



MONTHLY CALENDAR, MARCH 2020



155 East 44th Street, 6th Floor, New York, NY 10017

Tel: 212-980-1700 www.hafop.org

Health Advocates promotes safe and healthy aging through programs designed to facilitate independent living, physical well-being and greater social interaction for women and men.

Quote of the Month: "When words fail, music speaks." Hans Christian Anderson

EXERCISE

EXERCISE CLASSES FOR OUR MEMBERS BUILD STRENGTH, BALANCE, FLEXIBILITY, AND OVERALL FITNESS.

ALEXANDER TECHNIQUE: Retrain habitual patterns of posture and movement. Thursdays 9:30-10:30

Church of the Holy Trinity, 341 East 87th Street.

ARTHRITIS EXERCISE: Mondays, 10:30-11:30am Madison Avenue Presbyterian Church, 921 Madison

Avenue, 73/74 Street. Wednesdays, 12:30pm begin 3/14 Mercy Center, 377 East 145th Street.

BASIC EXERCISE: Tuesdays, 2:00-3:00pm, Abyssinian Towers, 50 West 131st St. Wednesdays, 1:15-2:15pm

Park Avenue United Methodist Church, 106 East 86th Street.

CHAIR YOGA: Improve your flexibility with seated and standing Yoga exercises: Wednesdays, 1:00-2:00pm,

Waterside Plaza, Thursdays, 1:00-2:00 pm. Rutgers Church, 236 West 73rd Street, Saturdays, 10:00-

11:00, 49 East 73rd Street.

DANCE: Mondays, 4:00pm-5:00pm. Join Alex, our excellent instructor for an hour of dance. (No partners required), It's fun and great exercise! Church of the Holy Trinity, 341 East 87th Street.

STRENGTHEN AND TONE YOUR MUSCLES AND BONES: Safe and gentle exercise, using weights.

Wednesdays, 11:00-12:00pm, Fifth Avenue Presbyterian Church, 7 West 55th St. Fridays, 10:30-11:30am.

Church of the Holy Trinity, 316 East 88th Street.

TAI-CHI: Ancient movements and balance exercises to strengthen legs, ankles, knees, and hips. Mondays,

1:30-2:30pm. St. Catherine of Sienna 68th Street at 1st Avenue. Tuesdays, 3:00-4:00pm. Church of the

Holy Trinity, 316 East 88th Street. Fridays, 3:00-4:00. St. Bartholomews Church, 109 East 50th Street.

MIND HEALTH AND RECREATION

Mind health and recreation classes benefit cognitive thinking, memory, reasoning, judgment, perception, and peer connection. They're fun too!

BRIDGE: Sharpen the mind by playing bridge. Intermediate & above Fridays, 12:00-4:00pm Church of the Holy Trinity, 316 East 88th Street.

CELL PHONE: One-on-one help to master your cell or smart phone Mondays, 3:15-4:00pm, Church of the Holy Trinity, 341 East 87th Street. RSVP. Essential.

CHESS CLUB: Enjoy this fascinating game that enhances mental and social skills. Mondays 1:00-2:00pm, Marshall Chess Club, 23 West 10th Street.

HARMONICA SERIES: Increase lung/breathing capacity while making music: Fridays for advanced students: 3:00-3:45pm. Beginner students: 4:00-4:45pm. Madison Avenue Presbyterian Church, 921 Madison Ave. & 73rd Street.

ITALIAN: Learn conversational Italian. Fridays, 11:30-12:30pm Church of the Holy Trinity, 341 East 87th Street.

MAH JONG: A game of skill, strategy, and calculation that involves a degree of chance. With instructor. Mondays, 1:30-3:30pm, Church of the Holy Trinity, 316 East 88th Street.

Thursdays, 1:00-3:00pm, 30 Waterside Plaza, New York, NY 10010

PET CLUB: Tuesday, March 3rd at 1:30. 341 East 87th Street.

POKER: Bet, Raise, and Fold. Learn to play by watching, until you feel comfortable joining in.

Wednesdays, 2:30-4:30pm. Church of the Holy Trinity, 341 East 87th Street.

SHORT STORY WRITING: How would you like to write your own short story? Author, teacher, editor Renee Trainer will help show you how. Bring your own paper and pens. Mondays at 2:00pm. Church of the Holy Trinity 341 East 87th Street.

NEW PROGRAMS IN 2020: Beginning in 2020, Health Advocates is partnering with Waterside Plaza to provide a chair yoga class on Wednesdays from 1-2, and a weekly Mah Jong class with an instructor on Thursdays from 1:00-3:00pm. The classes are open to seniors over 60. Waterside Plaza is located on the East River between 25th – 28th Street. To attend, take the 34th Street crosstown bus 34A going east directly to Waterside Plaza. When you get off the bus take the ramp up to the plaza level. Call our office with any questions you may have.

