



May 1, 2023

Dear Member,

The month of May honors two national holidays-Mother's Day and Memorial Day! May is also Older Americans month so we want to begin by wishing all the senior citizens a happy and healthy season!

Mother's Day is on Sunday, May 14th where we honor mothers around the world for all their sacrifices and remember them for all they have given us. Without the love and care for their children, the world would not be the same it is today.

Another day for us to remember the sacrifices of others falls on Memorial Day, May 29th which honors the brave men and women who died in the military service protecting our country.

The monthly birthday party will resume in May. Members, volunteers, and staff who have birthdays in the month of May, please sign up for our mini party in the office to get a head count. The birthday party will be held in the small dining room on May 18th, 2023 at 1:30 pm. Our center will prepare cake or sweets to celebrate and sing the birthday song in three languages: English, Mandarin, and Cantonese.

Do you enjoy learning to cook various cuisines? Our center will be hosting weekly Monday morning cooking classes in the Large Dining Room. Come in at 9:00 am and join the instructor to experience Latin cooking and taste its delicious food.

On Tuesday, May 9th our members will take a coach bus to New York Botanical Garden. Then, again on Wednesday, May 17th our center will take a coach bus to enjoy the Staten Island Chinese Scholar Garden. If you are interested in participating in the trips, find a buddy and sign up in the office.

“Our volunteers are the backbone of this center” as our prior Director, Jane Qiu, would have said. Without our volunteers contributing their talents and work, this center would not have been able to serve hundreds of members daily. Our center thrives thanks to the many volunteers who contribute their time. Therefore, our center is excited to host our May Volunteer Appreciation Celebration on Thursday, May 25th, 2023, in the auditorium from 2:00-3:30 pm. Attendees will be limited to only volunteers receiving recognition awards and the celebration performers.

Lastly, the Omicron subvariant XBB 1.5 is still the most dominant strain, at 73.6%, of infected cases in the United States followed by a new variant, XBB 1.16, at 9.6% and XBB 1.9.1 at 7.9 %. The good news is that the trends in new cases, deaths, and hospitalizations have been decreasing in the last 7 days. Zip code 11354 now has about 2.76% infection rate compared to about 1.5% last month. Our zip code 11355 has only 2.84%, which is about the same as last month.

A new coronavirus subvariant, XBB 1.16, has been designated as a “variant under monitoring” by the World Health Organization. Originated in India, the new variant named Arcturus, was first detected in a sample from January and has now been documented in 31 countries as of April 24, 2023. It is predicted to infiltrate the US in the next coming weeks so we should be prepared by following CDC guidelines. Its symptoms include high fever, cough, and conjunctivitis aka “pink eyes” or “sticky eyes”. It is twice as transmissible as XBB 1.5 aka Kraken. So, be careful of your surroundings and stay safe to enjoy the days ahead.

Sincerely,

Winnie Hu, LMSW

Program Director

亲爱的会员朋友们：

五月是老人月，在此，我们衷心祝愿大家身体健康，节日快乐！

五月十四日，我们将迎来母亲节。母亲节是伟大的节日，人们会在这一天向母亲们表达感谢。正因为母亲对子女无私的爱和教导，人类才能延续和和谐相处。同样在五月，还有一个需要我们铭记的日子，也就是五月二十九日的阵亡将士纪念日。在这一天，人们会纪念那些为国家的安全和利益而英勇牺牲的将士们。

我们有个好消息告诉大家，长期受大家喜爱的生日派对将五月份正式回归。欢迎所有五月份生日的会员、义工或是工作人员一同庆祝。想参加的会员请到办公室前台提前报名，以便中心统计人数。生日派对将于五月十八日（星期四）下午 **1:30** 在小饭厅举行。中心将为大家准备生日蛋糕或是甜品，并用三种不同的语言献唱生日歌（英语，粤语，普通话）。

