

# MOOD

ISSUE 01



JARVUS RICARDO HESTER **PG 49–52**  
**BOMBING ON CHRISTMAS DAY: A CITY IN SHOCK**  
*In-depth feature on the event and community response.*

LARRY BOGGS **PG 31–32**  
**WARDROBE & COSTUME DESIGN**  
*Behind-the-scenes of upcoming productions (Out of Africa, Highway 1, Caged Bird Sings, Harriet Tubman).*

STEVEN B WALTERS **PG 5–8**  
**NEXT BIG STAR: FROM HARLEM TO THE WORLD**

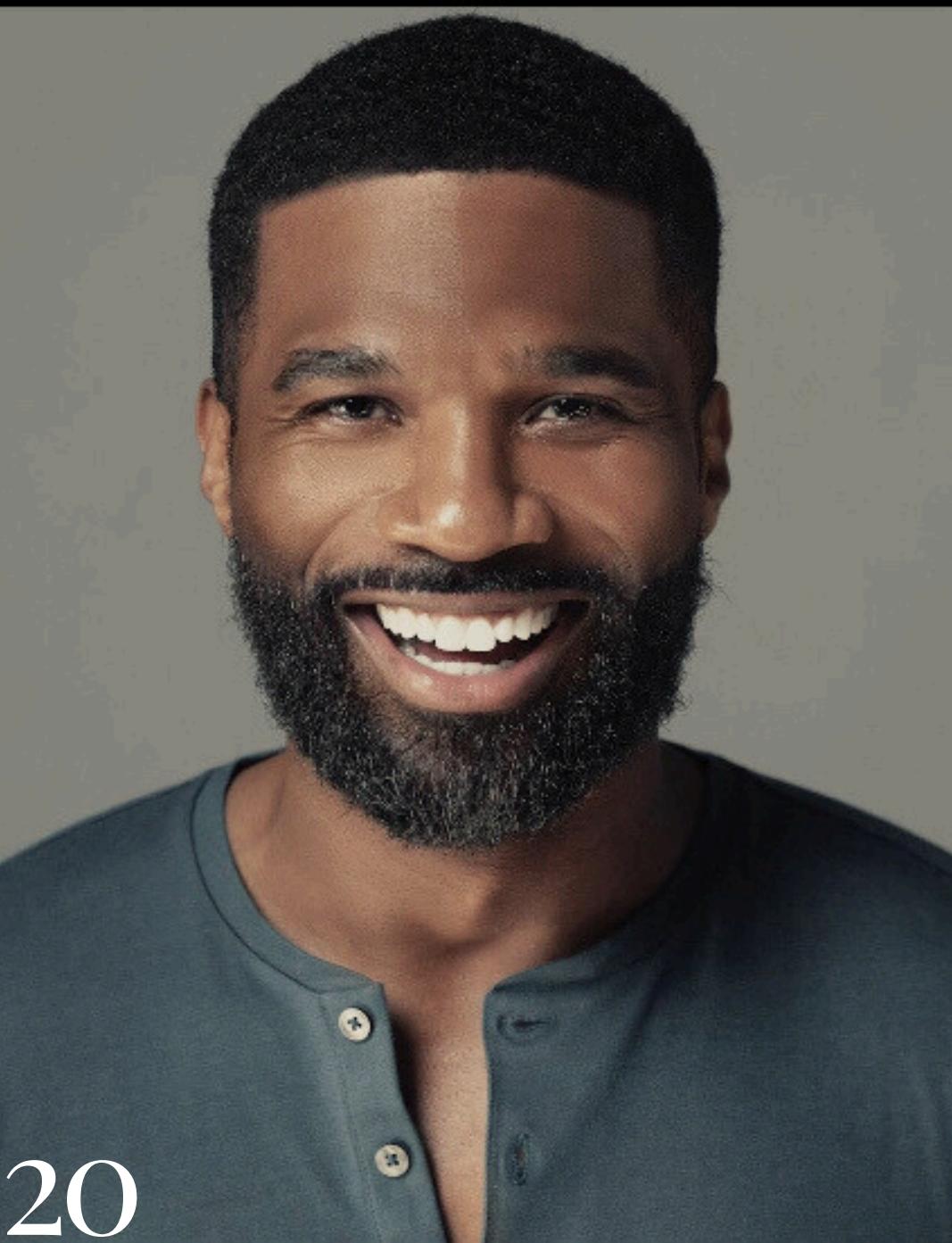
*Journey of 100 boys auditioning to the top 30, rehearsals, dance, voice, and Broadway repertoire. Subscriber voting and international engagement.*

JARVUS RICARDO HESTER **PG 1–4**  
**HARLEM COLLECTIVE: REIGNING GLOBALLY**  
**THROUGH MUSIC AND THEATER**

*Behind-the-scenes of Harlem Collective's residency at the Apollo Victoria Theater. Interviews with Jarvus Ricardo Hester and key team members. Global tours and Black Broadway reach.*

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**Harlem Collective:** Reigning Globally Through Music and Theater – Behind-the-scenes of Harlem Collective's residency at the Apollo Victoria Theater. Interviews with Jarvus Ricardo Hester and key team members. Global tours and Black Broadway reach.

