



INNOVATIVE SENIOR 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 – Mar. 2023 二零二三年三月份 節目表

Lunch is served everyday 11AM to 2:45PM or until we are sold out. You can buy your meal ticket starting at 9:30AM.

Monday 星期一

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员		Auditorium 礼堂
08:30-10:00 AM	Tai Chi Box 炮拳	Ms. Yuan Zhen Xu	Chinese	Auditorium 礼堂
09:00-11:00 AM	FY23 Membership Renewal 年度会员证更新	PAC		Small Dining Room 小饭厅
9:00-11:00 AM	ESL 英语九百句	Situ	Chinese	VSC 视频 https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 ; Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	English Oral Practice 英语口语练习	Situ		
10:00-11:00 AM	Chair Yoga 瑜伽	Indira	English	Auditorium 礼堂
10:00-11:00 AM	SAIL 健康生活	Rosemarie	English	on VSC 视频 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09 ; Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228
11:00-3:45 PM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
10:00-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员		Auditorium 礼堂
11:00-12:00 PM	Tai Chi for Arthritis 太极	Rosemarie	English	VSC 视频 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09 ; Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228

1:00-3:30 PM	Shanghai Opera Practice 越剧练习	Ms. Mei Ying Yan	Shanghainese	Stage 舞台
1:00-3:30 PM	Oil Painting (Beginner) 油画(初级班)	Kevin Chen	Chinese	Arts Room 艺术室
2:00-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie	Chinese	Large Dining Room 大饭厅

Tuesday 星期二

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-09:00 AM	Tai Chi 太极锻炼	Bessie Lo & Toi Chu Cheng		Local parks 公园
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员		Auditorium 礼堂
9:00-11:00 AM	ESL 英语九百句	Situ	Chinese	VSC 视频 https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 ; Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	Citizenship 入籍	Situ		
09:00-10:30 AM	Tai Chi 太极	Ms. Y.M. Xu	Chinese	Auditorium 礼堂
10:30-11:30 PM	Chair, Music Boogie Dance 摇摆舞	Dina	English	Auditorium 礼堂 and VSC 视频 https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09 ; Call in: 1-646-876-9923. ID: 975 1991 4122. Passcode: 324 664 5921
11:30-3:45 PM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
12:30-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员		Auditorium 礼堂
1:00-3:00 PM	Sing Along 英文歌卡拉 OK	Felix & Mary	English	VSC 视频 https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09 ; Call in: 1-646-876-9923. ID: 964 7449 2130. Passcode: 739 290 0390
1:00-2:00 PM	LG Tablet Coaching LG 平板电脑	Ellen	广东话	Computer Lab 电脑室
2:00-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie	Chinese	Large Dining Room 大饭厅

Wednesday 星期三

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-09:00 AM	Tai Chi 太极锻炼	Bessie & Toi Chu Cheng		Local parks 公园
08:30-10:00 AM	Tai Chi Box 炮拳	Ms. Yuan Zhen		Auditorium 礼堂
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员		Auditorium 礼堂
09:00-1:00 PM	On-site/ Virtual Counseling: Medicare, MSP & Extra Help/视频咨询: 红蓝卡, 补助计划, 以及额外帮助	Alex from DFTA HIICAP 212-602-4180		Library 图书室 https://selfhelp.zoom.us/j/94502404602 Call in: 1-646-876-9923. ID:945 0240 4602; Passcode: 6895148061
09:30-10:00 AM	Alert & Alive 保持身心健康	David & Anita	Cantonese 广东话	Arts Room and on VSC 视频和艺术室 https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2IicGlxVnArUT09; ID:987 0695 5835; Passcode: 667 123 2126
10:00-10:30 PM	Current Events 时事座谈	David & Anita		
10:00-11:00 AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506
10:00-11:00 AM	Assemblywoman Nily Rozic's Mobile Office 纽约州众议员李诺莎的流动办公室	Howard or Susannah		Social service office 社会服务办公室
10:00-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员		Auditorium 礼堂
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert & Sophia		Auditorium 礼堂
11:00-12:00 PM	Current Events 时事讨论	Bernie	English	VSC 视频 https://selfhelp.zoom.us/j/92343590320?pwd=enZPZzlQVIZYTm94VE5MRVl2RUF0Zz09; Call in: 1-646-876-9923. ID: 923 4359 0320
11:30-3:45 PM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
1:00-3:30 PM	Watercolor Painting 水彩画	Kevin Chen	Chinese	Arts Room 艺术室

