



# HEALTH ADVOCATES FOR OLDER PEOPLE

MONTHLY CALENDAR, SEPTEMBER 2017



**Health Advocates programs are designed for both men and women.**

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Quote of the month: "It does not matter how long you go as long as you do not stop." - *Confucius*

**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.** Wednesdays 1:30pm-2:30pm. **Park Avenue United Methodist Church, 106 East 86<sup>th</sup> Street,** and 10:30am-11:30am, beginning September 27, at the **Sydenham Family Health Center, 264 West 118 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 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 10:30am-11:30am. **Church of the Holy Trinity, 316 East 88<sup>th</sup> Street.**
- **CHAIR YOGA:** Improve your flexibility with Yoga exercises while seated in a chair. Wednesday, 12:30pm-1:30pm. **Mercy Center, 377 East 145 Street.** Thursdays 1:00pm-2:00pm. **Chair Yoga for Arthritis. Rutgers Presbyterian Church, 236 West 73rd Street.** Saturdays, 11:00am -12:00pm. **St. Joseph's Church, 404 East 87<sup>th</sup> Street.**
- **ALEXANDER TECHNIQUE:** Thursdays 10:00am – 11:00am. **Church of the Holy Trinity, 341 East 87<sup>th</sup> Street (between 1<sup>st</sup> – 2<sup>nd</sup> Ave.)** No class September 28.

### **SPECIAL ACTIVITIES AND SEMINARS**

- **JUNIOR LEAGUE SEMINARS:** Saturdays, 10:15-10:55am: September 16 –Bone Health ; September 23— Pain Management September 30— Depression. **St. Joseph's Church, 404 East 87<sup>th</sup> Street.**
- **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 87<sup>th</sup> Street. RSVP.**
- **NUTRITION WORKSHOP:** THURSDAY, SEPTEMBER 21, 2:00 – 3:00PM. FOLLOWING CHAIR YOGA. PLEASE JOIN US FOR THIS INFORMATIVE PROGRAM GIVEN BY VIKTORIA, THE AUTHOR OF OUR

NUTRITION HANDBOOK, WHO WILL REVIEW DIFFERENT FATS AND WHICH ONES ARE HEALTHFUL FOR US AND WHICH WE SHOULD AVOID. **RUTGERS CHURCH, 236 WEST 73RD STREET. RSVP.**

- **HAND MASSAGE:** Mondays 3:15pm-4:00pm. A trained instructor will give a short hand massage to relieve pain and tension. **Church of the Holy Trinity, 341 East 87<sup>th</sup> Street. RSVP.**
- **BRIDGE:** Fridays, 12:00pm-4:00pm. Intermediate and above. **Church of the Holy Trinity, 316 East 88<sup>th</sup> Street.**
- **MAH JONG:** Mondays, 1:30pm-3:30pm. Introductory classes to this popular game. **Church of the Holy Trinity, 316 East 88<sup>th</sup> St.** Openings for new players.
- **PHOTOGRAPHY WORKSHOP:** Mondays, 2:00pm-3:00pm. **Church of the Holy Trinity, 341 East 87<sup>th</sup> Street.**
- **DANCE** Friday 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!
- **HOUSING ISSUES THAT WORRY US.** Tuesday, September 12, 1:30pm-2:30 pm. Audrey Tannen, Executive Director of Eviction Intervention Services Housing Resource Center, will advise about your absolute housing rights as seniors, how to change your lease, the importance of decluttering, and other concerns. **Church of the Holy Trinity, 341 East 87th Street. RSVP.**
- **ORGANIZE YOUR HOME FOR A MORE PEACEFUL ENVIRONMENT.** Tuesday, September 19<sup>th</sup> and 26<sup>th</sup>. 1:30-2:30 with author Linda Hetzer, **Holy Trinity Church, 341 East 87th Street.**

**Museum and City Visits are an opportunity to learn about New York with other Healthy Aging Program participants. 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.**

**HARMONICA SERIES** Fridays, September 8, 15, 22, 29, Oct. 6, and 13 from 3:00pm-4:00pm (for prior attendees) Continuing our Harmonica classes with virtuoso teacher, Jiayi He. Enjoy music-making while increasing your lung/breathing capacity. Madison Avenue Presbyterian Church, 921 Madison Avenue, 5<sup>th</sup> floor. RSVP.