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# I HAVE A DREAM, TOO

Honoring the past while looking forward to a bright future!

The Lorraine Motel is quiet now.

Still.

Frozen in time.

The words I Have a Dream sit heavy against that image—not as history, but as evidence. Evidence that a dream can cost you everything and still outlive you.

Dr. King did not dream abstractly. His dream had a body. It had a location. It had dates, rooms, crowds, and consequences. The Lorraine Motel reminds us that dreams are not poetic ideas—they are lived risks.

This issue of Mood Magazine is released in January—the month we honor Dr. King—and it arrives on the first business day of the year. That timing matters. January is about beginnings, about intention, about deciding what we will commit to carrying forward.

It is also the first issue anchored in our theater home. We are celebrating our residence, our grounding, our permanence—right here in Harlem, inside a space that has held generations of African-American voices, ambition, struggle, and triumph.

The Apollo Victoria is not just a venue. It is a witness.

Publishing this issue now—at the start of the year, in the month of Dr. King's legacy—feels deliberate. I am living inside my own dream while honoring the lineage that made dreaming possible.

The stone statue of Dr. King captures him in permanence, but I am more moved by the moments before the statue—when the dream was still uncertain, still fragile, still unfolding. That is where most of us live. That is where I live now.

Mood Magazine is not an accident. It is not a hobby. It is cultural work—done intentionally, rooted in community, and committed to visibility, access, and excellence.



To dream publicly is to invite scrutiny. To publish is to declare belief. To build something grounded in African-American culture and institutions is to ask others to stand with you.

So this issue is both a reflection and an invitation.

An invitation to honor Dr. King not only by remembering his words, but by supporting the living dreams that continue his legacy. An invitation to invest in African-American media, African-American storytelling, and African-American institutions that are still doing the work.

If this magazine speaks to you—if you see yourself, your city, and your culture reflected here—I invite you to support the dream by subscribing to Mood Magazine.

Dreams endure when communities choose to sustain them.

And this one is just getting started.

Jarvis Ricardo Hester

“Dreams don’t arrive fully formed. They are built- and sustained- by those willing to stand in them.”

jarvis Ricardo Hester

SUPPORT THE ARTS AND SUBSCRIBE!



# Who's that boy?

J A R V U S   R I C A R D O   H E S T E R

F O U N D E R   &   E D I T O R   I N   C H I E F

Jarvus Ricardo Hester is the Founder and Editor-in-Chief of Mood Magazine, a culture and lifestyle platform amplifying African-American excellence in arts, media, fashion, travel, and global storytelling. With over two decades of experience as a creative producer and cultural curator, he is dedicated to elevating authentic narratives and building institutions that connect culture, community, and creativity.



## Black Broadway: A Global Legacy

Black Broadway is more than a stage—it is a movement, a declaration, and a bridge to the world. From historic productions to contemporary masterpieces, Harlem's influence has reached theaters in Europe, Africa, and Asia. The Harlem Collective brings this legacy to life, training young artists who carry the rhythms, melodies, and spirit of Black Broadway across continents.

Every performance is a testament to resilience and creativity, every tour a dialogue with global audiences. From the harmonies of gospel to the power of dramatic storytelling, Harlem's contributions echo far beyond the neighborhood's borders.

Visuals: Archival photos juxtaposed with rehearsal shots, international tour snapshots, behind-the-scenes moments of collaboration.

Harlem is home to some of the most dynamic cultural institutions in the world. The Studio Museum, local galleries, and immersive installations offer windows into African diaspora art, history, and innovation. Our feature highlights collaborations with sister cities, sharing how Harlem-inspired works resonate globally. These partnerships create a two-way street: visitors experience Harlem's culture while Harlem artists draw inspiration from global perspectives.



# BLACK BROADWAY

# BLACK BROADWAY

From the shadows of homelessness to the spotlight of Harlem's iconic Apollo Victoria Theater, Jarvus Ricardo Hester has built a cultural empire that pulses with life, rhythm, and the resilience of African-American artistry. Harlem Collective is more than an institution—it is a bridge, a story, a stage where the world witnesses the genius of Black music, theater, and storytelling. In this exclusive feature, we go behind the scenes of a two-year residency that has transformed a neighborhood, nurtured young talent, and ignited global conversations about Black Broadway.