SEMINARS

MARCH 10: Tuesday, 1:30. NEW YORK UNIVERSITY DENTAL SCHOOL. Staff from the school will visit to discuss Good Dental Hygiene with samples of what works best. On March 24th we will visit the Dental School to meet the staff and see the facility. **Church of the Holy Trinity, 341 East 87th Street.**

March 17: Tuesday, Nutrition with Viktoryia. Church of the Holy Trinity, 341 East 87th Street.

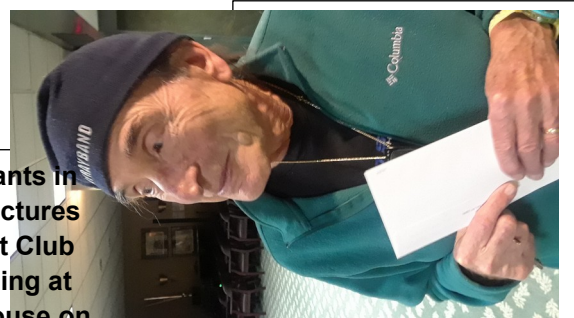
March: 24: Tuesday at 1:30. NEW YORK UNIVERSITY DENTAL SCHOOL. Following the presentation at 341 East 87th Street on March 10th, we will visit the Dental School at their campus. **345 East 24th Street.**

MARCH 25: Marble Church Nutrition Program. Lunch 12:00-1:00. Program 1:00-2:00. **274 Fifth Ave.**

March 31: Tuesday, 1:30. Suzanne Berman returns to help us know HOW TO MANAGE YOUR PAPERS TO BETTER ORGANIZE YOUR LIFE.. **Church of the Holy Trinity, 341 East 87th Street.**



Noah from the NYC Dept of Sanitation presented "How To Recycle Household Scraps"

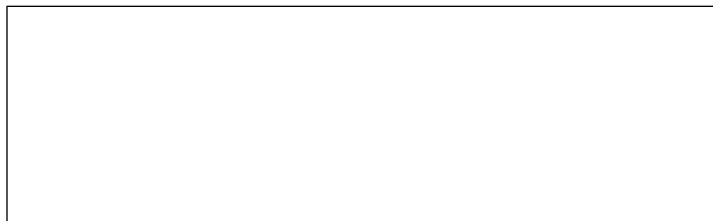


Fun for participants in the Pet Club! Pictures shown at the Pet Club Exhibition Opening at James Lenox house on February 6!



5.-9:30-10:30		MARCH 2020 CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>AT Abyssinian Towers, 150 West 131st St. ABS Abyssinian Baptist Church, 132 W 138th St. CHT Church of the Holy Trinity, 341 East 87th St. or 316 East 88th St. FAPC Fifth Avenue Presbyterian Church, 7 West 55th St. MAPC Madison Ave Presbyterian Church, 921 Madison Ave. MC Mercy Center, 377 East 145th St. MCC Marshall Chess Club, 23 West 10th St. PAUM Park Avenue United Methodist Church, 106 East 86th St. RC Rutgers Church 236 West 73rd St. St. Bartholomews Church, 530 St. 209 St. Church, 404 East 87th St. SVF St. Vincent Ferrer School, 869 Lexington Ave. at 66 St. SCS St. Catherine of Sienna 68th St at 1st Avenue. JLH? 49 East 73rd St. WP Waterside Plaza, 30 Waterside Plaza</p>						
<p>2. 1:00-3:00 WP -10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance</p>	<p>3. 1:30 CHT Pet Club 3:00-4:00 CHT Tai-chi</p>	<p>4. 11:00-12:00 FAPC Strengthen & Tone -1:00-2:00 WP Chair Yoga -1:15-2:15 PAUM Exercise -2:30-4:30 CHT 87 Poker</p>	<p>2. 6.-10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87 Italian Speaking -12:00-4:00 CHT 88 Bridge -3:00-4:00 StB. Tai-chi -3:00-3:45MAPC- Harmonica ADV -4:00- 4:45 Harmonica (beginners)</p>	<p>7. 11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 Matinee Movie</p>		
<p>9. - 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance</p>	<p>10. - 1:15-2:30 CHT 87. Presentation by NYU dental College -2:00-3:00 AT Basic Exercise -3:00-4:00 CHT 88 Tai Chi</p>	<p>11. -11:00-12:00 FAPC Strengthen & Tone -1:00-2:00 WP Chair Yoga -1:15-2:15 PAUM Exercise -2:30-4:30 CHT 87 Poker</p>	<p>12. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga -1:00-3:00 WP Mah Jong</p>	<p>13. -10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87 Italian Speaking -12:00-4:00 CHT 88 Bridge -3:00-4:00 StB. Tai-chi -3:00-3:45MAPC Harmonica (advanced) -4:00- 4:45 MAPC Harmonica (beginners)</p>	<p>14. 11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 Matinee Movie</p>	
<p>16. 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance</p>	<p>17. -1:30-2:30 CHT Nutrition 2:00-3:00 AT Basic Exercise -3:00-4:00 CHT 88 Tai Chi</p>	<p>18.-11:00-12:00 FAPC Strengthen & Tone -12:30 MC Arthritis Exercise -1:00-2:00 Exercise at Waterside Plaza -1:15-2:15 PAUM Basic Exercise -2:30-4:30 CHT 87 Poker</p>	<p>19. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga -1:00-3:00 WP Mah Jong</p>	<p>20. - 10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87 Italian Speaking -12:00-4:00 CHT 88 Bridge- -3:00-4:00 StB. Tai-chi -3:00-3:45 MAPC Harmonica (advanced) -4:00- 4:45 (beginners)</p>	<p>21. -11:00-12:00 JLH James Lenox House Chair Yoga -12:30 CHT87 Matinee Movie</p>	
<p>23. 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance</p>	<p>24. -1:30-2:30 CHT 87 - Visit to NYU Dental College -2:00-3:00 AT Basic Exercise -3:00-4:00 CHT 88 Tai Chi</p>	<p>25. -11:00-12:00 FAPC Strengthen & Tone -12:00-2:00 Marble Church Lunch and Nutrition Program -12:30 Arthritis MC -1:00-2:00 WP Chair Yoga -1:15-2:15 PAUM Basic Exercise -2:30-4:30 CHT 87 Poker</p>	<p>26. -9:30-10:30 CHT 87 Alexander Technique -1:00-2:00 RC Chair Yoga --1:00-3:00 WP Mah Jong</p>	<p>27. -10:30-11:30 CHT 88 Strengthen & Tone -11:30-12:30 CHT 87-Italian Speaking -12:00-4:00 CHT 88 Bridge -3:00:4:00 StB Tai-chi -3:00-3:45 Harmonica (advanced) 4:00- 4:45 (beginners) MAPC</p>	<p>28. -11:00-12:00 JLH James Lenox House Chair Yoga 12:30-2:00 MOVIE</p>	
<p>30. - 10:30-11:30 MAPC Arthritis -1:00-2:00 MCC Chess -2:00-3:00 CHT87 Short Story Writing -1:30-2:30 SCS Tai-Chi -1:30-3:30 CHT 88 Mah Jong -3:15-4:00 CHT 87 Cell Phone Class -4:00-5:00 CHT 87 Dance</p>	<p>31. -1:30-2:30 CHT Suzanne Berman Manage Your Papers -2:00-3:00 AT Basic Exercise 3:00-4:00 CHT Tai-chi 88 St</p>					

