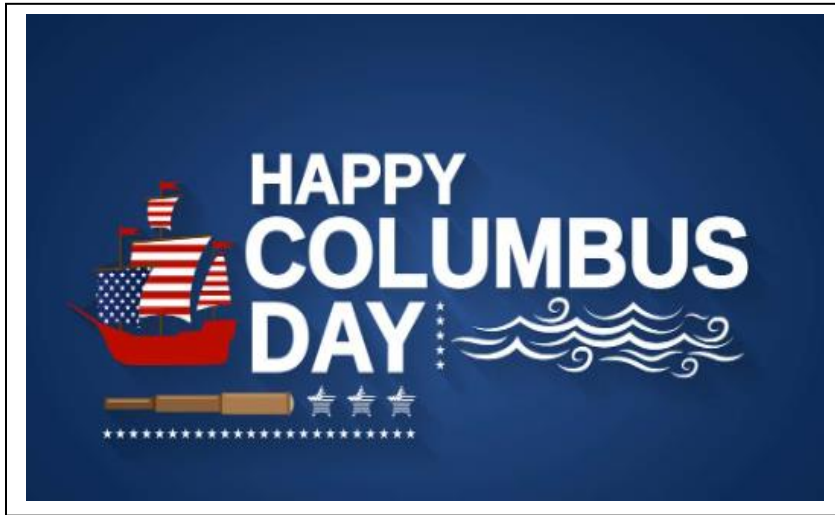




October 1, 2023

Dear Members,

About 500 years ago, back in 1492, an Italian explorer named Christopher Columbus sailed across the ocean blue and landed in America. To commemorate this day, America celebrates Columbus Day on the second week of October. For the Native Americans, pumpkin and other forms of squash were important food staples and helped them survive the long cold winters. It is believed that Christopher Columbus brought pumpkin seeds back to Europe after he visited the continent. In observance of this federal holiday, on Monday, October 9th, the senior center will be closed.

There is very good news for our members for the coming winter ahead. Starting in October 2023, the center will be serving both lunch and dinner meals to seniors over 60 years old or members of the center from Monday to Saturday. Lunch will be served starting at 11:00 am. The kitchen will no longer be serving grab and go meals so members must bring their own containers if they need to pack their food to take home.

Starting Tuesday, October 10, from 9:30-12:15 pm in the computer room, Older Adult Technology Services (OATS) from AARP programs will have a series of in-person classes held in Chinese. The classes will include lectures and practice on the following topics in this order: Affordable Home Internet, All Things Zoom, Cloud Storage, Google Maps, How to Choose a Computer, Intro to Managing your Privacy, IoT Entertainment, Protecting your Personal Information, YouTube and Staying Safe Online. Participants are limited to 14 members so sign up in the office if you are interested.

To celebrate the holiday, on Wednesday, October 11th, 16 participants will be having a field trip to Garden World and Korean Supermarket, H-mart in Flushing to look at the flowers nursery and select pumpkins. When we return from the trip, members will learn how to make a pumpkin pie in the Large Dining Room starting at 1:00 pm. Karaoke will be postponed until 2 pm. Registration for the trip and the \$5 fee will begin collection on Monday, October 2, 2023. The pumpkin is not included in the \$5 trip fee. You would have to purchase your own pumpkin at the pumpkin patch.

Starting Friday, October 13, from 10:00-11:30 AM, Marsha Gilden will hold a Storytelling Circle workshop for 10 weeks in the library in English. Participants will be telling stories from experience using prompts given by the instructor. Interested members may also sign into the class via zoom.

Ten years ago, Daisy Yan started working at our senior center as a DFTA trainee for 2 years before she became the Program Associate and then promoted to Data Coordinator. Now a decade later, Daisy will be retiring on October 13, 2023. She quotes, " I want to thank all the members for supporting me in my job. I learned a lot about life in America through your many stories." The center wants to thank Daisy for all her dedication of her many talents to our center. I am sure many people will be saddened to hear her leaving her position, but it will be bittersweet knowing that she can go back to Shanghai to visit family members and enjoy her retirement years.

On Thursday, October 19, 2023, 50 flu shots will be given by Walgreens licensed professionals in the center's library with an appointment. Anyone age 18 years or older can register in the office starting on Monday, October 2. Participants signing up will need to fill out a health form, bring insurance cards (Medicare and their HMO) and identification on the day they register. Anyone age 60 years or under can get the flu shot for free even if they don't carry any insurance.

The October birthday party will be held on Thursday, October 19th at 1:30 pm in the small dining room. Members, volunteers, and staff who have birthdays in the month of October, 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

Lastly, the following are the latest Covid- 19 updates. As shown in the graph below, the hospitalization and death rates this past week have been rising. Since the last 28 days, there was a 27.8% hospitalization infection rate per 100,000 in zip code 11354. There was a 24.1% hospitalization infection rate per 100,000 in zip code 11355. The new variant, EG.5, is now up to 24.5% from 20.6% of cases of COVID-19 in the United States compared to last month. FL 1.5.1 is reported to account for 13.7% compared to 13.3% of cases last month. Since the new variant has lighter symptoms, many infected people are not going to the hospitals and actual infection is much higher than what is reported. You have the option to get the latest new "2023-2024 COVID-19 vaccine" (not a booster) to be protected for the coming Fall and Winter seasons. You may talk to you doctor or go to your nearest local pharmacy to ask for availability of the vaccine.

**Sincerely,**

**Winnie Hu,**

**LMSW, Program Director**

尊敬的会员们：

**1492** 年，也就是五百年多年前的今日，意大利航海家克里斯托弗·哥伦布首次登上了美洲大陆。人们为了纪念他，决定把每年十月的第二个星期一，定为美国联邦假日。哥伦布日又称哥伦比亚日。对于很多美国原住民来说，南瓜和其他类别的瓜都是冬日里人们重要的主食。因为在寒冷的冬季，它们既容易储存又含有丰富的营养，所以也就成为了餐桌上的常客。据说在克里斯托弗·哥伦布登岸美洲大陆后，也将南瓜籽带回了欧洲。为了纪念这个节日，本中心也将于在 **10/09/2023**（星期一）关闭一天。

金秋十月，丹桂飘香。在这美好的秋冬季，中心也为大家准备了各式各样丰富的活动。首先想要告诉大家一个好消息！从 **10** 月份开始，中心将从周一到周六为年满 **60** 岁及以上的会员提供午餐和晚餐的服务。中心会在每日早上 **11** 点开始提供午餐，厨房也不再提供任何外卖服务。如果您需要把食物带回家，请自备午餐盒。

从 **10 月 10 日**（星期二）早上 **9:30-12:15** 开始，来自 **AARP** 的 **OATS** 组织将举办一系列中文线下课程，包含课程讲解和应用练习。课程的主题也将按照以下顺序逐一开展：經濟實惠的家庭互聯網，ZOOM(视频的入门指南)，云端储存，谷歌地图使用，如何选择适合自己的电脑，管理个人私隐入门指南，物联网娱乐，保护您的私人信息，油管网站（**YouTube**）及如何安全上网。课程仅有 **14** 个名额，如果您对此感兴趣的话，请到办公室报名参加。

**10 月 11 日**（星期三），中心安排带领会员们前往法拉盛 **Garden World** 参观花圃并挑选南瓜的活动。结束参观回到中心之后（**1** 点），在大饭厅里，会员们可用自己挑选的南瓜，学习如何制作新鲜的南瓜派。本次活动一共有 **16** 个名额，将于 **10 月 2 日**（星期一）在办公室开始登记和交纳 **5** 美金的活动费用。此 **5** 美金活动费不包含南瓜费用，会员们需自行在 **Garden World** 里购买好南瓜。当日的卡拉 **ok** 课程也将因此推迟到下午 **2** 点开始。

**10 月 13 日**（星期五）的上午 **10:00** 到 **11:30**，**Marsha Gilden** 将在中心图书室举办为期 **10** 周的线上圆桌故事会。此课程将以英文授课，参加者将根据讲师的提示来讲述故事。有兴趣的成员可以下载 **Zoom** 软件来参与到当中。

现在，中心要告诉大家一个消息，一直辛苦付出并且受到大家爱戴的数据协调员 **Daisy** 将于 **10 月 13 日** 正式退休。十年前，**Daisy Yan** 来到老人局接受培训，两年之后，她升值成为了项目助理，后又晋升为数据协调员。十年间，她工作认真负责，待人友善，是中心不可多得的好员工。十年后的今日，**Daisy** 将离开她热爱的岗位。**Daisy** 不禁感叹到：“我要感谢所有支持和帮助过我的会员们，通过聆听你们的故事，我更多的认识和了解到美国的生活。”中心再次感谢 **Daisy** 十年如一日的付出，相信很多会员们在听到她要离职的消息都会感到遗憾和不舍。但借此机会，她也可以回到上海与家人团聚，相信大家一定会为她感到开心。

十月份的生日聚会将于 **10 月 19 日**（星期四）下午 **1:30** 在小饭厅举行。我们欢迎所有在 **10** 月份生日的会员、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。中心将为当月过生日的会员们准备蛋糕和茶，并用三种语言唱生日歌（英语、普通话和粤语）予以祝贺。

**10 月 19 日**（星期四），中心会为会员们提供流感疫苗注射的服务。拥有许可证来自 **Walgreen** 的专业人员将会在中心图书室为会员们接种疫苗。所有年满 **18** 以上的人可从 **10 月 2 日** 起，在办公室进行提前登记。会员们需填写健康表格，携带保险卡（红蓝卡，白卡）及身份证进行提前登记。如若您没有任何保险，仍可报名接种流感疫苗。

最后是一些新冠的最新动态：正如下图所示，过去一周里，住院率和死亡率一直在上升。在过去的 28 天以来，在邮编为 11354 的区域里，每 10 万人的住院感染率为 27.8%。而在邮编为 11355 的区域里，每 10 万人的住院感染率为 24.1%。数据显示，与上个月相比，新变种 EG.5 在新冠感染病例中占比从 20.6% 上升至 24.5%。FL 1.5.1 现占比 13.7%，相对上个月的 13.3%，上升了 0.4%。但由于新型变种的症状较轻，所以许多被感染者并不会去医院进行检查，因此，实际感染的人数可能远比报告的更多。

您可以选择接种最新的「2023-2024 年 COVID-19 疫苗」（不是 booster 疫苗），以便更好的在秋冬季节保护自身健康。如果您有任何疫苗相关的问题, 请向您的家庭医生或前往附近的药房进行咨询。

中文翻译: Emily Zhang

真诚的，  
  
项目主任 Winnie Hu, LMSW

Nowcast Estimates in United States  
for 9/3/2023 – 9/16/2023



| ZIP   | Neighborhood         | Hospitalizations per 100,000 ▾ | Deaths per 100,000 | Dates              |
|-------|----------------------|--------------------------------|--------------------|--------------------|
| 11354 | Flushing/Murray Hill | 27.8                           |                    | August 4-August 31 |

| ZIP   | Neighborhood                         | Hospitalizations per 100,000 ▾ | Deaths per 100,000 | Dates              |
|-------|--------------------------------------|--------------------------------|--------------------|--------------------|
| 11355 | Flushing/Murray Hill/Queensboro Hill | 24.1                           | 0.0                | August 4-August 31 |



**Innovative Senior Center**  
**(Benjamin Rosenthal-Prince Street)**  
**45-25 Kissena Blvd., Flushing, NY 11355**  
**Tel: 718-886-5777**

**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 – October 2023 二零二三年十月份節目表**

**Lunch is served from 11:00- 12:30 PM. Dinner is served from 12:30 PM - 2:30 PM or until we are sold out.**  
**You can get your meal ticket starting at 9:30AM.**

**Monday 星期一**

| Time<br>时间     | Class<br>活动项目                                   | Instructor<br>指导老师 | Language<br>语言   | Location<br>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<br><a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09;">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09;</a><br>Call in: 1-646-876-9923.<br>ID: 989 5268 4927; Passcode:720 039 9802    |
| 11:00-1:00 PM  | English Oral Practice<br>英语口语练习                 | Situ               |                  |                                                                                                                                                                                                                                                              |
| 9:30-11:00 AM  | Chinese Calligraphy<br>汉字与书法                    | Mr Li Shu<br>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<br><a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</a> ;<br>Call in: 1-646-876-9923. ID: 932 4890 1610;<br>Passcode:649 066 4228 |
| 11:00-11:45 AM | Reading Current Events<br>阅读时事新闻                | David & Anita      | Cantonese<br>广东话 | Arts Room and on VSC 视频和艺术室<br>Call in: 1-646-876-9923<br>ID: 983 3708 1842 Passcode: 7145136147                                                                                                                                                             |
| 11:00-3:45 PM  | Ping Pong 乒乓                                    | Mr. Yip            | English/Chinese  | Auditorium 礼堂                                                                                                                                                                                                                                                |

|                |                                    |                  |                 |                                                                                                                                                                                                                                                                |
|----------------|------------------------------------|------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00-3:45 PM  | Video Exercise<br>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<br><a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9IZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9IZ01zN0hLdz09</a> ;<br>Call in: 1-646-876-9923. ID: 932 4890 1610.;<br>Passcode: 649 066 4228 |
| 12:30-3:30 PM  | Table Leisure Games<br>桌上休闲游戏时间    | Amanda           | Chinese         | Small Dining Room 小饭厅                                                                                                                                                                                                                                          |
| 1:00-3:30 PM   | Shanghai Opera Practice<br>越剧练习    | Ms. Mei Ying Yan | Shanghainese    | Stage 舞台                                                                                                                                                                                                                                                       |
| 1:00-3:30 PM   | Oil Painting (Beginner)<br>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<br>时间                         | Class<br>活动项目                                      | Instructor<br>指导老师                       | Language<br>语言      | Location<br>地点                                                                                                                                                                                                                                                               |
|------------------------------------|----------------------------------------------------|------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00-09:30 AM                      | Tai Chi 太极锻炼                                       | Bessie Lo &<br>Toi Chu Cheng             |                     | Local Parks 公园                                                                                                                                                                                                                                                               |
| 1. 8:30-9:15AM<br>2. 11:30-1:45 PM | Ping Pong 乒乓                                       | David and Jane                           | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                                                |
| 8:30-1:00 PM                       | Stationary Biking & Elliptical<br>Exercises 固定器械锻炼 | Staff 工作人员                               | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                                                |
| 9:00-11:00 AM                      | ESL 英语九百句                                          | Situ                                     | Chinese             | VSC 视频<br><a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> ;<br>Call in: 1-646-876-9923.<br>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<br>摇摆舞                   | Dina                                     | English             | Auditorium 礼堂 and VSC 视频<br><a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09</a> ;<br>Call in: 1-646-876-9923.<br>ID: 975 1991 4122. Passcode: 324 664 5921 |
| 10:30-11:25AM                      | Yang style Tai Chi w/Kevin<br>Chen 杨式太极锻炼          | Kevin Chen sponsored<br>from Empire BCBS | Chinese             | Auditorium 礼堂 (10/10,10/17,10/24,10/31)<br><br>(No class on 10/3, 没有课 10/3)                                                                                                                                                                                                  |

|                                  |                                 |                 |                     |                                                                                                                                                                                                                                                            |
|----------------------------------|---------------------------------|-----------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00-1:00 PM                    | Learning Spanish<br>学习西班牙语      | Mario           | Spanish/English     | Arts Room 艺术室 (10/3,10/10,10/24,10/31)<br>Library 图书室 (10/17)                                                                                                                                                                                              |
| 11:45-1:45 PM                    | Video Exercise<br>视频操锻炼         | Staff 工作人员      | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                              |
| 12:30-3:30 PM                    | Table Leisure Games<br>桌上休闲游戏时间 | Amanda          | Chinese             | Small Dining Room 小饭厅                                                                                                                                                                                                                                      |
| 1:00-3:00 PM                     | Sing Along<br>英文歌卡拉 OK          | Felix & Mary    | English             | VSC 视频<br><a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;">https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;</a><br>Call in: 1-646-876-9923.<br>ID: 964 7449 2130. Passcode: 739 290 0390 |
| 1:00-2:00 PM                     | LG Tablet Coaching<br>LG 平板电脑   | Ellen           | 广东话                 | Computer Lab 电脑室                                                                                                                                                                                                                                           |
| *New Class 新课程<br>**1:00-2:00 PM | Qipao Catwalk<br>旗袍时装秀          | Ding, Xiang Mei | Chinese             | Auditorium 礼堂                                                                                                                                                                                                                                              |
| 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<br>时间     | Class<br>活动项目                                                                              | Instructor<br>指导老师                       | Language<br>语言  | Location<br>地点                                                                                                                                                                   |
|----------------|--------------------------------------------------------------------------------------------|------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08:00-09:30 AM | Tai Chi 太极锻炼                                                                               | Bessie & Toi Chu<br>Cheng                | Chinese         | 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 &<br>Elliptical Exercises<br>固定器械锻炼                                      | Staff 工作人员                               | English/Chinese | Auditorium 礼堂                                                                                                                                                                    |
| 08:30- 3:45 PM | Mental Health Counseling<br>by appointment<br>心理健康咨询                                       | Jasper, LMSW from<br>CAPE                | English/Chinese | Computer Lab 电脑室                                                                                                                                                                 |
| 09:00-1:00 PM  | On-site/ Virtual Counseling:<br>Medicare, MSP & Extra<br>Help<br>视频咨询: 红蓝卡, 补助计划,<br>及额外帮助 | Alex from DFTA<br>HIICAP<br>212-602-4180 | English/Chinese | Library 图书室<br><a href="https://selfhelp.zoom.us/j/94502404602">https://selfhelp.zoom.us/j/94502404602</a><br>Call in: 1-646-876-9923.<br>ID:945 0240 4602; Passcode: 6895148061 |

|                |                                              |                     |                     |                                                                                                                                                                                                                                                                                 |
|----------------|----------------------------------------------|---------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00-11:00 AM | Wai Dan Gong w/Mr Chan<br>外丹功                | Jhi Shin Chan       | Mandarin            | Auditorium 礼堂                                                                                                                                                                                                                                                                   |
| 10:00-11:00 AM | Current Events<br>时事新闻                       | David & Anita       | Cantonese<br>广东话    | Arts Room and on VSC 视频和艺术室<br><a href="https://selfhelp.zoom.us/j/98706955835?pwd=NW5OZmpzMlhBdDNnK2lhcGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW5OZmpzMlhBdDNnK2lhcGlxVnArUT09</a> ;<br>Call in: 1-646-876-9923<br>ID: 987 0695 5835; Passcode: 667 123 2126 |
| 10:00-11:00 AM | Towards Self-Acceptance & Growth<br>接受自我笑对人生 | Deirdre             | English             | VSC 视频<br><a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWlSYTJKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWlSYTJKVWJIZz09</a> ;<br>Call in: 1-646-876-9923.<br>ID: 986 5548 1500; Passcode: 871 178 0506                     |
| 11:00-12:00 PM | Current Events<br>时事讨论                       | Bernie              | English             | VSC 视频<br><a href="https://selfhelp.zoom.us/j/92343590320?pwd=enZPZzIQVlZYTm94VE5MRVl2RUF0Zz09;">https://selfhelp.zoom.us/j/92343590320?pwd=enZPZzIQVlZYTm94VE5MRVl2RUF0Zz09</a> ;<br>Call in: 1-646-876-9923. ID: 923 4359 0320                                                |
| 11:00-12:30 PM | Ping Pong 乒乓                                 | Mr. Yip             | English/Chinese     | Auditorium 礼堂                                                                                                                                                                                                                                                                   |
| 11:30-12:30 PM | Video Exercise<br>视频操锻炼                      | Staff 工作人员          | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                                                   |
| 12:30-3:30 PM  | Table Leisure Game<br>桌上休闲游戏时间               | Amanda              | Chinese             | Small Dining Room 小饭厅                                                                                                                                                                                                                                                           |
| 1:00-3:30 PM   | Watercolor Painting<br>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<br>交際舞                      | Janet & Jason       | 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<br>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<br>时间    | Class<br>活动项目 | Instructor<br>指导老师     | Language<br>语言 | Location<br>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<br>2. 11:00-2:15PM               | Ping Pong 乒乓                                                                                       | Mr. Yip         | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                                                                                  |
| 08:30-1:00 PM                                     | Stationary Biking &<br>Elliptical Exercises<br>固定器械锻炼                                              | Staff 工作人员      | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                                                                                  |
| <b>**Time Change**</b><br>更改时间<br>9:30 – 11:30 AM | Harmonica 学习吹口琴                                                                                    | Ms. Wei Er Li   | Chinese             | Arts Room 艺术室                                                                                                                                                                                                                                                                                                  |
| 10:00 – 11:00AM                                   | Line Dancing 排舞<br>1. Stretch exercise.<br>伸展运动 (10 mins 分钟)<br>2. Line dancing 排舞<br>(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,<br>课程于 9/14/23 日开始)<br><a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</a> ; Call<br>in: 1-646-876-9923.<br>ID: 932 4890 1610. Passcode:649 066 4228 |
| <b>**Time Change**</b><br>更改时间<br>10:00-12:00 PM  | Photography + Photoshop<br>摄影和修图                                                                   | Mr. S.W. Ying   | Chinese             | Computer Lab 电脑室                                                                                                                                                                                                                                                                                               |
| 11:00-12:00 PM                                    | Chair Yoga 瑜伽                                                                                      | Rosemarie       | English             | On VSC 视频<br><a href="https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVlVzR25RQWNIUT09">https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVlVzR25RQWNIUT09</a> ;<br>ID: 934 1046 9680; Passcode: 259 261 2064                                                                              |
| 11:45AM-1:00 PM                                   | Video Exercise<br>视频操锻炼                                                                            | Staff 工作人员      | English/<br>Chinese | Auditorium 礼堂                                                                                                                                                                                                                                                                                                  |
| 12:30-3:30 PM                                     | Table Leisure Game<br>桌上休闲游戏时间                                                                     | Amanda          | Chinese             | Small Dining Room 小饭厅                                                                                                                                                                                                                                                                                          |
| <b>**Time Change**</b><br>更改时间<br>1:30-3:30 PM    | Video-Making & Editing.<br>视频製作與編輯                                                                 | Mr. S.W. Ying   | Chinese             | Computer Lab 电脑室                                                                                                                                                                                                                                                                                               |
| 1:30-3:30 PM                                      | Karaoke 卡拉 OK                                                                                      | Jane            | Chinese             | Large Dining Room 大饭厅                                                                                                                                                                                                                                                                                          |
| 2:00-4:00 PM                                      | Er Hu Practice 二胡练习                                                                                | Tong Wu         | Chinese             | on VSC 视频<br><a href="https://selfhelp.zoom.us/j/95524812656">https://selfhelp.zoom.us/j/95524812656</a><br>Call in: 1-646-876-9923. ID: 955 2481 2656                                                                                                                                                         |

|              |                 |          |         |               |
|--------------|-----------------|----------|---------|---------------|
| 2:30-3:30 PM | Latin Dance 拉丁舞 | Mr. Chen | Chinese | Auditorium 礼堂 |
|--------------|-----------------|----------|---------|---------------|

## Friday 星期五

| Time<br>时间                                     | Class<br>活动项目                                         | Instructor<br>指导老师        | Language<br>语言      | Location<br>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/<br>Chinese | Auditorium 礼堂                                                                |
| 08:30-3:45 PM                                  | Stationary Biking &<br>Elliptical Exercises<br>固定器械锻炼 | Staff 工作人员                | English/<br>Chinese | Auditorium 礼堂                                                                |
| 08:30- 3:45 PM                                 | Mental Health Counseling<br>by appointment<br>心理健康咨询  | Jasper, LMSW from<br>CAPE | English/<br>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                                                                |
| 10:00-12:45 PM                                 | Video Exercise<br>视频操锻炼                               | Staff 工作人员                | English/<br>Chinese | Auditorium 礼堂                                                                |
| 12:30-1:30PM                                   | Walking Dance<br>学习秧歌舞                                | Ning Wen                  | Chinese             | Auditorium 礼堂                                                                |
| 12:30-3:30PM                                   | Table Leisure Game<br>桌上休闲游戏时间                        | Amanda                    | