



INNOVATIVE OLDER ADULT CENTER

(Benjamin Rosenthal-Prince Street)

本杰民-王子街自助老人中心, 纽约市创新型老人中心之一
PROGRAM - November 2022 二零二零年十一月 节目表

Monday 星期一

- 08:30-15:45 Stationery biking & elliptical exercises 固定器械锻炼 Auditorium 礼堂
- 08:30-10:00 Tai Chi Box with Ms. Yuan Zhen 炮拳 Auditorium 礼堂
- 09:00-11:00 FY23 Membership Renewal with PAC 年度会员证更新 Small dining room 小饭厅
- 10:00-11:00 SAIL with Rosemarie 健康生活 on VSC 视频
- 10:00-11:00 Harmonica with Wei Er Li 口琴练习 on VSC 视频
- 10:00-15:45 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
- 10:00-15:45 X-box Bowling with Mr. Zhang 视频保龄球 Auditorium 礼堂
- 10:00-15:45 Video Exercise with Staff 视频操锻炼 Auditorium 礼堂
- 10:00-10:30 Alert & Alive with David & Anita 保持身心健康 Arts Room and on VSC 视频艺术室
- 10:30-11:00 Current Events (CHIN) with David & Anita 时事座谈 Arts Room and on VSC 视频艺术室
- 11:00-12:00 Tai Chi for Arthritis with Rosemarie 太极 on VSC 视频
- 13:00-15:00 ESL with Situ 英语九百句 on VSC 视频
- 13:00-15:30 Shanghai Opera Practice with Ms. Yan 越剧练习 Stage 舞台
- 13:00-15:30 Oil Painting (Beginner) with Kevin 油画(初级班)Arts Room 艺术室
- 13:00-14:00 LG Tablet Coaching with Janet LG 平板电脑 (中文) Computer Lab 电脑室
- 13:00-14:30 Learning Galaxy Tablet with Prof. KL 学习 Galaxy 平板电脑 (英文/广东话) Computer Lab 电脑室
- 14:00-15:30 Karaoke with Jane & Sophie 卡拉 OK Large Dining Room 大饭厅

Tuesday 星期二

- 08:30-09:00 Tai Chi with Bessie & Toi Chu Cheng 太极锻炼 outside 公园
- 08:30-10:00 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
- 08:30-15:45 Stationery biking & elliptical exercises 固定器械锻炼 Auditorium 礼堂
- 10:00-11:00 Harmonica with Wei Er Li 口琴练习 on VSC 视频
- 10:00-11:30 Tai Chi with Ms. Y.M. Xu 徐月梅 Auditorium 礼堂
- 10:00-15:45 X-box Bowling with Mr. Zhang 视频保龄球 Auditorium 礼堂
- 10:00-15:45 Video Exercise with Staff 视频操锻炼 Auditorium 礼堂
- 10:00-12:00 Tablet & Cellphone Q&A with Bruce Chen 平板电脑和手机问与答 Arts Room 艺术室
- 11:30-15:45 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
- 13:00-15:00 Citizenship with Situ 入籍 on VSC 视频
- 13:00-15:00 Sing Along (ENG) with Felix & Mary 英文歌卡拉 OK on VSC 视频
- 13:00-14:00 LG Tablet Coaching with Ellen LG 平板电脑 (中文) Computer Lab 电脑室
- 14:00-15:30 Karaoke with Jane & Sophie 卡拉 OK Large Dining Room 大饭厅

