



## MAY 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)
		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)
					4pm <b>Beginner Harmonica</b> (Zoom)	

**MEMORIAL DAY**  
May 27th

**MUSEUM AND CITY VISITS** are an opportunity to learn about New York with other Health Advocates members. Please call if you find you can not attend, so others can attend in your place. **RSVP for all: 212-980-1700.**

- **CLOISTERS MUSEUM.** Monday 05/13, 10:30AM. Meet at 341 East 87<sup>th</sup> Street for a van pick up.
- **BROOKLYN BOTANICAL GARDEN.** Wednesday, 5/1, pick up 11:00am, 341 E87. Return 2:00pm
- **JAVITIS CENTER AND ROOFTOP GARDEN. THURSDAY, 5/23 AT 10:00AM.**
- **Governors Island trip. Tuesday, 5/28 at 11:00am. Meet at the Maritime Building.**



**HEALTH ADVOCATES**  
FOR OLDER PEOPLE

420 Lexington Avenue Suite 300  
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 Zoom Seminars 3:00-4:00 pm. By phone: 1 646 558 8656 – Meeting ID 859 2896 6106. Passcode:470609**

<p><b>May 2</b> Ready New York Review the contents of your To Go bag</p>	<p><b>May 9</b> Importance of Probiotics 5:00pm  Nicola Kotchev, MD Zoom or In Person at 431 East 87<sup>th</sup> Street</p>	<p><b>May 16</b> Audrey Tannen in Liz Krueger's office. NYC Housing rules &amp; regs that she will share with us. Including the new Reverse Mortgage options for home owners</p>	<p><b>May 23</b> Patrick Burke, Attorney at Law  Get your affairs in order now</p>	<p><b>May 30</b> <b>Arthritis Exercises to easily do at home</b></p>
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**SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87<sup>TH</sup> STREET**  
**Saturday Programs Junior League / Ted Talks at 12:15pm, In Person & Zoom. Link:**

<p><b>May 4</b>  Ted Talks <small>experience</small> Movie: 1:00-3:00 <i>Always Be My Maybe</i></p>	<p><b>May 11</b>  Ted Talks. <i>End Agism</i>  Movie: 1:00-3:00 <i>American Fiction</i></p>	<p><b>May 18</b>  Ted Talks  Movie: 1:00-3:00 Emily The Criminal</p>	<p><b>May 25</b>  Movie: 1:00-3:00 <i>Thergood Marshall</i></p>
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**TREE BED PROJECT**



**MONTHLY MEN'S LUNCHEON.** A casual lunch **just for the guys!** 1st Ave at 78<sup>th</sup> Street, 2nd Tuesday of the month: **next on 5/14. RSVP 212-980-1700**



Above and left: Our Tree Bed Project renewed 14 tree beds on East 87<sup>th</sup> Street between York and First Aves. Right: The Jr. League's CHEF Committee presented an informative *Skin Care Program*.



Please let the office know if you need a monthly program calendar mailed to your home. Remember, if you have access to the internet at home or in the library, you can go to **hafop.org** to get a copy of the calendar, and if you want a hard copy, have it printed for you. Spring is here and it's a great time to enjoy being outdoors!