



## AUGUST 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 131<sup>st</sup> Street; **CHT:** Church of the Holy Trinity, 341 East 87<sup>th</sup> Street; or 316 East 88<sup>th</sup> Street. **CHR** 2 East 90<sup>th</sup> Street. **FAPC:** Fifth Avenue Presbyterian Church, 7 West 55<sup>th</sup> Street; **MAPC:** Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); **SJC:** St. Joseph's Church, 404 East 87<sup>th</sup> Street; **RC:** Rutgers Church 236 West 73<sup>rd</sup> Street; **SB:** St. Bartholomews Church, 50 East 51<sup>st</sup> 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](mailto:info@hafop.org)

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

**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 go in your place.

**Tiffany.** Join an informal group tour of the remodeled Icon flagship store. **August 2<sup>nd</sup> and August 11<sup>th</sup> at noon. RSVP**

**Governor's Island tour.** August 18<sup>th</sup>. 10:00am sharp. Meet at the Wall Street Feery pier 11. Take the feery to Wall Street or the #6 subway. Two block walk to the ferry. Guided walking tour of the island. Bring a sandwich to eat overlooking the Bay.



**HEALTH ADVOCATES**  
FOR OLDER PEOPLE

420 Lexington Avenue Suite 300  
New York, New York 10170  
Tel: 212-980-1700 [www.hafop.org](http://www.hafop.org)  
Email: [info@hafop.org](mailto:info@hafop.org)  
RETURN SERVICE REQUESTED

**Thursday Seminars (Zoom Only) 3:00 pm. Join by phone: 1 646 558 8656 – Meeting ID 859 2896 6106. Passcode: 470609**

<b>August 3</b> To be announced	<b>August 10</b> <i>To be announced</i>	<b>August 17</b> Anna Lieber: <i>Manage Your Medical Records.</i>	<b>August 24</b> <i>Reorganizing for the Fall</i> with Anna Lieber
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**SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH’S CHURCH 404 EAST 87<sup>TH</sup> STREET**

**Saturday Junior League / Ted Talks at 12:15pm**

<b>August 5</b> The Secret To Making New Friends	<b>August 12</b> How To Turn a Group of Strangers into a Team	<b>August 19</b> The cost of work stress -- and how to reduce it	<b>August 26</b> A new way to fund health care for the most vulnerable
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**Saturday Movies at 1pm**

<b>August 5</b> <b>Heart of Champions</b> - During their last year at an Ivy League college in 1999, some friends' lives are changed forever when an Army vet takes over as coach of their dysfunctional rowing team.	<b>August 12</b> <b>The Upside</b> - Phillip is a wealthy quadriplegic who needs a caretaker hires Dell, a struggling parolee despite coming from two different worlds, an unlikely friendship starts to blossom.	<b>August 19</b> <b>Quiet Girl.</b> 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.	<b>August 26</b> <b>A Good Person</b> - Allison is a young woman with a wonderful fiance, a great career, and supportive family and friends. However, her world crumbles in the blink of an eye. In the following years, she fights to put her life back together and move forward.
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**FUN IN AUGUST**

**Annual Picnic and Cook Out.** Please join us on Wednesday, August 16<sup>th</sup> at 4:30pm to enjoy supper in the garden and indoors at Holy Trinity Church.. RSVP 212-980-1700.

Visit to Tiffany’s Flagship store on Fifth



**Free Cooling Centers for Summer.** When the heat index is predicted to be dangerously high, New York City opens cooling centers and air-conditioned facilities to offer people relief from the heat. Sites for cooling centers include libraries, community centers, senior centers, etc. You should use a cooling center during a heat wave if you have no access to a cool environment, particularly if you are at risk for a health related illne. Call 311 to find a center near your home.

**Mindful Homes Workshop**  
Join CJ in July & Aug.!  
We will be organizing ourhomes into a space that we can navigate with physical ease and relaxation.  
**WEDNESDAY**  
**07/19, 07/26, 08/02, 08/09 @ 12PM** - 341 East 87<sup>th</sup> Street & option to join via Zoom!  
*RSVP 212-980-1700.*

**Walk in the Park with Andrew.** Wednesdays at 10:00. Meet at 84th and 5th near the red umbrellas at the MET steps.If you don’t see Andrew, call the office.