



## NOVEMBER 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 people aged 60+.

**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 51<sup>st</sup> 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 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 <sup>rd</sup> Street at Fifth Avenue <u>Except 11/24</u>	11am – 2pm Tech Help at 404 E. 87th (In-Person Only)
	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 <sup>th</sup> (In-Person )
	2:00pm Chair Yoga Abyssinian Towers (In-Person)	1:30pm Chair Yoga (Zoom Only)	1:00pm Writing Workshop 341 E. 87 <sup>th</sup> (In-Person)	3pm Zoom Seminar (topics on back)	12-4pm Bridge, Scrabble Rummikub at 341 East 88th St (In Person Only)	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 Only)		3pm Tai Chi St.Bart’s Church (In-Person) <u>Except 11/24</u>	12:15-12:45pm TED Talks 404 E. 87th Street (In-Person)
	4:30pm Dance with Alex 316 East 88 <sup>th</sup> Street		2:30pm – 4:30pm Poker 341 E. 87 <sup>th</sup> (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.**

- 67<sup>th</sup> Street Library Tour.** Monday, 11/6 at Noon. Learn about the resources your local library. Sign up for a library card.
- Webster Library Tour.** Tuesday 11/14 at 10:15am. Explore the resources of your library has to offer & get a library card.
- Museum of the American Indian.** Monday 11/20 at 11am. “Native New York” visitors will come to see that the region’s story is far more compelling and complex than outdated myths and stereotypes. RSVP required 212-980-1700.
- Jewish Heritage Museum.** Friday 11/10 at 11:00am. Battery Park “Courage To Act, Rescue In Denmark” An incredible exhibition about a historic event. RSVP required 212-980-1700.
- Foot Wellness with Dr. Iorio.** Friday 12/01 at 10:00-11:30. Abyssinian Baptist Church. Breakfast + Lunch Served.
- Medicaid-Medicare Hot Line Support.** 1-800-333-4114. 9am-3pm, Monday – Friday.

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

<b>November 2</b> Department for the Aging <i>Foster Grandparent Program</i>	<b>November 9</b> Ready New York: <i>Emergency Preparedness</i>	<b>November 16</b> FDNY Smart FDNY Fire Safety Education Unit	<b>November 23</b> <i>Thanksgiving</i>	<b>November 30</b> Planning for the Future. <i>Six part Seminar.</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**

<b>November 4</b> New York Jr. Leagues "Bullying"	<b>November 11</b> How Having Fun Is The Secret of a Happy Life	<b>November 18</b>	<b>November 25</b> How Having Fun Is The Secret of a Happy Life
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**Saturday Movies at 1pm**

<b>November 4</b> <i>The Wedding Cottage</i> A wedding guide creator convinces an artist and owner of a special wedding cottage to renovate the run down cottage to host a contest winning couple for their dream wedding.	<b>November 11</b> <i>The Boy Who Harnessed The Wind</i> Enchanted by the workings of electricity, William refused to let go of his dreams to bring electricity and running water to his community in Africa.	<b>November 18</b> No Movie Today. <i>Harvest Lunch and Fashion Show</i> Church of St. Vincent Ferrer 12:30-2:00pm RSVP 212-980-1700	<b>November 25</b> <i>My Big Fat Greek Wedding Part 2</i> Toula's parents, Chicago restaurant owners Gus and Maria, aren't actually married after all. The priest back in Greece never signed their marriage certificate 50 years ago. This means there has to be—you guessed it—another big, fat, Greek wedding.
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**Annual Harvest Lunch**

Please join us on Saturday, November 18<sup>th</sup> for our Annual Thanksgiving Lunch and Fashion Show. Members Only.  
Church of St. Vincent Ferrer 11/18  
12:30-2:00pm

Please call the office at 212-980-1700 to RSVP for the lunch by 11/15 and if you are interested in modeling for the Fashion Show.

RSVP 212-980-1700.

**Medicare & Medicaid Information.** 11/16 at Carnegie East House, 1844 Second Avenue. 2-3:00pm. RSVP 212-980-1700

**Josh Krasner is our Living Better By Design Coordinator.** Josh specializes in functional interior design for healthy aging. He has a great deal of expertise assisting our participants in living easily and more comfortably in their homes. If you would like to have a

conversation with Josh about any concerns you may have, please call the office at 212-980-1700 or you may email Josh at [josh.krasner@hafop.org](mailto:josh.krasner@hafop.org)



Walk with Andrew in Central Park on Fridays at 10am **except 11/24**. Meet at the foot of the Metropolitan Museum steps at 83rd Street, Fifth Avenue.

**Library Tours** Monday the 11/13 at Noon and Tuesday 11/14 at 10am. Learn about your local library. Bring a photo ID and piece of mail with name & address to sign up for a library card. RSVP 212-980-1700.

**Holiday Fairs:**

St. James Church: 11/7 and 8. 212-744-4200

Grace Church: 11/11th and 12th. (212) 254-2000

Brick Church: 11/13, 14, 15th. 62 East 92nd Street. 212-289-4400

Fifth Avenue Presbyterian Church: 11/1,2,3. 7 West 55th Street. 212-247-0490