## The Journey:

Jarvus' story begins in the most unlikely of places: navigating life on the streets, estranged from his family because of who he loved, struggling to survive while nurturing a dream that seemed impossible. Yet through faith, grit, and relentless vision, he turned adversity into artistry. Today, Harlem Collective thrives as a three-pronged powerhouse—Harlem Collective Opera, Harlem Boys Choir, and Harlem Chamber Orchestra—each organization harmonizing to create an ecosystem where music, theater, and cultural storytelling converge.

## Behind the Curtain:

At the Apollo Victoria Theater, every note, every scene, every rehearsal tells a story of discipline and heart. From Larry Boggs' visionary wardrobe designs to Steven B. Walters' mentorship and hosting guidance, the team crafts each production as both a spectacle and an intimate human story. Choreographers, vocal coaches, and educators collaborate in ways rarely seen outside Broadway's professional circuits—yet here, in Harlem, it is accessible, immersive, and transformative.

## Global Reach:

Harlem Collective is not bound by boroughs or borders. Through international tours, collaborations with sister cities, and on-demand programming, Black Broadway resonates from Paris to Lagos, Singapore to London. Every student, every artist, every subscriber becomes part of this expanding cultural family. The world watches, listens, and is moved.

## A Vision for the Future:

"The arts are not entertainment—they are conversation, reflection, and revolution," Jarvus explains. Harlem Collective's mission extends beyond performance; it is education, empowerment, and exposure. Through their innovative programs, including Next Big Star, on-demand shows like Lux Travel and Discover World Cuisine, and curated cultural events, Harlem Collective ensures that every audience member—local, national, or global—feels a connection, a heartbeat, a story that transcends time.

## Call to Action / Engagement:

This is your invitation: witness the evolution of Black Broadway. Subscribe to Mood Magazine to follow our journey, reserve tickets for our upcoming shows, or join us in supporting the next generation of global artists. Harlem's story is alive, and the world is invited to listen.



“God’s timing is perfect. I didn’t rush, and now the foundation is rock solid. What was hidden is being revealed exactly when it should be.”

---

JARVUS RICARDO HESTER

JOIN THE MOVEMENT  
[MOODMAGAZINENYC.ORG](http://MOODMAGAZINENYC.ORG)



# It's all in the details.

Before the curtain rises, there is work no audience ever applauds.

Costumes are fitted. Props are placed. Lights are tested. Schedules are built. Conversations happen quietly, offstage, long before the house opens.

This section is about that moment.

It's All in the Details takes you behind the scenes of the season—not to reveal the cast list or the lineup just yet, but to show you how the world is being built. Here, we share the structure: the programming, the podcasts, the on-demand shows, the rhythm of the season, and the many ways audiences and artists move through it.

This is where the choices live. The pacing. The preparation. The craftsmanship that turns an idea into a performance and a season into something cohesive.

The lineup will be announced in February. For now, this is the rehearsal room—the fittings, the markings, the quiet precision that makes opening night possible.

Because what ultimately shows up on stage, on screen, and on the page is shaped long before it is seen.

And it's always in the details.

**BLACK  
BLUES  
ROAD  
JAZZ!**



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March 6, 2026



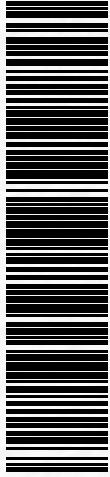
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[www.harlembboyschoir.org](http://www.harlembboyschoir.org)



# NEXT BIG STAR



W  
winners  
preliminary  
auditions to  
the final 100  
on stage at  
the Apollo  
Victoria  
Theater,  
every note  
sung, every  
step danced,  
every  
emotion  
expressed  
tells a story  
that is  
uniquely  
theirs... and  
unmistakably  
ours.

## UNDERSTANDING THE PROCESS

One hundred boys. One stage. A dream that will change everything. Next Big Star is more than a competition—it is a journey of courage, growth, and music that carries the heartbeat of Harlem across the globe. From preliminary auditions to the final 30 on stage at the Apollo Victoria Theater, every note sung, every step danced, every emotion expressed tells a story that is uniquely theirs... and unmistakably ours.

### The Audition Process:

The journey begins on January 19th at the 1952 First Avenue Lounge, where hopefuls reserve their spot and step into a world of possibility. From 1:00 PM to 4:00 PM, boys of all backgrounds audition, their voices raw, their hearts full, their families cheering in support. Email [auditions@harlembboyschoir.org](mailto:auditions@harlembboyschoir.org) to secure your place in this transformative process.

From hundreds, we narrow to 100 boys, each donning Harlem Boys Choir t-shirts for the preliminary round—a symbol of unity, hope, and the beginning of a dream. Over the next five weeks, these boys attend twice-weekly rehearsals (Tuesdays and Thursdays, 4:00–7:00 PM), training in voice, dance, and Broadway repertoire.

