



MONTHLY CALENDAR, OCTOBER 2018



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

Quote of the month: "If you fell down yesterday, stand up today." - H.G. Wells

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.

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**

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

Tuesday, 2:00-3:00. Exercise with Reggie. Abyssinian Towers, 50 West 131st Street.

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 10:30am-11:30am Church of the Holy Trinity, 316 East 87th St.**

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

- **CHAIR YOGA:** Improve of your flexibility with seated and standing Yoga exercises. **Thursdays 1:00pm-2:00pm. Chair Yoga for Arthritis. Rutgers Presbyterian Church, 236 West 73rd Street. Saturdays,11:00am -12:00pm, at St. Joseph's Church, 404 East 87thSt.**

SPECIAL ACTIVITIES AND SEMINARS

- **PET CLUB SOCIAL:** Monday, October 1, 1:30pm-2:30pm, *Nutritious Food For Your Pet.* **Church of the Holy Trinity, 341 East 87th Street. RSVP.**
- **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.**
- **BRIDGE:** Fridays, 12:00pm-4:00pm, Intermediate & above. **Church of the Holy Trinity, 316 East 88th Street.**

- **ITALIAN CLASS.** Fridays 11:30-12:30. Learn conversational Italian with Marta and Mario. **Church of the Holy Trinity, 341 East 87th Street.**
- **CHESS CLUB:** Wednesdays 1:00-2:00pm. **Marshall Chess Club** with teacher National Master Eric Balck. Enjoy this fascinating game that will enhance mental and social skills. **23 West 10th Street.**
- **MAH JONG:** Mondays, 1:30pm-3:30pm. Introductory classes, with instructor, to this popular game. **Church of the Holy Trinity, 316 East 88th Street.** Openings for new players available.
- **POKER:** Bet, Raise, Fold. Wednesdays, 2:00-4:00pm. **Church of the Holy Trinity, 341 East 88th Street.**
- **JUNIOR LEAGUE SEMINARS:** Saturdays, 10:15am-10:55am. October 6 TBA, October 13-TBA-October 20-TBA, October 27- TBA. **St. Joseph's Church, 404 E. 87th Street.**
- **DANCE:** Thursdays at 3:00pm-4:00pm, Join Alex, our excellent instructor, for an hour of dance. **Church of the Holy Trinity, 341 East 87th Street.** Bring a friend! **RSVP.**
- **PHOTOGRAPHY WORKSHOP:** Mondays, 2:00-3:00pm. With Paul Diamond. **Church of the Holy Trinity, 316 East 87th Street.** Openings for new participants available.
- **HARMONICA SERIES: CLASSES FULL** Fridays, through December 21, except 11/23. Continuing our Harmonica Series with Jiayi He, to increase lung/breathing capacity while making music. 3:00-3:45pm Advanced students who are at the intermediate or above level. **RSVP.** 4:00-4:45pm Beginning students. **RSVP. Madison Avenue Presbyterian Church, 921 Madison Ave.**
- **MEDICARE WORKSHOP** Tuesday, October 9th 1:30-2:30. Michelle Berney (DFTA) and Eric Hausman will discuss *What's New for Medicare in 2019.* **Church of the Holy Trinity, 341 East 87th Street.**
- **ELDER CARE ATTORNEY.** Tuesday, October 16th, 1:30-2:30. Matthew Raphan will share key financial and other planning information. **Church of the Holy Trinity, 341 East 87th Street.** **RSVP.**
- **BALANCE, SAFE AND STRONG.** Tuesday, October 30th, 1:30-2:30. Back by popular request. **Church of the Holy Trinity, Church of the Holy Trinity, 341 East 87th Street.** **RSVP.**
- **FEMALE PELVIC HEALTH.** October 24th. 12:00 noon. Dr. Patrick Culligan from New York Cornell Hospital will discuss older women's health and how to work toward positive results. There will be time for questions. **Fifth Avenue Presbyterian Church 7 West 55th Street.** **RSVP.**

Museum and City Visits are an opportunity to learn about New York with other members. RSVP 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. (Let us know if you will be accompanied by an aide.)

Thursday, October 11 at 1:00pm. The Mount Vernon Hotel Museum & Garden, formerly the Abigail Adams Smith Museum, constructed in 1799 in the then rural setting as a carriage house, and later converted to a hotel. Tour the period rooms in this NYC gem. THE BUILDING IS NOT WHEELCHAIR-ACCESSIBLE AND DOES NOT HAVE AN ELEVATOR; there is a staircase from the street and an interior staircase with 13 steps. **421 East 61st Street, RSVP.**

Friday October 12, at 2:30pm. Cooper Hewitt Smithsonian Design Museum. Join a docent led tour of the exhibition *Saturated: The Allure and Science and Color.* **2 East 91st Street. RSVP**

Thursday, October 25 at 1:00pm. The Museum of the City of New York. Join a docent led tour of the exhibition *New York at Its Core: What made New York, New York?* Learn and follow the story of the city's rise from a striving Dutch village to today's "Capital of the World," and consider its future in our changing world. **1220 Fifth Avenue at 103rd Street. RSVP.**



The left picture is of two lively members of our Pet Program that meets each month so members can get together for a social time and also discuss topics of interest such as *Nutritious Food for Your Pet.* The center picture is of our lively poker class, and the picture on the right is a Nutrition presentation. Hope to see you soon!

