



## FEBRUARY 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. **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: Chair Yoga w/ Stephanie (Zoom Only)	9:00-11:30 Tech and other support – Regis School students	11am: Strength Exercise at 7 West 55th (In-Person 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: Alexander Technique (Zoom Only)	1:00pm: Writing Workshop at 341 E. 87 <sup>th</sup> (In-Person & Zoom)	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)
	2:30pm: Chair Yoga Abyssinian Towers (In-Person Only)		2:30pm – 4:30pm: Poker at 341 E. 87 <sup>th</sup> (In-Person Only)	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)	1:30pm: Chair Yoga (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 <sup>th</sup> St.	3:00pm Tai-Chi (Zoom 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.

**NEW YORK PUBLIC LIBRARY.** Meet and view this exhibition of amazing library Treasures as a group. Wednesday, February 15<sup>th</sup> at 2:00pm. 153 Esst 67<sup>th</sup> Street. RSVP 212-980-1700.

**HISTORICAL SOCIETY.** Docent led tour of this exhibition "I'll Have What She's Having": *The Jewish Deli*". Tuesday, February 7<sup>th</sup> at 11:15. 170 Central Park West at 77th Street RSVP 212-980-1700

**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 86<sup>th</sup> Street. View these two wonderful exhibitions. February 23<sup>rd</sup> at 12:30pm. RSVP 212-980-1700

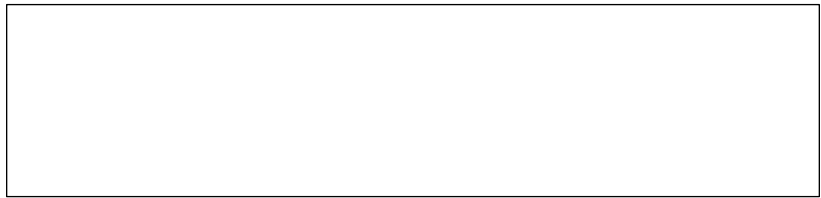
### FEBRUARY MOVIES, SEMINARS, AND JUNIOR LEAGUE SESSIONS

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

February 4 Junior League <i>Nutrition</i>	February 11 Junior League <i>Vision</i>	February 18 <i>Mardi Gras Lunch</i>	February 25 "TedTalkresentation". Nuclear Energy As A Solution to Global Warming
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**Thursday Seminars (Zoom Only) 3:00 pm**

<p><b>February 2</b>  <b>Light House for the Blind. Operation Safe Travel</b></p>	<p><b>February 9</b>  <b>Center for Hearing</b>          Defferent options including “over the counter”</p>	<p><b>February 16</b>  <b>To Be Announced</b></p>	<p><b>February 23</b>  <b>Claire Guerette, Executive Director, of St. Margaret’s House. How To Avoid Bed bugs!</b></p>
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**Saturday Movies (In-Person Only)**

<p><b>February 4</b>  <b>The Good House</b>          Hildy Good, is a realtor in an idyllic New England town, whose success mask her life's one dark truth. A rekindled romance with high school flame forces a confrontation with Hildy's buried past.  <b>Sigournay Weaver</b></p>	<p><b>February 11</b>  <b>Armageddon Time</b>          In 1980s Queens, New York, 12-year-old Paul and his best friend, John, are inseparable. But when the two get caught smoking pot, Paul's parents enroll him in a private school. Unhappy in his new setting, Paul decides to run away to Florida with John.</p>	<p><b>February 18</b>  <b>Mardi Gras Lunch, 12:30-2:00pm. No Movie</b></p>	<p><b>February 25</b>  <b>The Woman King</b>          Inspired by true events, this all-female unit of warriors who protected the African Kingdom of Dahomey with skills and a fierceness. Follow General Nanisca as she trains the next generation of recruits and readies them for battle .</p>
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**WINTER Outdoor Tips**

1. When going out when it is icy or windy outside, use caution. Be aware that you might not be able to see any ice. If you feel unsafe, it may be a good idea to reschedule any appointments.
2. Stay active during the day. If the weather permits, get out for the fresh air. If the weather is extreme, do a few simple exercises at home to keep your body strong and your mind sharp.
4. Bundle up when you go outside and layer your clothing. Wear a face covering for protection from cold
5. Use sunglasses to minimize any glare from the snow
6. Buy well-insulated boots with good treads on the soles.
7. Use moisturizer with sunscreen to protect your skin from the cold. Drink water to alleviate dryness.

**FUN IN February**

**How To Get Up Off The Floor:** Reggie and Vicki will tach a 4 part seminar series 1/23, 1/30, 2/6, 2/13/23 at 1130-12:00pm. Please email or call the office to sign up.  
**Back by Popular Request:** *Better Health From Improved Posture*, Given by our trained instructor, Lynn Crimando. Tuesday, Jan 17, 24. 31 and Feb 7<sup>th</sup>. 9:30-10:15 on zoom. RSVP [info@hafop.org](mailto:info@hafop.org).  
**Mardi Gras Lunch.** Join us for our annual festive Lunch Saturday, February 18<sup>th</sup>. There will be music, dancing and lots of fellowship. MEMBERS ONLY. RSVP Required 212-980-1700.

**Visit Carnegie East House. Monday, February 7<sup>th</sup> at 3:00pm. 1844 Second Avenue.**

As part of our effort to learn about options for the future, we have been invited for a tour of this assisted living residence. RSVP 212-980-1700