

APRIL 2024 MONTHLY CALENDAR

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 both women and men.

AT: Abyssinian Towers, 50 West 131st Street; **CHT:** Church of the Holy Trinity, 341 East 87th Street; or 316 East 88th Street. **CHR** 2 East 90th Street. **FAPC:** Fifth Avenue Presbyterian Church, 7 West 55th Street; **MAPC:** Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); **SJC:** St. Joseph's Church, 404 East 87th Street; **RC:** Rutgers Church 236 West 73rd Street; **SB:** St. Bartholomews Church, 50 East 50th Street; **CHR:** Church of the Heavenly Rest, 1088 Fifth Avenue.

Weekly Class Schedule:

Check our email for the Zoom links. If you aren't receiving our emails, please email info@hafop.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm Zoom Exercise	10:30am Strength & Tone 921 Madison Ave (In-Person) Except 4/1		9:00am Chair Yoga w/Stephanie (Zoom Only)	10:00am Chair Yoga Heavenly Rest (In-Person)	10:00am Walk in the Park With Andrew 83 rd Street at Fifth Avenue	11am – 2pm Tech Help at 404 E. 87th (In-Person)
		10am Alexander Technique (Zoom and in-person)	11am Strength Exercise 7 West 55th (In-Person)	12:00pm Strength Exercise (Zoom Only)	10am Chair Yoga (Zoom Only)	11am Chair Yoga at 404 E. 87 th (In-Person)
	2:00pm Chair Yoga Abyssinian Towers (In-Person)	1:30pm Chair Yoga (Zoom Only)	1:00pm Writing Workshop 341 E. 87 th (In-Person)	3pm Zoom Seminar (topics on back)	12-4pm Bridge, Scrabble Rummikub at 341 East 88th St	11am Chair Yoga w/ Stephanie (Zoom Only)
	2:00pm Reiki Self-Healing (Zoom Only)	3:00pm Tai-Chi (Zoom Only)	2:00pm Tai-chi w/Luc Heavenly Rest (In-Person)		3pm Tai Chi St.Bart's Church (In-Person)	12:15-12:45pm TED Talks 404 E. 87th Street (In-Person)
	4:30pm Dance with Alex 316 East 88 th Street		2:30pm – 4:30pm Poker 341 E. 87 th (In-Person)		3pm Advanced Harmonica (Zoom Only)	1pm: Movie at 404 E. 87th (In-Person)
					4pm Beginner Harmonica (Zoom Only)	

**No Classes on
Easter Monday
April 1, 2024**

MUSEUM AND CITY VISITS are an opportunity to learn about New York with other Health Advocates members. Please call if you find you cannot attend, so others can attend in your place. **RSVP for all: 212-980-1700.**

WHITNEY MUSEUM OF AMERICAN ART: Biennial 2024: Tuesday, 04/02. □

Guided Tours at 10:30 and 1:30..

CLOISTERS MUSEUM. Monday.4/08 at 10:30AM PICK UP. Meet at 87^t

BROOKLYN BOTANICAL GARDEN. 4/18 at pickup 11:00am Group Tour.

FASHION INST OF TECH. Friday, 04/12 at 12:30PM. Staff Guided

TOUR. 227 W. 27th Street at 7th Ave.

Visit to FIT





HEALTH ADVOCATES
FOR OLDER PEOPLE

420 Lexington Avenue Suite 300
New York, New York 10170
Tel: 212-980-1700 www.hafop.org
Email: info@hafop.org
RETURN SERVICE REQUESTED

Thursday Zoom Seminars 3:00-4:00 pm. By phone: 1 646 558 8656 – Meeting ID 859 2896 6106. Passcode: 470609

<p>April 4 Planting Tree Beds Project</p>	<p>April 11 Exploring Scams & Fraud With Tiffany Erhard</p>	<p>April 18 Anne Lieber. A Fresh Start for Spring: Organizing and Refreshing Your Space”</p>	<p>April 25 Brain Wellness With Lynn Crimando</p>
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SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87TH STREET
Saturday Programs Junior League / Ted Talks at 12:15pm, In Person & Zoom. Link:

<p>April 6 Ted Talks Movie: 1:00-3:00 <i>I'm Here To Help</i></p>	<p>April 13 Ted Talks. <i>End Agism</i> Movie: 1:00-3:00 <i>Queen Charlotte Episodes II & III</i></p>	<p>April 20 Venue to be announced Matinee Movie: Irish Wish. 1:00-3:00</p>	<p>April 27 NY JUNIOR LEAGUE Skin Care Movie: 1:00-3:00 <i>Maestro</i></p>
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Visit to the Met Cloisters, April 8

Join Our Gardening Group.
We plan to plant tree beds to beautify the Neighborhood. Join our zoom seminar on April 4th at 3:00pm for details. RSVP 212-980-1700

MONTHLY MEN'S LUNCHEON. A casual and friendly gathering for men in our program. Enjoy free pizza and soda 2nd Tuesday of the month:
04/09 at 1pm. RSVP 212-980-1700
Venue to be announced

SEMINAR SERIES

TREE BED PLANTING with Regis Students