155 East 44th Street, 6th Floor
10 Grand Central
New York, NY 10017
www.hafop.org
RETURN SERVICE REQUESTED



MUSEUM AND CITY VISITS RSVP required 212-980-1700

Museum and City Visits are an opportunity to learn about New York and meet other Health Advocates members. If you want to be a sign-in host, let us know. Space is limited. We will call those who have signed up to confirm attendance. We purchase tickets for visits, so we need to know if you have reserved and cannot attend. Please arrive at events ten minutes early to sign in and as a consideration to fellow participants and to hosts, do not leave early.

HARKNESS HOUSE, March 14th 11:00. This is a very special house, home of the philanthropic Harkness family who under wrote so many worthy initiatives in New York City. One East 70th Street. Space is limited. RSVP required.

CARNEGIE HALL, March 17, 1:30-3:00pm. Join us for a guided tour of one of New York's spectacular cultural venues. This grand landmark has seen historic performances through the ages. 881 7th Avenue at West 57th Street. RSVP required.

MATINEE MOVIES

MATINEE MOVIES: Saturdays, 12:30pm Church of the Holy Trinity, 341 East 87th Street

MARCH 7: THE LION KING. Reimaging from an animated hit to a living action flick, with appeal to kids and adults alike. The beloved animals come to life via the voices of Beyonce, Seth Rogan, Donald Glover.

MARCH 14: HARRIET. Cynthia Ervind stars as the American heroine Harriet Tubman, an escaped slave who later led 13 escape missions from the Antebellum South along the Underground Railroad.

MARCH 21: A BEAUTIFUL DAY IN THE NEIGHBORHOOD. Tom Hanks, the nicest man in Hollywood, stars as Fred Rogers, the nicest man on earth, in this biographical drama.

MARCH 28: PARASITE. Brilliant social satire plays like a black comedy of a downtrodden South Korean family secretly infiltrating a wealthy one.

REMINDER: *LIVING BETTER, BY DESIGN: A Four-Part Series.* This design series will explore how to live and enjoy your home with greater ease. Given by Rosemary Bakker, our home design specialist.

SAVE THE 2020 DATES: Venue To Be Announced. April 21, "Interior Furnishings;" July 14th "Living Spaces", September 15th "Tips for Caregiving" 2020

Health Advocates' **EQUIPMENT DONATION PROGRAM** offers rollators, shower chairs, wheelchairs, canes, plus disposable paper products and much more. Please call the office if you need any of the above.