### The Top 50:

After rigorous rehearsals, 50 boys remain. Now the challenge deepens. They are grouped into specialty ensembles—quartets, trios, duets, and more—and introduced to the demands of Broadway-style performance. They learn tap, ballet, jazz, and the versatility of stage choreography. The choreography team, guided by professional mentors, pushes them to excel, adapt, and shine under pressure.

Each week is a lesson in perseverance, flexibility, and creativity. Even those eliminated gain invaluable experience—learning to collaborate, improvise, and grow, laying the foundation for the next generation of performers.

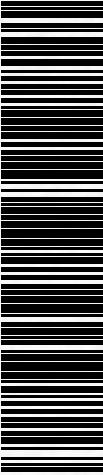
### The Top 30:

From the top 50, the final 30 boys emerge, wearing sharp Harlem Boys Choir blazers, vests, knee-high shorts, and preppy varsity-style uniforms—a visual symbol of achievement and preparation for the global stage. This elite group performs a repertoire of Black Broadway classics, including *Annie*, *Oliver!*, *The Wiz*, and tributes to Billy Porter's greatest moments. Every note resonates with Harlem's cultural legacy, amplified by the mentoring of Steven B. Walters, our host and guide, whose journey from PK upbringing to professional artistry inspires both boys and audience alike.

### Family & Community Engagement:

The Next Big Star experience extends beyond the stage. Families become ambassadors, spreading the word and inviting friends and communities to subscribe to Mood Magazine. Only subscribers can vote, making each engagement a contribution to the boys' journey. Your subscription supports talent, mentorship, and the growth of Black Broadway for generations to come.

Witness the rise of Harlem's next big star. Subscribe to Mood Magazine, follow their rehearsals, vote for your favorite performers, and be part of a story that blends tradition, innovation, and heart. From Harlem to the world—the stage is set, the music plays, and history is waiting.



# SEASON GUIDE

Step beyond the stage, beyond the rehearsal rooms, beyond the streets of Harlem—into a world where creativity, culture, and storytelling collide. Mood Magazine brings you exclusive access to on-demand shows and podcasts that capture the heartbeat of Harlem, its artists, and the global impact of Black culture. Whether you're a local or halfway around the world, you can watch, listen, and feel the pulse of our city.

## Podcasts:

### Monday – 6:00 PM EST | **Dear Mom, I'm Gay**

Raw. Honest. Life-changing. Men of color share their coming out stories with their mothers, revealing the vulnerability, courage, and love that bridges generational and cultural divides. These are stories you won't hear anywhere else—spark conversations, foster understanding, and witness the emotional journeys that make every family unique.

### Tuesday – 6:00 PM EST | **Inside the Opera House**

Behind the velvet curtains of Harlem's opera scene lies a world of excellence, artistry, and legacy. Meet African American artists shaping the future of classical music, hear untold stories, and experience performances rarely seen outside the walls of Harlem's stages.

### Wednesday – 6:00 PM EST | **Single in the City**

Love, laughter, heartbreak—real stories of modern relationships in Harlem. Follow the editor-in-chief and her inner circle as they navigate dating, friendships, and the cultural heartbeat of the city. Humor, style, and authenticity collide in this insider guide to life in the city.

### Thursday – 6:00 PM EST | **Collected**

Dive into the minds of Harlem Collective, Harlem Chamber Orchestra, and Harlem Boys Choir artists. Discover the inspiration, discipline, and passion behind their art. These conversations reveal the humanity, creativity, and dedication that fuel Black Broadway.

### Friday – 6:00 PM EST | **Discover World Cuisine**

A feast for the eyes and the soul. Explore global dishes infused with Harlem culture, meet chefs breaking boundaries, and discover stories behind every recipe. From street food to gourmet innovation, this podcast celebrates the artistry of flavor.

## On-Demand Shows:

### **The Morning Show with Jarvus Ricardo Hester** | Mon-Fri

9:00–10:00 AM EST

Your daily cultural briefing. From local Harlem news to global trends, celebrity interviews to lifestyle insights, start your day informed, inspired, and entertained.

### **DIY Kings** | Monday 8:00 PM EST

Men of color transform the discarded into the extraordinary. Witness creativity, innovation, and cultural expression as forgotten objects become jaw-dropping fashion or home masterpieces.

### **Live Well Fitness** | Tuesday 8:00 PM EST

Harlem's wellness meets global inspiration. Yoga, meditation, and exercise that connects body, mind, and spirit. Watch as artists and experts demonstrate how fitness fuels creativity and resilience.

### **Journey to Wellness** | Wednesday 8:00 PM EST

Mental health matters. Artists share the realities behind their craft—the emotional highs, the struggles, the triumphs—and offer practical strategies to sustain well-being. Insight, inspiration, and honesty for creatives and audiences alike.

### **Homegrown** | Thursday 8:00 PM EST

Explore Harlem's local culinary and creative scene. Meet chefs, makers, and innovators bringing fresh flavors and bold ideas to the neighborhood. Taste the city without leaving your living room.

