

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)	

<u>MUSEUM AND CITY VISITS</u> 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 Cathederal 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.



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RETURN SERVICE REQUESTED

Thursday Seminars (Zoom Only) 3:00 pm. Join by phone: 1 646 558 8656 -Meeting ID 859 2896 6106. Passcode: 470609

December 7	December 14	December 21	December 28
Ready New York:	Epilpsy Foundation for	Barbara Meth:	NYPL: Webster Library
Emergency Preparedness	Metropoltan New York	Coping with the Holidays: Both	· ·
		Sides of the Coin	

SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87TH STREET

Saturday Junior League / Ted Talks at 12:15nm

Saturday sumor beague / red raiks at 12:10pm									
December 2	December 9	December 16	December 23	December 30					
Junior League:	How To Make	Junior League:	Let's End Ageism	Why You Should Define Your					
Interacting with	Faster Decisions	Pain Management		Fears Instead Of Your Goals					
Medical Staff				Tours Interested by Tour Godie					

Saturday Movies at 1pm

December 2 Love At First Sight

Hadley meets Oliver in a chance encounter at the airport that sparks an instant connection. At Heathrow, the pair are separated .Will fate intervene to transform them into soul mates?

December 9 Queen Charlotte

Born Princess Sophie Charlotte of Mecklenburg-Strelitz, she was married to George III, the first Queen of the United Kingdom.

December 16 The Holdovers

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go.

December 23 What Happens Later

Willa and Bill are exlovers that will see each other for the first time in years when they both find themselves snowed in, in-transit, at an airport overnight.

December 30 **Ordinary Angels**

Inspired by the incredible true story of a hairdresser who singlehandedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.



What's Next: Planning for the Future Series

HOUSING AND FINANCIAL DECISIONS Thurs, January 11, 2024, 2pm. **Madison Ave Presbyterian Church** 921 Madison Ave. (73rd Street)

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UPCOMING:

MEDICAL AND LEGAL TOPICS Thurs, February 08, 2024, 2pm

Photo to the left: Participants at the NYU Dental Program Photo to the right: Josh and CJ are available for home visits!

Wednesday 12/13, 9-11:30am. 341 E. 87th St. Meet Regis Volunteers, play board games & have coffee and treats. Space Limited. RSVP.

Josh is our Living Better by Design Coordinator. He is available for free home visits for all HAFOP participants and can give you suggestions on how to improve your home with vitality and grace. First 10 Home Visits Scheduled in the month of December receive a free fruit basket! Call the office and ask to speak with Josh. 212-980-1700

NEW: MONTHLY MEN'S LUNCHEON.

Italian Village 1494 1st Ave. 2nd Tuesday of the month: 12/12 & 01/09 at 1pm. A casual and friendly gathering for men in our community. Enjoy free pizza and a free soda. Josh will really get the conversation going. RSVP 212-980-1700.

MINDFUL HOMES

Tuesday 12/12 and 12/26 from 2pm-3pm In person at 341 East 87th St and via Zoom. Meeting ID: 889 1104 8076 RSVP 212-980-1700.

