, 9:30-10:20 AM, ONGOING

Yoga with Ana Sussman (Tuesdays and Wednesdays) and Wendell Odom (Fridays)

Yoga is a deep practice intended to combine body movements with full attention to the breath. The purpose of yoga is to remove tensions from the body while strengthening it and raising the energy level. After yoga class, one should feel more alive and at the same time more relaxed, calmer and more open to life.

TUESDAYS, 10:00-10:50 AM, WEDNESDAYS,
11:00 AM-12:00 PM AND FRIDAYS, 11:00-11:50 AM, ONGOING

T'ai Chi Chih with Ken Gray

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, 11:00-11:50 AM AND FRIDAYS,
3:30-4:20 PM, ONGOING

Israeli and International Folk Dance with Danny Pollock

In our 92NY 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 dance sessions are taught or reviewed before doing the dances with music. Come and enjoy!
TUESDAYS, 12:30-2:45 PM, ONGOING

Fitness Training with Kareem Collins

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

Ping Pong

WEDNESDAYS, THROUGH DECEMBER 18,
3:00-4:00 PM AND THURSDAYS, THROUGH
DECEMBER 19, 3:00-4:00 PM

Location: PingPod, 1470 Lexington Avenue (corner of Lex and 95th). Purchase of a game card is required.

Guided Meditation and Relaxation with Betsy Light

This audio-only class includes a brief introduction for new members followed by breathing techniques (Pranayama) 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, 3:30-4:30 PM, ONGOING

Cardio and Strength with Mary Copeland

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.

THURSDAYS, 10:00-10:50 AM, ONGOING

Sit & Be Fit with Kareem Collins

This class is a chair-based fitness class that incorporates aerobic work, strength exercises, flexibility, posture and hip stabilization as well as abdominal and core strengthening exercises. Dumbbells and physio balls are used in addition to the body to execute exercises and motions.

THURSDAYS, 11:00-11:50 AM, ONGOING

Postural Therapy Movement Program with Joey Zimet

Join Postural Therapist Joey Zimet for an engaging, exercise-based course designed to improve your posture, movement and long-term health. You will also experience physical and emotional benefits while gaining tools to breathe, balance and function more optimally. The goal is to help you create and ingrain new patterns in your posture that positively impact how you stand, move, breathe and function.

This results in feeling better physically AND emotionally as well. The goal is also for you to leave with tools and unique insights to help yourself long-term.

FRIDAYS, 10:00-10:50 AM, ONGOING