



MONTHLY CALENDAR, AUGUST 2019



155 East 44th Street, 6th Floor, New York, NY 10017 Tel: 212-980-1700 www.hafop.org Email: info@hafop.org
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 for both women and men.

Keep your face always toward the sunshine - and shadows will fall behind you." Walt Whitman..

PLEASE NOTE: READ THE CALENDAR CAREFULLY, SOME CLASSES HAVE BEEN SUSPENDED FOR SUMMER, SO WILL NOT BE LISTED!

EXERCISE

Exercise classes for our members focus on building strength, balance, flexibility, and overall good fitness.

ARTHRITIS EXERCISE Mondays, 10:30-11:30am **Madison Avenue Presbyterian Church, 921 Madison Avenue (73/74 Sts).**

BASIC EXERCISE Tuesdays, 2:00-3:00pm **Abyssinian Towers, 50 West 131st St.**

CHAIR YOGA Improve your flexibility with seated and standing Yoga exercises **Thursdays, 1:00-2:00pm** **Rutgers Church, 236 West 73rd St.** **Saturdays, 11:00-12:00pm** **St. Joseph's Church, 404 East 87th Street.**

STRENGTHEN AND TONE YOUR MUSCLES AND BONES Safe and gentle exercise, using weights **Wednesdays, 11:00-12:00pm** **Fifth Avenue Presbyterian Church, 7 West 55th St.** **Fridays, 10:30-11:30am** **Church of the Holy Trinity, 316 East 88th Street**

TAI-CHI Ancient movements and balance exercises to strengthen legs, ankles, knees, and hips **Tuesdays, 3:00-4:00pm.** **Church of the Holy Trinity, 316 East 88th Street.** and **Mondays, 1:30-2:30** **St. Catherine of Sienna 68th Street at First Avenue.**

MIND HEALTH AND RECREATION

Mind health and recreation classes benefit cognitive thinking, memory, reasoning, judgment, perception, and peer connection. They're fun too!

BALANCED MEALS AND MEDITERRANEAN DIET: Learn about balanced meals and what the Mediterranean diet can do for you, with Viktoriya, **Tuesday August 20, at 1:30** **Church of the Holy Trinity, 341 East 87th Street.**

BRIDGE: Sharpen the mind by playing bridge. Intermediate & above **Fridays, 12:00-4:00pm** **Church of the Holy Trinity, 316 East 88th Street**

CHESS CLUB: Enjoy this fascinating game that enhances mental and social skills. **Mondays 1:00-2:00pm** **Marshall Chess Club, 23 West 10th Street . NYC**

ITALIAN: RESUMES AUGUST 23RD Learn conversational Italian. **Fridays 11:30-12:30pm, Church of the Holy Trinity, 341E. 87th Street.**

PET CLUB: Tuesday August 6th, 1:30-2:30pm **Church of the Holy Trinity, 341 East 87th Street**

POKER: Bet, Raise, and Fold. Learn to play by watching, until you feel comfortable joining in. **NEW TIME Wednesdays, 2:30-4:30pm.** **Church of the Holy Trinity, 341 East 87th Street.**

SHORT STORY WRITING: NEW, STARTING SEPTEMBER 9, 2019: How would you like to write your own short story. Author, teacher, editor Renee Trainer will help show you how. **Bring your own paper and pens.** Mondays at 1:00pm. **Church of the Holy Trinity 341 East 87th Street.** PLEASE RSVP 212-980-1700.

VEGGIE SHAKES: Thursday August 15 at 3:00pm, Church of the Holy Trinity, 341 East 87th St., Back by popular demand, Ricardo will demonstrate how to make a nutritious and delicious shake with vegetables.

SEMINARS

MUSEUM AND CITY VISITS **RSVP required (212-980-1700)**

Museum and City Visits are an opportunity to learn about New York & meet other Health Advocates members. Space is limited. We will call those who have signed up for the event to confirm attendance. **Please arrive on time**, and as a consideration to fellow participants and to hosts, **do not depart early**.

