



**MONTHLY CALENDAR, NOVEMBER 2018**



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**Quote of the month: "Thanksgiving is a time of togetherness and gratitude"- Nigel Hamilton**

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 programs are designed for both men and women. Exercise classes for our members focus on health and wellness, building strength, balance and flexibility. Friends are welcome! See what we are up to on [Facebook](#) (please press the control button directly on the hyperlink)

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.

**EXERCISE**

**ALEXANDER TECHNIQUE** Retrain habitual patterns of posture and movement. Thursdays, 10:00 -11:00am Church of the Holy Trinity, 341 East 87<sup>th</sup> St.

**ARTHRITIS** Mondays, 10:30 -11:30am, except November 12<sup>th</sup> and 19<sup>th</sup>. **Madison Avenue Presbyterian Church, 921 Madison Ave. & 73rd St.**

**BASIC EXERCISE** Tuesdays (except 11/20), 2:00-3:00pm **Abyssinian Towers, 50 West 131<sup>st</sup> St.**

**BASIC EXERCISE** Wednesdays, 1:00-2:00pm **Park Avenue United Methodist Church, 106 East 86<sup>th</sup> St.**

**CHAIR YOGA** Improve your flexibility with seated and standing Yoga exercises. Thursdays, 1:00pm-2:00pm at **Rutgers Presbyterian Church, 236 West 73rd St.** Saturdays, 11:00-12:00pm . **St. Joseph's Church, 404 East 87<sup>th</sup> St.**

**DANCE** Join Alex, our excellent instructor, for an hour of dance. Thursdays, 3:00-4:00pm **Church of the Holy Trinity, 341 East 87th St.** Bring a friend! **RSVP**

**STRENGTHEN AND TONE YOUR MUSCLES AND BONES** Safe and gentle exercise, using weights, if desired. Wednesdays, 11:00-12:00pm **Fifth Avenue Presbyterian Church, 7 West 55<sup>th</sup> St.** and Fridays, 10:30-11:30am **Church of the Holy Trinity, 316 East 87th St.**

**TAI-CHI** Ancient movements and balance exercises to strengthen legs, ankles, knees, and hips Tuesdays, 3:00-4:00pm at **Church of the Holy Trinity, 316 East 88<sup>th</sup> St.**

**OTHER PROGRAMS**

**BRIDGE** Intermediate & above. Fridays, 12:00pm-4:00pm at **Church of the Holy Trinity, 316 East 88<sup>th</sup> St.**

**CHESS CLUB** Enjoy this fascinating game, which will enhance mental and social skills, with instructor Eric Balck. Wednesdays, 1:00-2:00pm **Marshall Chess Club, 23 West 10<sup>th</sup> St.**

**HARMONICA SERIES :CURRENT SERIES CLOSED Next sign up in December.** Increase lung/breathing capacity while making music with Jiayi He, Fridays (except November 23rd), Advanced students, 3:00-3:45pm. Beginner students: 4:00pm-4:45pm. **Madison Avenue Presbyterian Church, 921 Madison Ave. & 73rd St.**

**ITALIAN** Learn conversational Italian with Marta and Mario Fridays, 11:30-12:30pm **Church of the Holy Trinity, 341 East 87<sup>th</sup> St.**

**MAH JONG** Introductory classes with instructor for this popular game Mondays, 1:30-3:30pm **Church of the Holy Trinity, 316 East 88<sup>th</sup> St.**

**PET CLUB SOCIAL** *Nutritious Food For Your Pet.* Tuesday, November 6, 1:30-2:30pm **Church of the Holy Trinity, 341 East 87th St. RSVP**

**PHOTOGRAPHY WORKSHOP** with Paul Diamond Mondays, 2:00-3:00pm **Church of the Holy Trinity, 316 East 87<sup>th</sup> St.**

**POKER** Bet, Raise, and Fold. Learn to play by watching for awhile. Wednesdays, 2:00-4:00pm **Church of the Holy Trinity, 341 East 88<sup>th</sup> St.**

