



MONTHLY CALENDAR, NOVEMBER 2023



420 Lexington Avenue Suite 300 - New York, New York 10170
Tel: 212-980-1700 - www.hafop.org - Email: info@hafop.org

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. Health Advocates programs are designed for all people age 60+. Exercise classes for our members focus on health and wellness, building strength, balance and flexibility. Friends are welcome!

ANNUAL HARVEST LUNCH AND FASHION SHOW

Please join us on Saturday, November 18th for our Annual Harvest Lunch and Fashion Show.
Church of St. Vincent Ferrer. Enter through the gate on Lexington Ave. 12:30-2:00pm.
RSVP REQUIRED 212-980-1700.

EXERCISE

ALEXANDER TECHNIQUE Retrain habitual patterns of posture and movement. Tuesdays 10am. **Church of the Holy Trinity, 341 East 87th St and via zoom.** [Click Here to Register for the Zoom Meeting.](#)

ZOOM BASIC EXERCISE Sundays 12pm. [Click Here to Register for the Zoom Meeting.](#)

CHAIR YOGA Improve your flexibility with seated and standing Yoga exercises. Mondays, 2pm at **Abyssinian Towers, 236 West 73rd St.** Thursdays, 10am **Church of the Heavenly Rest, 1088 Fifth Ave.** Saturdays, 11:00-12:00pm at **St. Joseph's Church, 404 East 87th.**

ZOOM CHAIR YOGA Improve your flexibility with seated and standing Yoga exercises. Monday 10am [Click Here to Join](#) Passcode: 812994 Tuesday 1:30pm [Click Here to Register for the Zoom Meeting.](#) Wednesday 9am [Click Here to Register for the Zoom Meeting.](#) Fridays 10am [Click Here to Register for the Zoom Meeting.](#) Saturday 11am **via zoom.** [Click Here to Register for the Zoom Meeting.](#)

DANCE Join Alex, our excellent instructor, for an hour of dance. Mondays 4:30pm **Church of the Holy Trinity, 316 East 88th Street.**

STRENGTHEN AND TONE YOUR MUSCLES Safe and gentle exercise, using weights, if desired. Mondays 10:30am at **Madison Ave Presbyterian Church, 921 Madison Ave** and Wednesday 11am at **Fifth Avenue Presbyterian Church, 7 West 55th.**

LYNN CRIMANDO'S ESSENTIAL MOVEMENTS FOR HEALTHY AGING Safe and gentle exercise, using weights, if desired Thursday 12pm [Click Here to Join](#) Passcode: 065165

TAI-CHI Ancient movements and balance exercises to strengthen legs, ankles, knees, and hips Tuesdays, 3:00-4:00pm [Click Here to Join](#) Passcode: Htr1bq. Wednesdays 1pm **Church of the Heavenly Rest, 1088 Fifth Ave.** Fridays 3pm. (excluding 11/24) **St. Bart's Church, 50 East 51st St.**

WALK IN THE PARK WITH ANDREW Meet Andrew at **83rd Street and Fifth Avenue** on Fridays at 10am (excluding 11/24) for a walk through Central Park.

OTHER PROGRAMS

GAMES: BRIDGE, SCRABBLE & RUMMIKUB Intermediate & above. Fridays, 12:00pm-4:00pm at **Church of the Holy Trinity, 316 East 88th St.**

WRITING WORKSHOP Local author, Kathleen Connor, will help you write your own, one-of-a-kind stories in a fun, supportive environment. Wednesday 1pm **Church of the Holy Trinity, 341 East 87th St.**

ZOOM HARMONICA LESSONS. Increase lung/breathing capacity while making music with Jiayi He, Fridays: Advanced students, 3pm [Click Here to Join.](#) Beginner students: 4pm. [Click Here to Join.](#) *Join by*

Phone: (646) 876-9923 or (408) 638-0968 or (669) 900-6833 and input the Meeting ID: 827 1466 4630 followed by # key.

POKER Bet, Raise, and Fold. Learn to play by watching for a while. Wednesdays, 2:30-4:30pm Church of the Holy Trinity, 341 East 88th St.

HARVEST LUNCH and FASHION SHOW A social occasion to gather for lunch to celebrate Thanksgiving. Please join our Fashion Show! We are asking members if they would like to participate, wearing a favorite dress, pocket book, hat, coat or whatever they wish. 12:30-2:00pm. Church of St. Vincent Ferrer. 869 Lexington Ave. Enter through the gate on Lexington Ave. **RSVP REQUIRED.**

LIBRARY TOURS **67TH STREET LIBRARY** on Monday the 6th at Noon and **WEBSTER LIBRARY** on Tuesday the 14th at 10:15am. Learn about the resources your local library has to offer. Bring a photo ID and piece of mail with name & address to sign up for a library card. **RSVP REQUIRED** 212-980-1700.

