

THE VILLAGER

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February 1, 2026

Meet Your Neighbors



My name is Rhonda Peterson. I am originally from the Bronx and joining LiLY has helped me stay social, and stay on top of what's important to my community.

Hi, my name is Isabelle! I received my undergraduate degree from Colgate University. I am currently earning my graduate degree in social work at NYU, a journey that has been both meaningful and exciting. After spending two years working in retail, I made the transition into social work and have loved learning how to support others with care, empathy, and intention.



Outside of school, I find joy in the simple things that help me slow down and recharge. I love long walks, getting lost in crime novels, watercolor painting, practicing yoga, and spending time at the library. These moments of creativity, movement, and reflection help keep me grounded and inspired as I move forward in this next chapter of my life. I work part-time at the Morningside Heights Library on Mondays and Tuesdays from 10:30AM to 12PM, and 2PM to 4PM, assisting with resources and referrals. Feel free to find me there!



A wonderful time was had by all at our annual New Year's Tea Party!

Left to right standing are Maximina Kalergiz, Blanca Jiminian, Daisy Keeper and Kathy Jiminian; sitting is Juana Gómez.

If you'd like to learn more about the history of the neighborhood between W. 96th and West 110th Streets, meet at the south end of Straus Park on 106th St. and Broadway at 2 PM on Sunday, February 8. Jim Mackin will be leading a free historical tour. To learn more, call 212-666-9774.



Dr. Norma Braun

The Microbiome: How it Contributes to Health, Wellness or Dysfunction.

We're never truly sterile, even before birth. Yet the moment we're born, our bodies are colonized by bacteria from our mothers and our environment. These microbes, both helpful and harmful, live on and inside us in a balanced partnership called the microbiome. Every part of the body has its own microbial "signature," and when that balance is disrupted, often by overuse of antibiotics, health can suffer.

The microbiome plays a key role in digestion, energy production, and nutrient absorption, which means it affects every organ. The gut-brain axis is especially important: microbes communicate with the brain through nerves, hormones, immune signals, and chemical messengers. That's why stress can cause stomach pain, and gut problems can affect mood and thinking.

The largest microbiome lives in the gastrointestinal tract, home to more than 100 trillion bacteria, viruses, and fungi. When these microbes fall out of balance (called dysbiosis), symptoms may include bloating, diarrhea or constipation, fatigue, mood changes, joint pain, skin conditions, weight fluctuations, autoimmune issues, and frequent infections. To support a healthy microbiome, focus on a whole-food diet rich in fruits, vegetables, legumes, nuts, and fiber. Eat slowly and chew well, stay hydrated, sleep 7-to-8 hours, exercise regularly, manage stress, and avoid unnecessary antibiotics. Include prebiotic foods (plant fibers) and probiotic foods like yogurt, kefir, sauerkraut, tempeh, and kombucha. Less processed food and less added sugar help both the gut and brain thrive.

Upcoming Events!!!

FREE TECHNOLOGY WORKSHOPS FOR 60+



About the Program

Join us at the Morningside Heights Library for two free, easy-to-follow technology presentation designed specifically for older adults (age 60+). These sessions are beginner-friendly, relaxed, and focused on everyday tech skills you can actually use. This presentation will be performed by staff from the non-profit organization Search and Care.

LOCATION: Morningside Heights Library
2900 Broadway
New York, NY 10025

Friday, February 13th at 1:30 PM
Email 101

Learn how to create an email account and understand the basic features, including sending and receiving messages.

Friday, March 13th at 1:30 PM
Understanding Icons

Learn how to recognize and understand commonly used icons on smartphones, tablets, and computers so you can navigate your device with more confidence.



FRAUD PREVENTION WORKSHOP 60+

Malecki Law will present a final prevention workshop on **Friday, February 20th, 2026 at 1pm**
The Forum at 601 W. 125th Street.

This is an extremely important topic and we hope that you are able to join us. In 2025, top financial scams targeting seniors include Tech Support, Grandparent/Family Imposter, and Government Impersonation scams, leveraging fear and urgency. New twists involving AI voice cloning, but they are all aiming to steal money or personal data. Ms. Jenice Malecki will discuss having a Trusted Contact Person on your accounts to protect you and what you should disclose to your financial professionals so they can be on the lookout to safeguard you.

Please RSVP to Paula at 646-734-0182

Are you a Francophile who knows some of the basics of French grammar and who wants to expand your knowledge of French vocabulary and culture? If so, let Paula know at 646-734-0182. The group will be called "Pourquoi Pas?" It will meet twice monthly.

Food For Thought

“In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.”

Thurgood Marshall

“A people without the knowledge of their past history, origin, and culture is like a tree without roots.”

Marcus Garvey

“Just don't give up what you're trying to do. Where there is love and inspiration, I don't think you can go wrong.”

Ella Fitzgerald

“Somebody once said we never know what is enough until we know what's more than enough.”

Billie Holiday

“There are two ways of exerting one's strength: one is pushing down, the other is pulling up.”

