



MONTHLY CALENDAR, AUGUST 2018



708 Third Avenue, 6th Floor, New York, NY 10017 Tel: 212-980-1700
www.hafop.org Email: info.hafop@gmail.com

Health Advocates programs are designed for both men and women.

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

"Kindness is the language which the deaf can hear and the blind can see." Mark Twain

Follow us online, www.hafop.org and on Twitter and on Facebook:

FOCUS ON HEALTH AND WELLNESS: To build strength, balance and flexibility. Bring a friend to introduce them to our exercise classes! Have them pick up a membership application if they wish to join.

• **EXERCISE CLASSES**

Mondays 10:30 -11:30am. Arthritis. **Madison Avenue Presbyterian Church, 921 Madison Avenue.**

Tuesday at Abyssinian Towers at 50 West 131st Street will resume in September.

• **TAI CHI:** Ancient movements and balance to strengthen legs, ankles, knees, and hips.

Tuesdays 3:00-4:00pm. **Church of the Holy Trinity, 316 East 88th Street.**

• **STRENGTHEN AND TONE YOUR MUSCLES AND BONES:** Safe, gentle exercise, using weights, if desired.

Wednesdays 11:00-12:00 noon. **Fifth Avenue Presbyterian Church, 7 West 55th Street.**

Fridays 10:30–11:30am. Basic exercise. **Church of the Holy Trinity, 316 East 88th Street.**

• **CHAIR YOGA:** Improve your flexibility with Yoga exercises while seated.

Thursdays 1:00-2:00pm. Chair Yoga for Arthritis. **Rutgers Presbyterian Church, 236 West 73rd Street**

Saturdays 11:00-12:00pm. **St. Joseph's Church, 404 East 87th St., between 1st & York Avenues.**

SPECIAL ACTIVITIES AND SEMINARS

- **BRIDGE:** Fridays, 12:00pm-4:00pm, Intermediate and above. This class continues through the summer. **Church of the Holy Trinity, 316 East 88th Street.**
- **CHESS CLUB:** Wednesdays, 1:00pm-2:00pm at The Marshall Chess Club, with teacher, National Master Eric Balck. Enjoy this fascinating game that will help us use our mental resources as well as have a wonderful time with fellow members. **23 West 10th Street.**
- **POKER: Bet, Raise, Fold!** Wednesdays, August 1, 8 & 15, from 2:00pm-4:00pm. **New players are welcome to join the group.** Hosted by our social work intern Max Uhlenbeck. **Church of the Holy Trinity, 341 East 87th Street.**
- **PET CLUB SOCIAL:** Tuesday, August 7, 1:30pm-2:30pm and every first Tuesday of the month, we are getting together for a fun time with or without our pets. **Church of the Holy Trinity, 341 East 87th Street.**

- **ITALIAN CLASS:** is scheduled to resume on Friday, August 17, 11:30am- - 12:30pm. **Church of the Holy Trinity, 341 East 87th Street.** Please keep in touch with the office.

Museum and City Visits are an opportunity for our members to learn about New York with other participants in our programs. RSVP by phone as space is limited. We will call you to reconfirm. Please respond promptly to keep your space on the list. Please arrive 15 minutes before tours, and as a consideration to fellow participants and to hosts, do not depart before the visit ends.

Thursday, August 9 at 1:00pm. **The American Folk Art Museum** is the premier institution devoted to the creative expressions of self-taught artists, past and present, in a variety of mediums. Tour of work and legacy of Orra White Hitchcock (1796-1863) one of America's earliest female scientific illustrators. 2 Lincoln Square at Columbus Avenue (between 65th- 66th Streets) RSVP 212-980-1700

Thursday, August 23 at 10:30am. **Saint Patrick's Cathedral.** Join a docent-led tour of this NYC landmark and the seat of the Archbishop of the Roman Catholic Archdiocese of New York. It opened in 1879 and is a parish church. Meet at the information desk at the 5th Avenue & 50th Street entrance. RSVP 212-980-1700.

MATINEE MOVIES: Saturdays, 12:30 pm. **Church of the Holy Trinity, 341 East 87th Street.**
August 4-PHANTOM THREAD. Tyrant designer rules London's 1950's haute fashion world, when he woos a lowly waitress to be his new lust object....and the plot thickens. Oscar nominations for best picture and best actor, Daniel Day-Lewis.

August 11 -INGRID GOES WEST. Twisted, of the moment tale of an instagram stalker who infiltrates the personal life of a social-media celebrity. Stars Elizabeth Olsey.

August 18-WONDER WHEEL . In 1950's Coney Island, a frazzled waitress (Kate Winslet) is trying to keep her ex-alcoholic, second husband (Jim Belush) on the straight and narrow. A Woody Allen film.

August 25-CALL ME BY YOUR NAME. An emotionally devastating coming -of-age gay romance transports you to northern Italy. Oscar nominations for best actor for Timothee Chala May and for best Picture.

Below: We were fortunate to have the help of Michael and Luca both students at the Browning School for 2 ½ weeks in June. They took Participants donations to community thrift shops as part of our *Downsizing program* that helps us manage an organized, clutter free apartment.



