



MAY 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)	9:00-11:30 Tech and other support – Regis School students	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)
Pickle Ball 10:00- 12:00 Wollman Rink	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 & Zoom)	3pm: Zoom Seminar (topics on back)	2pm: Tai Chi at St.Bart's Church (In-Person Only)	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 Heavenly 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.

FOUR FREEDOM PARK VISIT. Visit this historic park on Roosevelt Island for a guided tour. **Monday, May 8th** at 1:00pm. Go by ferry, tram, subway or bus. RSVP 212-980-1700.

CARNEGIE HALL. Tour this iconic music hall. Docent led tour. **Thursday, May 11th** at 10:30am. Seventh Avenue at 57th Street. RSVP 212-980-1700.

BROOKLYN BOTANICAL GARDENS. *Spring In the Gardens,* **Thursday, May 25th** at 10:30am. **Meet at the clock in Grand Central to travel together.** RSVP 212-980-1700.

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

May 6	May 13	May 20	May 27
Ted Talks <i>How Reliable Is Your Memory</i>	Ted Talks <i>How To Practice Emotional First Aid</i>	Ted Talks <i>Ten Tips To keep Your Brain Happy</i>	Ted Talks <i>Forgetting Is Totally Okay</i>

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Thursday Seminars (Zoom Only) 3:00 pm

<p>May 4</p> <p><i>House Plants.</i> Jill Byatt and Barbara Fischer will discuss successful plants.</p>	<p>May 11</p> <p>Barbara Meth <i>Good Mental Health</i></p>	<p>May 18</p> <p>Meghan Garrity from MSKCC will discuss delicious foods that help maintain good health!</p>	<p>May 25</p> <p>Author Susan Madon will tell us about her new book, <i>The Disappearing Donor.</i></p>
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Saturday Movies (In-Person Only)

<p>May 6</p> <p>A Man Called Ove Deposed as president of his condo's resident association, 59-year-old misanthrope Ove plagues his neighbors with dictatorial demands. But when Ove meets his new neighbor, Ove meets his match</p>	<p>May 13</p> <p>Top Gun. After thirty years, Maverick is still pushing the envelope as a top naval aviator, when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice by those chosen to fly it.</p>	<p>May 20</p> <p>The Whale Racked with guilt over abandoning his family and grieving the loss of the gay lover he left them for, Charlie is eating himself to death. But the now-600-pound English professor may find peace when he reconnects with his teenage daughter.</p>	<p>May 27</p> <p>Quiet Girl. In the summer of 1981, shy 9-year-old Cait -- who's largely ignored by her unruly clan -- is packed off to the farm of distant relatives. In rural Ireland under the couple's tender care, Cait begins to flourish, but her respite will be short-lived.</p>
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Above: Regis volunteers receiving input on their tasks for the day. Right: Many participants recently enjoyed the fantastic *Treasures Exhibition* at the New York Public Library.



FUN IN MAY

How To Get Up Off The Floor: 4 part seminar series 5/1, 5/8, 5/15, 5/22, 11:30-12:00pm. RSVP.

Walk in the Park with Andrew. Tuesdays at 3:30. Meet at 84th St.on 5th near the red umbrellas.

Visit Flushing House in Queens. Lunch and a tour of this senior residence. Tuesday, May16th at 11:00am. We will meet at the clock in Grand Central to travel together. Call to reserve and details, RSVP. 212-980-1700

St. James Thrift Sale. Thursday 5/11 and Friday 5/12, 9:00am -3:00pm.

Heavenly Rest Thrift Sale. Saturday, 5/13, 10:00-4:00.

Visit Eastview Senior Residence. 5/11, 10:00am.Tour limited to 5. 2306 Third Avenue. RSVP 212-980-1700.

City Pickle Ball has offered Health Advocates courts, paddles and free instruction to play this popular new sport.Two courts from 10:00-12:00 on Monday and Tuesday beginning 5/8. Call the office to RSVP. 212-980-1700.