



HEALTH ADVOCATES FOR OLDER PEOPLE

MONTHLY CALENDAR, AUGUST 2017



708 Third Avenue, 6th Floor, New York, NY 10017

Tel: 212-980-1700 Website: www.hafop.org Email: info@hafop.org

**Quote of the month: "With the new day comes new strength and new thoughts."
- Eleanor Roosevelt**

HEALTH ADVOCATES for Older People, Inc. promotes safe and healthy aging through programs designed for both men and women to facilitate independent living, physical well-being and greater social interaction.

See what we are doing on Facebook: put the following in your browser to see our classes and events:
<https://www.facebook.com/pages/HAFOP-Health-Advocates-for-Older-People/312517535546578>

FOCUS ON HEALTH AND WELLNESS: To build strength, balance and flexibility.
Bring a friend to introduce them to our exercise classes!

EXERCISE CLASSES

- **ARTHRITIS:** Mondays 10:30am - 11:30am. **Madison Avenue Presbyterian Church, 921 Madison Avenue at 73rd Street. Tuesdays 2:00pm - 3:00pm (except 3rd Tuesdays).** Chair exercise for arthritis. **Abyssinian Towers, 50 West 131st Street at Malcolm X Blvd.**
- **TAI-CHI:** Tuesdays: 3:00pm-4:00pm. Ancient movements and balance to strengthen legs, ankles, knees, and hips. **Church of the Holy Trinity, 316 East 88th Street.**
- **STRENGTHEN AND TONE YOUR MUSCLES AND BONES:** Safe, gentle exercise, using weights, if desired. **Wednesdays 11:00am -12:00pm. Fifth Avenue Presbyterian Church, 7 West 55th Street. Fridays 10:30am-11:30am. Church of the Holy Trinity, 316 East 88th Street (between 1st - 2nd Avenues)**
- **CHAIR YOGA:** Improve your flexibility with Yoga exercises while seated in a chair. **Thursdays 1:00pm-2:00pm. Chair Yoga for Arthritis. Rutgers Presbyterian Church, 236 West 73rd Street. On Saturdays, 11:00am-12:00pm, at St. Joseph's Church, 404 East 87th Street.**

SPECIAL ACTIVITIES AND SEMINARS

- **BRIDGE:** Fridays, 12:00pm-4:00pm, Intermediate and above. **Church of the Holy Trinity, 316 East 88th Street.** Take elevator to downstairs lunchroom.
- **CELL PHONE CLASSES, MAH JONG and HARMONICA:** Resume in the fall.
- **EQUIPMENT FAIR:** Monday, August 14th, 10:00-12:30. We are sharing some of our donated equipment to our partner organization so additional community seniors can benefit. **Union Settlement House, is located at 116th and First Avenue.** Call our office for further information.

Museum and City Visits are an opportunity to learn about New York with other participants in our programs. RSVP as space is limited (**by telephone**, not by email, please). We will call those who have signed up a few days before the event to confirm. Let us know ASAP if you cannot attend as we always have a wait list. Unfortunately, we cannot accommodate non-members. **Please arrive on time**, and as a consideration to fellow participants and to hosts, do not depart before the visit ends. (Let us know if you will be accompanied by an aide.)

The New York Public Library, the Stephen A. Schwarzman building. Wednesday, August 9 at 11:30am, a docent-led tour. The Schwarzman building, one of NYC's iconic landmarks, is known for its beautiful architecture and world-renowned research collections. The exhibition, "Love in Venice" shows Venice's longstanding association with romance and pleasure including beautiful courtesans, lavish festivals, and lively carnivals. 476 Fifth Avenue at 42nd Street. **RSVP required.**

International Center of Photography Museum, Thursday, August 17 at 1:00pm, a docent-led tour of the world's leading institution dedicated to photography and visual culture. 250 Bowery (between Prince & Houston). **RSVP required.**

Harkness House, Saturday, August 26 at 10:30am, a docent-led tour by curator, Paul Engel. Harkness House was the residence of Edward and Mary Harkness. It was designed by the architect James Gamble Rodgers in the style of a Roman Renaissance palazzo. The rooms are impeccably maintained and remain virtually unchanged since the house was completed in 1908. Since 1952 the house has been the headquarters of The Commonwealth Fund, established in 1918 by Edward's mother, Anna Harkness. One East 75th St. (5th Ave.)
RSVP required.

MATINEE MOVIES: Saturdays, 12:30pm. **Church of the Holy Trinity, 341 East 87th Street.**

August 5 – Toni Erdmann - Riotous German comedy. Stressed out corporate executive and her practical joker father attempt an intervention to save her soul. Oscar best picture nominee.

August 12 –Nocturnal Animals - Jake Gyllenhaal plays a writer in this cynical thriller in ultra-rich L.A. art world. Director: famous ex-fashion designer Tom Ford.

August 19 – Manchester By The Sea - 5-star drama set in small New England town;-an exquisite counterpoint to a devastating tale of buried trauma. Cast: Casey Affleck and Michelle Williams.

August 26 – Certain Women - Loving, moving portrait of big-hearted small town people. Hilarious moments, Cast: Laura Dern, Michelle Williams and Kristin Stewart.