Harmonica class enjoys making music while benefiting lung strength



Right: Sister Michael Mary receives walkers donated to HA's Equipment Donation Program



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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; MAPC: Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); MC: Mercy Center: 377 E. 145th 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 . SFHC: Sydenham Family Health Center, 264 West 118 Street. CHR: Church of the Heavenly Rest, 90th Street & Fifth Avenue. Marble Collegiate Church, 1 West 29th Street.</p>					
		<p>1. 11:00-12:00 FAPC Strength & Tone</p> <p>1:00-2:00. Chess 23 W. 10 Street</p> <p>2:00-4:00 CHT (87) Poker Class</p>	<p>2. 1:00-2:00 RC Chair Yoga for Arthritis</p> <p>4:30-6:00 Cookout! at Church of the Epiphany, York Avenue at 74th Street.</p>	<p>3. 10:30-11:30 CHT (88) Exercise</p> <p>12:00-4:00 CHT(88) Bridge</p>	<p>4. 11:00-11:45 SJC Chair Yoga</p> <p>12:30 CHT (87) Matinee Movie</p>
<p>6. 10:30-11:30 MAPC Arthritis Exercise</p>	<p>7. 1:30-2:30 CHT (87) Pet Club Social</p> <p>3:00-4:00 CHT (88) Tai Chi</p>	<p>8. 11:00-12:00 FAPC Strength & Tone</p> <p>1:00-2:00. Chess 23 W. 10 Street</p> <p>2:00-4:00 CHT (87) Poker Class</p>	<p>9. 1:00-2:00 RC Chair Yoga for Arthritis</p> <p>1:00 tour American Folk Art Museum</p>	<p>10. 10:30-11:30 CHT (88) Exercise</p> <p>12:00-4:00 CHT(88) Bridge</p>	<p>11. 11:00-12:00 SJC Chair Yoga</p> <p>12:30 CHT (87) Matinee Movie</p>
<p>13. 10:30-11:30 MAPC Arthritis Exercise</p>	<p>14. 3:00-4:00 CHT (88) Tai Chi</p>	<p>15. 11:00-12:00 FAPC Strength & Tone</p> <p>1:00-2:00. Chess 23 W. 10 Street</p> <p>2:00-4:00 CHT (87) Poker Class</p>	<p>16. 1:00-2:00 RC Chair Yoga for Arthritis</p>	<p>17. 10:30-11:30 CHT (88) Exercise</p> <p>11:30-12:30 CHT (87) Italian Class</p> <p>12:00-4:00 CHT(88) Bridge</p>	<p>18. 11:00-12:00 SJC Chair Yoga</p> <p>12:30 CHT (87) Matinee Movie</p>
<p>20. 10:30-11:30 MAPC Arthritis Exercise</p>	<p>21. 3:00-4:00 CHT (88) Tai Chi</p>	<p>22. 11:00-12:00 FAPC Strength & Tone</p> <p>1:00-2:00. Chess 23 W. 10 Street</p>	<p>23. 1:00-2:00 RC Chair Yoga for Arthritis</p> <p>10:30 tour Saint Patrick's Cathedral</p>	<p>24. 10:30-11:30 CHT (88) Exercise</p> <p>11:30-12:30 CHT (87) Italian Class</p> <p>12:00-4:00 CHT(88) Bridge</p>	<p>25. 11:00-12:00 SJC Chair Yoga</p> <p>12:30 CHT (87) Matinee Movie</p>
<p>27. 10:30-11:30 MAPC Arthritis Exercise</p>	<p>28. 3:00-4:00 CHT (88) Tai Chi</p>	<p>29. 11:00-12:00 FAPC Strength & Tone</p> <p>1:00-2:00. Chess 23 W. 10 Street</p>	<p>30. 1:00-2:00 RC Chair Yoga for Arthritis</p>	<p>31. 10:30-11:30 CHT (88) Exercise</p> <p>11:30-12:30 CHT (87) Italian Class</p> <p>12:00-4:00 CHT(88) Bridge</p>	



708 Third Avenue, 6th Floor
New York, NY 10017
www.hafop.org
RETURN SERVICE REQUESTED

COMMUNITY ACTIVITIES

COOKOUT! Thursday, August 2 from 4:30pm-6:00pm. Come and have fun in the beautiful garden at the Church of the Epiphany. For Health Advocates Participants and Epiphany Church members only, please. 1393 York Avenue at 74th Street. RSVP: 212 980-1700

Avoid Medicare Scams. If someone calls and asks for your information, for money, or threatens to cancel your health benefits, Hang up! It's a scam. Scam artists may try to steal your personal information by calling you and asking for your current Medicare Number to get your new Medicare card. Medicare will never call uninvited and ask you to give personal information or money to get your new Medicare Number or card. Your new Medicare card will automatically come to you in the mail. You don't need to do anything, as long as your address is up-to-date with the Social Security Administration

Swimming Pools. The New York City pools are now open daily from 11:00am through 7:00pm. For information, please call the **New York City Department of Parks & Recreation** at 212 830-7700. The annual senior membership fee is \$25.00. Many of our members have enjoyed swimming at the John Jay Pool, East of York Avenue on 77th Street.

Lenox Hill Neighborhood House: Legal Advocacy provides free, comprehensive legal services on a 1st-come, 1st-served basis. 331 East 70th Street. For detailed information, call: 212 744-5022.

SAVE THE DATE Friday, September 14, for your 2018 flu shot. 10:30am-2:00pm at the Church of the Holy Trinity, 316 East 88th Street on the lower level.

FAIRWAYS offers a 5% discount to seniors over 60 on Tuesdays and Wednesdays.

USEFUL INFORMATION

Free Cooling Centers for Summer. When the heat index is high, New York City opens cooling centers to offer heat relief. Cooling centers include libraries, community centers, senior centers, etc.

Use a cooling center during a heat wave if you have no access to air conditioning or a fan, Contact the **Home Energy Assistance Program (HEAP)** that provides for purchase and installation of an air conditioner or a fan to eligible households. Call: 212-331-3126. Subject to availability,

We have wheelchairs, walkers, canes and other equipment 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.

We are looking for volunteers to help with our Saturday classes –for Chair Yoga and the movie, and hope to find volunteers for the 1st, 2nd, and 4th Saturdays. We will train you.

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.