

Neighbors Bulletin



The High Bridge connecting Washington Heights with the Bronx.

Community Updates

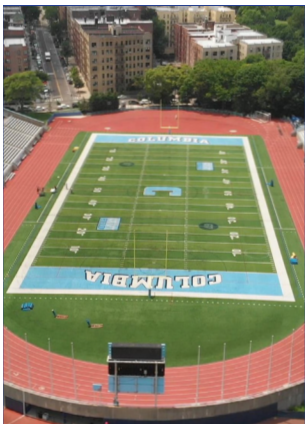
EXPLORE HISTORY IN UPPER MANHATTAN

Spend the fall getting to know Upper Manhattan! Whether you're a long-time resident or a new arrival, Harlem and Washington Heights are packed full of so much history that there's always something to discover. Here are a few highlights:

- The Morris-Jumel Mansion, the oldest surviving residence in Manhattan, was a headquarters for both sides during the American Revolution (not at the same time!) and then a tavern. Take a tour for \$10, or head to one of the many arts and cultural celebrations on the grounds.
- Harlem's Sugar Hill Historic District is full of striking row houses and mansions in a variety of early 20th century styles. Many of them were occupied by notable Harlemites like W.E.B. DuBois and Thurgood Marshall, so keep your eyes peeled for their addresses while you admire the buildings.
- A popular promenade in the 19th century, the High Bridge once carried water to New York City from Westchester. Enjoy beautiful views of the Harlem River while stepping directly into New York's past in Highbridge Park.

Get more details on these sites and other historic treasures uptown at neighbors.columbia.edu/uptownhistory.

MAKE THE MOST OF BAKER ATHLETIC COMPLEX



Since 1921, Columbia has been a proud part of the Inwood community and we provide community members access to the Baker Athletics Complex and Muscota Marsh in a variety of ways. Here are a few of them:

The Wien Stadium Track is open for use at predetermined times. The hours are updated weekly on the Columbia Athletics website (gocolumbialions.com) under "Track Access."

Northern Manhattan Neighbors Appreciation Day, hosted by Columbia Football, will be on October 8, 2022. Tickets are free to the community.

The repair and expansion of the Muscota Marsh dock was completed earlier this year, allowing small boats access to the Harlem River.

Learn more at neighbors.columbia.edu/accessuptown.

Community Events

Check with event organizers for the latest updates, find more events at neighbors.columbia.edu/events



Uptown Night Market
September 8, 4:00 pm
Celebrate cuisine, culture, and community at September's Uptown Night Market under the arches on 12th Avenue.
neighbors.columbia.edu/nightmarket



The Wellness Circle
September 13, 12:00 pm
The Forum and the Harlem Wellness Center will hold free weekly chair stretches and meditation sessions in the West Atrium.
neighbors.columbia.edu/wellnesscircle



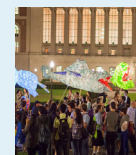
2022-2023 State Pre-College Enrichment Program
Due September 15
7th to 12th graders interested in medicine and STEM careers can apply to participate in this free college prep program that will run on Saturdays from October to May.
neighbors.columbia.edu/sprep2022



InTOuCH Community Health Program Fall Training Application
Due September 15
Get involved with health and healthcare in your community by becoming a certified community health worker through this free training program.
neighbors.columbia.edu/chwtraining



Citizenship Day
September 17, 10:00 am
Join Dominicanos USA for a free citizenship application event at St. Francis Cabrini Shrine, including fee waiver assistance and legal help.
neighbors.columbia.edu/citizenship



11th Annual Morningside Lights Procession: The Reimagined Monument
September 24, 8:00 pm
Witness the illumination of the night. This year, lantern builders will create new monuments to speak to our shared past and hopes for the future.
neighbors.columbia.edu/lights2022