Wednesday 星期三

- 08:30-09:00 Tai Chi with Bessie & Toi Chu Cheng 太极锻炼 outside 公园
- 08:30-10:00 Tai Chi Box with Ms. Yuan Zhen 炮拳 Auditorium 礼堂
- 08:30-15:45 Stationery biking & elliptical exercises 固定器械锻炼 Auditorium 礼堂
- 09:00-1:00 On-site/ Virtual Counseling: Medicare, MSP & Extra Help with Alex from DFTA 现场/视频咨询: 红蓝卡, 补助计划, 以及额外帮助
- 10:00-11:00 Towards Self-Acceptance & Growth with Deirdre (ENG) 接受自我笑对人生 on VSC 视频
- 10:00-11:00 Chair, Music Boogie Dance with Dina (ENG) 摇摆舞 on VSC 视频
- 10:00-15:45 X-box Bowling with Mr. Zhang 视频保龄球 Auditorium 礼堂
- 10:00-15:45 Video Exercise with Staff 视频操锻炼 Auditorium 礼堂
- 10:00-11:30 Wai Dan Gong w/ Albert & Sophia 外丹功 Auditorium 礼堂
- 11:00-12:00 Current Events (ENG) with Bernie 时事讨论 on VSC 视频
- 11:30-15:45 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
- 13:00-15:00 ESL with Situ 英语九百句 on VSC 视频
- 13:00-15:30 Watercolor Painting with Kevin 水彩画 Arts Room 艺术室
- 13:00-14:00 LG Tablet Coaching with Janet LG 平板电脑 (中文) Computer Lab 电脑室
- 14:00-15:30 Karaoke (ENG) with Benny & Kay 卡拉 OK Large Dining Room 大饭厅
- 18:30-20:30 Karaoke Practice with Jane & Sophie 卡拉 OK 练习 on VSC 视频
- 21:00-21:30 Wai Dan Gong with Jimmy & Sophia 外丹功 on VSC 视频

Thursday 星期四

08:30-09:00 Tai Chi with Bessie & Toi Chu 太极锻炼 outside 公园
08:30-10:00 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
08:30-15:45 Stationery biking & elliptical exercises 固定器械锻炼 Auditorium 礼堂
10:00-11:30 Qi Gong with Ms. Y.M. Xu 气功 Auditorium 礼堂
10:00-11:00 SAIL with Rosemarie 健康生活 on VSC 视频
10:00-15:45 X-box Bowling with Mr. Zhang 视频保龄球 Auditorium 礼堂
10:00-15:45 Video Exercise with Staff 视频操锻炼 Auditorium 礼堂
10:00-11:00 Learning Spanish with David & YokYen 学习西班牙语 Arts Room 艺术室
11:00-12:00 Chair Yoga with Rosemarie 瑜伽 on VSC 视频
11:30-15:45 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
13:00-15:00 ESL with Situ 英语九百句 on VSC 视频
13:00-14:00 Digital Photography (Intermediate) with Mr. S.W. Ying 数码摄影班 (中级班) Library 图书室
13:00-14:30 Learning Galaxy Tablet with Prof. KL LG 学习 Galaxy 平板电脑 (英文/广东话) Computer Lab 电脑室
14:00-15:00 Digital Photography (Beginner) with Mr. S.W. Ying 数码摄影班 (初级班) Computer Lab 电脑室
14:00-16:00 Er Hu Practice with Tong Wu 二胡练习 on VSC 视频
14:00-15:30 Karaoke with Jane & Sophie 卡拉 OK Large Dining Room 大饭厅

Friday 星期五

08:30-09:00 Tai Chi with Bessie & Toi Chu 太极锻炼 outside 公园
08:30-15:45 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
08:30-15:45 Stationery biking & elliptical exercises 固定器械锻炼 Auditorium 礼堂
08:30- 15:45 Mental Health Counseling by appointment with Jasper, LMSW from CAPE 心理健康咨询 Office 办公室
09:00-12:00 Cantonese Opera with Betsy 粤剧练习 Stage 舞台
09:30-10:30 Blood Pressure Screening with Hefen 测量血压 Small dining room 小饭厅
09:30-12:30 Oil Painting with Virginia 油画 Arts Room 艺术室
10:00-11:00 Walk with Ease with Tina/ Joanne 老人局: 步行锻炼 Outside 附近社区
10:00-15:45 X-box Bowling with Mr. Zhang 视频保龄球 Auditorium 礼堂
10:00-15:45 Video Exercise with Staff 视频操锻炼 Auditorium 礼堂
10:30-11:30 LG Tablet Coaching with Ellen LG 平板电脑 (中文) Computer Lab 电脑室
13:00-15:00 Karaoke with Jane & Felix 卡拉 OK on VSC 视频
13:00-14:00 Older Immigrant Support Group with Jasper LMSW & Emily MSW 老年移民支持小组 Library 图书室
13:00-14:00 Walking Dance with Ning Auditorium 礼堂
14:00-15:30 Karaoke with Jane & Sophie 卡拉 OK Large Dining Room 大饭厅
14:15-15:30 Waist Drum Practice with Xiu Feng 腰鼓练习 Auditorium 礼堂

