



MONTHLY CALENDAR, FEBRUARY 2018



Health Advocates programs are designed for both men and women.

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

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

"Happiness depends upon ourselves." Aristotle

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. Follow us on Facebook: <https://www.facebook.com/pages/HAFOP-Health-Advocates-for-Older-People/312517535546578>

Winter Lighting-- Our Home Safety Visit Program Consultant, Rosemary Bakker, will visit you to discuss any lighting concerns you may have during these darker, shorter days. This is a Free Service for all Health Advocates Participants. Please call the office to schedule a visit. 212-980-1700.

Keep your mind sharp by learning Chess or Bridge. Call the office for information: 212-980-1700

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

• **EXERCISE CLASSES**

Mondays, 10:30am - 11:30am. Arthritis. Madison Avenue Presbyterian Church, 921 Madison Avenue at 73rd Street.

Tuesdays, 2:00pm-3:00pm at Abyssinian Towers, 50 West 131 St. (not 3rd Tuesdays of the month).

Wednesdays, 1:30pm-2:30pm. Park Avenue United Methodist Church, 106 East 86th 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.

• **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.**

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

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

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

SPECIAL ACTIVITIES AND SEMINARS

• **JUNIOR LEAGUE SEMINARS:** Saturdays, 10:15-10:55am. February 3 - Seniors Depression; February 10 - Diabetes; February 17 - Hearing Problems; February 24 - Heart Smart. **St. Joseph's Church, 404 East 87th Street.**

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

• **BRIDGE:** Fridays, 12:00pm-4:00pm, Intermediate and above. **Church of the Holy Trinity, 316 East 88th Street.**

• **MAH JONG:** Mondays, 1:30pm-3:30pm. Introductory classes to this popular game. **Church of the Holy Trinity, 316 East 88th Street. Openings for new players.**

- **PHOTOGRAPHY CLASS:** Mondays, 2:00pm-3:00pm. Church of the Holy Trinity, 341 East 87 Street.
- **A PRIMER ABOUT STREAMING: Is this the ticket to the Entertainment Dance?** Wednesday, February 7, from 3:00pm-4:00pm With time for your questions, John McCauley will focus on what is streaming, what is required to access, and making informed choices. Church of the Holy Trinity, 341 East 87th Street. RSVP.
- **HOW TO CARE FOR OUR TEETH:** Tuesday, February 20, 1:30pm-2:30pm, Church of the Holy Trinity, 341 East 87th Street, **AND** visit to the NYU College of Dentistry, Tuesday, February 27, 2:00-4:00pm at 345 East 24th Street (corner of First Avenue). RSVP
- **RENT HISTORY, SCRIE AND LANDLORD TENANT RELATIONS:** Tuesday, February 13, 1:30pm-2:30pm, with speaker Shaina Weissman. Church of the Holy Trinity, 341 East 87th St.
- **CENTER FOR HEARING AND COMMUNICATION,** Tuesday, February 6, 1:30pm-2:30pm, manager & speaker Carolyn Stern at Church of the Holy Trinity, 341 East 87th Street, **AND** a free personal hearing screening on Friday, February 9, 9:00am-12:00pm & 1:00pm-3:00pm Location: the Center's Van parked outside the Church of the Holy Trinity, 316 East 88th Street. RSVP
- **DANCE:** Thursdays, 3:00pm-4:00pm, Church of the Holy Trinity, 341 East 87th St. Join Alex, our excellent instructor for an hour of dance.
- **FLAMENCO DANCE:** Mondays, 4:00pm-5:00pm. Church of the Holy Trinity, 341 E. 87th Street.
- **HARMONICA SERIES** Fridays, February 2, 9, 16, 23 from 3:00-4:00pm with virtuoso teacher Jiayi He. Madison Avenue Presbyterian Church, 921 Madison Avenue at 73rd Street. Sorry, no first-timers at this time. RSVP

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.

Grolier Club, Monday, January 29, 1:00pm-2:00pm. Exhibition: "Radiant with Color and Art: McLoughlin Brothers and the Business of Picture Books, 1858-1920." Tour by co-curator Lauren Hewes, 47 East 60th Street, ground-floor exhibition hall. RSVP

Skyscraper Museum - Thursday, February 8 from 11:15am-12 Noon. Join a docent-led tour of this small museum that celebrates the architectural heritage of New York and the people who created NY's skyline. 39 Battery Place (connected to the Ritz-Carlton Hotel). Subway #4 or #5 to Bowling Green, then walk "2" blocks west of Bowling Green Station). RSVP

New York Historical Society - Thursday, February 22 from 1:00-2:00pm. The NY Historical Society is an American history museum founded in 1804 as NY's first museum. Join a docent-led tour of the exhibition *Hotbed* that explores the vibrant political and artistic scene of Greenwich Village in the early 20th century, and also have an introduction to the Audubon Focus Gallery. 170 Central Park West (77th St.) RSVP

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

February 3 – Maggie's Plan. Maggie (Julianne Moore) and her "romantic" plan to meet the man of her dreams (Nathan Hawke).

February 17 – Victoria & Abdul. Abdul Karim, an Indian brought to England in 1877 to service Queen Victoria, ends up forming a close bond with her. Judi Dench and Ali Fazal star.

February 24 – Personal Shopper. American Maureen (Kristen Stewart) in Paris temporarily, hopefully to seek a paranormal contact to deceased brother- takes a job shopping fashion boutiques.