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CHT: Church of the Holy Trinity, 341 East 87th St. or 316 East 88th St. FAPC: 5th Avenue Presbyterian Church, 7 West 55th St. MAPC: Madison Ave Presbyterian Church, 921 Madison Avenue, MC Mercy Center, 377 E 145th St. SJC: St. Joseph's Church, 404 East 87th St. PAUM Park Avenue Methodist Church, 109 East 87th St. AT Abyssinian Towers, 50 West 131st St. RC: Rutgers Church 236 West 73rd St. MCC: Marshall Chess Club, 23 West 10th Street</p>					
<p>1. 10:30-11:30 MAPC Arthritis Exercise CHT 1:00-2:00 Pet Club 1:30 -3:30 Mah Jong 2- 3:00 Photography 3:15-4:15 Cell Phone Class</p>	<p>2. 1:30-2:30 CHT 2:00-3:00 AT 3:00-4:00 CHT Tai Chi</p>	<p>3. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Yoga for Arthritis 1:00-2:00 MCC Chess 1:30-2:30 PAUM Exercise 2:00-4:00pmCHT Poker</p>	<p>4. 10:00-11:00 CHT 87 Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis</p>	<p>5. 10:45-11:45 CHT Exercise 11:30-12:30CHT (87) Italian Speaking 12:00-4:00 CHT Bridge Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 (beginners)</p>	<p>6. 10:15-10:45 SJC Jr. League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie</p>
<p>8.  Columbus Day No Classes</p>	<p>9. 1:30-2:30 CHT Medicare Workshop 3:00-4:00 CHT Tai Chi</p>	<p>10. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Yoga for Arthritis 1:00-2:00 MCC Chess 1:30-2:30 PAUM Exercise 2:00-4:00pmCHT Poker</p>	<p>11. 10:00-11:00 CHT 87 Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis 1:00 Mt Vernon Hotel Tour</p>	<p>12. 10:45-11:45 CHT Exercise 11:30-12:30CHT (87) Italian Speaking 12:00-4:00 CHT Bridge 2:30 Cooper Hewitt Museum Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 (beginners)</p>	<p>13. 10:15-10:45 SJC Jr. League Seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie</p>
<p>15. 10:30-11:30 MAPC Arthritis Exercise CHT 1:30 -3:30 Mah Jong 2- 3:00 Photography 3:15-4:15 Cell Phone Class</p>	<p>16. 1:30-2:30 CHT Matthew Raphan -Elder Attorney 3:00-4:00 CHT Tai Chi</p>	<p>17. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Yoga for Arthritis 1:00-2:00 MCC Chess 1:30-2:30 PAUM Exercise 2:00-4:00pmCHT Poker</p>	<p>18. 10:00-11:00 CHT 87 Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis</p>	<p>19. 10:45-11:45 CHT Exercise 11:30-12:30CHT (87) Italian Speaking 12:00-4:00 CHT Bridge Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 (beginners)</p>	<p>20. 10:15-10:45 SJC Jr. League Seminar 11:00-12:00 SJC Chair Yoga 12:00 SJC Chef's Workshop 12:30 CHT Matinee Movie</p>
<p>22. 10:30-11:30 MAPC Arthritis Exercise CHT 1:30 -3:30 Mah Jong 2- 3:00 Photography 3:15-4:15 Cell Phone Class</p>	<p>23. 1:30-2:30 CHT <i>Declutter-Move- Ahead</i> 3:00-4:00 CHT Tai Chi</p>	<p>24. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Yoga for Arthritis 1:00-2:00 MCC Chess 1:30-2:30 PAUM Exercise 2:00-4:00pmCHT Poker</p>	<p>25. 10:00-11:00 CHT 87 Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis 1:00 Museum of the City of New York</p>	<p>26. 10:45-11:45 CHT Exercise 11:30-12:30CHT (87) Italian Speaking 12:00-4:00 CHT Bridge Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 (beginners)</p>	<p>27. 10:15-10:45 SJC Jr. League Seminar 11:00 - 12:00 SJC Chair Yoga 12:30 CHT Matinee Movie</p>
<p>29. 10:30-11:30 MAPC Arthritis Exercise CHT 1:30 -3:30 Mah Jong 2- 3:00 Photography 3:15-4:15 Cell Phone Class</p>	<p>30. 1:30-2:30 CHT Balance, Safe & Strong 3:00-4:00 CHT Tai Chi</p>	<p>31. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Yoga for Arthritis 1:00-2:00 MCC Chess 1:30-2:30 PAUM Exercise 2:00-4:00pmCHT Poker</p>			



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

Community Activities

Church of the Holy Trinity: Tuesday lunches at 12:30 pm. Enjoy the company of others while partaking of a delicious meal. **Fee \$2.50. Church of the Holy Trinity, 316 East 88th Street.**

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

USEFUL INFORMATION

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

October 6 – "**The 15:17 To Paris.**" Three American tourists foil a terrorist attack on an Amsterdam to Paris train in 2015. Real-life heroes Spencer Stone, Alek Skarlatos and Anthony Sadler cast as themselves.

October 13 – "**Book Club.**" Members of the 60's Plus Club, after viewing "50 Shades of Grey" decide to make changes in their romantic relations with various results. Stars: Diane Keaton, Jane Fonda, Candice Bergen.

October 20 – "**Little Pink House**" A Nurse in New London, CT becomes a hero in her home town by leading the battle to save her home and those of her neighbors from destruction as a result of an eminent domain battle with misguided local politicians in collusion with a big corporation. Great movie and great message. Catherine Keener stars.

October 27 – "**All the Money in The World**" A thriller about the 1973 kidnapping of John Paul Getty II and his grandfather's refusal to pay a \$17 million ransom. Christopher Plummer stars.

***Wheelchairs, walkers, canes and other equipment are available.** If you or someone you know who 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.

***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.

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

We are updating our information. Please call the office with your birth date and emergency contact if they have changed. 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

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.