大家对四月份进行的烹饪课程还满意吗？这个月，我们将继续为大家开办拉丁美食的烹饪课程。如果您感兴趣，那就快来参与其中吧。烹饪班将于每周一的早上 **9:00** 在大饭厅展开。让我们与老师们一起体验别具风味的拉丁美食。

自从上个月中心恢复户外郊游活动，我们从会员们那里收到了许多反馈，大家都非常享受户外之旅。五月份，我们还会继续为大家安排了两次户外郊游活动，分别是五月九号的纽约植物园和五月十七号的纽约华人学者花园。如果您还没有参加过，想一起去踏青欣赏美景，那就不要犹豫，赶快来办公室前台报名吧。

中心的前主任 **Jane Qiu** 曾说过：“义工是我们整个中心最坚强的后盾”。如果没有义工们自愿抽出时间来帮助中心，中心就不会有今日的蓬勃发展。正因为这些多才多艺义工们的辛勤付出，中心才得以每日为数百名会员提供优质的服务。在此，中心所有员工由衷地向所有义工们致意！同时，中心也决定将在五月二十五日（星期四）下午 **2:00-3:30** 在礼堂举办义工表彰大会。此次表彰大会的参与者仅限于获得表彰奖的义工和庆祝活动的表演者。

最后，我们再一起来看看疫情的最新情况。**Omicron** 的亚变体 **XBB 1.5** 仍然是现在最主要的菌株，占美国感染病例的 **73.6%**，其次是新变体 **XBB 1.16** 占比 **9.6%** 和 **XBB 1.9.1** 占比 **7.9%**。但好消息是，过去 7 天的新增病例、死亡和住院人数都呈下降趋势。邮政编码为 **11354** 的区域感染率现为 **2.76%**，而上个月仅在 **1.5%** 左右。邮编为 **11355** 的区域感染率为 **2.84%**，和上个月持平。

XBB 1.16 是一种新的冠状病毒亚变体，已被世界卫生组织指定为“正在监测的变体”。此变体起源于印度，名为 **Arcturus**，于 1 月首次在样本中检测发现。截止到二零二三年四月二十四日为止，它已在三十一个国家/地区被发现。预计新变种将会在接下来的几周内继续在美国蔓延，对此，我们应当按照 CDC 的指南做好防范措施。它的症状包括：高烧、咳嗽和结膜炎（又名“红眼症”），它的传播能力也是 **XBB 1.5 aka Kraken** 变种的两倍。请注意周围环境并注意安全，享受未来的日子。