**HARVEST LUNCH and FASHION SHOW** A social occasion to gather for lunch to celebrate Thanksgiving. Ricardo is organizing a Fashion Show and is asking members if they would like to participate, wearing a favorite dress, pocket book, hat, coat or whatever they wish. Saturday, November 17<sup>th</sup> at 12:30-2:00pm, **St.Vincent Ferrer School, 869 Lexington Avenue at 66<sup>th</sup> St. RSVP Required.**

**VOLUNTEERING IS AGELESS** We partner with Volunteer Referral Center to help you find the ideal volunteer activity, aligned with your passions or interests. Thursday, November 8<sup>th</sup> 3:00-4:30pm **Rutgers Church, 236 West 73<sup>rd</sup> St.**

### SEMINARS

**AGING AND VISION** Presentation by Janet Weinstein from the Lighthouse Guild, a leading nonprofit vision and healthcare organization addressing the needs of people who are blind or experiencing vision loss. Tuesday, November 13, 1:30-2:30pm at **Church of the Holy Trinity, 341 East 87<sup>th</sup> St.**

**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 87<sup>th</sup> St. RSVP**

**HOW TO ORGANIZE YOUR PAPERS** with Suzanne Berman. Tuesday, November 27, 1:15-2:30pm **Church of the Holy Trinity, 341 East 87<sup>th</sup> St.**

**JUNIOR LEAGUE** Saturdays:11/10 *Bullying*, 11/17 *Depression*, 11/24 *Heart Smart* 10:15-10:55am at **St. Joseph's Church, 404 E. 87<sup>th</sup> St.**

**WAYS TO MAKE YOUR HOME MEET YOUR NEEDS** Health Advocates' Interior Designer Rosemary Bakker, will discuss how to bring out the best in your home. Complimentary lunch will be included. Friday, November 9<sup>th</sup>,10:00-12:00pm Brookdale Center, Hunter School of Social Work, Third Ave. at 119<sup>th</sup> St. **RSVP**

**BALANCE, SAFE AND STRONG** Presented by Kelly Grimes and Prachi Bakarania Tuesday, November 20<sup>th</sup>,1:30-2:30pm at **Church of the Holy Trinity, 341 East 87<sup>th</sup> St. RSVP**

**THE ART OF HAPPINESS.** Tuesday, November 6<sup>th</sup>, 1:30-2:30. Join in a discussion with Neil Linden to explore how to stay centered and happy. **Church of the Holy Trinity, 316 East 88<sup>th</sup> St. RSVP**

### MUSEUM AND CITY VISITS

**MUSEUM AND CITY VISITS ARE AN OPPORTUNITY TO LEARN ABOUT NEW YORK WITH OTHER MEMBERS. RSVP REQUIRED, AS SPACE IS LIMITED (BY TELEPHONE, NOT BY EMAIL, PLEASE). WE WILL CALL THOSE WHO HAVE SIGNED UP BEFORE THE EVENT TO CONFIRM. PLEASE ARRIVE ON TIME, AND AS A CONSIDERATION TO FELLOW PARTICIPANTS AND TO HOSTS, DO NOT DEPART BEFORE THE VISIT ENDS**

**FOURFREEDOMS PARK ROOSEVELT ISLAND** Thursday, November 1, 11:00 a.m. RSVP

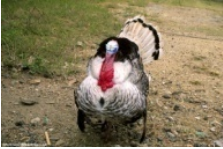
**MUSEUM OF THE MOVING IMAGE , Astoria Queens** Tuesday, November 6<sup>th</sup>, 1:00pm RSVP

**ROCKEFELLER CENTER** Christmas Tour with Sibyl McGroff. Thursday, November 15 1:30-3:00pm. RSVP



The pictures left to right: our members receiving their annual Flu Shot, our members participating in the informative Junior League seminar, Pharmacy College discussed tips about *How To Take Medicine* safely.

