



## FEBRUARY 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 131<sup>st</sup> Street; **CHT:** Church of the Holy Trinity, 341 East 87<sup>th</sup> Street; or 316 East 88<sup>th</sup> Street. **CHR** 2 East 90<sup>th</sup> Street. **FAPC:** Fifth Avenue Presbyterian Church, 7 West 55<sup>th</sup> Street; **MAPC:** Madison Ave Presbyterian Church, 921 Madison Ave. (73rd Street); **SJC:** St. Joseph's Church, 404 East 87<sup>th</sup> Street; **RC:** Rutgers Church 236 West 73<sup>rd</sup> 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](mailto:info@hafop.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm Zoom Exercise	10:30am <b>Strength &amp; Tone</b> 921 Madison Ave (In-Person)		9:00am <b>Chair Yoga</b> w/Stephanie (Zoom Only)	10:00am <b>Chair Yoga</b> Heavenly Rest (In-Person)	10:00am <b>Walk in the Park</b> With Andrew 83 <sup>rd</sup> Street at Fifth Avenue	11am – 2pm <b>Tech Help</b> at 404 E. 87th (In-Person)
	10:00am <b>Yoga with Paula</b> (Zoom Only)	10am <b>Alexander Technique</b> (Zoom and in-person)	11am <b>Strength Exercise</b> 7 West 55th (In-Person )	12:00pm <b>Strength Exercise</b> (Zoom Only)	10am <b>Chair Yoga</b> (Zoom Only)	11am <b>Chair Yoga</b> at 404 E. 87 <sup>th</sup> (In-Person)
	2:00pm <b>Chair Yoga</b> Abyssinian Towers (In-Person)	1:30pm <b>Chair Yoga</b> (Zoom Only)	1:00pm <b>Writing Workshop</b> 341 E. 87 <sup>th</sup> (In-Person)	3pm <b>Zoom Seminar</b> (topics on back)	12-4pm <b>Bridge, Scrabble Rummikub</b> at 341 East 88th St	11am <b>Chair Yoga</b> w/ Stephanie (Zoom Only)
	2:00pm <b>Reiki</b> Self-Healing (Zoom Only)	3:00pm <b>Tai-Chi</b> (Zoom Only)	2:00pm <b>Tai-chi w/Luc</b> Heavenly Rest (In-Person)		3pm <b>Tai Chi St.Bart's</b> Church (In-Person)	12:15-12:45pm <b>TED Talks</b> 404 E. 87th Street (In-Person)
	4:30pm <b>Dance with Alex</b> 316 East 88 <sup>th</sup> Street		2:30pm – 4:30pm <b>Poker</b> 341 E. 87 <sup>th</sup> (In-Person)		3pm <b>Advanced Harmonica</b> (Zoom Only)	1pm: <b>Movie</b> at 404 E. 87th (In-Person)
	<b>02/19/24</b> <b>Washington's Birthday</b> <b>NO CLASSES</b>				4pm <b>Beginner Harmonica</b> (Zoom )	

**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.**

**RUBIN MUSEUM, 02/01. 11:15. Enjoy a guided tour.** 150 West 17<sup>th</sup> Street.

**WHATS NEXT: PLANNING FOR THE FUTURE.**

**02/08 at 2:00pm. Park Ave, at 51st Street.**

**UKRANIAN MUSEUM, Guided Tour. 02/16, East 8<sup>th</sup> Street, 1:00pm.**

**Folk Art Museum..Thursday 2/22 at 10:45.**



**Men's Monthly Lunch**



**HEALTH ADVOCATES**  
FOR OLDER PEOPLE

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New York, New York 10170  
Tel: 212-980-1700 [www.hafop.org](http://www.hafop.org)  
Email: [info@hafop.org](mailto:info@hafop.org)  
RETURN SERVICE REQUESTED

**Thursday Seminars (Zoom Only) 3:00-4:00 pm. Join by phone: 1 646 558 8656 – Meeting ID 859 2896 6106. Passcode: 470609**

<b>February 1</b> Emergency Prep: Crank Phone	<b>February 8</b> 2PM: What's Next St. Bartholomews	<b>February 15</b> Medicare 101 Sarah Askew Senior Medicare Patrol	<b>February 22</b> Lighthouse Guild <i>Safe Travel Workshop</i>	<b>February 29</b> Sloan Kettering Cancer Prevention & Screening
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**SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87TH STREET**

**Saturday Programs Junior League / Ted Talks at 12:15pm / Matinee Movie at 1:00pm**

<b>February 3</b> NY Junior League: Smart <i>Nutrition</i>  Matinee Movie: 1:00-3:00 <b><i>Love At First Sight.</i></b> Hadley meets Oliver, which sparks an interest before they are separated. Will fate bring them together?	<b>February 10</b> Mardi Gras Lunch  No Yoga, Ted Talk or Movie	<b>February 17</b> New York Junior League <i>Vision As We Age</i>  <b><i>Queen Charlotte.</i></b> Born Princess Sophie Charlotte of Mecklenburg-Strelitz, was married to George III, and was the first Queen of the United Kingdom	<b>February 24</b>  Ted Talk <i>The Power Of Believing That You Can Improve</i>  <b><i>The Holdovers</i></b> A teacher at a remote prep school is forced to stay with a troubled student who has no place to go.
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**WHAT'S NEXT PLANNING FOR THE FUTURE SERIES**

**MEDICAL AND LEGAL TOPICS**

Thurs, February 08, 2024, 2pm  
ST BARTHOLOMEWS CHURCH Park Avenue at 51<sup>st</sup> Street

**HOW TO FIND SHORT / LONG TERM AIDES WHEN NEEDED**

**HOW TO MAKE INSURANCE DECISIONS**

Weds, March 06, 2024, 1pm  
CHURCH OF THE HEAVENLY REST 1088 Fifth Ave at 90<sup>th</sup> Street

**GOALS & GROWTH GROUP**

This program is designed to encourage self-discovery, resilience, and progress. Life is a journey, "Goals and Growth" can provide a positive environment as individuals work towards their goals. **Tuesdays 02/06 & 02/20 2pm-3pm. In person at 341 East 87th St and via Zoom.**  
RSVP 212-980-1700.

**We are updating our data base.**

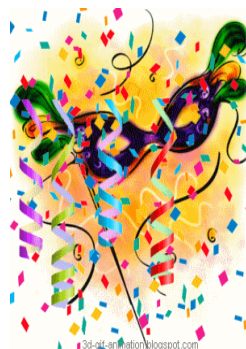
**Please call the office with any changes.**

**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 78<sup>th</sup> St. 2nd Tuesday of the month: **02/13 & 03/12 at 1pm.** RSVP 212-980-1700.

**VALENTINE'S DAY CARDS FOR MSK**

Join us in crafting Valentine's Day Cards for patients and employees at Sloan Kettering. Thurs., Feb 7. 2-4pm. Choir Room, 341 East 87<sup>th</sup> Street. RSVP 212-980-1700.



**MARDI GRAS LUNCHEON**

Join us for our annual Mardi Gras Lunch with music, dancing and fellowship. Saturday 02/10. 12:30-2pm. 62 East 92<sup>nd</sup> Street. Brick Church.  
**Health Advocates MEMBERS ONLY**  
RSVP 212-980-1700