中文翻译： Emily Zhang

此致，

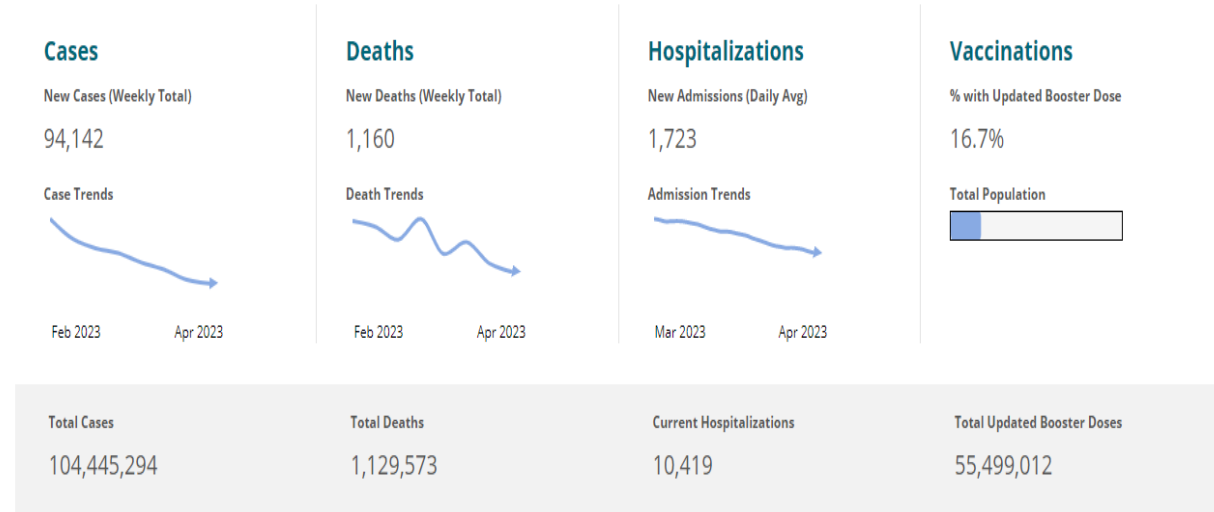
项目主任 **Winnie Hu**

CDC Data as of April 22, 2023

Nowcast Estimates in United States for 4/16/2023 – 4/22/2023

USA				
WHO label	Lineage #	US Class	%Total	95%PI
Omicron	XBB.1.5	VOC	73.6%	69.6-77.3%
	XBB.1.16	VOC	9.6%	6.7-13.6%
	XBB.1.9.1	VOC	7.9%	6.1-10.1%
	XBB.1.9.2	VOC	2.9%	2.1-4.0%
	XBB.1.5.1	VOC	2.2%	1.7-2.8%
	FD.2	VOC	1.6%	0.7-3.2%
	XBB	VOC	1.0%	0.6-1.8%
	BQ.1.1	VOC	0.7%	0.4-1.1%
	CH.1.1	VOC	0.4%	0.2-0.5%
	BQ.1	VOC	0.1%	0.0-0.1%
	BN.1	VOC	0.0%	0.0-0.0%
	BA.5	VOC	0.0%	0.0-0.0%
	BA.2.75	VOC	0.0%	0.0-0.0%
	BA.2	VOC	0.0%	0.0-0.0%
	BF.7	VOC	0.0%	0.0-0.0%
	BA.2.75.2	VOC	0.0%	0.0-0.0%
BA.5.2.6	VOC	0.0%	0.0-0.0%	
BF.11	VOC	0.0%	0.0-0.0%	
BA.4.6	VOC	0.0%	0.0-0.0%	
Other	Other*		0.1%	0.0-0.1%

Daily Update for the United States



CDC | Data as of: April 21, 2023 1:50 PM ET. Posted: April 21, 2023 3:07 PM ET

Covid-19 Infection rate by zip code as of April 24, 2023

ZIP	Neighborhood	7-day percent positive	New people positive	Median daily test rate (per 100,000)	Dates
11354	Flushing/Murray Hill	2.76%	8	72	April 11-April 17

ZIP	Neighborhood	7-day percent positive	New people positive	Median daily test rate (per 100,000)	Dates
11355	Flushing/Murray Hill/Queensboro Hill	2.84%	14	89	April 11-April 17



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 – May 2023 二零二三年五月份 節目表

Lunch is served every day from 11 AM to 2:45 PM 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	Chinese	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		
9:30 – 11:00AM	Chinese Calligraphy 书法练习	Mr Li Shu	Chinese	Arts Room 艺术室
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	English/ Chinese	Auditorium 礼堂
11:00-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂

11:00-12:00 PM	Tai Chi for Arthritis 太极	Rosemarie	English	On VSC 视频 <a href="https://selfhelp.zoom.us/j/93248901610?pwd=<u>=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</u>">https://selfhelp.zoom.us/j/93248901610?pwd=<u>=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</u> ; Call in: 1-646-876-9923. ID: 932 4890 1610.; Passcode: 649 066 4228
12:00-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
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
1:30-3:30 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
08:00-09:30 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	English/ Chinese	Auditorium 礼堂
9:00-11:00 AM	ESL 英语九百句	Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=<u>=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</u>">https://selfhelp.zoom.us/j/98952684927?pwd=<u>=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</u> ; Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	Citizenship 入籍	Situ		
10:30-11:30 AM	Chair, Music Boogie Dance 摇摆舞	Dina	English	Auditorium 礼堂 and VSC 视频 <a href="https://selfhelp.zoom.us/j/97519914122?pwd=<u>=b3lUWjNGd2pvbDNkQ3hOZmltc1p2QT09</u>">https://selfhelp.zoom.us/j/97519914122?pwd=<u>=b3lUWjNGd2pvbDNkQ3hOZmltc1p2QT09</u> ; Call in: 1-646-876-9923. ID: 975 1991 4122. Passcode: 324 664 5921
11:30-3:45 PM	Ping Pong 乒乓	David and Jane	English/ Chinese	Auditorium 礼堂
12:00-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅

12:30-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	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
1:30-3:30 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
08:00-09:30 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 Xu	Chinese	Auditorium 礼堂
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/ Chinese	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	English/ Chinese	Library 图书室 https://selfhelp.zoom.us/j/94502404602 Call in: 1-646-876-9923. ID:945 0240 4602; Passcode: 6895148061 (Class is cancel on 5/10 and 5/17 5月10日和5月17日课程取消)
10:00-11:00 AM	Current Events 时事座谈	David & Anita	Cantonese 广东话	Arts Room and on VSC 视频和艺术室 https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMIhBdDNnK2IicGlxVnArUT09 ; Call in: 1-646-876-9923 ID:987 0695 5835; Passcode: 667 123 2126

10:00-11:00 AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/98655481500?pwd=<u>=SkpFR052NmNPRzN0RWISYTKVWJIZz09</u>; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506">https://selfhelp.zoom.us/j/98655481500?pwd=<u>=SkpFR052NmNPRzN0RWISYTKVWJIZz09</u> ; 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	English/ Chinese	Social service office 社会服务办公室
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert & Sophia	Chinese	Auditorium 礼堂
11:00-12:00 PM	Current Events 时事讨论	Bernie	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/92343590320?pwd=<u>=enZPZzlQVIZYTm94VE5MRVI2RUF0Zz09</u>; Call in: 1-646-876-9923. ID: 923 4359 0320">https://selfhelp.zoom.us/j/92343590320?pwd=<u>=enZPZzlQVIZYTm94VE5MRVI2RUF0Zz09</u> ; Call in: 1-646-876-9923. ID: 923 4359 0320
11:30-12:30 PM	Ping Pong 乒乓	Mr. Yip	English/ Chinese	Auditorium 礼堂
11:30-12:30 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
12:00-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
1:00-3:30 PM	Watercolor Painting 水彩画	Kevin Chen	Chinese	Arts Room 艺术室
1:30-3:30 PM	Karaoke 卡拉 OK	Benny & Kay	English	Large Dining Room 大饭厅
1:30-3:30 PM	Ballroom Dancing 交際舞	Jenny, Janet and Mr. Huang	Chinese	Auditorium, limited to 60 center's members only from BRPN OAC. Tickets are required.
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
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08:00-09:30 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	English/ Chinese	Auditorium 礼堂
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
NEW 10:00 – 11:30AM	Line Dancing 排舞	Ms Sophie 1.stretch exercise 伸展运动 (20 mins 分钟) 2.line dancing 排舞 (1 hour & 10 mins) 1 小时 10 分钟	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=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09 ; Call in: 1-646-876-9923. ID: 932 4890 1610. Passcode:649 066 4228
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/93410469680?pwd=T3psTytpL0ZwOGYwVlVzR25RQWNIUT09 ; ID: 934 1046 9680; Passcode: 259 261 2064
11:30-3:45 PM	Ping Pong 乒乓	Mr. Yip	English/ Chinese	Auditorium 礼堂
11:30-3:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
12:00 -2:00 PM	Harmonica 学习吹口琴	Ms. Wei Er Li	Chinese	Arts Room 艺术室
12:00-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅

1:00-2:00 PM	Photography + Photoshop 摄影和修图	Mr. S.W. Ying	Chinese	Library 图书室 (Class is cancel on 5/11 and 5/18 5月11日和5月18日课程取消)
2:00-3:00 PM	Video-Making & Editing. 视频制作与编辑	Mr. S.W. Ying	Chinese	Computer Lab 电脑室 (Class is cancel on 5/11 and 5/18 5月11日和5月18日课程取消)
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
1:30-3:30 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
08:00-09:30 AM	Tai Chi 太极锻炼	Bessie & Toi Chu Cheng	Chinese	Local parks 公园
08:30-12:30 PM	Ping Pong 乒乓	David and Jane	English/ Chinese	Auditorium 礼堂
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/ Chinese	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
10:00-12:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
12:00-3:30 PM	Table Leisure Game	Amanda	Chinese	Small Dining Room 小饭厅

	桌上休闲游戏时间			
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
1:30-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie	English/Chinese	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	David and Jane	English/ Chinese	Auditorium 礼堂
08:30-3:45 PM	Stationary biking & elliptical exercises 固定器械锻炼	Staff 工作人员	English/ 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
10:00-12:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
10:00-12:00 PM	Calligraphy 书法练习	Mr. Daeyoung Kim	Korean/Chinese	Arts Room 艺术室
12:00-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
1:00-2:00 PM	We Speak New York 生活在纽约	Mary from City Hall	English	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	Chinese	Auditorium 礼堂
1:30-3:30 PM	Karaoke 卡拉 OK	Jane & Sophie	Chinese	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	Chinese/English	VSC 视频
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy & Sophie	Chinese	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
5/6/23 Sat., 星期六 10:00-11:00 AM 十点至十一点	Brief Introduction of Health Preservation in Traditional Chinese Medicine “中医养生简介: 穴位, 食疗, 节气”	Dr. Helen Zhang	Chinese 普通话	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SSVJYYXo2YStVM2loTEtvZnpadz09 ; Call in 1-646-876-9923. ID: 953 3994 6345; Passcode: 3260637715
NEW 5/1/23 week #1, 5/8/23 week #2, 5/15/23 week #3, 5/22/23 week #4 Every Mon., 每星期一 9:00-11:00 AM 九点至十一点 4 weeks 星期	****NEW**** Latin Cooking 拉丁餐料理课程 Week 1: Quinoa and Chickpea Salad Recipe Week 2: Papa A La Huancaína- Peruvian Potato Recipe Week 3: Mediterranean quinoa bowls with maple tahini dressing Week 4: Cucumber Quinoa salad	Christine Camacho 's Latin cooking from SUCASA	English	Large Dining Room 大饭厅 Please sign up with the office. 请到办公室登记。无需自备材料。

5/03/23 Wed., 星期三 10:00 – 11:00am 十点至十一点	***NEW*** Streetwise Pedestrian Safety for Older Adults workshop 長者交通安全講座	Eric Miu from Department of Transportation	English/ Chinese	Large Dining Room 大饭厅
5/09/23 Tue., 星期二 8:30–2:00 PM 八点半至两点	****NEW**** Field Trip: The New York Botanical Garden 户外旅游: 紐約植物园春游	Staff & PAC	English/ Chinese	The New York Botanical Garden 紐約植物园春游
Begin 4/10/23. Mon. & Wed. 星期一和星期三 10:00 – 11:15 AM 十点至十一点十五分	***NEW OATS Class *** Smartphone Photography 如何使用智能手机照相	May To from OATS	**English Only** 英文	Computer Labs. 电脑教室 5-week programs(五个星期课程) Begin from 04/10/23 – 05/10/23. (四月十日到五月十日) Please register with the office. (请到办公室报名)
Begin 4/10/23. Mon. & Wed. 星期一和星期三 11:30–12:45 PM 十一点半至十二点四十五分	***NEW OATS Class *** Computer Essentials 如何使用桌上型电脑	May To from OATS	**Chinese Only 中文**	Computer Labs. 电脑教室 5-week programs(五个星期课程) Begin from 04/10/23 – 05/10/23. (四月十日到五月十日) Please register with the office. (请到办公室报名)
5/16/2023 Tue., 星期二 9:30-2:00 PM 九点半至两点	Food Pantry 老人營養補充袋發放日	Staff 工作人员	English/ Chinese	Rear Door 中心后门
5/17/23 Wed., 星期三 8:30–2:00 PM 八点半至两点	***NEW*** Field Trip: New York Chinese Scholar’s Garden – Staten Island 户外旅游: 紐約華人學者花園	Staff & PAC	English/ Chinese	New York Chinese Scholar’s Garden – Staten Island 户外旅游: 紐約華人學者花園

