



MONTHLY CALENDAR, FEBRUARY 2020



155 East 44th Street, 6th Floor, New York, NY 10017

Tel: 212-980-1700 www.hafop.org

Health Advocates promotes safe and healthy aging through programs designed to facilitate independent living, physical well-being and greater social interaction for women and men.

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

PLEASE NOTE: THERE WILL BE NO CLASSES ON FEBRUARY 17th

REMINDER: JANUARY 28: TUESDAY 1:30. *LIVING BETTER, BY DESIGN: A Four-Part Series.* This design series will explore how to live and enjoy your home with greater ease. Given by Rosemary Bakker, our home design specialist. St. James Church, Madison Avenue at 71st Street

EXERCISE

EXERCISE CLASSES FOR OUR MEMBERS BUILD STRENGTH, BALANCE, FLEXIBILITY, AND OVERALL FITNESS.

ALEXANDER TECHNIQUE: Retrain habitual patterns of posture and movement. Thursdays 9:30-10:30 Church of the Holy Trinity, 341 East 87th Street.

ARTHRITIS EXERCISE: Mondays, 10:30-11:30am Madison Avenue Presbyterian Church, 921 Madison Avenue, 73/74 Street.

BASIC EXERCISE: Tuesdays, 2:00-3:00pm, Abyssinian Towers, 50 West 131st St. Wednesdays, 1:15-2:15pm Park Avenue United Methodist Church, 106 East 86th Street.

CHAIR YOGA: Improve your flexibility with seated and standing Yoga exercises: Wednesdays, 1:00-2:00pm, Waterside Plaza, Thursdays, 1:00-2:00 pm. Rutgers Church, 236 West 73rd Street, Saturdays, 10:00-11:00, 49 East 73rd Street.

DANCE: Mondays, 4:00pm-5:00pm. Join Alex, our excellent instructor for an hour of dance. (No partners required), It's fun and great exercise! Church of the Holy Trinity, 341 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. Mondays, 1:30-2:30pm. St. Catherine of Sienna 68th Street at 1st Avenue. Tuesdays, 3:00-4:00pm. Church of the Holy Trinity, 316 East 88th Street.

MIND HEALTH AND RECREATION

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

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

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 Street. RSVP. Essential.

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

HARMONICA SERIES: Increase lung/breathing capacity while making music: Fridays for advanced students: 3:00-3:45pm. Beginner students: 4:00-4:45pm. Madison Avenue Presbyterian Church, 921 Madison Ave. & 73rd Street.

ITALIAN: Learn conversational Italian. Fridays, 11:30-12:30pm Church of the Holy Trinity, 341 East 87th Street.

MAH JONG: A game of skill, strategy, and calculation that involves a degree of chance. With instructor. Mondays, 1:30-3:30pm, Church of the Holy Trinity, 316 East 88th Street. Thursdays, 1:00-3:00pm, 30 Waterside Plaza, New York, NY 10010

PET CLUB: Watch for the Opening of the Photography Pet Club Exhibition!

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

SHORT STORY WRITING: 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 2:00pm. Church of the Holy Trinity 341 East 87th Street.

NEW PROGRAMS IN 2020: Beginning in 2020, Health Advocates is partnering with Waterside Plaza to provide a chair yoga class on Wednesdays from 1-2, and a weekly Mah Jong class with an instructor on Thursdays from 1:00-3:00pm. The classes are open to seniors over 60.

Waterside Plaza is located on the East River between 25th – 28th Street. To attend, take the 34th Street crosstown bus 34A going east directly to Waterside Plaza. When you get off the bus take the ramp up to the plaza level. Call our office with any questions you may have.

SEMINARS

February 4: Tuesday 1:15 Presentation: *NUTRITION* with Viktoryia. She will discuss “Planning Meals to Avoid Food Waste” Church of the Holy Trinity 341 East 87th Street.

FEBRUARY 11: Tuesday, 1:30. LIGHTHOUSE “Safe Travel”. Janet Weinstein from the Lighthouse will talk about Education, training and community for people who are blind or have changing vision. This will include suggestions for Safe Travel. Please invite friends you think would find this topic helpful. Church of the Holy Trinity, 341 East 87th Street.

February 11: Thursday, at 1:00pm. Dr. Anthony Ioreo will discuss how seniors can take good care of their feet, even those that are problematic. Join us for this important talk. Ravenwood Senior Center, 3435 12th St, Astoria, NY 11106. Call the office for directions, 212-980-1700.

February 18: To be announced.

February 25: Monday, 1:30. April Adams from Borough President Gail Brewer’s office will discuss the changing state of neighborhood supermarkets. She will distribute printed information that resulted from their thorough assessment of where and how to buy the freshest and highest quality food all over the city. Church of the Holy Trinity, 341 East 87th Street.



Fun at Pet Club. Andre from Furry Paws visits to discuss grooming and care for our Pets. Watch out for Date of Pet Club Exhibition at James Lenox house in February!

