



MARCH 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: 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-11:00am Alexander Technique (Zoom Only)	1:00pm: Writing Workshop at 341 E. 87 th (In-Person & Zoom)	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 Only)	1:30pm: Chair Yoga (Zoom Only)	2:00pm Tai-chi w/Luc Heavenly Rest (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)	3:00pm Tai-Chi (Zoom Only)	2:30pm – 4:30pm: Poker at 341 E. 87 th (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)			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.

FASHION INSTITUTE OF TECHNOLOGY. *Designing Women: Fashion, Creator, and Their Interiors. and 50 Years of Hip-Hop Style.* Enjoy these 2 exhibitions, Friday, March 3rd at 12:00pm. 7th Avenue at 27th Street. RSVP 212-980-1700.

CARNEGIE HALL. Tour this iconic music hall. Docent led tour. **Friday, March 24th** at 11:00am. Seventh Avenue at 57th Street. RSVP 212-980-1700.

ASIA SOCIETY. *Comparative Hell: Arts of Asian Underworlds,* March 31st at 11:00am. **725 Park Avenue at 70th Street.** RSVP 212-980-1700.

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

March 4	March 11	March 18	March 25
Ted Talks No Ted Talks today	Junior League <i>Intimacy</i>	“Ted Talks Presentation” How To Stay Calm When You are Stressed	Junior League- <i>Skin Care</i>

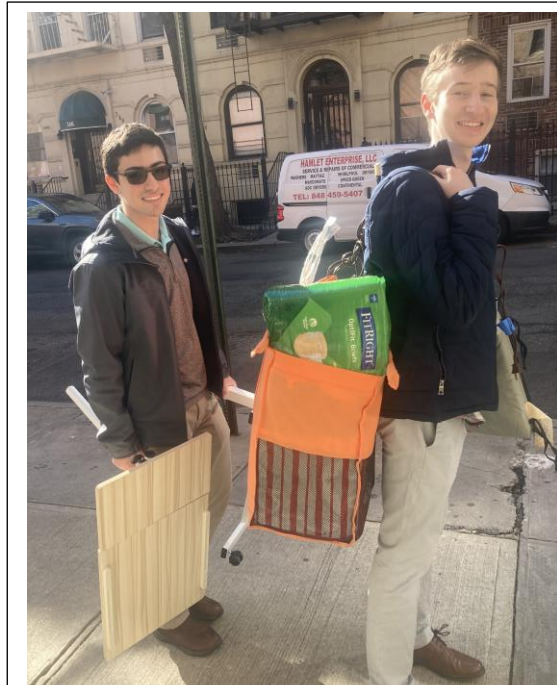
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Thursday Seminars (Zoom Only) 3:00 pm

March 2	March 9 <i>Keep Your Home Up To Date.</i> Our intern CJ will lead an interactive discussion.	March 16 Information about Affordable wi-fi in your home.	March 23 Audrey Tannen in Liz Krueger's office, knows so much about NYC housing rules & regs that she will share with us. Including the new "Reverse Mortgage" options for home owners.	March 30 Matthew Raphan will discuss "Answers to Legal and Financial Matters that seniors want to know."
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Saturday Movies (In-Person Only)

March 4 No Ted Talks or Movie today	March 11 Amsterdam Three World War I veterans who met in Belgium find their friendship tested when they witness a murder and quickly become the top suspects. As the trio struggles to clear their names, they uncover a plot that's wilder than anything they'd imagined.	March 18 Fabelmans Director Steven Spielberg takes a fond look at his Arizona childhood in this semi autobiographical portrait, revisiting the characters, locations and events that would ultimately inspire many of the director's best-loved films.	March 25 Devotion Korean War fighter pilots Tom Hudner and Jesse L. Brown form life-and-death bonds after one of them is shot down in enemy territory, forcing the other flier to rely on extreme tactics to rescue his brother-in-arms.
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FUN IN March

How To Get Up Off The Floor: Reggie and Vicki will teach a 4 part seminar series 2/27/23, 3/6/23, 3/13/23, 3/20/23 at 1130-12:00pm. Call the office to sign up for future sessions.

Center for Healing and Communication presentation. Given by an Audiologist and the Director of The Center.

Thursday, March 30th 10:00-11:00, Lunch at 11:30-12:30., 132 Odell Clark Place at 137th Street. RSVP 212-980-1700.

Walk in the Park with Andrew. Tuesdays 3:30 (Starting 3/14) meeting at the corner of 84th and 5th near the red umbrellas at the Met.

Visit the Bristol on York. Join a guided tour of this senior residence. Thursday, March 2nd at 11:00am. 1622 York Ave.

Two of our Tuesday Regis volunteers are shown making an equipment program delivery. All of their services to our program seniors are greatly appreciated.