



APRIL 2023 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. **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 51st Street; **CHR:** Church of the Heavenly Rest, 1088 Fifth Avenue.

Weekly Class Schedule for :

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		9:00-11:30 Tech and other support – Regis School students	8:30am: Chair Yoga w/ Stephanie (Zoom Only)	10:00am Chair Yoga Heavenly Rest	10am: Chair Yoga (Zoom Only)	11am – 2pm Tech Help at 404 E. 87th (In-Person Only)
	10:30am: Strength and Tone at 921 Madison Ave. (In-Person Only)	10am-11:00am Alexander Technique (Zoom Only)	11am: Strength Exercise at 7 West 55th (In-Person Only)	12:00pm: Strength Exercise (Zoom Only)	12-4pm: Bridge, Scrabble Rummikub at 341 E. 87 th (In Person Only)	11am: Chair Yoga at 404 E. 87 th (In-Person Only)
	2:00pm: Chair Yoga Abyssinian Towers (In-Person Only)	1:30pm: Chair Yoga (Zoom Only)	1:00pm: Writing Workshop at 341 E. 87 th (In-Person & Zoom)	3pm: Zoom Seminar (topics on back)	2pm: Tai Chi at St.Bart’s Church (In-Person Only)	11am: Chair Yoga (Zoom Only)
	2:00pm: Reiki Self-Healing (Zoom Only)	3:00pm Tai-Chi (Zoom Only)	2:00pm Tai-chi w/Luc Heavely Rest (In-Person Only)		3pm: Advanced Harmonica (Zoom Only)	12:15-12:45pm TED Talks 404 E. 87th Street (In-Person Only)
	4:30-5:30 Dance with Alex! 316 East 88 th St.	3:30pm: Central Park Walk w/Andrew (In-Person)	2:30pm – 4:30pm: Poker at 341 E. 87 th (In-Person Only)		4pm: Beginner Harmonica (Zoom Only)	1pm: Movie at 404 E. 87th (In-Person Only)

Museum and City Visits are an opportunity to learn about New York with other Health Advocates members. Proof of vaccination and ID may be required.

FOLK ART MUSEUM. *Quilting. What the Quilt Knows About Me*, Wednesday, April 19th at 11:30am. 2 Lincoln Square at 66th Street. RSVP 212-980-1700.

MUSEUM OF THE MOVING IMAGE. Jim Henson Exhibition. Docent led tour. Thursday, April 20th at 1:00pm. Call the office for directions to museum. RSVP 212-980-1700.

THE BARD MUSEUM “Shaped By The Loom: Weaving in the America Southwest” and “Staging The Table 1500-1800: Culinary diniing customs, and prtices in Europe”. 18 West 86th Street. View these two wonderful exhibitions. April 27th at 12:30pm. RSVP 212-980-1700.

Saturday Junior League / Ted Talks (In-Person Only) at 12:15pm

April 1 Ted Talks:	April 8 No Ted Talks or Movie <i>Yoga Only</i>	April 15 No Classes at St. Josephs t	April 22 Ted Talks: How To Practice Emotional First Aid	April 29 Junior League Listening Skills
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RETURN SERVICE REQUESTED

Thursday Seminars (Zoom Only) 3:00 pm

<p>April 6</p> <p>Anna Lieber Organized Space Works. “Organize. Simplify. Relax.”</p>	<p>April 13</p> <p>Keith Powers presents information about 2023 Medicare/Medicaid. On Line and In Person at MAPC at 2:45.</p>	<p>April 20</p> <p>Learn about The Kensington Outreach Center in White Plains. On zoom and in person</p>	<p>April 27</p> <p>To Be Announced</p>
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Saturday Movies (In-Person Only)

<p>April 1</p> <p><i>She Said</i> Based on the New York Times investigation of Harvey Weinstein, two dedicated women reporters shatter the silence surrounding the sexual assaults in Hollywood telling stories of women survivors.</p>	<p>April 8</p> <p>No Movie Today</p>	<p>April 15</p> <p>Nothing at St. Josephs today.</p>	<p>April 22</p> <p><i>Quiet Girl</i> In the summer of 1981, shy 9-year-old Cait -- who's largely ignored by her unruly clan - - is packed off to the farm of distant relatives. In rural Ireland under the couple's tender care, Cait begins to flourish, but her respite will be short-lived.</p>	<p>April 29</p> <p><i>Living</i> A stoic London gentleman discovers joy and meaning in life.</p>
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FUN IN April

How To Get Up Off The Floor: Reggie and Vicki will teach a 4 part seminar series 4/3/23, 4/10/23, 4/17/23, 4/24/23 at 1130-12:00pm. Call the office to sign up for future sessions.

Health Advocates and City Council Representative are presenting a program on “The Latest in Medicare and Medicaid”. Thursday, April 13th at 3:00pm Madison Avenue Presbyterian Church, 931 Madison Ave. RSVP 212-980-1700.

Walk in the Park with Andrew. Tuesdays 3:30 (Starting 3/14) meeting at the corner of 84th and 5th near the red umbrellas at the Met.

Visit Flushing House in Queens. Join a guided tour of this senior residence. Thursday, April 11th at 11:00am. Call the office 212-980-1700 for travel and other details.

"Why everyone needs a NAVIGATOR to deal with the challenges of senior's daily life". Abyssinian Baptist Church. The Presentations will take place from 10:00 am to 11:00 am and the lunch will be served from 11:30 to 12:30. 132 Odell Clark Place, April 21st. RSVP 212-980-1700.

Affordable Connectivity Program. Learn how to connect to much lower cost wi-fi, Tuesday, 4/18th at 10:30. 341 East 87th Street. RSVP 212-980-1700.



Above: Marguerite Yates and her grandson attend Lynn Crimando's Rutgers Seminar.