



**September 1, 2023**

**Dear Members,**

**Welcome to the end of Summer and the beginning of the Fall Season!**

**The center will be starting 2 new classes in September. One class is a 12-week arts and crafts workshop series for 20 members focusing on the Lunar New Year of the Rabbit. It will include a series of calligraphy writing, paper cutting, and arts and crafts activities taught by Teaching Artists Mr. Ming Liang Lu and Sharlene Chou sponsored by Flushing Town Hall. The Classes will be held on Thursdays 1:30-3:30 pm beginning on Thursday, September 7, 2023, in the Arts Room. Registration for the limited 20 seats has already begun. Also, the very popular Video-Editing Class and Photoshop Photography Class taught by Mr. Ben Ying will be starting a new series. Please fill out a survey form with our Program Coordinator, Joy Mau, if you are interested in participating in these classes.**

**On Saturday, September 16, 2023, our senior center will partner with the Chinese People's Federation for World Peace to hold the "Harmonious Family & Blessing Ceremony" in the auditorium from 2-3:30 pm. Amy Yang, licensed officiant, will host the ceremony which includes serving "Tong Xin Cha" or "Same Heart Tea," to be drunk by the couple, gifts for the couples, a certificate, picture taking, and special performances. The longest marrying couple will receive an extra gift. Remember to attend this special ceremony if you have already signed up for it.**

**The monthly birthday party will be held on Thursday, September 21 at 1:30 pm in the small dining room. Members, volunteers, and staff who have birthdays in the month of September, please sign up for our mini party in the office so we can get a head count. Our center will prepare cakes and tea to celebrate and sing the birthday song in three languages: English, Mandarin, and Cantonese.**

**Starting in September, our center will resume monthly field trips. The Brooklyn Prospect Park Zoo field trip is scheduled on Wednesday, September 27th with 18 total seats available. If you still have not been on any field trips this year and would like to attend, please sign up in the main office starting in September. The main office will collect the \$5 trip fee and have participants sign necessary paperwork starting on September 13, 2023. Please note that if you have registered for the cancelled trip scheduled for June 8, 2023, to the Prospect Park Zoo, we have already provided a full refund. You would have to sign up again to attend this rescheduled trip.**

**Healthy Aging Month has been observed during the month of September for the last 30 years. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. People celebrate this month by incorporating habits like exercise, eating healthy food, and getting enough sleep into their daily routines. It is also a month for encouraging others to stay active and take steps to improve their physical and mental health.**

**Mid-Autumn Festival is an important celebration in Asian cultures which celebrates family reunions while eating mooncakes and carrying lanterns lighting up the people's path to prosperity and good fortune. It is also known as Mooncake or Moon Festival. This year, the center will celebrate this holiday and invited our New York State Senator John Liu to visit our seniors while we make lanterns in the Large Dining Room from 10:00 AM to 11:15 AM on Friday, September 29, 2023.**

**As seen on the graph, the hospitalization and death rates this past week have been rising. There is a new variant, EG.5, aka Eris (nicknamed after the Greek goddess of strife and discord). A descendant of Omicron, Eris is already the dominant coronavirus subvariant in the country, infecting more people than any other single strain. According to CDC estimates, EG.5 was responsible for 20.6% of cases of COVID-19 in the United States at the end of the third week of August, That same week, a strain called FL 1.5.1 (or Fornax), which is reported to be surging rapidly in the U.S. and accounted for 13.3% of cases, was second, followed by a mix of other XBB strains and descendants of Omicron. Like other Omicron strains, EG.5 tends to infect the upper respiratory tract, causing a runny nose, sore throat, and other cold-like symptoms, as opposed to lower respiratory tract symptoms. Dr. Roberts, a Yale Medicine infectious diseases specialist, expects to see the usual winter uptick in COVID-19 cases. Protective efforts, such as avoiding people who are sick and wearing masks when among people in confined spaces, can help, but "COVID-19 vaccination is the most effective tool for prevention," Dr. Roberts says.**

