



JUNE 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:

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 and Tone at 921 Madison Ave. (In-Person Only)		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)
	2:00pm: Chair Yoga Abyssinian Towers (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: Reiki Self-Healing (Zoom Only)	1:30pm: Chair Yoga (Zoom Only)	1:00pm: Writing Workshop at 341 E. 87 th (In-Person)	3pm: Zoom Seminar (topics on back)	2pm: Tai Chi at St.Bart's Church (In-Person)	11am: Chair Yoga w/Stephanie (Zoom Only)
	3:00pm Zoom Yoga with Paula	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*, Guided tour. 2 Lincoln Square at 66th Street. RSVP 212-980-1700. **Friday, June 16th at 11:00am. RSVP 212-980-1700.**

UKRANIAN MUSEUM. Tour this museum. Docent led tour. **Friday, June 2nd at 11:30am. 222 East 6th Street. RSVP 212-980-1700.**

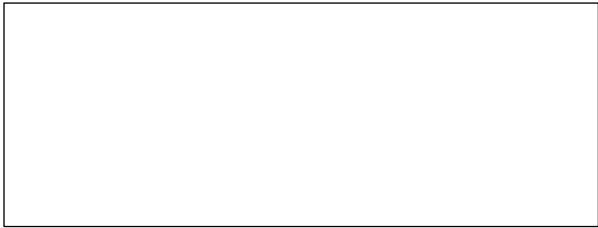
BROOKLYN BOTANICAL GARDENS.. *Spring In the Gardens.*, **Thursday, June 22nd. Meet at 9:30 at 341 East 87th street for a van to the BBG. RSVP 212-980-1700**

Thursday Seminars 3:00 pm

June 1	June 8	June 15	June 22	June 29
<i>ABCs of Aging.</i> Lindsay W. Victoria, PhD Assistant Professor of Psychology in Psychiatry	<i>Art with Jan, a docent from the Whitney.</i>	Dr. Nicola Kotchev will discuss digestion and probiotics.	St. Margaret's House is opening their wait list. Learn how to apply.	Molly Aalyson will discuss <i>Adopt A Tree</i> program that she is involved in.



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SATURDAY PROGRAMS AT ST. JOSEPH'S CHURCH 404 East 87th Street
Saturday Junior League / Ted Talks (In-Person Only) at 12:15pm

June 3 -Ted Talks <i>3 Steps To Getting What You Want In a Negotiation</i>	June 10 - Ted Talks. Nuclear Energy As A Solution to Global Warming	June 17 -Ted Talks <i>Ten Tips To keep Your Brain Happy</i>	June 24 - Ted Talks <i>How To Stay Calm When You are Stressed</i>
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Saturday Movies (In-Person Only) 404 East 87th Street

<p>June 3</p> <p>Sea Biscuit</p> <p>In this Depression-era drama based on the true story of the champion racehorse Seabiscuit, a knobble-kneed colt becomes a winning thoroughbred at the hands of its unorthodox trainer and its jockey, a half-blind ex-prizefighter,</p>	<p>June 10</p> <p>Triangle of Sadness.</p> <p>A model-influencer couple get a ticket to the luxe life when they're invited aboard an all-expenses-paid cruise alongside a coterie of the rich and ghoulish. An act of fate turns their Insta-perfect world upside down.</p>	<p>June 17</p> <p>Lyle, LyleCrococile</p> <p>When the Primm family moves to New York City, their young son Josh struggles to adapt to his new school and new friends. All of that changes when he discovers Lyle - a singing crocodile who loves baths, caviar and great music-living in the attic of his new home.</p>	<p>June 24</p> <p>80 For Brady</p> <p>Four lifelong friends set out on an unforgettable journey to see their hero Tom Brady play in Super Bowl LI and witness one of the greatest comebacks in sports history, discovering that it's never too late to live life to the fullest.</p>
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FUN IN June

Walk in the Park with Andrew. Tuesdays at 3:30. Meet at 83rd and 5th near the red umbrellas at the Met steps.

City Pickle. play pickle ball, paddles and instruction provided. Two courts 10-12 on Mondays, 1 court 10-12 on Tuesdays. **RSVP.**

Food Coach. We have a volunteer who helps people figure out issues about their food choices, Meet at the Health Advocates office on 87th Street. Call for an appointment 212-980-1700.

Equipment Fair. Wednesday, June 21st, 10:00-12:00pm. 316 East 88th Street.

St. Margaret's House. Join Claire Guerett, Executive Director of Trinity Church Wall Street's Residence, to hear about their wait list that opens soon. Thursday, June 22nd, 3:00-4:00pm Holy Trinity Church, 316 East 88th Street.



On Saturdays, High School volunteers help program participants learn the complexities of computers and the internet. Fun for all in the intergenerational Group!