**CALENDAR November 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>AT</b> Abyssinian Towers, 50 West 131<sup>st</sup> St. <b>ABS</b> Abyssinian Baptist Church, 132 W 138th Street <b>CHT</b> Church of the Holy Trinity, 341 East 87<sup>th</sup> St. or 316 East 88th St. <b>FAPC</b> Fifth Avenue Presbyterian Church, 7 West 55<sup>th</sup> St. <b>MAPC</b> Madison Ave Presbyterian Church, 921 Madison Avenue <b>MCC</b> Marshall Chess Club, 23 West 10<sup>th</sup> St. <b>PAUM</b> Park Avenue United Methodist Church, 109 East 87<sup>th</sup> St. <b>RC</b> Rutgers Church 236 West 73<sup>rd</sup> St. <b>SJC</b> St. Joseph's Church, 404 East 87<sup>th</sup> St. <b>SVF</b> St. Vincent Ferrer School, 869 Lexington Ave. at 66 St.</p>					
			<p>1. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 11:00 Four Freedoms Park Roosevelt Island Tour ❖ 1:00-2:00 RC Chair Yoga ❖ 3:00-4:00 CHT 87 Dance  ❖ 10:00-5:00 FAPC Holiday Fair</p>	<p>2. ❖ 10:30-11:30 CHT 87 Strengthen &amp; Tone ❖ 10:00-5:00 FAPC Holiday Fair ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) 4:00-4:45 (beginners) MAPC Harmonica</p>	<p>3. ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie</p>
<p>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</p>	<p>6. ❖ 12:30 CHT 88 Lunch \$2.50 ❖ 1:00 Museum of Moving Image Tour ❖ 1:30-2:30 CHT 87 Pet Club Social ❖ 2:00-3:00 AT Basic Exercise ❖ 3:00-4:00 CHT 88 Tai Chi</p>	<p>7. ❖ 11:00-12:00 FAPC Strengthen &amp; Tone ❖ 1:00-2:00 MCC Chess ❖ 1:00-2:00 PAUM Basic Exercise ❖ 2:00-4:00 CHT 88 Poker</p>	<p>8. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga ❖ 3:00-4:00 CHT 87 Dance</p>	<p>9. ❖ 10:30-11:30 CHT 87 Strengthen &amp; Tone ❖ 10:00-12:00 ABS Home meet needs ❖ 10:00-4:00SJC Thrift Sale ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) 4:00-4:45 (beginners) MAPC Harmonica</p>	<p>10. ❖ 10:15-10:55 SJC Jr. League Seminar ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT87 Matinee Movie ❖ 3:00-4:30RC Volunteering is Ageless</p>
<p>12. ❖ 10:30-11:30 MAPC Arthritis Exercise NO CLASS TODAY ❖ 1:30-3:30 CHT 88 Mah Jong ❖ 2:00-3:00 CHT 87 Photography ❖ 3:15-4:00 CHT 87 Cell Phone Class</p>	<p>13. ❖ 12:30 CHT 88 Lunch \$2.50 ❖ 1:30-2:30 CHT 87 Aging and Vision ❖ 2:00-3:00 AT Basic Exercise ❖ 3:00-4:00 CHT 88 Tai Chi</p>	<p>14. ❖ 11:00-12:00 FAPC Strengthen &amp; Tone ❖ 1:00-2:00 MCC Chess ❖ 1:00-2:00 PAUM Basic Exercise ❖ 2:00-4:00 CHT 88 Poker</p>	<p>15. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga ❖ 1:30-3:00 Rockefeller Center Christmas Tour ❖ 3:00-4:00 CHT 87 Dance</p>	<p>16. ❖ 10:30-11:30 CHT 87 Strengthen &amp; Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) 4:00-4:45 (beginners) MAPC Harmonica</p>	<p>17. ❖ 10:15-10:55 SJC Jr. League Seminar ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT87 Matinee Movie ❖ 12:30pm SVF Harvest Lunch</p>
<p>19. ❖ 10:30-11:30 MAPC Arthritis Exercise NO CLASS TODAY ❖ 1:30-3:30 CHT 88 Mah Jong ❖ 2:00-3:00 CHT 87 Photography ❖ 3:15-4:00 CHT 87 Cell Phone Class</p>	<p>20. ❖ 12:30 CHT 88 Lunch \$2.50 ❖ 1:30-2:30 CHT 87 Balance, Safe and Strong ❖ 3:00-4:00 CHT 88 Tai Chi</p>	<p>21. ❖ 11:00-12:00 FAPC Strengthen &amp; Tone ❖ 1:00-2:00 MCC Chess ❖ 1:00-2:00 PAUM Basic Exercise ❖ 2:00-4:00 CHT 88 Poker</p>	<p>22. </p>	<p>23. ❖ 10:30-11:30 CHT 87 Strengthen &amp; Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge</p>	<p>24. ❖ 10:15-10:55 SJC Jr. League Seminar ❖ 11:00-12:00 SJC Chair Yoga ❖ 12:30 CHT 87 Matinee Movie</p>
<p>26. ❖ 10:30-11:30 MAPC Arthritis Exercise ❖ 1:30-3:30 CHT 88 Mah Jong ❖ 2:00-3:00 CHT87 Photography ❖ 3:15-4:00 CHT 87 Cell Phone Class</p>	<p>27. ❖ 12:30 CHT 88 Lunch \$2.50 ❖ 1:15-2:30 CHT 87 How to organize your papers ❖ 2:00-3:00 AT Basic Exercise ❖ 3:00-4:00 CHT 88 Tai Chi</p>	<p>28. ❖ 11:00-12:00 FAPC Strengthen &amp; Tone ❖ 1:00-2:00 MCC Chess ❖ 1:00-2:00 PAUM Basic Exercise ❖ 2:00-4:00 CHT 88 Poker</p>	<p>29. ❖ 10:00-11:00 CHT 87 Alexander Technique ❖ 1:00-2:00 RC Chair Yoga ❖ 3:00-4:00 CHT 87 Dance</p>	<p>30. ❖ 10:30-11:30 CHT 87 Strengthen &amp; Tone ❖ 11:30-12:30 CHT 87 Italian Speaking ❖ 12:00-4:00 CHT 88 Bridge ❖ 3:00-3:45 (advanced) ❖ 4:00-4:45 (beginners) MAPC Harmonica</p>	