LIVING BETTER BY DESIGN **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 home. 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

SEMINARS

TECHNOLOGY TUTORING One-on-one help to master your cell phone, tablet, or laptop. Wednesdays 9:15am to 11:30am (excluding 11/22) **Church of the Holy Trinity, 341 East 87th St.** and Saturdays 10:30-1:30pm (excluding 11/25) at **St. Joseph's Church, 404 E. 87th St.** **RSVP REQUIRED.**

SATURDAY JUNIOR LEAGUE/TED TALK 12:15pm at St. Joseph's Church, 404 E. 87th St. **November 4:** "Bullying"; **November 11** "How Having Fun is the Secret of a Happy Life"; **November 25** "The Marvels and Mysteries Revealed by the James Webb Telescope"

THURSDAY ZOOM SEMINARS Zoom Only 3:00 pm. [Click Here to Join](#) Passcode: 210538. Join by phone: Dial: 1 646 558 8656 – Meeting ID 859 2896 6106. Passcode: 470609; **November 2** Department for the Aging *Foster Grandparent Program*; **November 9** Ready New York: *Emergency Preparedness*; **November 16** FDNY Smart: FDNY Fire Safety Education Unit; **November 30** Planning for the Future *Nine Part Seminar Series*.

MEDICARE & MEDICAID INFORMATION 11/16 from 2-3:00pm at Carnegie East House, 1844 Second Avenue.

FOOT WELLNESS WITH DR. IORIO 12/01. 10:00-11:30. Abyssinian Baptist Church. Breakfast + Lunch Served.

MUSEUM AND CITY VISITS

MUSEUM AND CITY VISITS ARE AN OPPORTUNITY TO LEARN ABOUT NEW YORK WITH OTHER MEMBERS. RSVP REQUIRED, AS SPACE IS LIMITED (BY TELEPHONE, NOT BY EMAIL, PLEASE). WE WILL CALL THOSE WHO HAVE SIGNED UP BEFORE THE EVENT TO CONFIRM. PLEASE ARRIVE ON TIME, AND AS A CONSIDERATION TO FELLOW PARTICIPANTS AND TO HOSTS, DO NOT DEPART BEFORE THE VISIT ENDS.

67TH STREET LIBRARY TOUR. 328 E 67th St. Monday the 6th at 12pm. Learn about the resources of your local library. Sign up for a library card.

WEBSTER LIBRARY TOUR. 1465 York Ave. Tuesday 11/14 at 10:15am. Explore the resources your local library has to offer & get a library card.

MUSEUM OF THE AMERICAN INDIAN TOUR. 1 Bowling Green. Monday 11/23 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.

JEWISH HERITAGE MUSEUM. 36 Battery Pl. Friday the 10th, 11am. "Courage To Act, Rescue In Denmark" An incredible exhibition about a historic event.



The pictures left to right: models at the 2018 Harvest Lunch Fashion Show; middle, Josh Krasner, our Living Better By Design Coordinator; the group at the 2018 Harvest Lunch

