



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

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.**

FOOT WELLNESS WITH DR. IORIO. Friday 12/01. 10:00-11:30. Abyssinian Baptist Church. Breakfast & lunch served. **RSVP: 212-980-1700.**

HELLER MUSEUM. Tuesday 12/05, 1:00pm. View noted abstract artist Frank Stella's bold, colorful works. Giant prints tell the story of Had Gadya (One Small Goat), a melody traditionally sung at the Passover Seder. **RSVP: 212-980-1700.**

FIFTH AVENUE HOLIDAY WALK. Monday 12/11 at 12:30pm. Meet at Bergdorf's, continue to Louis Vuitton, Tiffanys, Cattiers, and end at St. Patrick's Cathedral to enjoy the decorations. **RSVP: 212-980-1700.**

JEWISH MUSEUM. Friday 12/15 at 12:30pm. *Mood of the Moment Gaby Aghion and the House of Chloe.* **RSVP: 212-980-1700.**

TOUR OF ST. JOHN THE DIVINE. Tuesday 12/19 1:00pm. **RSVP: 212-980-1700.**

NUTRITION PROGRAM 01/10 1pm at Abyssinian Towers 50 West 131 St. **RSVP: 212-980-1700.**

