



MONTHLY CALENDAR, DECEMBER 2018



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

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Quote of the month: In order to succeed, we must first believe that we can." - Nikos Kazantzakis

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. Health Advocates programs are designed for both men and women. Exercise classes for our members focus on health and wellness, building strength, balance and flexibility. Friends are welcome! See what we are up to on Facebook, copy the following address in your browser-- <https://www.facebook.com/HAFOP-Health-Advocates-for-Older-People-312517535546578/>

EXERCISE

ALEXANDER TECHNIQUE Retrain habitual patterns of posture and movement.

Thursdays, 10:00-11:00am Church of the Holy Trinity, 341 East 87th St.

ARTHRITIS

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

Wednesdays 12:30. Meditation and Chair Yoga for Arthritis. Mercy Center, 377 East 145th Street.

BASIC EXERCISE

Tuesdays (except 12/18), 2:00-3:00pm Abyssinian Towers, 50 West 131st St.

Wednesdays, 1:15-2:15pm except 12/26. Park Avenue United Methodist Church, 106 East 86th St.

CHAIR YOGA Improve your flexibility with seated and standing Yoga exercises.

Thursdays, 1:00pm-2:00pm Rutgers Presbyterian Church, 236 West 73rd St.

Saturdays, 11:00-12:00pm . St. Joseph's Church, 404 East 87th St.

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 Street

Fridays, 10:30-11:30am Church of the Holy Trinity, 316 East 87th St.

TAI-CHI Ancient movements and balance exercises to strengthen legs, ankles, knees, and hips

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

OTHER PROGRAMS

BRIDGE Intermediate & above. Fridays, 12:00pm-4:00pm at Church of the Holy Trinity, 316 East 88th St.

CHESS CLUB Enjoy this fascinating game, which will enhance mental and social skills, with instructor Eric Balck. Wednesdays, 1:00-2:00pm Marshall Chess Club, 23 West 10th St.

HARMONICA SERIES Increase lung/breathing capacity while making music with Jiayi He Fridays (except 12/21) for advanced students 3:00-3:45pm. Beginner students: 4:00pm-4:45pm. Madison Avenue Presbyterian Church, 921 Madison Ave. & 73rd St.

ITALIAN Learn conversational Italian with Marta and Mario Fridays, 11:30-12:30pm Church of the Holy Trinity, 341 East 87th St.

MAH JONG Introductory classes with instructor on this popular game Mondays, 1:30-3:30pm Church of the Holy Trinity, 316 East 88th St. **No Classes December 24th and 31st.**

PET CLUB SOCIAL Tuesday, December 4, 1:30-2:30pm Church of the Holy Trinity, 341 East 87th St.

PHOTOGRAPHY WORKSHOP with Paul Diamond Mondays, 2:00-3:00pm Church of the Holy Trinity, 316 East 87th St.

POKER Bet, Raise, and Fold. We invite you to join us - Learn to play by watching until you feel comfortable. Wednesdays, 2:15-4:15pm Church of the Holy Trinity, 341 East 88th Street.

SEMINARS

CELL PHONE One-on-one help to master your cell or smart phone. Mondays, 3:15-4:00pm Church of the Holy Trinity, 341 East 87th St. RSVP

JUNIOR LEAGUE Saturdays: 10:15-10:55am 12/15 Problem Solving & Decision Making, 12/22 Getting Information from Medical Staff, 12/29 Listening Skills & Hearing at **St. Joseph's Church, 404 E. 87th St.**

MUSEUM AND CITY VISITS

Museum and City Visits are an opportunity to learn about New York with other HAFOP members. RSVP is required by telephone only. Space is limited, we will call those who have signed up before the event to confirm attendance. Please arrive on time, and as a consideration to fellow participants and to hosts, do not depart before the visit ends.

GRACIE MANSION Monday, December 3, 11:00 a.m. Visit the home of the Mayor, a two-story wooden mansion in the Federal style. East 88th St and East End Avenue. **RSVP.**

MASONIC HALL Thursday, December 13, 1:00 p.m. 71 West 23rd St. between 5th and 6th Ave. **RSVP.**

COMMUNITY AND EVENTS

DISCOUNTS: Duane Reade offers a 20% discount to seniors on Tuesdays.

HOLIDAY GIFT FAIR: December 8th from 8:00am-4:00pm **St. James Fair. Madison Avenue at 71st Street.** **Call the church for details, 212-774-4200.**

Sunday, Dec 2: Art Therapy Workshop on Bereavement at Church of the Heavenly Rest. 1:00pm-3:30pm in the Undercroft. With Holland Cunningham's art exhibition, *49 Things*, currently on view in our Undercroft, she shows us how the process of creating art can be a healing experience for those experiencing the loss of a loved one. If you are also grieving a loss, come to our first art therapy bereavement workshop led by art psychotherapist, Chris Major. No artistic ability is required. The workshop is limited to 16 participants, who will break up into small groups. Cost is \$45 per person. **To RSVP either call Lucas Thorpe at 212-289-3400 ext. 218 or click [here](#).**

MATINEE MOVIES

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

December 1: I Feel Pretty - Woman struggling with insecurity, wakes from a fall believing she is suddenly the most beautiful and capable woman on the planet. How will this newfound confidence change her life going forward.

December 8: Film Stars Don't Die In Liverpool- Biographical romantic drama based on the memoir by Peter Turner, about his relationship with aging Academy Award-winning American actress Gloria Grahame in 1970s.

December 15: Wonder Struck-Film interlaces two stories set fifty years apart, of 2 children's quests.

December 22: A Bad Mom's Christmas-Comedy where 3 mothers deal with their own mothers at Christmas.