HEALTH ADVOCATES FOR OLDER PEOPLE - NOVEMBER ACTIVITIES CALENDAR 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Zoom Chair Yoga 9-11:30 Regis Volunteers 11am Strength Exercise 1pm Writing Workshop 2pm Tai-Chi 2:30pm Poker	2 10am Chair Yoga 12pm Zoom Strength Exercise 3pm Zoom Seminar	3 10am Walk in the Park 10am Zoom Chair Yoga 12pm Games 3pm Tai Chi 3pm Advanced Harmonica 4pm Beginner Harmonica	4 11am – 2pm Tech Help 11am Zoom & In Person Chair Yoga 12:15pm TED Talk 1pm Movie
5 12pm Zoom Exercise	6 10am Zoom Yoga 10:30am Alexander Technique 12pm 67 th St Library Tour 2pm Chair Yoga 2pm Zoom Reiki Self-Healing 4:30pm Dance	7 10am Alexander Technique 1:30pm Zoom Chair Yoga 3pm Zoom Tai-Chi	8 9am Zoom Chair Yoga 9-11:30 Regis Volunteers 11am Strength Exercise 1pm Writing Workshop 2pm Tai-Chi 2:30pm Poker	9 10am Chair Yoga 12pm Zoom Strength Exercise 3pm Zoom Seminar	10 10am Walk in the Park 10am Zoom Chair Yoga 11am Jewish Heritage Museum Tour 12pm Games 3pm Tai Chi 3pm Advanced Harmonica 4pm Beginner Harmonica	11 11am – 2pm Tech Help 11am Zoom & In Person Chair Yoga 12:15pm TED Talk 1pm Movie
12 12pm Zoom Exercise	13 10am Zoom Yoga 10:30am Alexander Technique 11am Museum of the American Indian Tour 2pm Chair Yoga 2pm Zoom Reiki Self-Healing 4:30pm Dance	14 10am Alexander Technique 10:15am Webster Library Tour 1:30pm Zoom Chair Yoga 3pm Zoom Tai-Chi	15 9am Zoom Chair Yoga 9-11:30 Regis Volunteers 11am Strength Exercise 1pm Writing Workshop 2pm Tai-Chi 2:30pm Poker	16 10am Chair Yoga 12pm Zoom Strength Exercise 3pm Zoom Seminar	17 10am Walk in the Park 10am Zoom Chair Yoga 12pm Games 3pm Tai Chi 3pm Advanced Harmonica 4pm Beginner Harmonica	18 11am Zoom & In Person Chair Yoga Harvest Lunch & Fashion Show
19 12pm Zoom Exercise	20 10am Zoom Yoga 10:30am Alexander Technique 2pm Chair Yoga 2pm Zoom Reiki Self-Healing 4:30pm Dance	21 10am Alexander Technique 1:30pm Zoom Chair Yoga 3pm Zoom Tai-Chi	22 9am Zoom Chair Yoga 11am Strength Exercise 1pm Writing Workshop 2pm Tai-Chi 2:30pm Poker	23 Thanksgiving	24 10am Zoom Chair Yoga 12pm Games 3pm Advanced Harmonica 4pm Beginner Harmonica	25 11am Zoom & In Person Chair Yoga 12:15pm TED Talk 1pm Movie
26 12pm Zoom Exercise	27 10am Zoom Yoga 10:30am Alexander Technique 2pm Chair Yoga 2pm Zoom Reiki Self-Healing 4:30pm Dance	28 10am Alexander Technique 1:30pm Zoom Chair Yoga 3pm Zoom Tai-Chi	29 9am Zoom Chair Yoga 9-11:30 Regis Volunteers 11am Strength Exercise 1pm Writing Workshop 2pm Tai-Chi 2:30pm Poker	30 10am Chair Yoga 12pm Zoom Strength Exercise 3pm Zoom Seminar	NO WALK IN THE PARK OR TAI-CHI ON FRIDAY, NOVEMBER 24.	



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RETURN SERVICE REQUESTED

HOLIDAY FAIRS

BRICK CHURCH: November 13, 14, 15th. 212-289-4400

FIFTH AVENUE PRESBYTERIAN CHURCH: November 1st, 2nd, 3rd. 212-247-0490

ST. JAMES CHURCH: November 7th and 8th. 212-744-4200

GRACE CHURCH: November 11th and 12th. (212) 254-2000.

MATINEE MOVIES

Saturdays, 1pm at ST. JOSEPH'S CHURCH 404 EAST 87TH STREET

NOVEMBER 4 THE WEDDING COTTAGE *"A wedding guide creator must convince an uninspired artist and owner of a run down cottage to renovate the cottage to host a contest winning couple for their dream wedding."*

NOVEMBER 11 THE BOY WHO HARNESSSED THE WIND *"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."*

NOVEMBER 18 NO MOVIE - Harvest Lunch and Fashion Show at Church of St. Vincent Ferrer 12:30-2:00pm

NOVEMBER 25 MY BIG FAT GREEK WEDDING PART 2 *"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."*

USEFUL INFORMATION

WHEELCHAIRS, WALKERS, CANES AND OTHER EQUIPMENT IS AVAILABLE. If you or someone you know needs equipment or would like to donate equipment, call Patricia at 212-831-1700.

HAFOP MONTHLY CALENDAR When you are traveling or plan to be away, please let us know so we can suspend your calendar mailing. *The postage office returns them to us and we have to pay double postage.* Thank you!

HAFOP MEMBER PROFILE We send out notices about upcoming programs and special events and want to make sure your information is current.

ABSENTEE VOTING Monday 11/6 is the last day to apply in-person for an absentee ballot for the General Election on 11/7. Absentee Ballots must be postmarked no later than 11/7 and received by the Board of Elections by Tuesday 11/14.

COMMUNITY SHREDDING EVENT Sunday 11/19 10-2pm Roosevelt Island - Motorgate Turnaround

MEDICAID-MEDICARE HOT LINE SUPPORT. 1-800-333-4114. 9AM-3PM, MONDAY – FRIDAY.

HEALTH ADVOCATES DEPENDS ON DONATIONS TO MAKE OUR FREE PROGRAMS POSSIBLE.

Our Volunteer Program is underwritten by the Kurz Family Foundation to honor Herbert and Edythe Kurz for their significant life efforts to improve the community.