

92NY HIMAN BROWN 60+ PROGRAM

IN PERSON & ONLINE COURSE DESCRIPTIONS

JULY 2024

LECTURES

Immigration in the United States with Doug Brin

The successive waves of immigration, including those from Mexico and Latin America, have largely created the society we live in today. Most of the immigrants are greeted with resistance, resentment, prejudice and anger. Exactly *who* were the *original* Americans and what of the one major group that *did not* arrive voluntarily? 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 IV, Part II*. WEDNESDAYS, 2:00-3:00 PM, ONGOING

Mannerism in Italy with Dr. Seth Gopin

This art history course focuses on Mannerism, an art movement that emerged in 16th-century in Italy— in Florence, Rome, and Venice. In response to the High Renaissance's emphasis on naturalistic ideals, Mannerist artists departed from classical conventions and embraced a more intellectual and expressive style. It was characterized by radical asymmetry, exaggerated proportions, and spatial distortions. We will explore the works of key painters such as Bronzino, Parmigianino, Tintoretto, and El Greco, as well as architects Giulio Romano and Michelangelo. This brilliant, remarkable movement laid the groundwork for subsequent generations, particularly for the Baroque period, and was deeply influential for modernist artists of the early twentieth century. THURSDAYS, JULY 25-SEPTEMBER 12, 2:15-3:15 PM

Rock and Blues of the 1960s with Rob Silverman

This series explores the Rock and Blues of the 60s focusing particularly on Soul with the music of James Brown, Stevie Wonder and others. The class also explores the Funky Jazz of this era with a deep dive into the music of Lee Morgan, Horace Silver, Herbie Hancock and Miles Davis. Towards the end of the semester, the group will go on two outings to hear Jazz and Blues. The first outing will be to the Sugar Bar in July. (You will be responsible for the special low cover charge.) The second outing will be in September at the Stitch Bar where admission is free. FRIDAYS, JUNE 7-AUGUST 9, 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

Consultations with Nurse Martha Fortune

TUESDAYS, 11:00 AM-4:00 PM, ONGOING

SPECIAL EVENTS

Afternoon Tea & Treats

TUESDAYS, 3:00-4:00 PM, ONGOING
July 16: Come celebrate June Birthdays with cake!

Concert: Mark York, pianist, Celebrates Independence Day!

FRIDAY, JULY 5, 2:00-3:00 PM

For Independence Day: A Brown Bag Lunch with Dr. Robert Watson

Over lunch, hear an amazing tale about the first American Insurrection that nearly succeeded. Bring a copy of his book, [When Washington Burned: The British Invasion of the Capital and a Nation's Rise from the Ashes](#), and get it signed. MONDAY, JULY 8, 12:00-2:00 PM
12:00-1:00 pm: Lecture & Brown Bag Lunch
1:00-2:00 pm: Dessert Reception

Concert: Rhythm Across the Americas featuring Alexander Wu, pianist

Back by popular demand, Alexander Wu (Yamaha piano artist) performs from his debut piano solo CD, *Rhythm Road across the Americas* which explores and rediscovers the last century of music and its history of North America and Latin America; from folk, spirituals, blues and jazz to latin, contemporary, film and pop music classics.

"Wu's exuberant etudes on Gershwin songs sounded assured and settled...he is uncommonly attractive and entertaining"—
The Washington Post Review

Music of Leonard Bernstein, Dave Brubeck, Harry T. Burleigh, Florence Price, Chick Corea, Consuelo Velasquez, Duke Ellington, Burt Bacharach, Carol King, Bill Evans, George Gershwin, Maria Grever, Antonio Carlos Jobim, Scott Joplin, Dana Suesse, Ernesto Lecuona, Mary Lou Williams, John Williams, Oscar Peterson and Ástor Piazzolla. THURSDAY, JULY 11, 2:15-3:15 PM

Concert: Javor Bracic, pianist, Performs!

FRIDAY, JULY 12, 2:00-3:00 PM

Concert: Arielle Levioff, pianist, Performs!

