



JANUARY 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 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 Postponed until 02/02/2024	11am – 2pm Tech Help at 404 E. 87th (In-Person)
	10:00am Yoga with Paula (Zoom Only)	10am Alexander Technique (Zoom and in-person)	11am Strength Exercise 7 West 55th (In-Person)	12:00pm Strength Exercise (Zoom Only)	10am Chair Yoga (Zoom Only)	11am 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)	3pm Zoom Seminar (topics on back)	12-4pm Bridge, Scrabble Rummikub at 341 East 88th St	11am 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)		3pm 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)		3pm Advanced Harmonica (Zoom Only)	1pm: Movie at 404 E. 87th (In-Person)
					4pm 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.**

JEWISH MUSEUM Fifth Avenue, 92nd Street. Monday, 01/08 11:00am Chloe Fashion Exhibit. **RSVP 212-980-1700**

THE NEW YORK PUBLIC LIBRARY FOR THE PERFORMING ARTS 01/09 at 11am. 40 Lincoln Center Plaza. Border Crossings: Exile and American Modern Dance 1900-1955. **RSVP 212-980-1700**

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

FOLK ART MUSEUM Friday 01/19 at 10:45AM. Docent-Led Tour. **RSVP 212-980-1700**

HELLER MUSEUM. TUESDAY, 01/23 AT 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.**



HEALTH ADVOCATES
FOR OLDER PEOPLE

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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**

January 4 Madeline Naegle. <i>Sleep Seminar</i>	January 11 2PM: What's Next	January 18 The NY Academy of Medicine	January 25 Anna Lieber <i>Organizing for the New Year</i>
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SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87TH STREET

Saturday Junior League / Ted Talks at 12:15pm

January 6 <i>The Surprising Science Of Happiness</i>	January 6 <i>The Battle Between Your Present And Future Self</i>	January 20 <i>The Life-Long Learner</i>	January 27 Jane Fonda: <i>Life's Third Act</i>
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Saturday Movies at 1pm

January 6 Past Lives Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life.	January 13 The Thomas Crown Affair (1968) Millionaire Thomas Crowne plans to rob a Boston Bank just for the thrill. Insurance Investigator Vicky Anderson plans to bust him for it, but instead slowly falls in love with him.	January 20 The Year Of The Dog Matt, a loner alcoholic, struggles to maintain sobriety and honor his mother's dying wish to see him get sober. His AA sponsor offers him refuge at his farm where Matt finds Yup'ik, a stray husky with a unique talent. The two strays find a connection and discover what it takes to pull through to the finish line	January 27 Barbie To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.
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WHAT'S NEXT: PLANNING FOR THE FUTURE SERIES

HOUSING AND FINANCIAL DECISIONS Thurs, January 11, 2024, 2pm.

Madison Avenue Presbyterian Church, 921 Madison Ave

UPCOMING IN FEBRUARY AND MARCH:

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

SHORT/ LONG TERM CARE & INSURANCE DECISIONS. MARCH 6, 2024

NEW: MONTHLY MEN'S LUNCHEON.

A casual and friendly gathering for men in our community. Enjoy free pizza and a free soda. Josh will really get the conversation going.

Italian Village 1494 1st Ave.

2nd Tuesday of the month: 01/09 & 02/13 at 1pm.

RSVP 212-980-1700.

SAVE THE DATE: GOALS & GRO WITH DROP-IN GROUP WITH CJ
Tuesdays 02/06 & 02/20 2pm-3pm. In person at 341 East 87th St (Choir Room) and via Zoom. RSVP 212-980-1700.

SAVE THE DATE! MARDI GRAS LUNCHEON Join us for our annual festive Lunch Saturday 02/10. 12:30-2pm. 62 East 92nd Street. Brick Church. There will be music, dancing and lots of fellowship.
Health Advocates
MEMBERS ONLY.
RSVP 212-980-1700



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 January receive a free fruit basket! Call the office and ask to speak with Josh. 212-980-1700