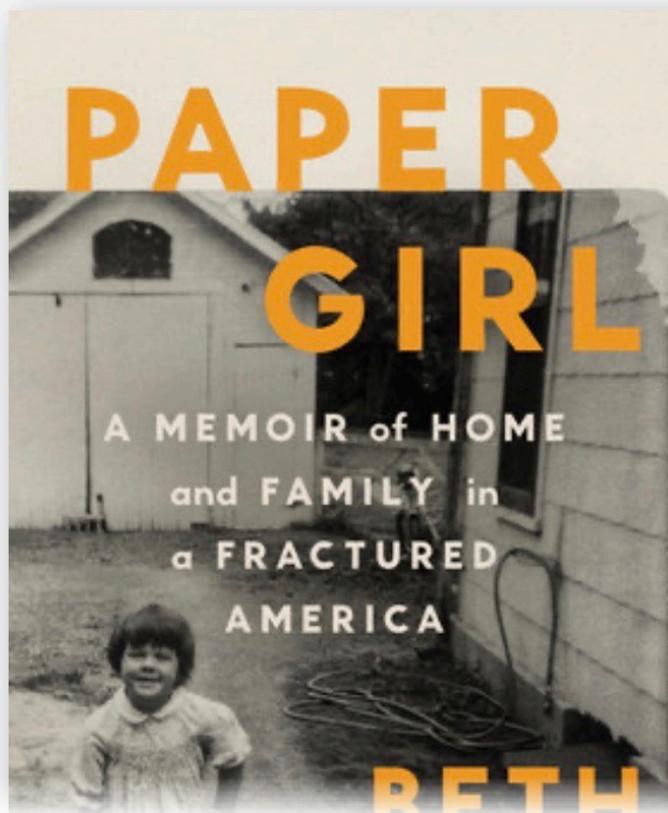
Booker T. Washington



100: A Century of Collections, Community, and Creativity

The Schomburg Center is celebrating its 100th anniversary through June 30th, 2026 with an exhibition, with “100: A Century of Collections, Community and Creativity”.

The museum is open Tuesday through Saturday from 10 AM to 5:45 PM and is located on 515 Malcolm X Boulevard between 135th and 136th Street.



If you are in need of a good book for these short dark days, pick up a copy of **Paper Girl** by **Beth Macy** (award winning journalist and author of *Dopesick*). Macy returns to her hometown in Ohio and traces the social, political and economic changes that have occurred in the last 40 years.



Joan Semmel, a 92-year-old feminist artist who is still painting, has an exhibition at **The Jewish Museum** that is running through May 31st, 2026.

Selected works include paintings, photographs and sculpture.

The Museum is located on Fifth Avenue at 92nd Street and is easily accessible on the M4 bus.

Admission is free on Saturdays.

February 2026 LiLY Events Calendar

Ready to unlock the mystery behind those clicking tiles?

Ever watched The Marvelous Mrs. Maisel and thought, "What are they doing with those tiles?" Remember that showdown in Crazy Rich Asians and wished you knew what was happening? Or maybe you've heard about Mahjong and been curious to try it yourself?

We're launching a fun, no-pressure Mahjong pilot session where you can learn the game, make new friends, and discover what all the fuss is about. Whether you're a total beginner or just looking for a playful way to spend an afternoon, come join us!

Reach out to Audrey at 917-856-8997



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
Card Playing @ 4 PM	Jewelry Making @ 12 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM	Family Caregiver Support Group on Zoom @ 2 PM	Storytelling Group on Zoom @ 11 AM
8	9	10	11	12	13	14
Card Playing @ 4 PM	Jewelry Making @ 12 PM NYPL Movie @ 12PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM		Storytelling Group on Zoom @ 11 AM
15	16	17	18	19	20	21
Card Playing @ 4 PM	Jewelry Making @ 12 PM Zoom Book Group: @ 2 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM		Storytelling Group on Zoom @ 11 AM
22	23	24	25	26	27	28
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Call Paula at 646-734-0182 if you are interested in participating in one of our group activities

Movies at the NYPL

Feb 9, 12PM – "Lost in Translation"
Feb 23, 12PM – "Let The Sunshine In"

The Uptown Film Center is presenting the first film series in their winter programming, called "Science on Screen." Tickets are normally \$12 but LiLY members will receive a discounted price of \$8. **If you are interested in attending, contact Paula at 646-734-0182.**

At the Thalia Theatre at Symphony Space:

- Feb 24, 7pm: Hidden Figures, introduction by Dr. Dr Moiya McTier, <https://www.moiyamctier.com/>
- March 17, 7pm: Bombshell: The Hedy Lamarr Story, introduction by Sarah Rose Siskind, <https://sarahrosesiskind.com>
- April 21, 7pm: HER, introduction by Janna Levin, <https://jannalevin.com>

Liforce in Later Years (LiLY)

LiLY
liforce in later years



West Harlem
Development
Corporation

This program is supported by funding from the West Harlem Development Corps

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"The Villager" A LiLY Newsletter
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and Sidney Slon



Translations by Miriam Ortiz