

92NY HIRSHMAN BROWN 60+ PROGRAM IN PERSON & ONLINE COURSE DESCRIPTIONS

JANUARY 2025

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 *Twelfth Night*. WEDNESDAYS, 2:00-3:00 PM, ONGOING

JEWISH THOUGHT & CULTURE

Lunch & Learn: 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, 12:00-1:00 PM, 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, 11:00 AM-12:00 PM, ONGOING

HEALTH

Consultations with Nurse Martha Fortune

TUESDAYS, 12:30-3:00 PM, ONGOING

SPECIAL EVENTS

Afternoon Tea & Treats

TUESDAYS, 3:00-3:30 PM, ONGOING
JANUARY 21: COME CELEBRATE JANUARY BIRTHDAYS WITH CAKE!

Intergenerational Short Story Group with The Dalton School Students facilitated by Erica Shein

WEDNESDAY, JANUARY 15, 1:45-2:45 PM

Social Action Committee Open Meeting: tbd

THURSDAY, JANUARY 23, 2:00-3:00 PM

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, JANUARY 31, 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

The Presence of Love in Shakespeare: A Journey Through Sonnets and Plays with Jerald Times

This course takes participants on an immersive journey through the theme of love in Shakespeare's works, mainly through his sonnets and selected plays. Guided by the idea that "Love is engagement with the facts of the world," this course combines insightful discussions, interactive activities, and multimedia experiences to deepen your appreciation of Shakespeare's timeless portrayal of love. WEDNESDAYS, JANUARY 8-MARCH 12, NO CLASS JANUARY 29 AND FEBRUARY 26, 1:00-2:00 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. January's selection: [On Her Own](#) by Lihi Lapid WEDNESDAY, JANUARY 29, 1:00-2:00 PM, ONGOING

Knitting Circle with Sandy Magesis

WEDNESDAYS, JANUARY 8 AND 22,

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, JANUARY 9, 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 With 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

January 13: "Math Tricks & More – for Grandkids & Senior Minds" with Frances Stern

January 27: "What Anna Freud Taught Me" with Phyllis Brusiloff
Mondays, 3:05-4:00 pm, ongoing

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, 2:00-3:00 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, 1:00-3:00 PM, ONGOING

The Personal Essay with writer, Sally Bliumis-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, 1:00-2:30PM, ONGOING

STUDIO ART

Watercolor with Zach Seeger

In this class, students learn the fundamentals of watercolor painting. Students can expect to learn the fundamentals of color theory and its application in the transparent medium. Students can also expect to gain a command over various watercolor approaches that depict landscapes, still lifes and portraits that address opacity and transparency, depth, brushstrokes, glazes and dry brushing. Each week a painting will be created using a setup in class, printed images or personal pictures brought to class digitally.
TUESDAYS, 2:30-3:45 PM, ONGOING

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
1:00-3:00 PM, ONGOING

Illuminating Positivity: Transforming Inspirational Words into Art with Renee Sandell, PhD

Discover deeper inspiration in your favorite writings (defined words, poems, quotes, lyrics and/or mantras) as we bring LIGHT into our art—creatively using white, metallic, and colorful art tools on black & white papers! We will engage in expressive Marking & Mapping® exercises and techniques tools to thematically explore positive virtues such as hope, empathy, and resilience. Create a unique set of authentic Virtue Maps that reveal your personal ideas, ideals, inspirations and purpose. Consider sharing your optimistic creations by gifting to someone special, even yourself. No previous art experience necessary. Open to all levels.
Registration required.
WEDNESDAYS, JANUARY 22-MARCH 26,
2:00-3:30 PM

Painting & Drawing 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
1:00-3:00 PM, ONGOING

Developing Your Style, Creating a Series with Marguerite Day

Marguerite has designed this course for Himan Brown artists, who have studied with her and are ready to take the next steps towards honing their personal vision and style. At the start of the semester, students will be given exercises to help them make decisions about what medium and subject matter to focus on to begin working on a cohesive series. Due to a limited room capacity, sign-up is mandatory for each class.
FRIDAYS, JANUARY 10-FEBRUARY 14,
10:00 AM-12:00 PM AND 12:30-2:30 PM

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

Chess with Jerald Times

TUESDAYS, 10:30 AM-12:00 PM, ONGOING

Supervised Bridge with Alene Friedman and Michael Radin

TUESDAYS, 1:00-3:00 PM AND THURSDAYS,
1:30-3:30 PM, ONGOING

Supervised Canasta with Michelle Marx

WEDNESDAYS, 10:00 AM-12:00 PM, ONGOING

Intermediate Bridge with Bruce Gershfield

WEDNESDAYS, 1:00-3:00 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 THURSDAYS, 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, 1:00-3:15 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

Guided Meditation and Relaxation with Betsy Light

This audio-only class includes a brief introduction for new members followed by breathing techniques (Pranyama) 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

Agility and Strength with Mary Copeland

This class focuses on improving movement in different directions and speeds; practicing combinations of movement that develop greater dexterity, coordination and range of motion. These movement patterns promote greater balance, strength and stability.

THURSDAYS, 10:10-11:00 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