**CENTRAL SYNAGOGUE** Wednesday, September 13, 11:00am - 12:00pm. A docent-led tour of the beautiful and historic sanctuary. 652 Lexington Avenue (55th Street). RSVP.

**ASIA SOCIETY AND MUSEUM** Wednesday, September 20, 1:00pm – 2:00pm. 725 Park Avenue at 70<sup>th</sup> Street. A docent-led tour of groundbreaking exhibitions of traditional and contemporary Asian and Asian American art. RSVP.

#### **MATINEE MOVIES:**

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

September 2 – **SILENCE.** Martin Scorsese's film set in 17th Century Japan.

September 9– **HIDDEN FIGURES.** An unreported chapter of female black history at NASA in the 1960's.

September 16– **LIVE BY NIGHT.** Italian and Irish mobs, in prohibition era, battling for supremacy in Boston.

September 23– **THE SALESMAN.** Previous tenant of couple's home dramatically impacts their life.


September 30– **PATERSON.** Chronicles a week in the life of a Paterson, NJ bus driver and amateur poet.



An enjoyable visit to the Georgia O'Keeffe exhibition at the Brooklyn Museum



**SEPTEMBER 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>AT:</b> Abyssinian Towers, 50 West 131<sup>st</sup> Street. <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>MC:</b> Mercy Center: 377 E. 145<sup>th</sup> 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. <b>SFHC:</b> Sydenham Family Health Center 264 West 118 Street.</p>					
				<p>1. 10:30-11:30 <b>CHT</b> Exercise 12:00-4:00 <b>CHT</b> Bridge 4:00- 5:00 <b>CHT</b> Dance</p>	<p>2. 10:15-10:55 <b>SJC</b> Mindfulness Workshop 11:00-12:00 <b>SJC</b> Chair Yoga 12:30 <b>CHT</b> Matinee Movie</p>
<p>4. <b>LABOR DAY</b>    <b>NO CLASSES</b></p>	<p>5. 3:00-4:00 <b>CHT</b> Tai Chi</p>	<p>6. 11:00-12:00 <b>FAPC</b> Strengthen &amp; Tone  1:30-2:30 <b>PAUM</b> Exercise</p>	<p>7. 10:00-11:00 <b>CHT</b> Alexander Technique  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis</p>	<p>8. 10:30-11:30 <b>CHT</b> Exercise  12:00-4:00 <b>CHT</b> Bridge 3:00-4:00 <b>MAPC</b> Harmonics Series 4:00- 5:00 <b>CHT</b> Dance</p>	<p>9. 11:00-12:00 <b>SJC</b> Chair Yoga 12:30 <b>CHT</b> Matinee Movie</p>
<p>11. 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</p>	<p>12. 1:30-2:30 <b>CHT</b> "Eviction"  3:00-4:00 <b>CHT</b> Tai Chi</p>	<p>13. 11:00-12:00 Central Synagogue Tour  11:00-12:00 <b>FAPC</b> Strengthen &amp; Tone  1:30-2:30 <b>PAUM</b> Exercise</p>	<p>14. 10:00-11:00 <b>CHT</b> Alexander Technique  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis</p>	<p>15. 11:00-2:00 <b>CHT</b> (88<sup>th</sup> St.) Flu Shots  10:30-11:30 <b>CHT</b> Exercise 12:00-4:00 <b>CHT</b> Bridge 3:00-4:00 <b>MAPC</b> Harmonica Series 4:00- 5:00 <b>CHT</b> Dance</p>	<p>16. 10:15- 10:55 <b>SJS</b> Jr. League Seminar Bone Health  11:00-12:00 <b>SJC</b> Chair Yoga 12:30 <b>CHT</b> Matinee Movie</p>
<p>18. 10:30-11:30 <b>MAPC</b> Arthritis Exercise  1:30 – 3:30 <b>CHT</b> Mah Jong  2:00 – 3:00 <b>CHT</b> Photography  3:15-4:00 <b>CHT</b> Cell Phone Class</p>	<p>19. 1:30-2:30 <b>CHT</b> Downsizing with Linda Hetzer  3:00-4:00 <b>CHT</b> Tai Chi</p>	<p>20. 11:00-12:00 <b>FAPC</b> Strengthen &amp; Tone  1:00-2:00 Asia Society &amp; Museum tour  1:30-2:30 <b>PAUM</b> Exercise</p>	<p>21. 10:00-11:00 <b>CHT</b> Alexander Technique  1:00-2:00 <b>RC</b> Chair Yoga for Arthritis  2:00-3:00 <b>RC</b> Nutrition – Fats Part 2</p>	<p>22. 10:30-11:30 <b>CHT</b> Exercise 12:00-4:00 <b>CHT</b> Bridge 3:00-4:00 <b>MAPC</b> Harmonica Series 4:00- 5:00 <b>CHT</b> Dance</p>	<p>23. 10:15-10:55 <b>SJS</b> Jr. League Seminar Pain Management  11:00-12:00 <b>SJC</b> Chair Yoga 12:30 <b>CHT</b> Matinee Movie</p>
<p>25. 10:30-11:30 <b>MAPC</b> Arthritis Exercise  1:30 -3:30 <b>CHT</b> Mah Jong  2:00 – 3:00 <b>CHT</b> Photography  3:15-4:00 <b>CHT</b> Cell Phone Class</p>	<p>26. 1:30-2:30 <b>CHT</b> Downsizing with Linda Hetzer  3:00-4:00 <b>CHT</b> Tai Chi</p>	<p>27. 10:30-11:30 <b>SFHC</b> Exercise for Arthritis  11:00-12:00 <b>FAPC</b> Strengthen &amp; Tone  12:30-1:30 <b>MC</b> Yoga for Arthritis  1:30-2:30 <b>PAUM</b> Exercise</p>	<p>28. 1:00-2:00 <b>RC</b> Chair Yoga for Arthritis</p>	<p>29. 10:30-11:30 <b>CHT</b> Exercise 12:00-4:00 <b>CHT</b> Bridge 3:00-4:00 <b>MAPC</b> Harmonica Series 4:00- 5:00 <b>CHT</b> Dance</p>	<p>30. 10:15-10:55 <b>SJS</b> Jr. League Seminar Depression  11:00-12:00 <b>SJC</b> Chair Yoga 12:30 <b>CHT</b> Matinee Movie  <b>YOM KIPPUR</b></p>

