



**HEALTH ADVOCATES**  
FOR OLDER PEOPLE

MONTHLY CALENDAR, JUNE 2017



Health Advocates programs are designed for both men and women.

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

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Quote of the month: "Good, better, best. Never let it rest. 'Til your good is better and your better is best." - *St. Jerome*

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 receives generous foundation support to underwrite our Home Safety Visit Program. Our Consultant, Rosemary Bakker, will discuss any concerns you may have so that you can remain in your home safely in the community that you know and love, close to family, friends and faith-based support. This is a free service for all Health Advocates Participants. Please call the office to schedule a visit. 212-980-1700.

See what we are doing on Facebook: put the following in your browser to see our classes and events:  
<https://www.facebook.com/pages/HAFOP-Health-Advocates-for-Older-People/312517535546578>

**FOCUS ON HEALTH AND WELLNESS:** To build strength, balance and flexibility.

Bring a friend to introduce them to our exercise classes!

• **EXERCISE CLASSES**

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

Wednesdays 1:30pm-2:30pm. Park Avenue United Methodist Church, 106 East 86<sup>th</sup> St.

• **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 88<sup>th</sup> 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 55<sup>th</sup> Street. Fridays 10:45am-11:45am Church of the Holy Trinity, 341 East 87<sup>th</sup> Street (between 1<sup>st</sup> - 2<sup>nd</sup> Avenues)

• **CHAIR YOGA:** Improve your flexibility with Yoga exercises while seated in a chair. Thursdays 1:00pm-2:00pm. Chair Yoga for Arthritis. Rutgers Presbyterian Church, 236 West 73rd Street. On Saturdays, 11:00am-12:00pm, at St. Joseph's Church, 404 East 87<sup>th</sup> Street.

**SPECIAL ACTIVITIES AND SEMINARS**

**LATE BREAKING NOTICE: ST. JAMES CHURCH 2ND TIME AROUND SALE 5/19, 9:30AM-4PM**

- **CELL PHONE CLASSES:** Mondays 3:15pm-4:00pm. One-on-one help with your cell phone or smart phone. Church of the Holy Trinity, 341 East 87<sup>th</sup> Street. RSVP required.
- **BRIDGE:** Fridays, 12:00pm-4:00pm, Intermediate and above. Church of the Holy Trinity, 316 East 88<sup>th</sup> Street. Take elevator to downstairs lunchroom.
- **MAH JONG:** Resumes in the fall.

**Museum and City Visits** are an opportunity to learn about New York with other participants in our programs. RSVP as space is limited (by telephone, not by email, please). We will call those who have signed up a few days before the event to confirm. Let us know ASAP if you cannot attend as we always have a wait list. Unfortunately, we cannot accommodate non-members. Please arrive on time, and as a consideration to fellow participants and to hosts, do not depart before the visit ends. (Let us know if you will be accompanied by an aide.)

- **HARMONICA SERIES (for prior attendees):** Fridays, June 2, 9, 16, 23, 30, and July 7. Continuing our Harmonica Series with virtuoso teacher, Jiayi He, while increasing your lung/breathing capacity and enjoying making music. Madison Avenue Presbyterian Church, 921 Madison Avenue, 5<sup>th</sup> floor. RSVP for the series required.
- **CENTRAL PARK'S HALLETT NATURE SANCTUARY:** Wed., June 7 from 11:00am-12:30pm. Tour requires walking and has slight hills. Meet at 59th St. & 6th Avenue in front of Jose Marti (the middle of 3 statues on that plaza.)
- **THE MET CLOISTERS:** (a branch of the Metropolitan Museum of Art) Tues., June 20 from 1:00pm-2:00pm. The Cloister's collection is dedicated to the art, architecture and gardens of medieval Europe. Meet inside entrance of Museum at 99 Margaret Corbin Drive, Fort Tryon Park. (M4 Bus to the last stop; allow 1 hour+ travel time).
- **THE MORRIS-JUMEL MANSION:** Wed, June 28 from 1:30-2:30pm. Take a docent-led tour of this landmarked historic house & museum. Built by a British colonel in 1765, this is Manhattan's oldest house. Located at 65 Jumel Terrace, a short block which extends from West 160th & West 162nd Streets. Not handicap accessible. (M2 Bus Mad Ave. to 160<sup>th</sup> Street; or M3, M18 Mad Ave. Bus to 160<sup>th</sup> & St. Nicholas Ave. or M101 3<sup>rd</sup> Ave. Bus to 161<sup>st</sup> & Amsterdam Ave.)

**KITCHEN CONSULTATION:** Summer is a great time to freshen up your kitchen. During your kitchen consultation, Rosemary will give you advice on fine tuning your kitchen for increased comfort and safety. From cooking appliances and storage to lighting and flooring, learn about simple things you can do to update your kitchen. The first six participants to call for a kitchen consultation will receive a copy of our self-published book, **Eat Well, Age Well**, by Viktoriya Shchupak. To book your free appointment, call our office at 212-980-1700.

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

June 3 – **Moonlight** – Oscar winner for best movie of the year. Heartbreaking story of a young man growing up poor, homosexual and black in Miami.

June 10 – **Maggie's Plan** – Screwball romantic comedy starring Greta Gerwig.

June 17 – **Morgan** – Science fiction thriller with ensemble cast.

June 24 – **Elle** – Psychological mystery of rape/revenge starring Isabelle Huppert.



Laura Kruger, Curator at Hebrew Union College Museum explains to HAFOP members the meaning and symbolism of numbers through artistic media.

## JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CHT:</b> Church of the Holy Trinity, 341 East 87 <sup>th</sup> Street; or 316 East 88 <sup>th</sup> Street. <b>FAPC:</b> Fifth Avenue Presbyterian Church, 7 West 55 <sup>th</sup> Street; <b>HOR:</b> House of the Redeemer, 7 East 95 <sup>th</sup> St.; <b>MAPC:</b> Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); <b>SJC:</b> St. Joseph's Church, 404 East 87 <sup>th</sup> Street; <b>RC:</b> Rutgers Church 236 West 73 <sup>rd</sup> Street; <b>PAUM:</b> Park Avenue United Methodist Church, 106 East 86 <sup>th</sup> Street					
			1.  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis	2.  10:45-11:45 <b>CHT</b> Exercise  12:00-4:00 <b>CHT</b> Bridge  3:30-4:30 <b>MAPC</b> Harmonica Series "3"	3.  11:00-12:00 <b>SJC</b> Chair Yoga  12:30 <b>CHT</b> Matinee Movie
5.  10:30-11:30 <b>MAPC</b> Arthritis Exercise  2:00 – 3:00 <b>CHT</b> Photography  3:15-4:00 <b>CHT</b> Cell Phone Class	6.  1:30-2:30 <b>CHT</b> Life Choices presentation  3:00-4:00 <b>CHT</b> Tai Chi	7.  11:00-12:00 <b>FAPC</b> Strengthen & Tone  11:00-12:30 Central Park Nature Sanctuary  1:30-2:30 <b>PAUM</b> Exercise	8.  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis	9.  10:45-11:45 <b>CHT</b> Exercise  12:00-4:00 <b>CHT</b> Bridge  3:30-4:30 <b>MAPC</b> Harmonica Series "3"	10.  11:00-12:00 <b>SJC</b> Chair Yoga  12:30 <b>CHT</b> Matinee Movie
12.  10:30-11:30 <b>MAPC</b> Arthritis Exercise  2:00 – 3:00 <b>CHT</b> Photography  3:15-4:00 <b>CHT</b> Cell Phone Class	13.  1:30-2:30 <b>CHT</b> Life Choices presentation  3:00-4:00 <b>CHT</b> Tai Chi	14.  11:00-12:00 <b>FAPC</b> Strengthen & Tone  1:30-2:30 <b>PAUM</b> Exercise	15.  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis	16.  10:45-11:45 <b>CHT</b> Exercise  12:00-4:00 <b>CHT</b> Bridge  3:30-4:30 <b>MAPC</b> Harmonica Series "3"	17.  11:00-12:00 <b>SJC</b> Chair Yoga  12:30 <b>CHT</b> Matinee Movie
19.  10:30-11:30 <b>MAPC</b> Arthritis Exercise  2:00 – 3:00 <b>CHT</b> Photography  3:15-4:00 <b>CHT</b> Cell Phone Class	20.  1:00-2:00 The Met Cloisters visit  3:00-4:00 <b>CHT</b> Tai Chi	21.  11:00-12:00 <b>FAPC</b> Strengthen & Tone  1:30-2:30 <b>PAUM</b> Exercise	22.  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis	23.  10:45-11:45 <b>CHT</b> Exercise  12:00-4:00 <b>CHT</b> Bridge  3:30-4:30 <b>MAPC</b> Harmonica Series "3"	24.  11:00 – 12:00 <b>SJC</b> Chair Yoga  12:30 <b>CHT</b> Matinee Movie
26.  10:30-11:30 <b>MAPC</b> Arthritis Exercise  2:00 – 3:00 <b>CHT</b> Photography  3:15-4:00 <b>CHT</b> Cell Phone Class	27.  3:00-4:00 <b>CHT</b> Tai Chi	28.  11:00-12:00 <b>FAPC</b> Strengthen & Tone  1:30-2:30 <b>PAUM</b> Exercise  1:30-2:30 Morris Jumel Mansion tour	29.  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis	30.  10:45-11:45 <b>CHT</b> Exercise  12:00-4:00 <b>CHT</b> Bridge  3:30-4:30 <b>MAPC</b> Harmonica Series "3"	



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

### COMMUNITY ACTIVITIES

**\*Church of the Holy Trinity:** Tuesday Senior Lunch will resume in the fall.

**\*Free Entitlement Counseling.** Eviction Intervention Service offers support on Wednesday mornings. For an appointment call 212-308-2210.

### USEFUL INFORMATION

**Browning School Volunteers:** Call the office if you need help to take your donations to the thrift shop. We are fortunate to have two Browning School volunteers for part of May and June.

**Heat Centers for the summer:** When the heat index is predicted to be dangerously high, New York City opens cooling centers in air-conditioned facilities to offer people heat relief. Cooling centers sites include: Libraries, Community centers, senior centers, NYCHA facilities. You should use a cooling center during a heat wave if you have no access to a cool environment, and particularly if you are at risk for heat-related illness.

**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.

**Card Tables Needed** - Our popular Bridge and Mah Jong classes have taken off. Please think of us if you have card tables you aren't using any more.

**Monthly Calendar:** When you are traveling or plan to be away this summer, please let us know so we don't send your calendar. The P.O. returns them to us and we have to pay double postage. Thank you.

Do we have your correct email address? We send out notices about upcoming programs and special events. Please call the office with your email information: 212-980-1700.

Stop annoying Robo Calls and telemarketers on your landline for FREE [www.nomorobo.com](http://www.nomorobo.com)

**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.