



JULY 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. **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 51st 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 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 Only)	10:00am Walk in the Park With Andrew 83 rd Street at Fifth Avenue	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	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 th (In-Person)		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		2:00pm Tai-chi w/Luc Heavely 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 th (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.

MUSEUM OF THE CITY OF NEW YORK Visit this historic museum for a guided tour. **Monday, July 24th** at 11:30am. 1220 Fifth Avenue. *RSVP 212-980-1700.*

BROOKLYN BOTANICAL GARDENS. *Spring In the Gardens.* **Monday, July 6th at 11:00am. Wait List.**

TIFFANY. Join us for an informal group tour of the remodeled Icon flagship store. **July 14th at noon. RSVP**

GROLIER CLUB. Join a tour of the exhibition and of the historic building. Friday, 7/28. RSVP for time.

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Email: 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**

July 6	July 13	July 20	July 27
Madeline A. Naegle, <i>Professor Emerita and Global Mental Health sleep Consultant, NYUniversity</i>	<i>Alzheimers Fdn. Effective Communication</i>	To be announced	To be announced

SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87TH STREET

Saturday Junior League / Ted Talks at 12:15pm

July 1 The Power of Vulnerability	July 8 How To Make Stress Your Friend	July 15 Your Elusive Creative Genius	July 22 4 Proven Ways to kick your Procrastination habit.	July 29 The Secret To Making New Friends
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Saturday Movies at 1pm

July 1 Moving On Claire and Evelyn are estranged friends who reunite to get even with Howard, the petulant widower of their recently deceased best friend. Along the way, Claire reunites with Ralph, her great love from her younger years.	July 8 The Truffle Hunters Guided by a secret culture passed down for generations, as well as by their cherished and expertly trained dogs, a group of men in Italy hunt for the rare and expensive white Alba truffle.	July 15 The Bodyguard. A Secret Service agent grudgingly agrees to protect a pop idol from a stalker. At first, the protector and diva clash, but soon trust and attraction overpower the unlikely pair.	July 22 The Forgiven. Speeding through the Moroccan desert to attend an old friend's lavish weekend party, a wealthy London couple is involved in a tragic accident with a local boy.	July 29 Banshee. On a small Irish isle, folk musician Colm Doherty was weary of a longtime, affable but dull drinking buddy who's insistent efforts to get back in Colm's good graces take a violent turn.
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FUN IN JULY

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.

New York University School of Dentistry. Presentation about *Taking Good Care of Your Teeth and Gums for the Long Haul*, Presentation and screening. Friday, July 7th, 10:00-12:00. 341 East 87th Street. Those attending receive a voucher for a free exam and xrays at the Dental School. RSVP 212-980-1700.

Josh Krasner



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

Josh Krasner is our Home Safety and Fall Prevention Coordinator. He is available to visit your home and make recommendations for any modifications you may want. Call the office to make an appointment!