



## SEPTEMBER 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 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)		8:30am: Chair Yoga w/Stephanie (Zoom Only)	10:00am: Chair Yoga Heavenly Rest	10am: Chair Yoga (Zoom Only)	11am – 2pm: Tech Help at 404 E. 87th (In-Person)
	10:00am Yoga with Paula (Zoom Only)	10am-11:00am: Alexander Technique (Zoom & In- Person)	10:00am: Walk in the Park With Andrew 83 <sup>rd</sup> Street at Fifth Avenue	12:00pm: Strength Exercise (Zoom Only)	12-4pm: Bridge, Scrabble Rummikub at 341 E. 87 <sup>th</sup> (In-Person)	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)	11am: Strength Exercise at 7 West 55th (In-Person Only)	3pm: Zoom Seminar (topics on back)	3-4pm: Tai Chi at St.Bart's Church (In-Person)	11am: Chair Yoga w/ Stephanie (Zoom Only)
	2:00pm: Reiki Self-Healing (Zoom Only)	3:00pm Tai-Chi (Zoom Only)	1:00pm: Writing Workshop at 341 E. 87 <sup>th</sup> (In-Person)		3pm: Advanced Harmonica (Zoom Only)	12:15-12:45pm TED Talks 404 E. 87th Street (In-Person)
			2:00pm: Tai-chi w/Luc Heavenly Rest (In-Person Only)		4pm: Beginner Harmonica (Zoom Only)	1pm: Movie at 404 E. 87th (In-Person)
			2:30pm – 4:30pm: Poker at 341 E. 87 <sup>th</sup> (In-Person)			

**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.

**Tiffany.** Join an informal group tour of the remodeled Icon flagship store. **Friday, September 22nd at noon.** Meet in lobby. RSVP 212-980-1700.

**Brooklyn Botanical Garden.** Take the van at 10am from 341 East 87<sup>th</sup> St on **Friday, September 29<sup>th</sup>** or meet at the garden at 11am. Self guided tour. Call 212-980-1700 to reserve a ticket or your space in the van.

**Governor's Island tour. Friday, September 8<sup>th</sup>. 10:00am sharp.** Meet at the Wall Street Ferry Pier 11. Take the ferry to Wall Street or the #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.



**HEALTH ADVOCATES**  
FOR OLDER PEOPLE

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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**

<p><b>September 7</b> CJ Mossman <i>Mindful Homes</i></p>	<p><b>September 14</b> Health Advocates <i>Planning Ahead for an Emergency</i></p>	<p><b>September 21</b> Dr. Ian Kwok, Weill Cornell <i>Geriatrics and Palliative Medicine</i></p>	<p><b>September 28</b> Audrey Berman Tannen <i>NYC Housing Rules and Regulations</i></p>
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**SATURDAY IN PERSON ACTIVITIES AT ST. JOSEPH'S CHURCH 404 EAST 87<sup>TH</sup> STREET**

**Saturday Junior League / Ted Talks at 12:15pm**

<p><b>September 2</b> The growing megafire crisis -- and how to contain it</p>	<p><b>September 9</b> Your body language may shape who you are</p>	<p><b>September 16</b> The power of believing that you can improve</p>	<p><b>September 23</b> <b>NY Jr League</b> Alzheimers</p>	<p><b>September 30</b> What the discovery of exoplanets reveals about the universe</p>
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**Saturday Movies at 1pm**

<p><b>September 2</b> Mozart's Sister. This film dramatizes the frustrating early life of Maria Anna "Nannerl" Mozart, a gifted musician in her own right who finds her musical career cut short by her father's conventional view of gender roles and her younger brother Wolfgang's talent.</p>	<p><b>September 9</b> Polite Society, Martial artist-in-training Ria Khan believes she must save her older sister Lena from her impending marriage. After enlisting the help of her friends, Ria attempts to pull off the most ambitious of all wedding heists in the name of independence and sisterhood.</p>	<p><b>September 16</b> The Covenant. After an ambush, Afghan interpreter Ahmed goes to Herculean lengths to save US Army Sergeant John Kinley's life. When Kinley learns that Ahmed and his family were not given safe passage to America as promised, he must repay his debt by returning to the war zone to retrieve them before the Taliban hunts them down.</p>	<p><b>September 23</b> Great White. A blissful tourist trip turns into a nightmare for five passengers when their seaplane goes down near a shipwreck. Stranded miles from shore in an inflatable life raft, they find themselves in a desperate fight for survival as they try to make it to land before they either run out of supplies or are taken by a menacing pack of sharks lurking close by.</p>	<p><b>September 30</b> Book Club: Next Chapter. The highly anticipated sequel as four best friends take their book club to Italy for a fun girls trip. When things go off the rails, their relaxing vacation turns into an unanticipated adventure.</p>
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**Thank you to everyone who attended the Annual Picnic on August 16<sup>th</sup>. We enjoyed good food & made new friends.** Photo at right of participants having fun at the Annual Picnic.



**Regis Volunteers**

Available **Wednesdays 9-11am**. Church of the Holy Trinity, 341 East 87<sup>th</sup> Street.  
Tech training; iPhones, iPads, laptops.  
Call 212-831-1700 to schedule.  
Chromebook initiative continues this fall.  
Call the office at 212-980-1700 to inquire about receiving a free Chromebook & training.

Call 311 for Cooling Centers. Locations include libraries, community centers, senior centers