December 29: New Year's Eve "A story of friendship and betrayal of two aspiring actors in Hollywood". Golden Globes win for "Best Actor" for James Franco.

USEFUL INFORMATION

Wheelchairs, walkers, canes and other equipment are available. If you or someone you know needs equipment or would like to donate equipment, call our office. We also have an HP scanner and a Brother fax machine.

Legal Clinics Call the office for a list of local free legal clinics.

Our popular **Mah Jong** class has taken off and needs more card tables. Please think of us if you have card tables you aren't using.


Monthly Calendar When you are traveling or plan to be away, please let us know so we can suspend your calendar mailing. *The postage 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 and want to make sure your information is current



Pictures left to right: our members on a guided tour of the Museum of the City of New York, enjoying the new Junior League *Chef's Lunch* program, Vickie invited Dr. Patrick Culligan to speak about bladder problems.

CALENDAR December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT Abyssinian Towers, 50 West 131 st St. ABS Abyssinian Baptist Church , 132 W 138th Street CHT Church of the Holy Trinity, 341 East 87 th St. or 316 East 88th St. FAPC Fifth Avenue Presbyterian Church, 7 West 55 th St. MAPC Madison Ave Presbyterian Church, 921 Madison Avenue MCC Marshall Chess Club, 23 West 10 th St. PAUM Park Avenue United Methodist Church, 106 East 86 th St. RC Rutgers Church 236 West 73 rd St. SJC St. Joseph's Church, 404 East 87 th St. SVF St. Vincent Ferrer School, 869 Lexington Ave. at 66 St.					
					1. ❖ 11:00–12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
3. ❖ 10:30-11:30 MAPC Arthritis Exercise ❖ 11:00am Gracie Mansion ❖ 1:30-3:30 CHT 88 Mah Jong ❖ 2:00-3:00 CHT 87 Photography ❖ 3:15-4:00 CHT 87 Cell Phone Class	4. ❖ 1:30-2:30 CHT 87 Pet Club Social ❖ 2:00-3:00 AT Basic Exercise ❖ 3:00-4:00 CHT 88 Tai Chi	5. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 1:00-2:00 MCC Chess ❖ 1:15-2:15 PAUM Basic Exercise ❖ 2:15-4:15 CHT 88 Poker	6. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga	7. ❖ 10:30-11:30 CHT 87 Strengthen & Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) 4:00-4:45 (beginners) MAPC Harmonica	8. ❖ 11:00–12:00 SJC Chair Yoga ❖ 12:30 CHT87 Matinee Movie
10. ❖ 10:30-11:30 MAPC Arthritis Exercise ❖ 1:30-3:30 CHT 88 Mah Jong ❖ 2:00-3:00 CHT 87 Photography ❖ 3:15-4:00 CHT 87 Cell Phone Class ❖ Flu Shot	11. ❖ 1:30-2:30 Happiness CHT 87 ❖ 2:00-3:00 AT Basic Exercise ❖ 3:00-4:00 CHT 88 Tai Chi	12. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 1:00-2:00 MCC Chess ❖ 1:15-2:15 PAUM Basic Exercise ❖ 2:15-4:15 CHT 88 Poker	13. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga ❖ 1:00pm Masonic Hall	14. ❖ 10:30-11:30 CHT 87 Strengthen & Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) 4:00-4:45 (beginners) MAPC Harmonica	15. ❖ 10:15-10:55 SJC Jr. League Seminar ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT87 Matinee Movie
17. ❖ 10:30-11:30 MAPC Arthritis Exercise ❖ 1:30-3:30 CHT 88 Mah Jong ❖ 2:00-3:00 CHT 87 Photography ❖ 3:15-4:00 CHT 87 Cell Phone Class	18. ❖ 1:30-2:30 CHT 87 Organize ❖ 3:00-4:00 CHT 88 Tai Chi	19. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 1:00-2:00 MCC Chess ❖ 1:15-2:15 PAUM Basic Exercise ❖ 2:15-4:15 CHT 88 Poker	20. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga	21. ❖ 10:30-11:30 CHT 87 Strengthen & Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge	22. ❖ 10:15-10:55 SJC Jr. League Seminar ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
24. ❖ 10:30-11:30 MAPC Arthritis Exercise	25. 	26. ❖ 11:00-12:00 FAPC Strengthen & Tone ❖ 1:00-2:00 MCC Chess ❖ 2:15-4:15 CHT 88 Poker	27. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga	28. ❖ 10:30-11:30 CHT 87 Strengthen & Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) 4:00-4:45 (beginners) MAPC Harmonica	29. ❖ 10:15-10:55 SJC Jr. League Seminar ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie
31. ❖ 10:30-11:30 MAPC Arthritis Exercise ❖ 2:00-3:00 CHT87 Photography					



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RETURN SERVICE REQUESTED

Health Advocates Participant Survey

Health Advocates has a survey that will be available for pick up at your classes in November and December, to help us better understand what programs you enjoy. We would appreciate your responses to the survey that tell us about you, and how you engage with Health Advocates. It will communicate your views of how our classes impact your healthy, independent aging. Health Advocates is your program and we want it to be meaningful to you.

We do not share your information. It will take approximately 10 minutes to complete the survey. Please be honest in your comments; it is okay to make negative comments. Return the survey as promptly as possible either by mail, email (we can email you a copy) or by bringing it to a class you attend. If you need help please call the office and we will assist you.

The mission of Health Advocates for Older People, Inc. is to promote healthy aging through programs designed to encourage independent living, physical well-being and greater social interaction Thank you!

A handwritten signature in cursive script that reads 'Nancy'.

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.