Members at the Bard Graduate Center Gallery enjoy a docent tour of the John Lockwood Kipling exhibit.

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT: Abyssinian Towers, 50 West 131 st Street. CHT: Church of the Holy Trinity, 341 East 87 th Street; or 316 East 88 th Street. FAPC: Fifth Avenue Presbyterian Church, 7 West 55 th Street; MAPC: Madison Ave Presbyterian Church, 921 Madison Ave. (73 rd Street); MC: Mercy Center: 377 E. 145 th Street; SJC: St. Joseph's Church, 404 East 87 th Street; RC: Rutgers Church 236 West 73 rd Street; PAUM: Park Avenue United Methodist Church, 106 East 86 th Street . SFHC: Sydenham Family Health Center, 264 West 118 Street. CHR: Church of the Heavenly Rest, 90th Street & Fifth Avenue.					
			1. 1:00-2:00 RC Chair Yoga for Arthritis 3:00-4:00 CHT (87) Dance	2. 10:30-11:30 CHT (88) Exercise 11:30-12:30 CHT (88) Italian Class 12:00-4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class	3. 10:00 SJC Muffins & Juice 10:15-10:55 SJC League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
5. 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 4:00-5:00 CHT (87) Flamenco Dance	6. 1:30-2:30 CHT (87) Hearing Matters in Healthy Aging 2:00-3:00 AT Exercise 3:00-4:00 CHT (88) Tai Chi	7. 11:00-12:00 FAPC Strengthen & Tone 1:30-2:30 PAUM Exercise 3:00-4:00 CHT (87) Video Streaming: A Basic Primer	8. 11:15-12:00 Skyscraper Museum tour 1:00-2:00 RC Chair Yoga for Arthritis 3:00-4:00 CHT (87) Dance	9. 9:00-12:00 & 1:00 3:00 Personal Hearing Screening, in VAN CHT (88) 10:30-11:30 CHT (88) Exercise 11:30-12:30 CHT (88) Italian Class 12:00-4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class	10. 10:00 SJC Muffins & Juice 10:15-10:55 SJC League Seminar 11:00-12:00 SJC Chair Yoga
12. . 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 4:00-5:00 CHT (87) Flamenco Dance	13. 1:30-2:30 CHT (87) Rent, SCRIE & Tenant Relations 2:00-3:00 AT Exercise 3:00-4:00 CHT (88) Tai Chi	14. 11:00-12:00 FAPC Strengthen & Tone 1:30-2:30 PAUM Exercise	15. 1:00-2:00 RC Chair Yoga for Arthritis 1:00-2:00 AT Nutrition 3:00-4:00 CHT (87) Dance	16. 10:30-11:30 CHT (88) Exercise 11:30-12:30 CHT (88) Italian Class 12:00-4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class	17. 10:00 SJC Muffins & Juice 10:15-10:55 SJC League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
19. NO CLASSES 	20. 1:30-2:30 CHT (87) Senior dental care 2:00-3:00 AT Exercise 3:00-4:00 CHT (88) Tai Chi	21. 11:00-12:00 FAPC Strengthen & Tone 1:30-2:30 PAUM Exercise	22. 1:00-2:00 RC Chair Yoga for Arthritis 1:00-2:00 New York Historical Society Tour 3:00-4:00 CHT (87) Dance	23. 10:30-11:30 CHT (88) Exercise 11:30-12:30 CHT (88) Italian Class 12:00-4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class	24. 10:00 SJC Muffins & Juice 10:15-10:55 SJC League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
26. 10:30-11:30 MAPC Arthritis Ex. 1:30 -3:30 CHT (88) Mah Jong 2:00 – 3:00 CHT (87) Photography 3:15-4:00 CHT (87) Cell Phone Class 4:00-5:00 CHT (87) Flamenco Dance	27. 2:00-3:00 AT Exercise 2:00pm Visit NYU College of Dentistry 3:00-4:00 CHT (88) Tai Chi	28. 11:00-12:00 FAPC Strengthen & Tone 1:30-2:30 PAUM Exercise			



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

COMMUNITY ACTIVITIES

Church of the Holy Trinity: Tuesday lunches every Tuesday at 12:30 pm; **cost \$2.50**. Enjoy the company of others while partaking of a delicious meal! **Church of the Holy Trinity, 316 East 88th Street.**

USEFUL INFORMATION

NEW WEATHER POLICY: When weather seems cold, snowy, icy, or too hot: please use your judgment in deciding whether to attend a class. Most important is your safety and you need to do what you think is best for you. When in doubt, call the office to see if the scheduled class will be taking place.

Avoid fires. Cold weather may be accompanied by fire. Here are 10 safety tips ~

Plan, Practice and Prevent

1. Fix a smoke alarm and check it regularly.
2. Make a fire action plan so that everyone in your house knows how to escape in the event of fire.
3. Take care when cooking with hot oil and think about using thermostatically controlled deep fat fryers.
4. Never leave lit candles unattended; use battery powered candles.
5. Ensure cigarettes are stubbed out and disposed of carefully.
6. Never smoke in bed.
7. Keep matches and lighters securely away.
8. Keep clothing away from heating appliances.
9. Take care in the kitchen! Accidents while cooking account for a large number of fires in the home.
10. NEVER use your stove as a replacement for a heater.

USEFUL INFORMATION:

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.

Legal Clinics. Call the office for a list of local free legal clinics. 212-980-1700.

Monthly Calendar & Updates. We send calendar updates about upcoming programs and special events via email. Please be sure we have your current email address.

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.