



HEALTH ADVOCATES

FOR OLDER PEOPLE

MONTHLY CALENDAR, MAY 2017



Health Advocates programs are designed for both men and women.

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

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

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.

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. For programs at **Church of the Holy Trinity**, 341 East 87th Street, ring the **White Bell** labeled **HEALTH ADVOCATES** or **Choir Room**. The office will open **10 minutes** before activities. To Connect to our Facebook Page, put the following in your browser to see pictures of 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.**

MEDITATION and CHAIR YOGA for ARTHRITIS: Wednesdays 12:30pm-1:30pm. **Mercy Center, 377 East 145th Street. Last class for spring May 24th.**

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

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

- **ALEXANDER TECHNIQUE:** Thursdays May 11, 18 and 25, 10:00am - 11:00am. **Church of the Holy Trinity, 341 East 87th Street (between 1st - 2nd Avenues)**

- **CHAIR YOGA:** Improve of 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 87th Street.**

SPECIAL ACTIVITIES AND SEMINARS

- **PET CLUB:** Tuesday, May 2, 1:30pm-2:30pm, Dr. Dennis Slade from the Animal Medical Center will discuss *How to Care for Your Pet in an Emergency*. **Church of the Holy Trinity, 341 East 87th Street.**
- **TREATMENTS IN UROLOGY/GYNECOLOGY:** Wednesday May 3, 12:00pm - 1:00pm, **Fifth Avenue Presbyterian Church, 7 West 55th Street, between 5th and 6th Avenue. RSVP required.**

- **DOWNSIZING AND DE-CLUTTERING**: Tuesday, May 9, 1:30pm - 2:30pm, Church of the Holy Trinity, 341 East 87th Street. Getting Spring ready with Linda Hetzer. RSVP required.
- **LONG TERM CARE**: Tuesday, May 16, 1:30pm - 2:30pm, Church of the Holy Trinity, 341 East 87th Street. Presentation by Martin Petroff. RSVP required.
- **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 required.
- **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, with instructor, to this popular game. Church of the Holy Trinity, 316 East 88th St. Openings for new players available.
- **JUNIOR LEAGUE SEMINARS**: Saturdays, 10:15am-10:55am St. Joseph's Church, 404 E. 87th Street. May 6 – Online Safety, May 13 – Vision As We Age, May 20-TBA
- **DANCE**: Mondays 4:00pm-5:00pm, Join Alex, our excellent instructor, for an hour of dance. Church of the Holy Trinity, 341 East 87th Street. Bring a friend!

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.)

- **SECOND HARMONICA SERIES**. Fridays, April 21, 28, May 5, 12, 19, and 26. 3:30pm - 4:30pm. Learn to play the harmonica with virtuoso teacher, Jiayi He, while increasing your lung/breathing capacity and enjoying making music. Priority to new players. Madison Avenue Presbyterian Church, 921 Madison Avenue, 5th floor. RSVP for the series required.
- **GRACIE MANSION Tour**, Tuesday, May 2 from 11:00am -12 noon, East 88th Street and East End Avenue. RSVP required no later than April 24th. Limit 30 people.
- **THE GRAND MASONIC LODGE & MASONIC HALL** Wednesday May 17 1:00pm - 2:00pm, 71 West 23rd St, between 5th and 6th Avenue. RSVP required.
- **THE FRANKLIN ROOSEVELT FOUR FREEDOMS PARK**, Roosevelt Island Monday, May 22, beginning at 2:00pm docent-led tour. Must be at the tram by 1:30pm at the 59th Street and 2nd Avenue station to be met on Roosevelt Island. WALKING REQUIRED / RSVP
- **ORAL HEALTH & AGING**, Tuesday, May 23, 1:15pm - 2:45pm Presentation by Dr Theresa Mueller. Church of the Holy Trinity, 341 East 87th Street. RSVP required.
- **VOLUNTEERING IS AGELESS**, Thursday, May 18th, 3-4:30 pm. We partner with Volunteer Referral Center to help you find the ideal volunteer spot. Venue to be announced.

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

- May 6 – **Secretariat** ~ daughter takes over her ailing father's horse breeding farm and wins the 1973 Triple Crown.
- May 13 – **Loving** ~ white man and black woman want to marry in Virginia. Ends in 1967 Supreme Court decision that struck down state laws banning interracial marriage. With: Ruth Negga and Joel Edgerton.
- May 20 – **Deep Water Horizon** ~ true crime story of the disaster on a BP capsized oil rig off coast of Louisiana. With: Mark Wahlberg and Kurt Russell.
- May 27 – **20th Century Woman** ~ divorced mother's son is her complicated, liberated project. With: Annette Bening and Greta Gerwig.