Saturday 星期六

08:30-13:25 Ping Pong with Mr. Yip 乒乓 Auditorium 礼堂
08:30-15:45 Stationery biking & elliptical exercises 固定器械锻炼 Auditorium 礼堂
09:00-11:00 FY23 Membership Renewal with PAC 年度会员证更新 Small dining room 小饭厅
10:00-15:45 X-box Bowling with Mr. Zhang 视频保龄球 Auditorium 礼堂
10:00-15:45 Video Exercise with Staff 视频操锻炼 Auditorium 礼堂
10:00-12:00 Calligraphy with Mr. Daeyoung 书法练习 Arts Room 艺术室
13:00-14:00 We Speak New York with Mary from City Hall 生活在纽约 on Selfhelp Phone Conference
13:30-15:30 Learning Basic Ballroom Dancing Steps with Stanley & Emmy 学习交际舞的基本舞步 Auditorium 礼堂
14:00-15:30 Karaoke with Jane & Sophie 卡拉 OK Large Dining Room 大饭厅

Sunday 星期日

18:30-20:30 Karaoke Practice with Jane & Sophie 卡拉 OK 练习 on VSC 视频
21:00-21:30 Wai Dan Gong with Jimmy & Sophie 外丹功 on VSC 视频

Selfhelp Innovative Senior Center, located at 45-25 Kissena Blvd., Flushing NY 11355, (718) 886-5777, is a non-profit, non-sectarian multi service agency, providing social, educational, recreational, nutritional & health promotional services to New York City residents over 60 years of age, regardless of race, religion, national origin, sexual orientation or gender identity. Sponsored by Selfhelp Community Services Inc., an agency of UJA Federation, the center is funded in part by the N.Y.C. DFTA.

- 10/10-12/19/22, Mons, Thurs - OATS computer class with Ying Cheng 互联网专题讲座, 10-11:15 on VSC 视频讲座
- 10/7- 12/16/22, Fridays - Autumn 2022 Story Circle Village Café with Marsha from T & W 讲讲我们自己的故事 10:30-11:00 on VSC 视频 and in the Library
- 11/12/22, Sat, - Brief Introduction of Health Preservation in Traditional Chinese Medicine with Dr. Helen Zhang 立冬(11/7), 小雪(11/22) “中医养生简介: 穴位、食疗, 节气”, 10:00-11:00 on VSC 视频讲座
- 11/14/22, Mon, Q&A on LG Android Tablet (ENG) with John LG 平板电脑问题解答 (英文) 10:00-12:00 Computer Lab 电脑室
- 11/15/22, Tues, Hepatitis B with Dr. Wallace Wang 乙型肝炎 10:00-11:00 on VSC 视频讲座
- 11/15/22, Tues, Food Pantry Distribution with Common Pantry 老人营养补充袋发放日 09:30- 14:00 at Rear Door 中心后门
- 11/16/22, Wed, PAC Meeting with Bernie & Cynthia 行政委员会议 13:00-14:30 on VSC 视频
- 11/16/22, Weds. Assemblywoman Nini Rozic's Mobile Office with Howard Wong 纽约州众议员李诺莎的流动办公室 10:00-11:00 Small dining room 小饭厅
- 11/18/22, Fri, Getting to Know Dementia with Jasper LMSW from CAPE 什么是痴呆症 10:00-11:00 on VSC 视频讲
- 11/19/22, Sat, MIND Diet with Eva, Nutritionist 吃得饮食防失智 10:00-11:00 on VSC 视频讲座
- 11/23/22, Wed, Thanksgiving Feast with Corine & Chef Guo 感恩节盛宴 Large Dining Room 大饭厅
- 11/26/22, Sat, Diet for Preventing Gas with Eva, Nutritionist, 预防胀气的饮食 10:00-11:00 on VSC 视频讲座
- 11/29/22, Tues, MTA On-site Services with the MTA 老人半价乘车服务 10:00 a.m.- 14:00 in front of the center 中心大门口
- 11/30/22, Wed, CANA Nurse BP & BMI Screening, 10:00-13:00, Small dining room 小饭厅