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RETURN SERVICE REQUESTED

### COMMUNITY AND EVENTS

**CHURCH OF THE HOLY TRINITY: Lunch** Tuesdays, 12:30pm . 316 East 88th St. Enjoy the company of others while partaking of a delicious meal. **Fee\$2.50.**

**DISCOUNTS** :Duane Reade offers a 20% discount to seniors on Tuesdays.

**HOLIDAY FAIR:** Thursday and Friday, November 1st and 2nd, 10am-5p.m. at Fifth Avenue Presbyterian Church, 7 West 55th Street. For further information call 212-247-0490.

**THRIFT SALE :** Friday, November 9th, 10:00am-4:00pm , St. James Church, 865 Madison Ave.

### MATINEE MOVIES

**Saturdays, 12:30pm at Church of the Holy Trinity, 341 East 87th St.**

**November 3 "Molly's Game"** Drama based on the real-life story of Olympic-class skier Molly Bloom, who ran the world's most exclusive high-stakes poker game. Her players included Hollywood royalty, sport stars, business titans, and the Russian mob. Starring Jessica Chastain.

**November 10 "Three Billboards Outside Ebbing, Missouri"** Mildred Hayes, mother seeking justice for her murdered daughter, puts up three roadside signs to goad Ebbing police chief into action. Oscar wins for "Best Actress and Best Supporting Actor". Starring Frances McDormand, Woody Harrelson and Sam Rockwell.

**November 17 "Wonder Struck"** Ben and Rose are children from two different eras who secretly wish that their lives were different. When Ben discovers a puzzling clue, and Rose reads an enticing headline, they both set out epic quests to find what they're missing. Staring Julianne Moore and Michelle Williams.

**November 24 "The Disaster Artist"** A story of friendship and betrayal of two aspiring actors in Hollywood. Golden Globes win for "Best Actor" for James Franco.

### USEFUL INFORMATION

**Wheelchairs, walkers, canes and other equipment are available.** If you or someone you know needs equipment or would like to donate equipment, call our office. We also have an HP scanner and a Brother fax machine.

**Legal Clinics** Call the office for a list of local free legal clinics.

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.

**Monthly Calendar** When you are traveling or plan to be away, please let us know so we can suspend your calendar mailing. *The postage office returns them to us and we have to pay double postage.* Thank you!

**Member profile** We send out notices about upcoming programs and special events and want to make sure your information is current.

**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.