Under the guidance of Harmonica virtuoso, Jiayi He, HAFOP members are learning when harmonicas are the best medicine to increase lung capacity!



Kitty Dunne presented a program on signage, helping members communicate with others through sign language.



MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHT: Church of the Holy Trinity, 341 East 87 th St. FAPC: 5th Avenue Presbyterian Church, 7 West 55 th St. HOR: 7 East 95 th Street MAPC: Madison Ave Presbyterian Church, 921 Madison West 73rd St. SJC: St. Joseph's Church, 404 East 87 th St.					
1.	2. 11:00-12:00 Gracie Mansion Tour 1:30pm - 2:30pm CHT Pet Club	3. 12:00 - 1:00 FAPC Treatments in Urology/ Gynecology	4.	5. 10:45-11:45 CHT Exercise 12:00-4:00 CHT Bridge 3:30-4:30 (beginners) MAPC Harmonica Series 4:45- 5:45 MAPC Harmonica Series #1A	6. 10:15-10:55 SJC Jr. League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
8. 10:30-11:30 MAPC Arthritis Exercise 1:30 -3:30 CHT Mah Jong 2:00 – 3:00 CHT Photography 3:15-4:00 CHT Cell Phone Class	9. 10:30-11:30 HOR Reiki 1:30 – 2:30 CHT Downsizing & De- cluttering 3:00-4:00 CHT Tai Chi	10. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Exercise 1:30-2:30 PAUM Exercise	11. 10:00 – 11:00 CHT Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis	12. 10:45-11:45 CHT Exercise 12:00-4:00 CHT Bridge 3:30-4:30 (beginners) MAPC Harmonica Series 4:45- 5:45 MAPC Harmonica Series #1A	13. 10:15-10:55 SJC Jr. League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
15. 10:30-11:30 MAPC Arthritis Exercise 1:30 -3:30 CHT Mah Jong 2:00 – 3:00 CHT Photography 3:15-4:00 CHT Cell Phone Class	16. 10:30-11:30 HOR Reiki 1:30 – 2:30 CHT Long Term Care w/ Martin Petroff 3:00-4:00 CHT Tai Chi	17. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Exercise 1:00-2:00 Grand Masonic Lodge/Masonic Hall 1:30-2:30 PAUM Exercise	18. 10:00 – 11:00 CHT Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis 3:00-4:30 Volunteering is Ageless	19. Beginning at 9:30 - How to Navigate Senior Housing lists 10:45-11:45 CHT Exercise 12:00-4:00 CHT Bridge 3:30-4:30 (beginners) MAPC Harmonica Series 4:45- 5:45 MAPC Harmonica Series #1A	20. 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
22. 10:30-11:30 MAPC Arthritis Exercise 1:30 – 3:30 CHT Mah Jong 2:00 Start time, Four Freedoms Park, 2:00 – 3:00 CHT Photography 3:15-4:00 CHT Cell Phone Class	23. 10:30-11:30 HOR Reiki 1:15 – 2:45 CHT Oral Health & Aging 3:00-4:00 CHT Tai Chi	24. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Exercise 1:30-2:30 PAUM Exercise	25. 10:00 – 11:00 CHT Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis	26. 10:45-11:45 CHT Exercise 12:00-4:00 CHT Bridge 3:30-4:30 (beginners) MAPC Harmonica Series 4:45- 5:45 MAPC Harmonica Series #1A	27. 11:00 – 12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
29. <i>Memorial Day</i>  <i>No Classes</i>	30. 10:30-11:30 HOR Reiki 1:30 – 2:30 CHT Nutrition with Viktoryia 3:00-4:00 CHT Tai Chi	31. 11:00-12:00 FAPC Strengthen & Tone 1:30-2:30 PAUM Exercise			



P.O. Box 20384
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www.hafop.org
RETURN SERVICE REQUESTED

Community Activities

The Grolier Club, 47 East 60th Street (between Park & Madison Avenues), Exhibition: Images of Value, The Artwork Behind US Engraving 1830s-1980s. Mark Tomasko, Curator. Only thru April 29; please check hours: 212 838 6690. We have been invited for a tour April 13th at 3:00pm

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

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

St. James Church, at 865 Madison Avenue (71st Street) "Second Time Around" Phone: 212 288 4100. 9:30-4:00PM

Church of the Heavenly Rest: Thrift Sale. Saturday, May 6th, 10:00am - 4:00 pm 2 East 90th Street.

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.** When you are traveling or plan to be away, 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.

***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 any more.

***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

Quote of the month: "You cannot do a kindness too soon, for you never know how soon it will be too late." - Ralph Waldo Emerson

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.