Come and enjoy another program of classics featuring Himan Brown's pianist in residence, Arielle Levioff. This program includes a Haydn sonata, some sparkling, rarely performed etudes by the 20th century French pianist and composer Robert Casadesus, a portion of J.S. Bach's Gold Variations, and works by Johannes Brahms. You might even get to hear

Arielle's signature encore, "My Favorite Things" from Rogers & Hammerstein's *The Sound of Music!*
FRIDAY, JULY 19, 2:00-3:00 PM

Concert: Broadway Through the Years! (1900s-1980s) with Mark York, pianist and singer

Come travel through the Decades of the 20th Century with Mark York as he highlights the great musical hits that brought us the Golden Age of Broadway! With Mark at the piano, you'll be sure to sing, hum and tap your feet as he brings the hit tunes to life. You'll leave humming with a smile on your face.
FRIDAY, JULY 26, 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 Musician/Singer Mark York

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, 2:30-3:30 PM AND FRIDAYS, 1:30-2:30 PM, ONGOING

Virtual Cocktail Hour hosted by Erica Shein

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

Monthly Book Group with Nicholas Birns

WEDNESDAY, JULY 10, 9:00-9:30 – LIGHT BREAKFAST, 9:30-10:30 AM – DISCUSSION
GRAVEL HEART BY ABDULRAZAK GURNAH

Knitting Circle with Sandy Magesis

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

Visual Fitness Workouts with Renee Sandell

See much more in life through weekly, eye-opening, and interactive visual fitness "workouts" that will engage both your creativity and insight. In group discussions and breakout rooms, use a Balanced Way of Seeing® to find new inspiration in chosen works of art by decoding (reading) and encoding (expressing) visual meaning. Have fun with hands-on Marking & Mapping® exercises that connect art understandings to your life experiences as you create expressive visual journaling pages that become your own unique "coloring book".
WEDNESDAYS, JUNE 26-JULY 31, 3:30-5:00 PM

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.
THURSDAYS, 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, 12:00-1:30 PM 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

Member-led Virtual Cocktail Hour

TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS AND SATURDAYS, 5:00-6:00 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, 12:30-2:30 PM, ONGOING

The Personal Essay with writer, Sally Blumis-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, 1:30-2:45 PM, JULY 5-AUGUST 9

STUDIO ART

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

Drawing and Painting: Inspired by Art History with Marguerite Day

Using art history as a guide, from the Renaissance to Postmodernism, students will create works in color and black & white media such as graphite, watercolor, and acrylic paint. Great for all levels, beginners to advanced! Students

working on independent projects are also welcome.

FRIDAYS, 10:00 AM-12:00 PM AND
12:30-2:30 PM, ONGOING

GAME PLAY

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,
12:00-2:00 PM, ONGOING

Supervised Canasta with Michelle Marx
WEDNESDAYS, 10:30 AM-12:30 PM, ONGOING

Beginner Bridge with Bruce Gershfield
WEDNESDAYS, 11:00 AM-12:00 PM

Chess with Jerald Times
WEDNESDAYS, 12:30-2:00 PM, ONGOING

Backgammon with David Knapp
WEDNESDAYS, 1:00-2:00 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

Ping Pong with David Knapp
MONDAYS, JULY 15-SEPTEMBER 30,
3:00-5:00 PM
WEDNESDAYS, JULY 17-SEPTEMBER 25,
3:00-5:00 PM
Location: PingPod, 1470 Lexington Avenue (corner of Lex and 95th). Purchase of a game card is required.

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, 10:00-10:50 AM, ONGOING, ON
JULY 9 — CLASS TIME CHANGES TO 9:30-
10:20 AM PERMANENTLY.

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

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

David Knapp's Walking Group

THURSDAYS, 8:30-9:30 AM, ONGOING
Meet at The Engineer's Gate, 90th and 5th.

True Power with Dee Cocoros

This class will start with a warm-up to increase our mobility. We will do interval cross training and cardio and strength with various intervals of balance, flexibility and agility. This format is done to keep us grounded and calm in our fast-paced world. The takeaway is the option to practice 2- 10 minutes a day as a tool to stay calm, fit and strong throughout the winters and holidays.
THURSDAYS, 10:00-10:50, 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,
FROM JULY 11-AUGUST 8, CLASS TIME
CHANGES TO 9:45-10:35 AM.

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