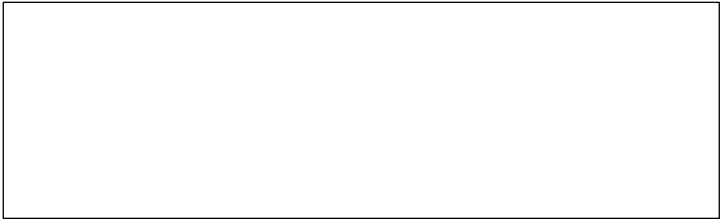
FEBRUARY 2020 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT Abyssinian Towers, 50 West 131 st St. ABS Abyssinian Baptist Church ,132 W 138 th St. CHT Church of the Holy Trinity, 341 East 87 th St. or 316 East 88 th St. FAPC Fifth Avenue Presbyterian Church, 7 West 55 th St. MAPC Madison Ave Presbyterian Church, 921 Madison Ave. MC Mercy Center, 377 East 145 th St. 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. SCS St. Catherine of Sienna 68 th St at 1 st Avenue. JLH? 49 East 73 rd Street WP Waterside Plaza,30 Waterside Plaza					

					1. 11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 Matinee Movie
3. - 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance	4. - 1:15-2:30 CHT 87. Nutrition With Viktoryia -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 Exercise at Waterside Plaza -1:15-2:15PAUM Basic Exercise -2:30-4:30 CHT 87 Poker	6. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga -1:00-3:00 WP Mah Jong	7. -10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87 Italian Speaking -12:00-4:00 CHT 88 Bridge -3:00-3:45MAPC Harmonica (advanced) --4:00- 4:45 MAPC Harmonica (beginners)	8. 11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 Matinee Movie
10. 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance	11. -1:30-2:30 CHT <i>Lighthouse</i> <i>Safe Travel</i> -3:00-4:00 CHT 88 Tai Chi	12. -11:00-12:00 FAPC Strengthen & Tone 1:00-2:00 Exercise at Waterside Plaza -1:15-2:15 PAUM Basic Exercise -2:30-4:30 CHT 87 Poker	13. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga -1:00-3:00 WP Mah Jong -1:30-3:00 Chanel 13 Tour	14. - 10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87 Italian Speaking -12:00-4:00 CHT 88 Bridge- -3:00-3:45 Harmonica (advanced) -4:00- 4:45 (beginners) MAPC Harmonica	15. -11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 Matinee Movie
17. NO CLASSES Presidents Day 	18. -1:30-2:30 CHT 87 - To Be Announced -2:00-3:00 AT Basic Exercise -3:00-4:00 CHT 88 Tai Chi	19. -11:00-12:00 FAPC Strengthen & Tone -12:30 Arthritis MC 1:00-2:00 Exercise at Waterside Plaza -1:15-2:15 PAUM Basic Exercise -2:30-4:30 CHT 87 Poker	20. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga --1:00-3:00 WP Mah Jong	21. -10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87-Italian Speaking -12:00-4:00 CHT 88 Bridge -2:00 pm Fashion Institute FIT Exhibition Tour -3:00-3:45 Harmonica (advanced) 4:00- 4:45 (beginners) MAPC	22. -11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 No Matinee Movie 12:30-2:00 MARDI GRAS Lunch 
24. - 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance	25. -1:30-2:30 CHT April Adams, <i>Gail Brewer's</i> <i>Grocery Store</i> <i>Resource Book</i> -2:00-3:00 AT Basic Exercise -3:00-4:00 CHT 88 Tai Chi	26. -11:00-12:00 FAPC Strengthen & Tone -12:30 Arthritis MC 1:00-2:00 WP Chair Yoga -1:15-2:15 PAUM Basic Exercise -2:30-4:30 CHT 87 Poker	27. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga -1:00-3:00 WP Mah Jong	28. -10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87 Italian Speaking -12:00-4:00 CHT 88 Bridge 3:00-3:45 Harmonica (advanced) 4:00- 4:45 (beginners) MAPC	29.



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 10 Grand Central
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www.hafop.org
 RETURN SERVICE REQUESTED



MUSEUM AND CITY VISITS RSVP required 212-980-1700

Museum and City Visits are an opportunity to learn about New York and meet other Health Advocates members. Space is limited. We will call those who have signed up to confirm attendance. We pay a docent and purchase tickets, so we need to know if you have reserved and cannot attend. Please arrive at events on time, and as a consideration to fellow participants and to hosts, do not leave early.

CHANEL 13, February 13, 1:30-3:00pm. *An amazing tour of New York's Favorite TV Chanel*
 Thursday, February 13, 1:30-3:00. Enter through the plaza 8th & 9th Avenues, between 49th and 50th Street. A photo id is required. RSVP

FIT, Power Mode: The Force Of Fashion, Friday, February 21st at 2:00pm. Guided tour. *Power Mode: The Force of Fashion* explores the multiple roles fashion plays in establishing, reinforcing, and challenging power dynamics within society. It features over 50 objects from the museum's permanent collection, many of which have never been on public view. Seventh Avenue at 27th Street. RSVP required.

MATINEE MOVIES

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

FEBRUARY 1: TOY STORY. Disney is concerned Woody (Tom Hanks) has grown used to society being a certain way-react to existing space that is more diapers and unpredictable before.

FEBRUARY 8: DOWNTON ABBEY. The beloved Crawley's and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

FEBRUARY 15: YESTERDAY. While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom.

FEBRUARY 22: No Movie

FEBRUARY 29: JOKER. Set in 1980's Gotham City, this original story of DC Comics' notorious archvillain, the Joker chronicles the cautionary tale of a stand-up comedian whose failure drives him to criminal madness. Five Stars for this starring Joaquin Phoenix.

ANNUAL MARDI GRAS PARTY: This special event is only for members of Health Advocates Healthy Aging Program. Brick Church, 12:30-2:00pm. 62 East 92nd Street. RSVP Required.



Health Advocates Junior Committee invite you to a

Mardi Gras Lunch

Saturday, February 22, 2020 12:30—2:00pm

Watson Hall, The Brick Church 62 East 92nd Street RSVP Required 212-980-1700

WINTER 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.