Anytime Videos to Watch Online:

- ✓ Qi Gong 八段锦-口令版
Easy Tai Chi w/ Don Fiore (ENG) 视频太极
- ✓ Updated Digital Photo Gallery by Sandy & Mr. Cheung 数码影集
- ✓ Active Shooter Response Training 培训录像: 如何应对现场持枪滥杀无辜者
- ✓ COVID-19: A Demo on How to Use Home Test Kits (CHIN) by Wei Yue, RN 如何居家使用新冠病毒快速检测盒 (示范)
- ✓ To How Deactivate Pills, Liquids, Creams, and Films with Deterra Bag 怎样既安全又环保地处理过期药物及其它化学物质
- ✓ SUCASA Films by Third World Newsreel Camera News, Workshop Students 我们自己制作的小电影

Other Onsite Programs:

- ✓ DAKIM games (ENG) 益智游戏 Anytime
- ✓ Gardening with Mr. Cheung at Ever Green Community Garden ending 11/23 园艺 Mon- Fri 08:30- 18:00

ATTENTION: Lunch is served 11:00 a.m. - 15:00 p.m. on first-come-first-serve basis.

请注意: 午餐时间从上午十一点到下午三点。卖完为止。

Notes: (1) If you like rice, you can choose white rice or brown rice; if you need more, please ask. If you prefer bread, you can also have some starch vegetable. (2) If you do not want the main dish for any reason, you can ask for an alternative. (3) We basically serve red meat once or twice a week. To meet the needs of those who do not eat pork for whatever reason, we provide cheese lasagna, eggplant parmesan, boiled eggs, or other alternatives. (4) We offer yogurt as a dairy choice for those who are lactose intolerant. (5) Non-caffeinated teabag is available on request. (6) Vinegar and salt-free ground black pepper, red pepper & mixed spice shakers are available at each table to help you reduce your sodium intake. (7) A Light Breakfast is provided between 9:00 a.m. to 10:00 a.m.

备注: (1)如果您喜欢米饭, 可以选择白米饭或糙米饭希望能帮助您减少盐的摄入; 如需要多一点, 请告诉厨房。如果: 您喜欢面包, 我们会给您加一点淀粉类蔬菜。(2) 如果您不喜欢当天的主菜, 可以要求其它食品。(3) 我们每周供应一到二次红肉主菜。为了足不食猪肉者的需要, 厨房准备了奶酪面或茄饼或煮鸡蛋或其它菜式供选择。(4) 我们准备了酸奶, 优先照顾不能喝牛奶的会员。(5) 厨房准备了不含咖啡因的茶袋, 特供有需要的会员。(6) 我们还为您准备了胡椒粉, 辣椒粉, 混合调料粉和食醋, 希望能帮助您减少盐的摄入。(7) 九点到十点为会员提供清淡早餐。