Joe Breed, former Executive Director, St. Margaret's House, informs members on how to navigate the senior housing scene in New York City.



Dr. Theresa Mueller presents an informative and important discussion on oral health and aging.



AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT: Abyssinian Towers, 50 West 131st Street. CHT: Church of the Holy Trinity, 341 East 87th Street; or 316 East 88th Street. FAPC: Fifth Avenue Presbyterian Church, 7 West 55th Street; HOR: House of the Redeemer, 7 East 95th St.; MAPC: Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); SJC: St. Joseph's Church, 404 East 87th Street; RC: Rutgers Church 236 West 73rd Street; PAUM: Park Avenue United Methodist Church, 106 East 86th Street					
.	1. 2:00-3:00 AT Arthritis Exercise 3:00-4:00 CHT Tai Chi	2. 11:00-12:00 FAPC Strengthen & Tone	3. 1:00-2:00 RC Chair Yoga for Arthritis	4. 10:30-11:30 CHT Exercise 12:00-4:00 CHT Bridge	5. 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
7.	8. 2:00-3:00 AT Arthritis Exercise 3:00-4:00 CHT Tai Chi	9. 11:00-12:00 FAPC Strengthen & Tone 11:30-12:30 NY Public Library tour & Venice exhibit	10. 1:00-2:00 RC Chair Yoga for Arthritis	11. 10:30-11:30 CHT Exercise 12:00-4:00 CHT Bridge	12. 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
14.	15. 2:00-3:00 AT Arthritis Exercise NO CLASS 3:00-4:00 CHT Tai Chi	16. 11:00-12:00 FAPC Strengthen & Tone	17. 1:00-2:00 RC Chair Yoga for Arthritis 1:00-2:00 International Center of Photography Museum tour	18. 10:30-11:30 CHT Exercise 12:00-4:00 CHT Bridge	19. 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
21.	22. 2:00-3:00 AT Arthritis Exercise 3:00-4:00 CHT Tai Chi	23. 11:00-12:00 FAPC Strengthen & Tone	24. 1:00-2:00 RC Chair Yoga for Arthritis	25. 10:30-11:30 CHT Exercise 12:00-4:00 CHT Bridge	26. 10:30 Harkness House tour 11:00 - 12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
28.	29. 2:00-3:00 AT Arthritis Exercise 3:00-4:00 CHT Tai Chi	30. 11:00-12:00 FAPC Strengthen & Tone	31. 1:00-2:00 RC Chair Yoga for Arthritis		

FREE TOUR, EVERY FRIDAY YEAR-ROUND

GRAND CENTRAL NEIGHBORHOOD TOUR : A free tour of Grand Central and its neighborhood runs every Friday throughout the year. The guide is our friend Peter Laskowich, who gives classes and tours of New York history. The tour runs from 12:30 to 2:15 p.m. and begins inside of 120 Park Ave., which is across 42nd Street and to the right from the Terminal's main entrance. No reservations are necessary. For more information call Peter at (862) 226-1244 or e-mail him at info@newyorkdynamic.com



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P.O. Box 20384
New York, NY 10021
www.hafop.org
RETURN SERVICE REQUESTED

COMMUNITY ACTIVITIES

Free Entitlement Counseling: Eviction Intervention Service offers support on Wednesday mornings. For an appointment, call 212-308-2210.

The Frick Collection has announced an expansion of its pay-what-you-wish hours. As of now, visitors will be able to name their price of admission on Wednesdays, from 2 p.m. to 6 p.m. The museum's monthly First Fridays, in which admission is free from 6 p.m. to 9 p.m. will continue.

USEFUL INFORMATION

***Cooling Centers for the summer.**

When the heat index is predicted to be dangerously high, New York City opens cooling centers in air-conditioned facilities to offer people relief from the heat. Sites where cooling centers are located include: libraries, community centers, senior centers, etc. Also you can contact the Home Energy Assistance Program (HEAP) that provides for the purchase and installation of air conditioners or a fan to eligible households. Call: 212-331-3126. You should use a cooling center during a heat wave if you have no access to a cool environment, and particularly if you are at risk for heat-related illness.

***Wheelchairs, walkers, canes and other equipment are available.** If you or someone you know needs one, or you would like to donate a lightly used product, please call our office. 212-980-1700.

***HOLD THE DATE** Friday, September 15 for **flu shots**, 11:00am-3:00pm, CHT, 316 East 88th Street.

Looking Ahead NUTRITION WORKSHOP: Thursday, September 21th from 2:00 – 3:00 pm following Chair Yoga. Please join us for this informative program given by Viktoria, the author of our *Nutrition Handbook*, who will review different fats and which ones are healthful for us and which we should avoid. **Rutgers Church, 236 West 73rd Street. RSVP.**

Health Advocates receives generous foundation support to underwrite our Home Safety Visit Program. Rosemary Bakker, our consultant, will discuss any concerns you may have to remain safely in the home that you know and love, close to family, friends and faith-based support. This is a free service for all Health Advocates members. Please call the office to

HEALTH ADVOCATES DEPENDS ON DONATIONS TO MAKE OUR FREE PROGRAMS POSSIBLE.

Our Volunteer Program is underwritten by the Kurz Family Foundation to honor Herbert and Edythe Kurz for their significant life efforts to improve the community.