**Sincerely,**

**Winnie Hu, LMSW**

**Program Director**

亲爱的会员们：

残暑蝉催尽，新秋雁戴来。

伴随着炎炎夏日的离去，中心也给大家带来九月份新的课程变化。在九月份，有两个新开设的班级。其中一个是为期 12 周的艺术和手工艺系列工作坊，以农历兔年为课程主题。该课程是由法拉盛市政厅赞助的，包括一系列书法写作、剪纸和手工艺活动，将由教学艺术家卢明良先生和 **Sharlene Chou** 教授来为大家授课。课程将于 9 月份的每周四下午 1:30-3:30 在艺术教室举行。此课程仅限 20 名学员，报名已开始，请感兴趣的会员尽快到办公室报名。此外，深受会员们的欢迎和喜爱的视频编辑班和 **Photoshop** 摄影班，也将由 **Ben Ying** 先生开始全新系列课程。如果您对此课程感兴趣，请到项目负责人 **Joy Mau** 那里填写相应的课程调查表格。

在 9 月 16 日星期六，中心将与全球和平华人联合会合作，在大礼堂举办“和谐家庭与祈福仪式”，时间为下午 2 点至 3:30。持证司仪 **Amy Yang** 将主持仪式，包括奉上“同心茶”（**Tong Xin Cha**），这是一种供夫妻共饮的茶，为夫妻准备的礼物、证书、合照以及特别表演。中心欢迎并且邀请所有夫妇们在 9 月 16 日那天一同来庆祝和分享。活动报名截止日期为 9 月 5 日，已登记参加的会员们，请于当日准时到达大礼堂。

每月的生日聚会将于 9 月 21 日（星期四）下午 1:30 在小餐厅举行。我们欢迎所有在 9 月份出生的寿星会员们、义工和工作人员到办公室提前报名参加，以便中心统计人数。中心将为当月的寿星们准备蛋糕和茶，并用三种语言唱生日歌（英语、普通话和粤语）予以祝贺。

中心计划从九月份开始，逐渐恢复每月的户外郊游活动。布鲁克林展望公园的户外郊游计划于 2023 年 9 月 27 日（星期三）进行，此次共有 16 个座位。如果您今年还没有参加过任何中心的户外郊游活动，请到办公室报名参加。办公室将于 9 月 13 号开始收取此次户外郊游的 \$5 美金费用，并同时需要参与者签署相关的文件。请注意，如果您之前登记原定于今年 6 月 8 日的展望公园旅程（中心已因天气缘故取消并全额退款），如果您想要报名参加这次旅程，需到办公室重新报名登记。

值得一提的是，过去 30 年以来，九月份一直被称之为健康老龄月。这也加强了人们对老年群体身体和心理健康的关注，并提醒着我们，人的精神和身体随着年龄的增长，也会发生很多变化。人们会通过不同的方式来庆祝这个月份，有选择锻炼的方式，有选择健康饮食，也有通过充足睡眠的方式。它也是一个鼓励其他人保持活跃，改善身心健康的月份。

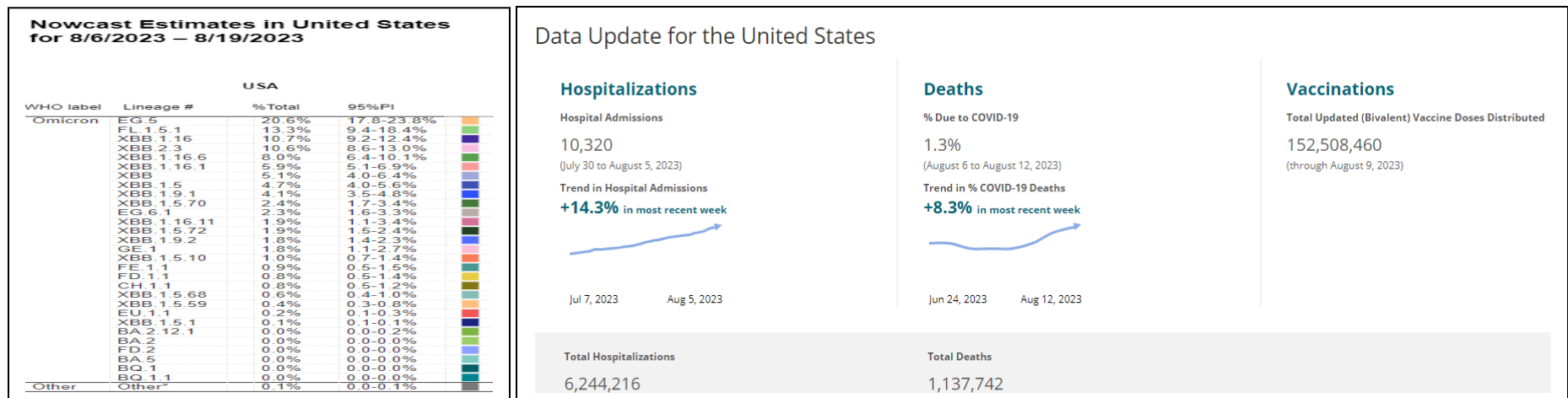
中秋节无疑是亚洲文化中非常重要传统节日之一，也被俗称为月饼节。人们会选择在这一天与亲人团聚，一起赏月吃月饼来庆祝。但不乏也有其他民间习俗，例如：提灯笼。在古代，灯笼其主要作用是照明，也是幸福团圆的象征，在近现代，人们以提灯笼，来预表照亮通往未来繁荣和好运的道路。今年，中心将与会员们一同庆祝中秋节。9月29日上午10:00至11:15，中心邀请会员们于大饭厅制作节日灯笼。纽约州参议员 John Liu（刘醇逸）也受中心邀请，将一同前来参与制作灯笼。

接下来，就是新冠的动态，从图表中可以看出，上周的住院率和死亡率一直在上升。有一种新的变异体，即 EG.5，又名 Eris（是以希腊神话中掌管纷争和不和的女神的名字命名）。作为 Omicron 的后代，Eris 已经成为美国主要的冠状病毒亚变种，在感染人数方面均已超过其他任何单一菌株。根据疾控中心的估计，EG.5 已在 8 月的第三周占据美国 COVID-19 感染总数的 20.6%。在相同的一周，一种名为 FL 1.5.1（或 Fornax）的菌株在美国迅速蔓延，占据总数的 13.3%，排名第二。其后是其他 XBB 菌株和 Omicron 的后代的混合体。与其他 Omicron 菌株一样，EG.5 往往感染上呼吸道，引起流鼻涕、喉咙痛等感冒症状，而不是下呼吸道症状。耶鲁医学传染病专家 Dr. Roberts 预计今年冬季 COVID-19 病例将呈上升趋势。避免与生病的人接触，以及在封闭空间与人群接触时戴口罩，等防护措施可以帮助避免感染，但 Dr. Roberts 表示，“COVID-19 疫苗依旧是预防最有效的工具”。

中文翻译：Emily Zhang

真诚的，

项目主任 Winnie Hu, LMSW





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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 – September 2023 二零二三年九月份節目表**

Lunch is served every day from 11:30 AM to 2:30 PM or until we are sold out. You can get 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
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=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09;">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09;</a> 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		
9:30-11:00 AM	Chinese Calligraphy 汉字与书法	Mr Li Shu 舒立教授	Chinese	Arts Room 艺术室
10:00-11:00AM	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 (The class begins on 9/11/23, 课程于 9/11/23 日开始) <a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</a> ; Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228
11:00-11:45 AM	Reading Current Events 阅读时事新闻	David & Anita	Cantonese 广东话	Arts Room and on VSC 视频和艺术室 Call in: 1-646-876-9923 ID: 983 3708 1842
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 (The class begins on 9/11/23, 课程于 9/11/23 日开始) <a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</a> ; Call in: 1-646-876-9923. ID: 932 4890 1610.; Passcode: 649 066 4228
1:45-3:30 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	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
8:00-09:30 AM	Tai Chi 太极锻炼	Bessie Lo & Toi Chu Cheng		Local Parks 公园
1. 8:30-9:15AM 2. 11:30-12:45 PM	Ping Pong 乒乓	David and Jane	English/ Chinese	Auditorium 礼堂
8:30-1:00 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=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> ; Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	Citizenship 入籍	Situ		
9:30-10:30 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=b3lUWjNGd2pybDNkQ3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pybDNkQ3hOZmltc1p2QT09</a> ; Call in: 1-646-876-9923. ID: 975 1991 4122. Passcode: 324 664 5921
10:30-11:30AM	Yang style Tai Chi w/Kevin Chen 杨式太极锻炼	Kevin Chen sponsored from Empire BCBS	Chinese	Auditorium 礼堂

11:45-12:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
1:45-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
1:00-3:00 PM	Sing Along 英文歌卡拉 OK	Felix & Mary	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;">https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;</a> 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
1:00-2:00PM	Rumba and Slow Dancing 伦巴舞和慢舞	Leo Li	Chinese	Auditorium 礼堂
1:00-3:00 PM	Learning Spanish 学习西班牙语	Mario	Spanish/English	Arts Room 艺术室
1:30-3:30 PM	Karaoke 卡拉 OK	Jane	Chinese	Large Dining Room 大饭厅
2:00-3:30PM	Singing Chorus 合唱练习	William Hao	Chinese	Auditorium 礼堂

## 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
08:30-12:45 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	Computer Lab 电脑室
09:00-1:00 PM	On-site/ Virtual Counseling: Medicare, MSP & Extra Help 视频咨询: 红蓝卡, 补助计划, 及额外帮助	Alex from DFTA HIICAP 212-602-4180	English/Chinese	Library 图书室 <a href="https://selfhelp.zoom.us/j/94502404602">https://selfhelp.zoom.us/j/94502404602</a> Call in: 1-646-876-9923. ID:945 0240 4602; Passcode: 6895148061



10:00-11:00 AM	Wai Dan Gong w/Mr Chan 外丹功	Jhi Shin Chan	Mandarin	Auditorium 礼堂
10:00-11:00 AM	Current Events 时事新闻	David & Anita	Cantonese 广东话	Arts Room and on VSC 视频和艺术室 <a href="https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMIhBdDNnK2IicGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMIhBdDNnK2IicGlxVnArUT09;</a> 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=SkpFR052NmNPRzN0RWISYTKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTKVWJIZz09;</a> 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	Susannah	English/ Chinese	Social service office 社会服务办公室 (Every 1 <sup>st</sup> Wednesday of every month 每个月的第一个星期三)
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=enZPZzIQVIZYTm94VE5MRVI2RUF0Zz09;">https://selfhelp.zoom.us/j/92343590320?pwd=enZPZzIQVIZYTm94VE5MRVI2RUF0Zz09;</a> Call in: 1-646-876-9923. ID: 923 4359 0320 (Class starts 9/27, 课程九月二十七日开始)
11:00-12:30 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
1:45-3:30 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. (需要出示本中心會員證)
6:30-8:30 PM	Karaoke Practice 卡拉 OK 练习	Jane & Bao Huang Du	Chinese	VSC 视频
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy Chuang	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
8:00-09:30 AM	Tai Chi 太极锻炼	Bessie & Toi Chu Cheng	Chinese	Local parks 公园
1. 8:30-10:00 AM 2. 11:00-2:15PM	Ping Pong 乒乓	Mr. Yip	English/ Chinese	Auditorium 礼堂
08:30-1:00 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
10:00 – 11:00AM	Line Dancing 排舞 1. Stretch exercise. 伸展运动 (10 mins 分钟) 2. Line dancing 排舞 (50 mins 分钟)	Sophie and June	Chinese	Auditorium 礼堂
10:00-11:00 AM	SAIL 健康生活	Rosemarie	English	On VSC 视频 (The class begins on 9/14/23, 课程于 9/14/23 日开始) <a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9IZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9IZ01zN0hLdz09</a> ; 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 (The class begins on 9/14/23, 课程于 9/14/23 日开始) <a href="https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVIVzR25RQWNIUT09">https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVIVzR25RQWNIUT09</a> ; ID: 934 1046 9680; Passcode: 259 261 2064
11:45AM-1:00 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
**Time Change** 更改时间 11:15 – 1:15 PM	Harmonica 学习吹口琴	Ms. Wei Er Li	Chinese	Arts Room 艺术室
**Time Change** 更改时间 1:30-2:30 PM	Photography + Photoshop 摄影和修图	Mr. S.W. Ying	Chinese	Computer Lab 电脑室 (Class starts 9/14/23, 课 程于 9 月 14 日开始)

1:30-3:30 PM	Karaoke 卡拉 OK	Jane	Chinese	Large Dining Room 大饭厅
1:45-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
2:00-4:00 PM	Er Hu Practice 二胡练习	Tong Wu	Chinese	on VSC 视频 <a href="https://selfhelp.zoom.us/j/95524812656">https://selfhelp.zoom.us/j/95524812656</a> Call in: 1-646-876-9923. ID: 955 2481 2656
<b>**Time Change**</b> 更改时间 2:30-3:30 PM	Video-Making & Editing. 视频製作與編輯	Mr. S.W. Ying	Chinese	Computer Lab 电脑室 (Class starts 9/14, 课程于 9 月 14 日开始)
2:30-3:30 PM	Latin Dance 拉丁舞	Mr. Chen	Chinese	Auditorium 礼堂

## 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
08:30-12:15 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	Computer Lab 电脑室
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 (No class on 9/1, 9/1 课程取消)
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 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
12:30-1:30PM	Walking Dance 学习秧歌舞	Ning Wen	Chinese	Auditorium 礼堂
1:00-3:00 PM	Karaoke 卡拉 OK	Jane & Felix		on VSC 视频
1:30-3:30 PM	Karaoke 卡拉 OK	Jane	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 (No class on 9/1, 9/1 课程取消)
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## Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
8:30-9:45 AM 12:15-1:15 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
10:00-12:00 PM	Yuan Ji Dance 元極舞	Yun Li, Mabel and Tina	Chinese Mandarin	Auditorium 礼堂
10:00-12:00 PM	Calligraphy 书法练习	Mr. Daeyoung Kim	Korean/Chinese	Arts Room 艺术室
10:00-12:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
1:00-2:00 PM	We Speak New York 生活在紐約	Mary from City Hall	English	Phone conference Selfhelp Conference Call: 1-800-719-7514 Code: 679247
**New Class 新课程** 1:00 – 3:00PM	Vocal Techniques (Intermediate) 声乐技术中学	Xiao Qing He	Chinese	Arts Room 艺术室 (Class begin on 9/2, 9/16, 9/23 and 9/30, 课程在 9/2, 9/16, 9/23 和 9/30)
1:45-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Amanda	Chinese	Small Dining Room 小饭厅
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	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 & Bao Huang Du	Chinese/English	VSC 视频
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy	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
9/1/23 -9/30/23 Mon.,Wed., Fri., and Sat. 周一, 三, 五和六 9:00-10:45 AM	FY2024 Membership Renewal Service 年度会员证更新	PAC & Volunteers	English / Chinese	Small dining room 小饭厅
9/2/23 Sat., 星期六 10:00-11:00 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	Chinese 普通话	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YStVM2loTEtvZnpadz09;">https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YStVM2loTEtvZnpadz09</a> ; Call in 1-646-876-9923. ID: 953 3994 6345; Passcode: 3260637715
9/6/23 Wed., 星期三 10:00-11:00 AM	Anti-Inflammatory Diet 抗炎飲食	Stephanie Deng Registered Dietitian sponsored from Empire BCBS	English/ Chinese	Large Dining Room 大饭厅
9/7, 9/14, 9/21 & 9/28 Thu., 星期四 1:30-3:30 PM	Intro to Chinese Calligraphy Workshop 中國書法概論藝術 工作坊	MingLiang Lu from Flushing Town Hall	Chinese	Arts Room 艺术室
9/9/23 Sat., 星期六 12:30 – 2:30 PM	Arts and Crafts 手工艺 Jewelry Making 珠宝制作	Lily	English	Arts Room 艺术室 (Every second Saturday of the month) 每个月第二个星期六)
9/15/23 Fri., 星期五 10:00-11:00 AM	Microwave Safety 如何安全使用微波炉	Eva Lau, Nutritionist 营养师	普通话	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506
**Time Change** 更改时间 9/16/23 Sat., 星期六 2:00-3:30 PM	“Tong Xin Cha” or Same Heart Tea Ceremony 同心茶庆典	Amy Yang, Licensed Officiant from Chinese People’s Federation for World Peace 美国全球 和平华人联合会	English/ Chinese	Auditorium 礼堂

9/19/23 Tue., 星期二 9:30-2:00 PM	Food Pantry 老人營養補充袋發放日	Staff 工作人員	Chinese/English	Rear Door 中心后门
9/20/23 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided
9/21/23 Thu., 星期四 1:30- 2:00PM	September Birthday Party 9 月份生日会	Staff 工作人員	English/ Chinese	Small Dining Room 小饭厅 (Please sign up in main office if your birthday is in September. 如果您的生日是在 9 月, 请到总办公室报名。)
9/22/23 Fri., 星期五 10-11:00 AM	How to Combat Seasonal Depression? 如何對抗季節性憂鬱症?	Jasper, LMSW from CAPE	普通话	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/96746263779">https://selfhelp.zoom.us/j/96746263779</a> Call in: 1 646 876 9923. ID: 967 4626 3779
9/27/23 Wed., 星期三 8:30–2:00 PM	Field Trip: Brooklyn Prospect Park Zoo 户外旅游: 布鲁克林展望动物园	Winnie and Margo	Chinese/English	Field Trip: Brooklyn Prospect Park Zoo 户外旅游: 布鲁克林展望动物园
9/29/23 Fri., 星期五 10:00-11:15 AM	Arts and Crafts 手工艺 Lantern Making 灯笼制作  Special visit from NYS Senator Mr. John Liu (纽约 州参议员刘醇逸来探访)	Lily	English	Large Dining Room 大饭厅
Anytime 任何时间	Updated Digital Photo Gallery 数码影集	Contributed by Sandy & Mr. Cheung	Chinese	<a href="https://youtu.be/bmURP3asUs8">https://youtu.be/bmURP3asUs8</a>
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	<a href="https://www.youtube.com/watch?v=PYfDB_skf9k&amp;feature=youtu.be">https://www.youtube.com/watch?v=PYfDB_skf9k&amp;feature=youtu.be</a>
Anytime 任何时间	Easy Tai Chi	Don Fiore	English	<a href="https://www.youtube.com/watch?v=ZxcNBejxlzs">https://www.youtube.com/watch?v=ZxcNBejxlzs</a>
Anytime 任何时间	DFTA Emergency Preparedness Office	DFTA	English	<a href="https://www.youtube.com/watch?v=iv9jiojOfOM">https://www.youtube.com/watch?v=iv9jiojOfOM</a>

Anytime 任何时间	<b>Covid-19: A Demo on How to Use Home-Test Kits</b> 如何居家使用新冠病毒快速检测盒 示范)	Wei Yue, RN	普通话	<a href="https://youtu.be/aandTWNnhbU">https://youtu.be/aandTWNnhbU</a>
Anytime 任何时间	<b>How to safely recycle pills, creams, and other medicinal products with Deterrer Bag</b> 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	<a href="https://deterrasystem.com/deterra-system-video/#group">https://deterrasystem.com/deterra-system-video/#group</a>
Anytime 任何时间	<b>SUCASA Films</b> 我们自己制作的小电影	Third World Newsreel Camera News, Workshop Students	English & 普通话	<a href="https://vimeo.com/724697140">https://vimeo.com/724697140</a> password: sucasa
9/2023–11/2023, Mon. – Sat. 星期一至星期六	<b>Gardening Program</b> 户外园艺	Ngan H. Cheung		<b>Evergreen Community Gardening</b> 户外园艺; 8 AM– 8 PM. 上午八点至下午八点 <b>Please go to the office to report attendance once a week for gardening participants only.</b> (一个星期到办公室报到一次)

				Friday 星期五	Saturday 星期六
<b>Food Pantry</b> 老人營養補充袋發 放日  9/19/23 Tue., 星期二 9:30-2:00 PM	<b>September            Birthday Party</b> 9 月份生日会  9/21/23 Thu., 星期四 1:30- 2:00PM	<b>Field Trip: Brooklyn            Prospect Park Zoo</b> 户外旅游: 布鲁克林 展望动物园  9/27/23, Wed., 星期三 8:30-2:00 PM	<b>Special visit from            NYS Senator Mr.            John Liu (纽约州参            议员刘醇逸来探访)</b>  9/29/23 Fri., 星期五 10:00-11:15 AM	9/1 <b>Baked chicken breast,            baked beans, green            cabbage, kiwi</b> 烤鸡胸, 炖豆, 高丽菜, 猕猴桃 <hr/> <b>Center Closes @            2:00pm</b>	<b>9/2 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            藍, 咖喱豆腐, 酸奶切片黄            瓜, 橙. Alternative: Baked            vegetables burger 烤蔬菜            饼</b>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
9/4  <b>Labor Day</b> 劳动节  <b>Closed</b> 休息	9/5  <b>Beef meatloaf,            baked sweet            potato, spinach ,            banana</b> 牛肉饼, 烤地瓜, 菠 菜, 香蕉	9/6  <b>Fish patties, mashed            potato, broccoli,            tangerine</b> 鱼饼, 土豆泥, 西 芥兰, 橘	9/7  <b>Chicken stir fry            w/peanut vegetables,            baked beans, green            cabbage, kiwi</b> 宫保鸡丁, 炖豆, 高 丽菜, 猕猴桃	9/8  <b>Braised lean pork with            taro, carrots and green            beans, baked potato,            apple.</b> 大芋头烧肉, 胡萝卜四 季豆, 烤土豆, 苹果.	9/9  <b>Special: Lentil /masoor dal            soup, basmati/chapati,            cauliflower w/ curry tofu,            raita yogurt, orange 豆蔬            浓汤, 糙米饭, 全麦饼, 花椰            菜, 咖喱豆腐, 酸奶切片黄            瓜, 橙 Alternative: Tofu            w/vegetables 豆腐蔬菜</b>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
9/11 <b>Steamed ground            turkey with bean            threads &amp; eggs ,            sweet corns,            mustard greens,            orange</b> 火鸡蒸蛋饼, 玉米, 芥菜, 橙	9/12 <b>BBQ chicken,            macaroni, green            cabbage, tangerine</b> 烤鸡腿, 通心粉, 高丽菜, 橘	9/13 <b>Beef meatballs,            sweet potato,            mustard greens,            banana</b> 牛肉丸, 烤地瓜, 芥 菜, 香蕉	9/14 <b>Baked fish fillet,            broccoli, spaghetti,            broccoli , apple</b> 烤鱼排, 意粉, 西芥 藍, 苹果	9/15 <b>Roast pork, Bok choy,            baked beans, kiwi</b> 叉烧, 大白菜, 炖豆, 猕 猴桃	9/16 <b>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 Alternative: Baked mix            bean w/ vegetables 杂豆炒            时蔬</b>



Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<b>9/18</b> Soy sauce chicken, sweet potato, Bok choy s, orange 酱油鸡腿, 烤地瓜, 大白菜, 橙	<b>9/19</b> Beef meatloaf, baked potato, spinach, banana 牛肉饼, 烤土豆, 菠菜, 香蕉	<b>9/20</b> Fish patties, sweet corns, mustard greens, kiwi 鱼饼, 芥菜, 甜玉米, 猕猴桃	<b>9/21</b> Baked mushroom chicken, spaghetti, mustard greens, apple 香菇鸡腿, 意粉, 芥菜, 苹果.	<b>9/22</b> Pork chops, mashed potato, Bok choy plum 烤猪扒, 土豆泥, 大白菜, 李子	<b>9/23 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</b> <b>Alternative: tofu w/vegetables 豆腐蔬菜</b>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<b>9/25</b> Steamed ground pork meat flavored w/dried fish, sweet corns, cabbage w/ shredded carrots, orange 鹹魚肉餅, 玉米, 莲白胡萝卜丝, 橙	<b>9/26</b> Baked mushroom chickens, macaroni, mustard greens, apple 香菇鸡腿, 同心粉, 芥菜, 苹果.	<b>9/27</b> Fish patties, baked potato, mustard greens, banana 鱼饼, 芥菜, 烤土豆, 香蕉	<b>9/28</b> Roast pork, baked beans, spinach, plum 叉烧, 炖豆, 菠菜, 李子	<b>9/29</b> Beef plate stewed with daikon, baked sweet potato, cabbage, kiwi 牛腩炖萝卜, 烤地瓜, 大白菜, 猕猴桃	<b>9/30</b> <b>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</b> <b>Alternative: Baked vegetable burger 烤蔬菜饼</b>
Monday 星期一					
<b>10/2</b> Steamed ground turkey with beans threads & eggs , sweet corns, mustard greens, orange 火鸡簋蛋饼, 玉米, 芥菜, 橙	<b>**Time Change**</b> 更改时间  <b>“Tong Xin Cha”</b> Same Heart Tea Ceremony 同心茶庆典 9/16/23 Sat., 星期六 2:00-3:30 PM	<b>**New Class 新课程**</b>  <b>Vocal Techniques (Intermediate)</b> 声乐技术中学  Sat., 星期六 1:00 – 3:00PM			

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