### **Luxe Travel** | Friday 8:00 PM EST

Step into luxury and culture. Follow Harlem Collective artists as they explore NYC's hidden gems, exclusive destinations, and high-end experiences. Insider access, style, and sophistication, all with a Harlem twist.

### **Satire Saturdays** | Saturday 8:00 PM EST

Engaging, bold, and thought-provoking conversations with contemporary Black authors. Discover perspectives that challenge, entertain, and enlighten.

### **Restoration & Renovation** | Sunday 8:00 PM EST

Old furniture, forgotten treasures, and artistic mastery. Watch as discarded items are transformed into beauty, with proceeds supporting Harlem's arts initiatives. A fusion of creativity and community impact.

When it comes to crafting engaging content, adding a touch of personal flair can make all the difference.

PASSIONATE ABOUT WEAVING DREAMS INTO REALITY, ONE WORD AT A TIME.

# A LITTLE ABOUT MYSELF

Steven B. Walters

Discovered at just nineteen, Steven B. Walters entered the public eye with the kind of momentum most careers take years to find. Selected as a trophy presenter for the Teen Choice Awards, he quickly transitioned from breakout moment to working professional, becoming the face of major print and commercial campaigns for brands including JCPenney, New Era, Pepsi, and Shea Moisture.

Grounded in Harlem, Steven carries his success beyond the screen. When he's not performing, he dedicates his time to mentoring local youth, using the discipline, confidence, and storytelling skills he's gained in the industry to help the next generation see possibility in themselves.

Steven B. Walters represents a modern creative—rooted in community, driven by purpose, and building a career that extends beyond visibility into impact.



# CALENDAR

## Mood

JANUARY  
2026



MONDAY

5

TUESDAY

6

WEDNESDAY

7

THURSDAY

8

Winter Jazzfest 2026 (Jan 6-7)  
Venues: Multiple Manhattan jazz clubs.  
Highlights: International jazz ensembles and  
solo artists; tickets required per venue.  
Apollo Theater Amateur Night (Jan 9, 7 PM)  
Location: Apollo Theater, 253 W 125th St,  
Harlem.

Notes: Free and paid seating; reserve in  
advance for best spots.

NYC Winter Markets & Pop-Ups  
Bryant Park Winter Village (through mid-Jan)  
Brooklyn Flea Markets - weekend pop-ups.

# PRACTICE GRATITUDE



Write down three things you're  
grateful for every day.

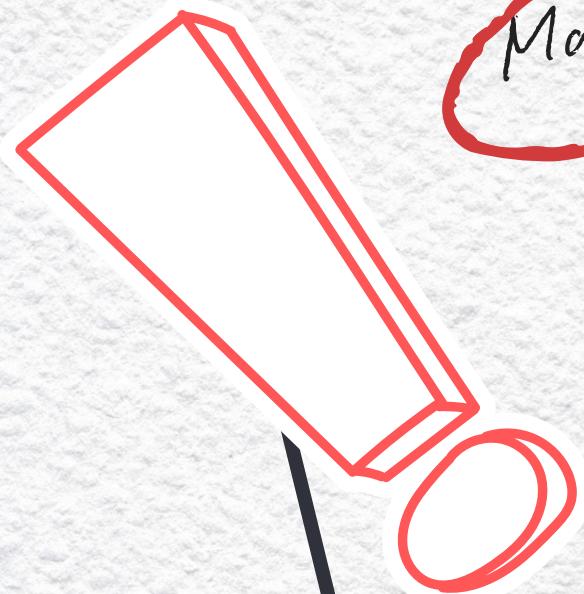
Helps improve mental well-being.

**HARLEM**  
COLLECTIVE

14 **SAVE  
THE  
DATE**



March 5, 2026



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[www.harlemcollective.org](http://www.harlemcollective.org)

# MOOD BOOKS

From Homeless to Harlem

5

pastel  
palette  
mini

# SINGLE IN THE CITY

Moving through Fear  
to Faith

vol 2

A self help guide to discovering  
yourself.

MY RELATIONSHIP With food



Jarrus Ricardo Hester

JANUANRY  
2026

# CALENDAR

## Mood



MONDAY

9

*The Armory Show*  
Art (Jan 15-18) — Modern & Contemporary

Location: Piers 92/94, West Side Highway.

Tickets: Purchase in advance online.

NY Phil Winter Concerts

Location: Lincoln Center, Upper West Side.

Example: Classical and contemporary orchestral performances. Tickets online.

Brooklyn Academy of Music (BAM) Winter Series

Location: 30 Lafayette Ave, Brooklyn

Dance, theater, and music shows ongoing throughout this week.

