



MARCH 2024 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 50th 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 921 Madison Ave (In-Person)		9:00am Chair Yoga w/Stephanie (Zoom Only)	10:00am Chair Yoga Heavenly Rest (In-Person)	10:00am Walk in the Park With Andrew 83 rd Street at Fifth Avenue	11am – 2pm Tech Help at 404 E. 87th (In-Person)
	2:00pm Chair Yoga Abyssinian Towers (In-Person)	10am Alexander Technique (Zoom and in-person)	11am Strength Exercise 7 West 55th (In-Person)	12:00pm Strength Exercise (Zoom Only)	10am Chair Yoga (Zoom Only)	11am Chair Yoga at 404 E. 87 th (In-Person)
	2:00pm Reiki Self-Healing (Zoom Only)	1:30pm Chair Yoga (Zoom Only)	1:00pm Writing Workshop 341 E. 87 th (In-Person)	3pm Zoom Seminar (topics on back)	12-4pm Bridge, Scrabble Rummikub at 341 East 88th St	11am Chair Yoga w/ Stephanie (Zoom Only)
	4:30pm Dance with Alex 316 East 88 th Street	3:00pm Tai-Chi (Zoom Only)	2:00pm Tai-chi w/Luc Heavenly Rest (In-Person)		3pm Tai Chi St.Bart's Church (In-Person)	12:15-12:45pm TED Talks 404 E. 87th Street (In-Person)
			2:30pm – 4:30pm Poker 341 E. 87 th (In-Person)		3pm Advanced Harmonica (Zoom Only)	1pm: Movie at 404 E. 87th (In-Person)
					4pm Beginner Harmonica	

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. **RSVP for all, 212-980-1700.**

LINCOLN CENTER GUIDED TOUR. Monday 03/04, 2:15pm. Meeting location TBA.

FASHION INSTITUTE OF TECHNOLOGY. Wednesday 03/13 at 12:30PM. Self Guided Tour. 227 West 27th Street at 7th Ave.

BORDER CROSSINGS: EXILE AND AMERICAN MODERN DANCE 1900-1955. 40 Lincoln Center Plaza. **Monday 03/11, 1PM.**

Cooking is easier when you have *the right tools.*

Join Nancy and CJ for a demonstration on making cooking easier! Church of the Holy Trinity, 341 East 87th Street. Buzz: Choir Room, **Date TBD.**
RSVP 212-980-1700



Regis Volunteers are AVAILABLE this Spring! Call 212-980-1700 to check schedule and request: Tech Support, Grocery Shopping, Heavy Lifting, etc!



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Tel: 212-980-1700 www.hafop.org
Email: info@hafop.org
RETURN SERVICE REQUESTED

Thursday Seminars (Zoom Only) 3:00-4:00 pm.

Join by phone: 1 646 558 8656 – Meeting ID 815 4101 9392. Passcode: 049292

March 7 Bad Habits With Lynn Crimando	March 14 Save Money on Medicare Costs With Sarah Askew	March 21 Thailand Travelogue With CJ Mossman	March 28 <i>Holy Week</i> <i>No program</i>
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SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87TH STREET

Junior League / Ted Talks at 12:15pm, In Person & Zoom

Join by phone: 1 646 558 8656 – Meeting ID 838 6464 4341 Passcode 743102

MATINEE MOVIE AT 1:00PM

March 2 JUNIOR LEAGUE: Home Safety for Seniors Movie: 1:00-3:00 What Happens Late	March 9 TED TALK The Power of Vulnerability Movie: 1:00-3:00 Ordinary Angels	March 16 EXERCISE ONLY AT MAPC 921 Madison Ave (73rd Street) NO JUNIOR LEAGUE NO MOVIE	March 23 TED TALK Let's End Agism Movie: 1:00-3:00 A Good Person	March 30 TED TALK Movie: 1:00-3:00 Mansfield Park
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WHAT'S NEXT - PLANNING FOR THE FUTURE SERIES

HOW TO FIND AIDES WHEN NEEDED (SHORT & LONG TERM CARE)

HOW TO MAKE IMPORTANT INSURANCE DECISIONS

Wednesday, March 06, 2024, 1:00pm

CHURCH OF THE HEAVENLY REST 2 East 90th Street

MONTHLY MEN'S LUNCHEON

A casual and friendly gathering for men in our program. Enjoy free pizza and soda. Josh will really get the conversation going. Italian Village
1494 1st Ave at 78th St. RSVP 212-980-1700.
2nd Tuesday of the month: **03/12, 04/09. 1pm.**



Our Cutest & Youngest Volunteer holds a tray of cakes at the Mardi Gras Luncheon



Health Advocates Members at the Mardi Gras Luncheon in February

We are updating our participant data base.

Please call the office at 212-980-1700 with any address or telephone changes.