LUNCH MENU for November 2022 二零二零年十一月份午餐菜单

MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 周五	SATURDAY 周六
	11/1. Beef meat loaf or Fish patties, spinach, sweet corns, orange 牛肉饼或鱼饼, 甜玉米, 菠菜, 橙	11/2. Chicken breast or small shrimp with vegetables, broccoli, spaghetti, banana 鸡胸肉或小虾仁炒什菜, 西芥蓝, 炒意面, 香蕉	11/3. Roast pork, or tofu with vegetables, bok choy, baked beans, apple, 叉烧或豆腐蔬菜, 大白菜, 炖豆, 苹果	11/4. Braised lean pork with taro, or tuna fish salad, carrots and green beans, baked potato, kiwi 大芋头烧肉或金枪鱼沙拉, 胡萝卜四季豆, 烤土豆, 猕猴桃	11/5. Special: Lentil /masoor dal soup, basmati/chapati, broccoli w/ curry tofu, raita yogurt, orange 豆蔬浓汤, 糙米饭, 全麦饼, 西芥蓝咖喱豆腐, 酸奶切片黄瓜, 橙。 Regular: Turkey slices with vegetables 火鸡片炒什菜
11/7. Pork stir fry with vegetables or tuna fish salad, carrots w/green beans, sweet potato, tangerine 肉片蔬菜或金枪鱼沙拉, 胡萝卜四季豆, 烤红薯, 橘	11/8. Beef meat balls or fish patties, macaroni, cabbage w/ shredded carrots orange 牛肉丸或鱼饼, 通心粉, 莲白胡萝卜丝, 橙	11/9. Fish fillet with tofu, or BBQ chicken, mashed potato, Shanghai green, kiwi 鱼片豆腐或烤鸡腿, 土豆泥, 上海青, 猕猴桃	11/10. Curry chicken or fish patties, broccoli, baked potato, tangerine 咖喱鸡或鱼饼, 西芥蓝, 烤土豆, 橘	11/11. Pork chops, or tofu w/ vegetables, baked beans, broccoli, banana 猪扒或豆腐什菜, 炖豆, 西芥兰, 香蕉	11/12. Special: Lentil /masoor dal soup, basmati/chapati, eggplant with tomato, raita yogurt, orange 豆蔬浓汤, 糙米饭, 全麦饼, 茄子烧西红柿, 酸奶切片黄瓜, 橙。 Regular: Mushroom chicken 香菇鸡腿
11/14. Steamed ground turkey with bean threads & eggs or tofu with vegetable, sweet corn, mustard green, apple 火鸡蒸蛋饼或豆腐蔬菜, 玉米, 芥菜, 苹果	11/15. Baked mushroom chicken or tuna fish salad, baked bean, spinach, orange 香菇鸡腿或金枪鱼沙拉, 炖豆, 菠菜, 橙	11/16. Roast pork, or scramble egg with onion, bok choy, spaghetti, banana 叉烧或洋葱炒鸡蛋, 大白菜, 炒意面, 香蕉	11/17. Soy sauce chicken or fish fillet with tofu, cabbage with shredded carrots, sweet potato, apple 酱油鸡或鱼片豆腐, 莲白胡萝卜丝, 烤地瓜, 苹果	11/18. Beef plate stewed with daikon, or eggplant parmesan, potato, broccoli, orange 牛腩炖萝卜或茄饼, 西芥蓝, 烤土豆, 橙	11/19. Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ curry tofu, raita yogurt, orange 豆蔬浓汤, 糙米饭, 全麦饼, 花菜咖喱豆腐, 酸奶切片黄瓜, 橙 Regular: Small shrimp with vegetables 小虾仁炒什菜
11/21. Steamed ground pork meat flavored w/dried fish or tuna fish salad, cabbage with carrots, baked potato, orange 咸鱼肉饼或金枪鱼沙拉, 烤土豆, 橙	11/22. Fish fillet with tofu, or BBQ chicken, mashed potato, Shanghai green, kiwi 鱼片豆腐或烤鸡腿, 土豆泥, 上海青, 猕猴桃	11/23. Thanksgiving Feast: Turkey slices with cranberry sauce, stuffing mix and roast pig slices, chunky pumpkin, orange 火鸡片酸果蔓沙司和烧猪片, 烧南瓜, 橙	11/24 Center closed for Thanksgiving	11/25. Fish patties or tofu with vegetable, sweet corn, spinach, banana 鱼饼或豆腐蔬菜, 玉米, 菠菜, 香蕉	11/26. Special: White bean/ masoor dal soup, basmati/ chapati, mustard greens w tomato, raita yogurt, orange 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜西红柿, 酸奶切片黄瓜, 橙 Regular: Tofu with ground pork 碎肉豆腐
11/28. Soy sauce chicken or, tuna fish salad, cabbage with shredded carrots, sweet corn, apple 酱油鸡或金枪鱼沙拉, 莲白胡萝卜丝, 甜玉米, 苹果	11/29. Beef meat loaf or tofu with vegetables, bok choy, sweet potato, orange 牛肉饼或豆腐什菜, 烤地瓜, 大白菜, 橘	11/30. Baked mushroom chicken or fish fillet with tofu, baked bean, Shanghai green, kiwi 香菇鸡腿或鱼片豆腐, 炖豆, 上海青, 猕猴桃			