TUESDAY

10

WEDNESDAY

11

THURSDAY

12

# COLLECTIVE NEWS OUR PODCASTS.



## What We're Building This Season

Mood Magazine has always been more than coverage. It is infrastructure. What you see on these pages is not programming in isolation—it is a connected season, designed to live across print, stage, and screen.

This year marks a turning point. With our theater home firmly established at the Apollo Victoria, the work expands outward—on demand, live, and in real time.

### The Podcasts

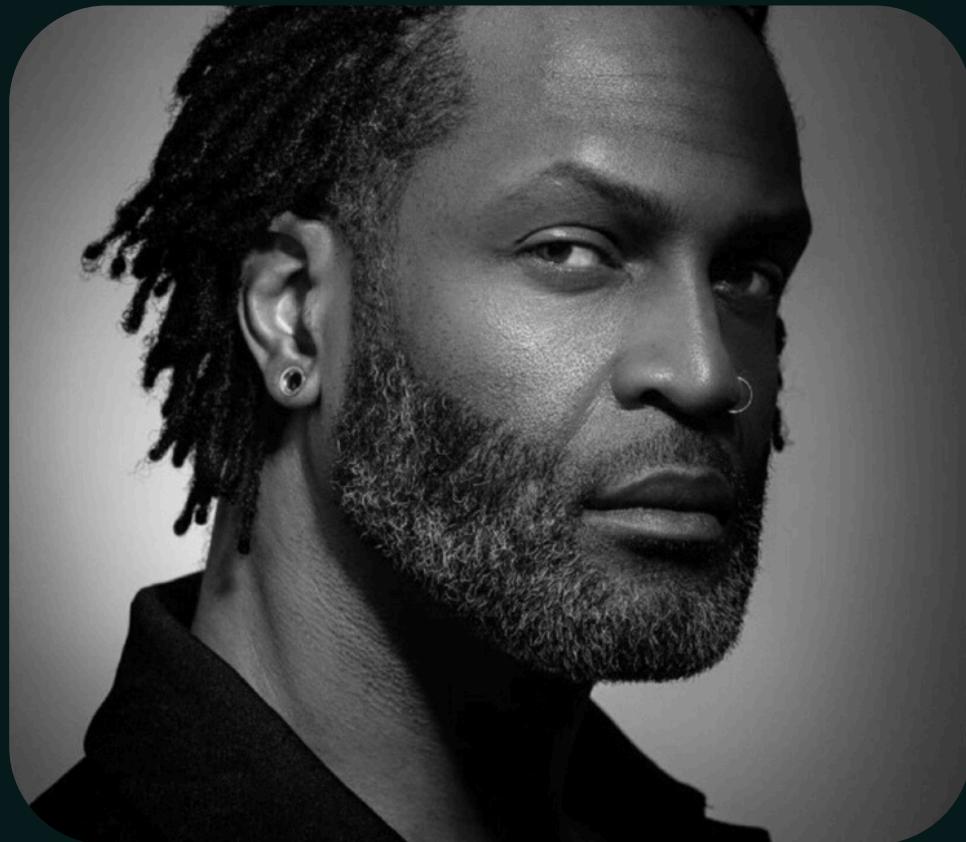
Our podcasts are the conversational spine of the brand. Recorded live and released on demand, they extend the magazine beyond the page—bringing artists, cultural leaders, and community voices into direct dialogue.

These are not recap shows. They are front-row conversations, built around access, intimacy, and perspective. Each episode deepens the stories you encounter in print and invites you into the thinking behind the work.

Available weekly. On demand. Wherever you listen.

“I write because the  
world won’t listen  
unless you speek loud  
enough. Mood makes  
sure they hear it” —

JARVUS RICARDO HESTER



Each department—wardrobe, makeup, hair, and props—works in concert to build identity, mood, and narrative. Larry Boggs' designs, combined with meticulous makeup and hairstyling, create characters that leap off the stage. Props and scenery ground them in tangible worlds that feel lived-in and authentic.

This is where Harlem Collective's artistry truly shines. It is a testament to Black Broadway, to African-American theater, and to the immense talent, patience, and creativity of the team that works tirelessly behind the scenes.

This Lifestyle feature is more than a glimpse behind the curtain—it's an invitation. An invitation to witness transformation, to understand the artistry, and to become part of a journey that connects performers, audience members, and subscribers alike.

Harlem Collective doesn't just produce shows; it produces experiences, empathy, and evolution. And now, through on-demand programming, subscribers can step inside this intricate world, follow each stitch, brushstroke, and leap, and share in the triumphs of Black Broadway.

# LARRY BOGGS



## **Makeup & Hair: Crafting Identity, Character, and Story**

Makeup is storytelling without words. A subtle contour, a carefully shaded cheek, a bold eye—these elements communicate mood, history, and emotion. In *Out of Africa*, natural tones highlight youthful faces, while animal-inspired accents amplify the theatricality. For the operas, period-accurate techniques transport performers—and audiences—back in time.