BOWNE HOUSE IN FLUSHING: Wednesday August 7th at 1:00 pm 37-01 Bowne St. **Flushing, NY** Their phone **(718) 359-0528** Listed on the National Register of Historic Places and designated as an NYC Landmark, this house and its owners were involved in preserving religious tolerance, anti slavery activism and the Underground Railroad.

POSTER HOUSE : Thursday August 22nd at 1:00 pm, 119 West 23rd Street. Come visit this recently opened new venue. "Poster House presents a global view of posters from their earliest appearance in the late 1800s, to their present-day use." PH website...View Art Nouveau works by Alphonse Mucha and works by the German graphic agency Cyan.

EQUIPMENT/HOME SAFETY VISITS

If you or someone you know needs or would like to donate equipment, call our office. We have wheelchairs, walkers, canes, available for pick up at the Church of the Holy Trinity. Our home visit program will discuss how to keep your home safe and equipped so it functions for you. Call 212-980-1700 for more details.

COMMUNITY AND EVENTS

DISCOUNTS: **Duane Reade** offers a 20% discount to seniors on the first Tuesday of each month.

Rite Aid offers a 20% discount to seniors on the first Wednesday of each month.

Fairway offers a 6% discount to seniors on Tuesdays and Wednesday of each month.

Lincoln Center Out of Doors: **July 24th to August 11, 2019** Columbus Ave/Mid 60's. **FREE** wide variety of music, dance and theatre events. Visit their Website <http://www.lincolncenter.org/out-of-doors> or call 212-875-5456 for information.

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

Website for low cost/free items/events: <https://www.nyconthecheap.com>



SUMMER FRUIT SMOOTHIE CLASS

WITH RICARDO AND SARA

PARK



HARMONICA CLASS AT CENTRAL

WITH JIAYA

CALENDAR AUGUST 2019

	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AT Abyssinian Towers, 50 West 131st St. ABS Abyssinian Baptist Church , 132 W 138th St. CHT Church of the Holy Trinity, 341 East 87th St. or 316 East 88th St. FAPC Fifth Avenue Presbyterian Church, 7 West 55th St. MAPC Madison Ave Presbyterian Church, 921 Madison Ave. MC Mercy Center, 377 East 145th St. MCC Marshall Chess Club, 23 West 10th St. PAUM Park Avenue United Methodist Church, 106 East 86th St. RC Rutgers Church 236 West 73rd St. SJC St. Joseph's Church, 404 East 87th St. SVF St. Vincent Ferrer School, 869 Lexington Ave. at 66 St. SCS St. Catherine of Sienna 68th St at 1st Avenue.</p>					
			1. ❖ 1:00-2:00 RC Chair Yoga	2. ❖ 10:30-11:30 CHT 88 Strengthen & Tone ❖ 12:00-4:00 CHT 88 Bridge	3. ❖ 11:00–12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
5. ❖ 10:30-11:30 MAPC Arthritis ❖ 1:00-2:00 MCC Chess ❖ Tai-Chi 1:30-2:30 SCS	6. ❖ 1:30 -2:30CHT 87 ❖ Pet Club ❖ 3:00-4:00 CHT 88 Tai Chi	7. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 2:30-4:30 CHT 87 Poker Bowne House Tour	8. ❖ 1:00-2:00 RC Chair Yoga	9. ❖ 10:30-11:30 CHT 88 Strengthen & Tone ❖ 12:00-4:00 CHT 88 Bridge	10. ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
12. ❖ 10:30-11:30 MAPC Arthritis ❖ 1:00-2:00 MCC Chess ❖ Tai-Chi 1:30-2:30 SCS	13. ❖ 1:30-2:30 CHT 87 Check with the office for <i>Happiness with Neil</i> ❖ 3:00-4:00 CHT 88 Tai Chi	14. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 2:30-4:30 CHT 87 Poker	15. ❖ 1:00-2:00 RC Chair Yoga 3:00 CHT 87 Veggie Shakes	16. ❖ 10:30-11:30 CHT 88 Strengthen & Tone ❖ 12:00-4:00 CHT 88 Bridge	17. ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
19. ❖ 10:30-11:30 MAPC Arthritis ❖ 1:00-2:00 MCC Chess ❖ 1:30-2:30 SCS Tai-Chi	20. ❖ 1:30-2:30 CHT 87 Balanced Meals & Mediterranean Diet ❖ 3:00-4:00 CHT 88 Tai Chi	21. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 2:30-4:30 CHT 87 Poker	22. ❖ 1:00-2:00 RC Chair Yoga Poster House Tour	23. ❖ 10:30-11:30 CHT 88 Strengthen & Tone ❖ 11:30-12:30 CHT 87 Italian Speaking Resumes ❖ 12:00-4:00 CHT 88 Bridge	24. ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
26. ❖ 10:30-11:30 MAPC Arthritis ❖ 1:00-2:00 MCC Chess ❖ 1:30-2:30 SCS Tai-Chi	27. ❖ 1:30-2:30 CHT 87 ❖ 3:00-4:00 CHT 88 Tai Chi	28. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 2:30-4:30 CHT 87 Poker	29. ❖ 1:00-2:00 RC Chair Yoga	30. ❖ 10:30-11:30 CHT 88 Strengthen & Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge	31. ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie



HEALTH ADVOCATES
FOR OLDER PEOPLE

155 East 44th Street
New York, NY 10017
www.hafop.org
RETURN SERVICE REQUESTED

MATINEE MOVIES

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

August 3: MARY QUEEN OF SCOTS whose strong claim to the English throne made her a threat to her cousin, Queen Elizabeth I- in a series of tragedies tearing apart her nation and her life, Stars 2 Oscar nominees for "Best Actress" Saoirse Ronan, Margot Robbie.

August 10: FIRST REFORMED A radically active rural pastor has lost his way due to drink. Politics, religion, global warming come into play as his wife reaches to help. Outstanding performance by Ethan Hawke.

August 17: CRISTOPHER ROBIN Now an adult with family, reconnects with his old pal "Winnie the Pooh" and brings the story to a new generation. Starring: Ewan McGregor. (2018 release)

August 24: GREEN BOOK Oscar nominee for "best picture", drama set in the civil rights era- a friendship between the African-American jazz pianist, Don Shirley and his white driver as they visit the south.

August 31: COLD WAR 3 Oscar nominations. Produced in Poland- a black and white drama/musical about doomed love in post WWII, in Europe.

USEFUL INFORMATION

Legal Clinics Call **Volunteers of Legal Services** at 212-966-4400 to find a pro bono Elderly Project Legal Clinic in your area.

Monthly Calendar When you are traveling or plan to be away, please let us know so we can suspend your calendar mailing. *The postal office returns them to us and we have to pay double postage.* Thank you!

Member Profile We send out notices about upcoming programs and special events. Make sure we have your correct email address and current information. Please call us if your information has changed.

Name Tags will be provided at some classes so members can get to know each other better.

See what we are up to on Facebook by copying the following address in your browser:

<https://www.facebook.com/HAFOP-Health-Advocates-for-Older-People-312517535546578>

Look for us on Twitter.

Computer Instruction: Senior Planet Exploration Center, at 127 West 25th Street, features a computer lab with 23 workstations, a studio for smart phone and tablet training, and even a video gaming area. Take advantage of every aspect of the Web, from learning about health issues, social networking or even Internet dating. The Senior Planet Exploration Center, open from 10 a.m. to 5 p.m., welcomes anyone 60 plus and will provide seniors with new ways to stay connected. Call 646-590-0615.

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) which provides for purchase and installation of an air conditioner or a fan to eligible households. Call: 212-331-3126.