Begin 5/15/23 Mon. & Wed. 星期一和星期三 10:00 – 11:15 AM 十点至十一时十五分	***NEW OATS Class *** Free Your Photos	May To from OATS	**English Only** 英文	Computer Labs. 电脑教室 5-week programs(五个星期课程) Begin from 05/15/23 – 06/21/23 (五月十五日到六月二十一日) Please register with the office. (请到办公室报名)
5/18/23 Thu., 星期四 10:00 – 11:00AM 十点至十一时	Managing Neck and Back Pain workshop 管理颈部和背部疼痛讲座	Dr. Miao Huang from New York Presbyterian Hospital	Chinese	Large Dining Room 大饭厅
5/19/23 Fri., 星期五 10:00-11:00 AM 十点至十一时	The Truth about Belly Fat 腹部脂肪的真相	Eva Lau, 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
5/23/23 Tue., 星期二 10:00AM – 12:00PM 十点至十二时	Scroll Printing 滚动印刷	Tenesh from SUCASA	English	Arts Room 艺术室
5/24/23 Wed., 星期三 1:00 – 2:00PM 一点至两点	PAC Meeting 行政委员会会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided
5/25/23 Thu., 星期四 10:00 -11:00AM 十点至十一时	Tenants' Right & Protections 租户的权利和保护	Ms Flora Ferng from New York City Commission on Human Rights	Mandarin	Large Dining Room 大饭厅
5/26/2023 Fri., 星期五 10-11:00 AM 十点至十一时	Mental Health Awareness 心理健康意识	Jasper, LMSW from CAPE	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

5/30/23 Tue., 星期二 10:00am– 2:00pm	MTA On-site Services 老人半价乘车服务	MTA	Chinese/ English	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	Chinese	https://youtu.be/kBWjDnMAEdA
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=PYfDBskf9k&feature=youtu.be
Anytime 任何时间	Easy Tai Chi	Don Fiore	English	https://www.youtube.com/watch?v=ZxcNBejxlzs
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	How to safely recycle pills, creams, and other medicinal products with Deterrer 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://deterrasystem.com/deterra-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
05/2023–11/2023, Mon. – Sat. 星期一至星期六	Gardening Program 户外园艺	Ngan H. Cheung		Evergreen Community Gardening 户外园艺; 8 AM– 8 PM. 上午八点至下午八点 Please go to the office to report attendance once a week for gardening participants only. (一个星期一次到办公室报到)