Hair is equally deliberate. From period-accurate wigs in *Harriet Tubman* to intricately braided crowns in *Highway 1*, every curl, braid, and twist is both functional and narrative-driven. These hairstyles are more than aesthetics; they anchor each character in a world that is historically and emotionally truthful.

“When the audience sees a character, they shouldn't see the actor—they should see the story,” explains our hair and makeup team.



### Props & Scenery: Immersive Worlds on Stage

Props are not accessories; they are extensions of the narrative. The sweeping vines in *Out of Africa*, the bustling streets of Harlem in *Highway 1*, the abstract minimalism of *Caged Bird Sings*—all create an environment where performers move, breathe, and interact with space as if it were alive. The audience doesn't just watch; they inhabit the world.

Each piece is meticulously designed and constructed. Every rehearsal captures moments of trial, error, and breakthrough—photographed, documented, and prepared for subscriber engagement. From sewing a lion's mane to calibrating the weight of a period-accurate prop, the process is as much a story as the performance itself.



# DESIGN PRO

# it's all about the details

## Props & Scenery: Immersive Worlds on Stage

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JANUARY  
2026

# CALENDAR

## Mood



MONDAY

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NYC Restaurant Week Winter Edition (Jan 20–Feb 9)

Locations: Participating restaurants citywide.

Description: Prix-fixe lunch and dinner menus, great for exploring NYC dining. Reservations recommended.

Winter Beer & Food Festival (Jan 24–25)

Location: Manhattan event space TBD.

Tickets: Online pre-sale recommended; craft beer tastings and food pairings.

Apollo Theater Amateur Night (Jan 23, 7 PM)

Harlem staple for emerging musical talent.

TUESDAY

14

WEDNESDAY

15

THURSDAY

16





Costumes are the first language of the story—introducing character, culture, and emotion before a single word is sung or spoken. In every stitch and silhouette, they honor tradition while reimagining it, turning history, fantasy, and identity into something you can see, feel, and remember.



This collection features a range of styles that are both chic and versatile, perfect for any occasion. From bold prints and bright colors to more subdued neutrals, there is something for everyone in this collection.



Design & Production is where wardrobe, costuming, and visual storytelling take center stage—revealing how every fabric, silhouette, and creative choice shapes the world you see onstage and on screen. From these details, we transition seamlessly into our on-demand shows, where the same design language lives on, expanding the story beyond the curtain and into your everyday life.

COLLECTIVE NEWS

# ONDEMAND SHOWS.



## Our Shows

Our on-demand programming is where culture lives without a clock. These series are designed to be watched on your time—editorial in tone, cinematic in execution, and rooted in African-American creativity and excellence.

From lifestyle and performance to behind-the-scenes access, these shows document the process, not just the outcome. They preserve the moments between premieres, applause, and headlines.

Watch. Rewatch. Share.

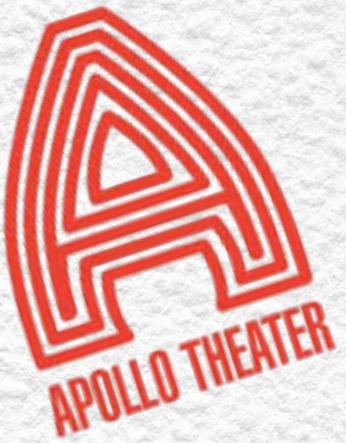
# HARLEM chamber Orchestra

14

SAVE  
THE  
DATE



21



March 4, 2026

15



22

[www.harlemchamberorchestra.org](http://www.harlemchamberorchestra.org)



MAÏS SOUFFLÉ

GOURMET POPCORN



[WWW.MAISSOUFFLENYC.COM](http://WWW.MAISSOUFFLENYC.COM)

JANUARY  
2026

# CALENDAR

## Mood



MONDAY

17

NY Fashion Week: Men's Previews (Jan 27-31)  
Locations: Manhattan showrooms and event

spaces.

Tickets: Industry and public tickets vary;  
RSVP online.

Ice Skating & Winter Village Closing Events  
Bryant Park Winter Village generally closes in  
early February; final weekend festivities often  
include DJs, vendors, and outdoor bars.

NYC Broadway Shows & Off-Broadway

Performances

Ongoing: New shows may premiere late  
January; check Telecharge or TodayTix.

NYC Sports Highlights

Knicks, Nets, Rangers games continue; check  
respective schedules for exact dates.

TUESDAY

18

WEDNESDAY

19

THURSDAY

20

COLLECTIVE NEWS

# OUR SEASON AT THE APOLLO VICTORIA.



## Our new home

The Apollo Victoria is our anchor—not simply a venue, but a creative home. Each production this season builds on that foundation, offering audiences a consistent place to return, engage, and belong.

This is where the work deepens. Where audiences grow familiar with the voices onstage. Where storytelling becomes continuity, not a one-night experience.

The season is curated with intention—balancing legacy, innovation, and emerging talent—so that each performance stands on its own while contributing to a larger narrative.



BLACK  
*Bride*

*Get Tickets*  
ONLY AT  
**ticketmaster**

**LAMAR**

OUTDOOR ADVERTISING



[www.lamar.com](http://www.lamar.com)



LOCATOR MAP

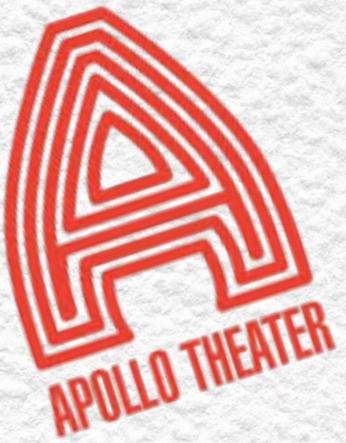
# HARLEM chamber Orchestra

14

SAVE  
THE  
DATE



21



May 4, 2026

15



22

[www.harlemchamberorchestra.org](http://www.harlemchamberorchestra.org)

# MOVE YOUR BODY



Do at least 30 min of exercise daily.

Walk, stretch, or do yoga—  
keep moving!



 enterprise

*enjoy  
every  
moment.*



#### Mental Wellness: Journey to Wellness – Caring for the Artist Inside

Performers pour themselves into their roles, inhabiting the joys, sorrows, and complexities of characters that often carry immense emotional weight. But when the curtain falls, who tends to the artist's heart? Enter Journey to Wellness, our on-demand series exploring mental health in the arts.

Through candid interviews and practical guidance, this program helps performers navigate:

- The emotional residue of characters left behind after performance
- Techniques to decompress and process intense experiences
- Mindfulness, fitness, and wellness practices that sustain creativity and emotional resilience

"Every performer must care for themselves as much as they care for the story," says Jarvus Ricardo Hester. "The stage is not just a space for performance—it's a space for transformation, but that transformation must be managed."

Subscribers can dive into Journey to Wellness at [moodmagazinenyc.org/on-demand](http://moodmagazinenyc.org/on-demand), discovering tools and stories that will inspire them to honor their own wellness journeys.

COLLECTIVE NEWS

# ON ANCHOR EVENTS.



## Anchor Events

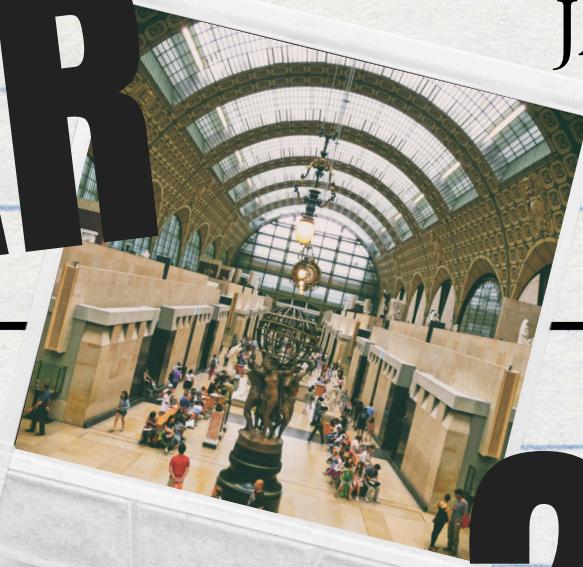
Throughout the year, select moments rise to the surface—openings, premieres, special nights that bring the full community together. These anchor events are designed to feel collective: artists, audiences, supporters, and partners in the same room, at the same time.

They are not just events. They are cultural markers. Moments you plan for. Moments you remember.

# CALENDAR

## Mood

JANUARY  
2026



MONDAY

21

Museum Exhibitions  
The Met, MoMA, Whitney, and Guggenheim often feature new winter exhibitions in January. Tickets online recommended; check museum websites.

TUESDAY

22

Family & Children's Programs  
NYPL Storytimes, Children's Museum of

Manhattan workshops.

Ongoing Ice Skating & Winter Pop-Ups  
Rockefeller Center, Central Park, and Bryant Park.

WEDNESDAY

23

THURSDAY

24

# Our Artist's



# marketer

cook pasta  
every week



love to  
run

23



god

mom



I love  
non-fiction  
books

traveller  
21 countries



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January 1 the final day of  
Kwanzaa honors Imani (Faith)

Happy Kwanzaa

A MOMENT OF REFLECTION ON  
THE BELIEF IN OURSELVES,  
OUR PEOPLE, AND  
RIGHTEOUSNESS OF OUR  
STRUGGLE.

**BLACK  
BLUES  
ROAD  
JAZZ!**