



MONTHLY CALENDAR, JULY 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.

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

"To love what you do and feel that it matters how could anything be more fun?" ~ Katherine Graham

FOCUS ON HEALTH AND WELLNESS: To build strength, balance and flexibility. Bring a friend to introduce them to our exercise classes! Pick up membership applications there, if interested.

• **EXERCISE CLASSES**

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

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

Fridays 10:45–11:45am. Basic exercise. **Church of the Holy Trinity, 316 East 88th Street.**

- **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 10:45-11:45 **Church of the Holy Trinity, 341 East 87th Street.**

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

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

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.**

- **PHOTOGRAPHY WORKSHOP:** Mondays, 2:00pm-3:00pm. Come and enjoy lessons with Paul to learn ways to get the best pictures with your smart phone. **Church of the Holy Trinity, 341 East 87th St.**

- **HARMONICA CLASS SERIES;** Fridays, 3:00-4:00pm with virtuoso teacher Jiayi He. **Madison Avenue Presbyterian Church, 921 Madison Avenue at 73rd Street. Sorry, no first-timers.**

- **CHESS CLUB:** Wednesdays, 1:00pm-2:00pm at The Marshall Chess Club, with teacher 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 10 Street. RSVP**

- **POKER: Bet, Raise, Fold!** Poker for beginners & intermediate players. Wednesdays from 2:00pm-4:00pm Join the group for some Texas Hold Em and Omaha poker hosted by our social work intern Max Uhlenbeck. **Church of the Holy Trinity, 341 E. 87th Street.**

- **PET CLUB SOCIAL:** Starting Tuesday, July 3, 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 E. 87th Street.**
- **RETIREMENT REBOOT - PART 2:** Tuesday, July 10, 1:00pm-2:00pm John McCauley returns with a continuation of the Retirement presentation - Fact and Fiction expanded with more answers to your questions, more information about facilities and costs, and learn more about how to evaluate whether a retirement community is a solution for you. **Madison Avenue Presbyterian Church, 921 Madison Avenue at 73rd Street. RSVP**
- **NUTRITION:** with Viktoriya Shchupak. Thursday, July 12, 12noon - 1:00pm. Continue learning about good nutrition as we age, with time for questions with hand outs available. **Rutgers Church, 236 West 73rd Street. RSVP**
- **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.

GOOD HOUSEKEEPING INSTITUTE - FRIDAY, JULY 13 at 11:30am. Join this highly anticipated tour of the GHI touted as the foremost consumer product-evaluation laboratory in the country where safety, quality, and value are always top of mind. After the tour, you may wish to dine in the Hearst cafeteria; **please note it is a cashless system so only debit or credit cards are accepted.** Meet in the lobby of 300 West 57th Street (between 8th & 9th Ave.) Limited availability. RSVP

NATIONAL MUSEUM OF THE AMERICAN INDIAN - THURSDAY, JULY 26 at 1:00pm. Located in the former U.S. Custom House, join a docent-led tour of the exhibition called *Infinity of Nations* showing a magnificent collection of native artifacts ranging from ancient to contemporary times in the Americas. Also have a brief introduction about this beautifully designed Cass Gilbert building. Location: One Bowling Green (Subways: 4 or 5 to Bowling Green Station) RSVP

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

July 7 COCO Oscar winner for "Best Animated Feature Film" and "Best Original Music". Skeletons, magic spells and the colorful celebration of Mexico's annual "Day of the Dead".

July 14 COLOSSAL Sci-Fi comedy-drama. Gloria, a 30-something hot mess, ditches New York to return to her hometown, and reconnects with an old school friend, "a nice guy" until he isn't. Stars: Anne Hathaway and James Sudeikis.

July 21 LADY BIRD Female adolescence and bonds between girlfriends in their senior year in 2002... complicated by Lady Bird's quarreling with her equally strong-willed mother. Oscar acting nominations for stars: Saoirse Ronan and Laurie Metcalf.

July 28 MARSHALL a bio of Thurgood Marshall as a young NAACP lawyer who comes to Connecticut in 1941 to fight for his client who is wrongly accused of rape. With the additional pressure of the racial divide, he isn't allowed to try the case... only to advise a white attorney who has never tried a criminal case. Stars: Chadwick Boseman and Josh Gad.