We are fortunate that Kristina Jackson will lead a **Mindfulness Workshop** on both Saturday August 26<sup>th</sup> and September 2<sup>nd</sup> from 10:15-10:55am at St. Joseph's Church, 404 East 87<sup>th</sup> Street. Please join us for this special opportunity.



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



### COMMUNITY ACTIVITIES

**Church of the Holy Trinity at 316 East 88<sup>th</sup> Street**, Tuesday lunches are every Tuesday at 12:30 pm. Enjoy the company of others while partaking of a delicious meal. **Call** the church for starting September date, 212 289-4100, extension “0”

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

**FREE TOUR, EVERY FRIDAY YEAR-ROUND GRAND CENTRAL NEIGHBORHOOD TOUR :** A free tour of Grand Central and its neighborhood runs every Friday throughout the year. The guide is our friend Peter Laskowich, who gives classes and tours of New York history. The tour runs from 12:30 to 2:15 p.m. and begins inside of 120 Park Avenue, which is across 42nd Street and to the right from the Terminal’s main entrance. No reservations are necessary. For more information call Peter at (862) 226-1244 or e-mail him at info@newyorkdynamic.com

### USEFUL INFORMATION

**Flu Shots.** Friday, September 15, 11:00am-2:00pm, Bring your Medicare, Medicaid or Insurance card. **Church of the Holy Trinity, 316 East 88<sup>th</sup> Street (take elevator to the lower level). RSVP**

**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. 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.

**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.