



HEALTH ADVOCATES

FOR OLDER PEOPLE

MONTHLY CALENDAR, SEPTEMBER 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: "It does not matter how long you go as long as you do not stop." -
Confucius

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, 341 East 87th Street. Church of the Holy Trinity, 341 East 87th Street (between 1st - 2nd Avenues)**

• **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. On Saturdays, 11:00am -12:00pm, at St. Joseph's Church, 404 East 87th Street.**

• **ALEXANDER TECHNIQUE Thursdays beginning 9/13. 10:00-11:00am. Church of the Holy Trinity, 341 East 87th Street**

SPECIAL ACTIVITIES AND SEMINARS

• **PET CLUB SOCIAL: Tuesday, September 4, 1:30pm-2:30pm, *How to Care for Your Pet in an Emergency.* 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 required.**
- **BRIDGE:** Fridays, 12:00pm-4:00pm, Intermediate and above. Church of the Holy Trinity, 316 East 88th Street.
- **ITALIAN CLASS.** Fridays 11:30-12:30. 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 87th Street.
- **JUNIOR LEAGUE SEMINARS:** Saturdays, 10:15am-10:55am. September 15-TBA- September 22-TBA, September 29- TBA. St. Joseph's Church, 404 E. 87th Street.
- **DANCE:** Thursdays beginning the 13th at 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! **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.
- **FLAMENCO DANCE:** Mondays , 4:00-5:00pm. Church of the Holy Trinity, 316 East 88th Street.
- **HARMONICA SERIES.** Fridays, September 7- December 21, except 9/14, and 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**
- **THE ART OF HAPPINESS.** Tuesday, September 25th, 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 88th Street. **RSVP**
- **MEDICATIONS AS WE AGE.** Tuesday, September 18th 1:30-2:30. Dr. Eris Cani will talk about how to take medicines. Church of the Holy Trinity, 316 East 88th Street.
- **FALL PREVENTION FAIR.** September 25th. Health Outreach of New York Presbyterian Hospital annual fair includes professionals taking blood pressures and giving helpful information and advice.
- **FLU SHOTS.** Friday, September 14th 10:30-2:00. Take advantage of this opportunity to get ahead of the fall rush. Church of the Holy Trinity, 316 East 88th Street on the lower level.
- **IN TO FASHION WITH RICCARDO.** Tuesday, September 11th, 1:30-2:30. Wear an outfit that makes you feel like a million! Learn how clothing affects your mood. Church of the Holy Trinity, 316 East 87th Street.

Museum and City Visits are an opportunity to learn about New York with other program participants. **RSVP by telephone, not email.** We will call those who have signed up before the event to confirm. Let us know ASAP if you cannot attend as space is limited. We always have a wait list, so 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. (Call if you will come with an aide.)

September City Visits:

Guided Tour of Channel 13. Tuesday, September 4th at 11:00am. Visit audio/video editing facilities, control room for Lincoln Center Studio and meet with engineers. 825 Eighth Avenue at Street. **RSVP**


New York Historical Society. Friday, September 7th at 1:00pm. Tour the exhibitions celebrating famed NYC photographer *Bill Cunningham* and *Walk This Way Footwear* from the Stuart Weitzman Collection of Historic Shoes. 170 Central Park West, corner of 77th Street. **RSVP.**

September 27th at 12:30pm. The Museum at 12 Eldridge Street is housed in the Eldridge Street Synagogue, a magnificent National Historic Landmark and the first house of worship built by Jewish migrants from Eastern Europe. **RSVP**



In July, we visited the Good Housekeeping Institute which was a delight for all. In early August 70 members of the Healthy Aging Program attended a cookout in the garden at the Church of the Epiphany. Many thanks to Epiphany for hosting us for the 10th year! Patricia has been very busy receiving and arranging delivering of needed equipment.

SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT: Abyssinian Towers, 50 West 131 st St. 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 Ave. Mercy Center: 377 East 145th St. PAUM: Park Avenue United Methodist Church, 106 East 86 th Street. RC: Rutgers Church, 236 West 73rd St. SJC: St. Joseph's Church, 404 East 87 th St.					
					1. 11:00–12:00 SJC Chair Yoga 12:30 CHT
3.  Labor Day NO CLASSES	4. Tour of Chanel 13 11:00am 1:30-2:30 CHT Pet Club Social 3:00-4:00 CHT Tai Chi	5. 11:00-12:00 FAPC Strengthen & Tone 1:30-2:30 PAUM Exercise 2:00-4:00 CHT Poker	6. 1:00-2:00 RC Chair Yoga for Arthritis	7. 10:45-11:45 CHT Exercise 11:30-12:30 HT(87) Speaking Italian 12:00–4:00 CHT Bridge 1:00 NY Historical Society Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 beginners	8. 11:00–12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
10. 10:30-11:30 MAPC Arthritis Exercise 1:30 -3:30 CHT Mah Jong 3:15-4:00 CHT Cell Phone Class 4:00-5:00 CEH Flamenco	11. 1:30-2:30 CHT Fashion with Riccardo 2:00-3:00 AT 3:00-4:00 CHT Tai Chi	12. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Exercise 1:30-2:30 PAUM Exercise	13. 10:00-11:00 CHT Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis Dance CHT(87) 4:00-5:00pm	14. 10:45-11:45 CHT Exercise 10:30-2:00Flu Shots 11:30-12:30 CHT(87) Speaking Italian 12:00–4:00 CHT Bridge 1:00 NY Historical Society Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 beginners	15. 10:15-10:55 SJC Junior League seminar 11:00-12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
17.10:30-11:30 MAPC Arthritis Exercise 1:30 – 3:30 CHT Mah Jong 2:00 – 3:00 CHT Photography 3:15-4:00 CHT Cell Phone Class 4:00-5:00 CEH Flamenco	18. 1:00-2:00 The Met Cloisters 1:30-2:30 CHT Meditations As We Age. Dr. Eris Cani 3:00-4:00 CHT Tai Chi	19. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Exercise 1:30-2:30 PAUM Exercise 2:00-4:00 CHT Poker	20. 10:00-11:00 CHT Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis Dance CHT(87) 4:00-5:00pm	21. 10:45-11:45 CHT Exercise 11:30-12:30 HT(87) Speaking Italian 12:00–4:00 CHT Bridge 1:00 NY Historical Society Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 beginners	22. 10:15-10:55 SJC Junior League seminar 11:00 – 12:00 SJC Chair Yoga 12:30 CHT Matinee Movie

24. 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 4:00-5:00 CEH Flamenco	25. 1:30-2:30 CEH The Art of Happiness 3:00-4:00 CHT Tai Chi	26. 11:00-12:00 FAPC Strengthen & Tone 12:30-1:30 MC Exercise 1:30-2:30 PAUM Exercise 2:00-4:00 CHT Poker	27. 10:00- 11:00 CHT Alexander Technique 1:00-2:00 RC Chair Yoga for Arthritis Eldridge St. Museum 12:30 Dance CHT(87) 4:00-5:00pm	28. 10:45-11:45 CHT Exercise 11:30-12:30 HT(87) Speaking Italian 12:00–4:00 CHT Bridge 1:00 NY Historical Society Harmonica Series MAPC 3:00-3:45 (advanced) 4:00- 4:45 beginners	29. 10:15-10:55 SJC Junior League seminar 11:00 – 12:00 SJC Chair Yoga 12:30 CHT Matinee Movie
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RETURN SERVICE REQUESTED

Community Activities

Church of the Holy Trinity: Tuesday lunches are every Tuesday at 12:30 pm beginning September 18th. Enjoy the company of others while partaking of a delicious meal! **Church of the Holy Trinity, 316 East 88th Street.**

Thrift Sale, Saturday, September 22nd, 10:00am-4:00pm. Church of the Heavenly Rest, 2 East 90th Street.

Saturday Movies

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

September 1 – **THE FLORIDA PROJECT.** A 6 year old girl living a happy and carefree existence in a run-down motel near Disney world, unaware of the dire circumstances facing her and her troubled mother. Stars William Defoe and Valerie Lotte.

September 8 –**WIND RIVER.** Is a gritty murder mystery set in a Wyoming native American reservation. Tracker Cory Lambert (Jeremy Renner) is enlisted by an FBI agent (Elizabeth Olsen) to hunt down the killer of a teenage girl.

September 15 – **A GHOST STORY.** A non-horror , romantic ghost story. A mourning widow (Rooney Mara) and her dead husband(Casey Affleck), returning as a spirit that sometimes duns an actual bed sheet.

September 22 – **THE GREATEST SHOWMAN.** Hugh Jackman stars as PT Barnum, the singing and dancing founder of the famous traveling Ringling Brothers Barnum & Bailey Circus. Great Fun Musical! A “must see”!

September 29- **BEATRIZ AT DINNER** –A gentle Mexican masseuse and Healer Beatriz, by chance, is invited for dinner by her employer, whose guest involves her in a challenging, sometime comedic, verbal sparring. Stars: Salma Hayer, John Lithgow.

USEFUL INFORMATION

***Wheelchairs, walkers, canes and other equipment are available. We have received a donation of a hearing aid.** If you or someone you know needs one, 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 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 email 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.

<p>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.</p>
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