Patricia Tees (R) retiring Chair Yoga teacher

John McCauley discussing retirement communities

Tai-Chi teacher, Thula

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.					
2. 10:30-11:30 MAPC Arthritis Exercise 2:00 – 3:00 CHT (87) Photography	3. 1:30-2:30 CHT (87) Pet Club Social 3:00-4:00 CHT (88) Tai Chi	4. NO CLASSES INDEPENDENCE DAY 	5. 1:00-2:00 RC Chair Yoga for Arthritis	6. 10:30-11:30 CHT (88) Exercise 12:00–4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class Series	7. 11:00–11:45 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
9. 10:30-11:30 MAPC Arthritis Exercise 2:00 – 3:00 CHT (87) Photography	10. 1:00-2:00 MAPC Retirement Reboot. John McCauley 3:00-4:00 CHT (88) Tai Chi	11. 11:00-12:00 FAPC Strength & Tone 1:00-2:00. Chess 23 W. 10 Street 1:30-2:30 PAUM Basic exercise 2:00-4:00 CHT (87) <u>NO</u> Poker Class	12. 12noon-1:00pm RC Nutrition with Viktoriya 1:00-2:00 RC Chair Yoga for Arthritis	13. 10:30-11:30 CHT (88) Exercise 11:30 tour Good Housekeeping 12:00–4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class Series	14. 11:00–12:00 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
16. 10:30-11:30 MAPC Arthritis Exercise 2:00 – 3:00 CHT (87) Photography	17. 3:00-4:00 CHT (88) Tai Chi	18. 11:00-12:00 FAPC Strength & Tone 1:00-2:00. Chess 23 W. 10 Street 1:30-2:30 PAUM Basic exercise 2:00-4:00 CHT (87) Poker Class	19. 1:00-2:00 RC Chair Yoga for Arthritis	20. 10:30-11:30 CHT (88) Exercise 12:00–4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class Series	21. 11:00–12:00 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
23. 10:30-11:30 MAPC Arthritis Exercise 2:00 – 3:00 CHT (87) Photography	24. 3:00-4:00 CHT (88) Tai Chi 	25. 11:00-12:00 FAPC Strength & Tone 1:00-2:00. Chess 23 W. 10 Street 1:30-2:30 PAUM Basic exercise 2:00-4:00 CHT (87) Poker Class	26. 1:00-2:00 RC Chair Yoga for Arthritis 1:00 tour Museum of the American Indian	27. 10:30-11:30 CHT (88) Exercise 12:00–4:00 CHT(88) Bridge 3:00-4:00 MAPC Harmonica Class Series (last class until Sept.)	28. 11:00–12:00 SJC Chair Yoga 12:30 CHT (87) Matinee Movie
30. 10:30-11:30 MAPC Arthritis Exercise 2:00 – 3:00 CHT (87) Photography	31. 3:00-4:00 CHT (88) Tai Chi				



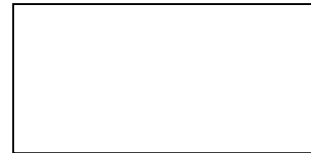
708 Third Avenue, 6th Floor
New York, NY 10017
www.hafop.org
RETURN SERVICE REQUESTED



COMMUNITY ACTIVITIES

Church of the Holy Trinity: Tuesday lunches resume in the fall.

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.

Want to get tech savvy with your mobile phone and laptop? You can get free support at your local public library and at Senior Planet, 127 West 25th Street, phone: 646 590 0615.

Grand Central neighborhood tour, FREE every Friday at 12:30pm. The Grand Central Partnership offers this **weekly**, no-reservations-required, award-winning walking tour with guide Peter Laskowich of the Grand Central neighborhood. Meet in the street-level atrium at 120 Park Avenue, located at the southwest corner of East 42nd Street and Park Ave directly across from Grand Central Terminal.

Lincoln Center Out of Doors: July 24 - August 12. Three weeks of FREE world-class music, dance, film and more. View their website: www.lincolncenter.org/out-of-doors or call customer service: 212 721-6500

USEFUL INFORMATION

Free Cooling Centers for Summer. When the heat index is predicted to be dangerously high, New York City opens cooling centers and air-conditioned facilities to offer people relief from the heat. Sites for cooling centers include libraries, community centers, senior centers, etc. You should use a cooling center during a heat wave if you have no access to a cool environment, particularly if you are at risk for a health related illness. Also you can 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.