



OCTOBER 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 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)		8:30am Chair Yoga w/Stephanie (Zoom Only)	10:00am Chair Yoga Heavenly Rest (In-Person)	10am Chair Yoga (Zoom Only)	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)	10:00am Walk in the Park With Andrew 83 rd Street at Fifth Avenue	11am Chair Yoga at 404 E. 87 th (In-Person Only)
	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 (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)	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.

Fashion Institute of Technology Friday, October 6 at noon. Informal tour of the Food and Fashion Exhibition. RSVP 212-980-1700.

Bard Center Date to be announced. SIGHTLINES on Peace, Power & Prestige: Metal Arts in Africa brings leading contemporary artists into conversation with historic African metal arts. RSVP 212-980-1700.

Yorkville Library Tour Date to be announced. Learn about the resources your local library has to offer. Sign up for a library card. RSVP 212-980-1700.

Governor’s Island tour. Monday, October 16th. 10:00am sharp. Meet at the Governor’s Island Ferry Terminal. Take the M15 bus or the 4, 5, 6 subway. Two block walk to the ferry. Guided walking tour of the island. Bring a sandwich to eat overlooking the Bay. RSVP 212-980-1700.



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RETURN SERVICE REQUESTED

Thursday Seminars (Zoom Only) 3:00 pm.
Join by phone: 1 646 558 8656 – Meeting ID 899 7583 3180. Passcode: 210538

October 5 CJ Mossman's Mindful Homes: Paper Clutter	October 12 Ready New York: Emergency Preparedness	October 19 Virtual Museum Visit The British Museum	October 26 <i>To be announced</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

October 7 Junior League: Introduction to Asthma & COPD	October 14 Ted Talks: The Billion-Dollar Pollution Solution Humanity Needs Right Now	October 21 Junior League: Osteoporosis & Bone Weakness	October 28 Ted Talks: Listening To Shame
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Saturday Movies at 1pm

October 7 No Time To Die. Bond has left active service and is enjoying a tranquil life in Jamaica. His peace is short-lived when his old friend Felix Leiter from the CIA turns up asking for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond onto the trail of a mysterious villain armed with dangerous new technology.	October 14 Jerry and Marge GO LARGE. When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife Marge go on an exciting multi-million dollar winning spree with the goal to revive their small Michigan town. But when a selfish college student cheats the system, Jerry must find a way to make the game fair for all.	October 21 C'mon C'mon. Johnny and his young nephew forge a tenuous but transformational relationship when they are unexpectedly thrown together in this delicate and deeply moving story about the connections between adults and children, the past and the future.	October 28 Are You There God? At 11, Margaret is moving to a new town and beginning to contemplate everything about friendship, adolescence and life. She relies on her mother, who is herself finding her footing in a new place, and her grandmother, who is coming to terms in the next phase of her life. Questions of identity, one's place in the world, and what brings meaning to a life will draw them closer together
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<p>Interested in learning how to use a Chromebook? HAFOP Members can receive a free Chromebook and accessories to use at home or elsewhere with WiFi. We ask you commit to biweekly appointments to learn how to use the Chromebook efficiently. Appointments last an hour on Wednesday or Saturday mornings.</p> <p>Call the office 212-980-1700 ask to speak to CJ about the Chromebook Initiative</p>	<p>Annual Harvest Lunch Please join us on Saturday, November 18th for our Annual Thanksgiving Lunch and Fashion Show. St. Vincent Church 12:30-2:00pm RSVP 212-980-1700</p>	<p>NYU School of Dentistry Screening and Presentation. Thursday, October 12 11am-12:30pm at Church of the Holy Trinity 341 East 87th Street. Following the presentation, the Dental School will provide a voucher to schedule free x-rays and a dental exam. RSVP 212-980-1700.</p>
	<p>The Central Park Walk with Andrew is now on Fridays at 10am.</p>	<p>Yorkville Library Tour Friday 10/20 at 1pm. Learn about the resources your local library has to offer. Bring a photo ID and with current address or mail, bill, lease with name & address to sign up for a library card. RSVP 212-980-1700.</p>