2:00-3:30 PM	Karaoke 卡拉 OK	Benny & Kay	English	Large Dining Room 大饭厅
6:30-8:30 PM	Karaoke Practice 卡拉 OK 练习	Jane & Sophie	Chinese	VSC 视频
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy & Sophie	Chinese	VSC 视频

Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-09:00 AM	Tai Chi 太极锻炼	Bessie & Toi Chu Cheng	Chinese	Local parks 公园
08:30-10:00 AM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员		Auditorium 礼堂
10:00-11:30 AM	Qi Gong 气功	Y.M. Xu	Chinese	Auditorium 礼堂
10:00-11:00 AM	SAIL 健康生活	Rosemarie	English	On VSC 视频 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0IBYmVCSE9IZ01zN0hLdz09; Call in: 1-646-876-9923. ID: 932 4890 1610. Passcode:649 066 4228
10:00-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员		Auditorium 礼堂
10:00-11:00 AM	Learning Spanish 学习西班牙语	David & YokYen	Chinese /English	Arts Room 艺术室
11:00-12:00 PM	Chair Yoga 瑜伽	Rosemarie	English	On VSC 视频 https://selfhelp.zoom.us/j/97000392416?pwd=aHJYV21EdmQ4aHNMdXRYc2gwOW15Zz09; Call in: 1-646-876-9923. ID: 970 0039 2416; Passcode: 985 278 1556
11:30-3:45 PM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
1:00-2:00 PM	Photography + Photoshop 摄影和修图	Mr. S.W. Ying	Chinese	Library 图书室
2:00-3:00 PM	Video-Making & Editing. 视频製作與編輯	Mr. S.W. Ying	Chinese	Computer Lab 电脑室

2:00-4:00 PM	Er Hu Practice 二胡练习	Tong Wu	Chinese	on VSC 视频 https://selfhelp.zoom.us/j/95524812656 Call in: 1-646-876-9923. ID: 955 2481 2656
2:00-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie	Chinese	Large Dining Room 大饭厅

Friday 星期五

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-09:00 AM	Tai Chi 太极锻炼	Bessie & Toi Chu Cheng	Chinese	Local parks 公园
08:30-12:55 AM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员		Auditorium 礼堂
08:30- 3:45 PM	Mental Health Counseling by appointment 心理健康咨询	Jasper, LMSW from CAPE	English/ Chinese	Office 办公室
09:00-12:00 PM	Cantonese Opera 粤剧练习	Betsy	Cantonese	Stage 舞台
09:30-12:30 PM	Oil Painting 油画	Virginia	English	Arts Room 艺术室
10:00-11:00 AM	Blood Pressure Screening 量血压	He fen Sun	Chinese	Small dining room 小饭厅
10:00-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员		Auditorium 礼堂
10:00-11:00 AM	Older Immigrant Support Group 老年移民支持小组	Jasper LMSW & Emily MSW	English/ Chinese	Library 图书室
1:00-3:00 PM	Karaoke 卡拉 OK	Jane & Felix		on VSC 视频
1:00-2:00 PM	Walking Dance 学习秧歌舞	Ning Wen	Chinese	Auditorium 礼堂
2:00-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie		Large Dining Room 大饭厅
2:15-3:30 PM	Waist Drum Practice 腰鼓练习	Xiu Feng Wang	Chinese	Auditorium 礼堂

Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-1:25 PM	Ping Pong 乒乓	Mr. Yip		Auditorium 礼堂
08:30-3:45 PM	Stationary biking & elliptical exercises 固定器械锻炼	Staff 工作人员		Auditorium 礼堂
09:00-11:00 AM	FY23 Membership Renewal 年度会员证更新	PAC		Small dining room 小饭厅
10:00-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员		Auditorium 礼堂
10:00-12:00 PM	Calligraphy 书法练习	Mr. Daeyoung Kim		Arts Room 艺术室
1:00-2:00 PM	We Speak New York 生活在纽约	Mary from City Hall		Phone conference Selfhelp Conference Call:1-800-719-7514; Code: 679247
1:30-3:30 PM	Learning Basic Ballroom Dancing Steps 学习交际舞的基本舞步	Stanley & Emmy		Auditorium 礼堂
2:00-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie		Large Dining Room 大饭厅

Sunday 星期日

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
6:30-8:30 PM	Karaoke Practice 卡拉 OK 练习	Jane & Sophie		VSC 视频
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy & Sophie		VSC 视频

Special Events 特别活动

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
3/04/2023 Saturday 星期六 10-11:00 AM	Brief Introduction of Health Preservation in Traditional Chinese Medicine “中医养生简介: 穴位, 食疗, 节气”	Dr. Helen Zhang	普通话	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YStVM2loTEtvZnpadz09 ; Call in 1-646-876-9923. ID: 953 3994 6345; Passcode: 3260637715

03/06/23, 03/13/23, 03/20/23, 03/27/23, Monday 星期一 9-11 AM	1) Watercolor Flower Arrangements 插花水彩画 2) Collage Compositions 彩色拼贴 3) Scroll Prints 卷轴彩色印刷 4) Keepsake Boxes 彩色纪念木盒	Steve Palermo	English	Arts Room Please sign up in the office. 请到办公室登记。
03/09/2023 Thursday 星期四 10-11 AM	How to protect yourself your possessions and file a police report! 如何保护自身安全及财产并拨打 911 报警	NYPD Police Officer Terrance Zeng & Jane Kim	English/ Chinese	Large Dining Room
03/09/2023 Thursday 星期四 2:30-3:30 PM	Gardening Program Meeting to discuss the Regulations and Rules 园艺会议	Ngan H. Cheung		Evergreen Community Gardening Begin 03/17/2023 from Monday to Saturday 户外园艺开放日 03/17/23
03/10/2023 Friday 星期五 10-11:00 AM	What is Mental Illness (part 2) 精神疾病的介绍 (II)	Jasper, LMSW	普通话	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/96746263779 Call in: 1 646 876 9923. ID: 967 4626 3779
03/17/2023 Friday 星期五 10-11:00 AM	Introduction to Vitamin D and related Diet 认识维他命 D 和其相关饮食	Eva, Nutritionist 营养师	普通话	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/99581928506 Call in: 1-646-876-9923. ID: 995 8192 8506
03/21/2023 Tuesday 星期二 9:30-2:00 PM	Food Pantry 老人营养补充袋发放日	Staff 工作人员		Rear Door 中心后门
03/22/2023 Wednesday 星期三 1-2:00 PM	PAC Meeting 行政委员会议	Bernie/ Cynthia		Selfhelp Zoom, Access info to be provided

3/31/2023 Tuesday 星期二 10-2:00PM	MTA On-site Services 老人半价乘车服务	MTA		In front of center 中心大门口
Anytime 任何时间	Updated Digital Photo Gallery 数码影集	Contributed by Sandy & Mr. Cheung		https://youtu.be/lavMU6YDGG8
Anytime 任何时间	DAKIM	Staff	English	Register with the office or call 718-886-5777
Anytime 任何时间	Qi Gong 八段锦-口令版	Jack Wang	普通话	https://www.youtube.com/watch?v=PYfDB_skf9k&feature=youtu.be
Anytime 任何时间	Easy Tai Chi	Don Fiore	English	https://www.youtube.com/watch?v=ZxcNBejxIzS
Anytime 任何时间	DFTA Emergency Preparedness Office	DFTA	English	https://www.youtube.com/watch?v=iv9jiojOfOM
Anytime 任何时间	Covid-19: A Demo on How to Use Home-Test Kits 如何居家使用新冠病毒快速检测盒 示范)	Wei Yue, RN	普通话	https://youtu.be/aandTWNnhbU
Anytime 任何时间	To How Deactivate Pills, Liquids, Creams, and Films with Detera Bag 怎样既安全又环保地处理过期药物及其它化学物质	Verde Environmental Technologies	English	https://deterasystem.com/detera-system-video/#group
Anytime 任何时间	SUCASA Films 我们自己制作的小电影	Third World Newsreel Camera News, Workshop Students	English & 普通话	https://vimeo.com/724697140 password: sucasa
9 AM to 11 AM 九点到十一点 1 PM – 2 PM 下午一点到二点	Sign up for Field Trip Survey 户外郊游问卷登记	Office Staff, Field Trip Committee Volunteers 办公室工作人员或是行政委员义工	English/ Chinese	TBD location