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
5/1 Steamed ground turkey with bean thread & tofu with vegetables, Shanghai greens, baked potato, banana 火鸡蒸蛋饼或豆腐蔬菜, 上海青, 烤土豆, 香蕉	5/2 Baked mushroom chicken or scrambled eggs with onion, Shanghai greens, baked beans, tangerine 香菇鸡腿或鸡蛋炒洋葱, 炖豆, 上海青, 橘	5/3 Beef meatloaf or small shrimp with vegetables, spinach, sweet corns, orange 牛肉饼或小虾仁什菜, 甜玉米, 菠菜, 橙	5/4 Chicken stir fried with peanuts or fish patties, spaghetti, broccoli, apple 宫保鸡丁或鱼饼, 通心粉, 西芥兰, 苹果	5/5 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	5/6 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
5/8 Beef meat balls or fish patties, macaroni, cabbage with shredded carrots, banana 牛肉丸或鱼饼, 通心粉, 莲白胡萝卜丝, 香蕉	5/9 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	5/10 cheese lasagna, or BBQ chicken, mashed potato, Shanghai green, kiwi 奶酪面或烤鸡腿, 土豆泥, 上海青, 猕猴桃	5/11 Fish patties or chicken salad, sweet corn, spinach, plum, kiwi 鱼饼或鸡肉沙拉, 玉米, 菠菜, 李子	5/12 Pork chops, or Fish fillet with tofu, baked potato, bok choy, apple 猪扒或鱼片豆腐, 烤土豆, 大白菜, 苹果	5/13 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
5/15 Steamed ground pork meat flavored w/dried fish or tofu with vegetable, sweet corn, mustard green, banana	5/16 Fish patties or chicken breast, Shanghai greens, spaghetti, kiwi 鱼饼或鸡胸肉, 通心粉, 上海青, 猕猴桃	5/17 Roast pork, or tuna fish salad, bok choy, baked beans, apple, 叉烧或金枪鱼沙拉, 大白菜, 炖豆, 苹果	5/18 Mushroom chicken or small shrimp w/ vegetables, spinach, baked sweet potato, tangerine	5/19 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	5/20 Special: Lentil /masoor dal soup, basmati/chapati, okra, raita yogurt, orange 豆蔬浓汤, 糙米饭, 全麦饼, 秋葵, 酸奶切片黄瓜, 橙。 Regular: fish patties 鱼饼

鹹魚肉餅或豆腐蔬菜,甜玉米,芥菜,香蕉			香菇鸡腿或小虾仁炒蔬菜, 菠菜, 烤地瓜, 橘		
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
5/22 Soy sauce chicken or tuna salad,, cabbage with shredded carrots, sweet corn, orange 酱油鸡或金枪鱼沙拉, 蓬白胡萝卜丝, 甜玉米, 橙	5/23 Beef meatloaf w/tomato sauce or Small shrimp with vegetable, sweet potato, Shanghai greens, apple 番茄汁牛肉饼或小虾仁炒蔬菜, 烤地瓜, 上海青, 苹果	5/24 tofu with fish fillet, or chicken breast , mashed potato, Shanghai green, kiwi , 豆腐鱼片或烤鸡胸, 土豆泥, 上海青, 猕猴桃	5/25 Curry chicken or fish patties, cabbage with shredded carrots, baked potato , tangerine. 咖喱鸡或鱼饼, 烤土豆, 蓬白胡萝卜丝, 橘	5/26 Roast pork or scrambled egg with tomato, broccoli, baked beans, banana 叉烧或西红柿炒蛋, 炖豆, 西芥蓝, 香蕉	5/27 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	***NEW***	特别活动	特别活动
5/29 Closed 休息 Memorial Day 国殇日	5/30 Fish patties or cheese lasagna, mashed potato, mustard greens, tangerine 鱼饼或奶酪面, 土豆泥, 芥菜, 橘	5/31 bbq chicken or tofu with vegetable, cabbage with shredded carrots, spaghetti, apple 烤鸡腿或豆腐蔬菜, 蓬白胡萝卜丝, 通心粉, 苹果	Latin Cooking Workshop- 4 weeks program 拉丁餐料理-四个星期课程 Mon. , 星期一 9:00-11:00 AM 九点至十一点	Food Pantry 老人营养补充袋发放日 5/16/23 Tue. , 星期二, 9:30-2:00 pm 九点半至两点	MTA On-site Services 老人半价乘车服务 5/30/23 Tue., 星期二 10:00am- 2:00pm

The menu is subject to change by the Chef.
菜单有时会做略微调整

