

La MaMa

Experimental Theatre Club

in association with CultureHub and

The Performance Project at University Settlement

presents

At This Table...

Written by the Breaking the Walls Ensemble

Image Credit: Collage of "selfies" by Breaking the Walls Ensemble



Community Arts Space

74a East 4th Street, NYC, 10003

May 28, 2026

At this table...

**Written by the Breaking the Walls Ensemble
Directed by C Meranda Flachs-Surmanek and Rita Liu
in collaboration with the performers and based on artistic
contributions by the ensemble**

CAST

**Areerata (Aree) SudhasirikulPerformer
Chas FristachiPerformer
Ed Woodham.....Performer
Elizabeth (Liz) HaakPerformer
Francis Del DucaPerformer
Linda (Lynn) BergPerformer
Maryann DeLeoPerformer
Penelope Hernandez GonzalezPerformer
Tina HansenPerformer**

ADDITIONAL ENSEMBLE MEMBERS

**Alicia Justiniano, Edeliz Pagan, Elisa de la Roche,
Kendra Meisler, Nandan Baruah, Valerie Kerr**

CREATIVE TEAM

**Jay Reiner, Creative Coding
Mattie BB, Billy Clark, Baba Israel, Creative Producers
DeAndra Anthony, Technical Director
Sangmin Chae, Emerging Media Director
Lois Weaver, Table Advisor
Joo Eon Park, Technical Intern
Natalie Bogusz, Captioning Intern**

CULTUREHUB BROADCASTER TEAM

Lead Developer/Concept: Aidan Nelson

Producer/Senior Advisor/Concept: Shawn Van Every

Concept/Creative Producer:

DeAndra Anthony, Sangmin Chae, Billy Clark

UI/UX Designer: Deron Gopie

Project Manager: DeAndra Anthony

WELLNESS TOGETHER HOME-BASED CARE STAFF

Penelope Hernandez Gonzalez (Director)

Zhuohao Charles Wu (Program Coordinator)

Jia Xin Huang

Jeannie Chan

Huiying Yang

Massiel Franco

SONG CREDITS

“Please Pass the Potatoes”

by Reverend Rhythm aka Chas Fristachi

“Suite No 4 in D Minor, HWV 437, Sarabande”

by Andrés Segovia and George Frideric Handel

“I Want to Know What Love Is”

by Foreigner, 1984

**For more information on
the Wellness Together Arts
Fellowship, scan the QR code.**



Co-Creator's Statement

This project began in December 2025 with six months of workshops involving an intergenerational ensemble of artists, case managers, and social workers, in collaboration with Wellness Together Home-Based Care. The workshops centered around community building, intimacy, and the generation of artistic material. By the end, 25 people have contributed, resulting in what we now call the "Breaking the Walls Ensemble".

The Breaking the Walls Ensemble brings their artistry and their histories to the process. Some members participated in the East Village's experimental theater scene. Others create important initiatives for art to thrive in community centers and in public space. Ed Woodham is Founder of Art in Odd Places, an important container for countless artists' development. Areerata Sudhasirikul contributes to Alliance Stage Company, the resident theatre of Educational Alliance. Chas Fristachi produces visual art and music under the banner Reverend Rhythm. Other members are performance artists, poets, and visual artists, and part of other vital initiatives in the neighborhood. As Elisa de la Roche, an artist with a history at La MaMa and one of the ensemble members, shared early on: "I have a PhD, have been a professor, teacher, professional actor, writer, singer, dancer, artist, etc, but I always feel as though I am a beginner. I love to explore in a new way, with others. Each person adds something new and refreshing."

This is just the beginning. Wellness Together is University Settlement's new model for ensuring homebound adults 60+ are connected and cared for, first by ensuring that basic needs are met and then engaging bodies, minds, and spirits. After a major expansion beginning in 2024, Wellness Together now reaches more than 1,100 East Village and Lower East Side neighbors. With Penelope Penelope Hernandez Gonzalez, the Director of Wellness Together and our collaborators at The Performance Project @ University Settlement, CultureHub, and La MaMa, we are excited to continue evolving this work.

La MaMa's history is with us. When Ed Woodham suggested bringing in the Long Table format as a way to invite you (the audience!) into our work, everything clicked into place. Lois Weaver's history with La MaMa and our intention to break the virtual and in-person limitation as a community is what inspired us to include a Long Table conversation. Today, we come together to create, improvise, and share a supportive space with each other. We challenge and expand what it means to be aging and to be artists.

Thank you for joining us at this table.

- Rita Liu and Meranda Flachs-Surmanek
May 2026

University Settlement and The Performance Project @ University Settlement

University Settlement partners with 40,000+ New Yorkers in Lower Manhattan and Brooklyn every year to build on our collective strengths as we achieve healthy, stable, and remarkable lives. For 140 years, we've fought poverty and systemic inequality by building highly effective social services in collaboration with our neighbors.

Established in 1886 as the first Settlement House in the United States, we bring the values of our movement into the 21st century by meeting New Yorkers where they live, listening deeply to all perspectives, and creating space for responsive cooperation. Joining with our neighbors to make stable foundations where people of all ages can grow and pursue their dreams, we build community strength.

We infuse a commitment to civic engagement, equality, and communal action into each of our programs, which include early childhood education, youth development, healthy aging, mental health and wellness, housing advocacy and benefits assistance, English classes for adult immigrants, community centers, and the arts. Our neighborhoods are full of artists from all walks of life, at every stage of their creative development. The Performance Project @ University Settlement connects young local artists and emerging professional artists to supportive environments where they can grow their practices, build relationships, and publicly present new work. Learn more at: <https://www.universitysettlement.org/programs/arts/performance-project/>

#NYCisUS. What can we do together? Learn more at www.universitysettlement.org

CultureHub is an award-winning global art and technology community that builds on the 64-year legacy of our founding partners, La MaMa Experimental Theatre Club in New York City and the Seoul Institute of the Arts in South Korea. Since 2009, CultureHub has explored the critical role emerging technologies play in the future of artmaking. Through our residency, annual media arts festival, digital storytelling incubator, and free education programs, CultureHub has amplified the work of more than 1,500 artists. We support work that takes risks, embraces new tools and methodologies, and pursues pressing social questions through a variety of media, including creative code, new media performance, interactive installation, e-textiles, and browser-based environments. By developing hybrid presentation models that bridge online and offline spaces, we have engaged audiences in all 50 states and over 100 countries. culturehub.org

La MaMa Experimental Theatre Club is dedicated to the artist and all aspects of the theatre. La MaMa's 64th Season, LA MAMA NOW, focuses on creating solidarity and building community, exploring ways to build connections for cross-sector coalition and invite artists, activists, organizers and community members into the creative process. La MaMa has been honored with 30+ Obie Awards, dozens of Drama Desk, Bessie Awards, Villager Awards, the 2018 Regional Theatre Tony Award, and most recently a 2023 New York Drama Critics' Circle Special Citation.

Special thanks to Pomme Frites and Trader Joe's on 142 E 14th Street for your donations. To Niki (Yunxuan) Liao for your boundless support of our creative process. To Steven T. Licardi for your poetic vision. To Emma Rivera for your consistent acknowledgement and behind-the-scenes support. To Trevor Cardone for your photographic captures of smiles.

**A full program with information on this
production can be found on the
*At This Table...***

**In addition you can scan the
QR code Poster located in the theatre lobby for
access to detailed information on this program.**

LA MAMA



RESTORE A BUILDING REMAKE A WORLD



Rendering: 74 East 4th St.

La MaMa's historic, landmark building at 74 East 4th Street underwent an urgently needed complete renovation and restoration to preserve the historic façade, create building-wide ADA accessibility, and provide much needed performance, exhibition and community space for decades to come.

La MaMa, founded by Ellen Stewart in 1961, has been on east 4th Street since 1967. La MaMa embraces every person in its community and is legendary as the place where new artists of all nations, cultures, races, and identities are given opportunities. It is the place where art begins.

To learn more about the renovation, or to make a donation please visit www.lamama.org/remakeaworld

La MaMa Staff

Richie Adomako
Digital Marketing & Strategy

Armando Arias
Building Superintendent

Braulio Basilio
Box Office Supervisor

William Electric Black
Poetry Electric Curator

Niels Blumel
Crew

Murielle Borst-Tarrant
The Andrew W. Mellon
Foundation Playwright in
Residence

Marc Bovino
Graphic Design

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Crew

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Front of House

Theo Cote
Photographer/Videographer

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La MaMa Umbria Coordinator

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Lighting Supervisor

Kristen Ivy Haynes
Front of House

John Issendorf
Director of Audience Development

George Landau-Pincus
Archive Digitization & Metadata
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Diego Las Heras
Sound Supervisor

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Front of House

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Christian Neal
Front of House

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Nicky Paraiso
Programming Director-The Club
La MaMa Moves! Curator

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Violeta Picayo
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Technician

Federico Restrepo
Puppet Series Producing
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Front of House

Martin Valdez
Building Superintendent Asst.

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Front of House

Taylor Wood
Individual Giving Manager

Mia Yoo
Artistic Director

Sasa Yung
Front of House

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We thank our supporters who are indispensable to La MaMa as we continue to expand and strengthen our artistic community. You help make space for artists to create and share new stories, present diverse perspectives, and keep us all connected in our 64th Season!

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May 14-31, 2026

The Downstairs

Lucky FM 2

May 27-31, 2026

The Club

La MaMa Kids: Mary Had A Little Lamb and Also A Substitute Teacher

May 30-31, 2026

Community Arts Space

La MaMa's Squirts

June 4-7, 2026

The Club &
Community Arts Space

La MaMa Kids

luzAzul

June 4-7, 2026

Ellen Stewart Theatre

COMING SOON

The Game of Bluff

June 10-11, 2026

Community Arts Space

The Visit

June 18, 2026

Community Arts Space

"SICAL" (So It's Come At Last...)

June 20-21, 2026

Community Arts Space

Pairings

June 22-28, 2026

Ellen Stewart Theatre

Migration Diaries:

New York City

June 25-28, 2026

The Club

Shares At La MaMa

June - September

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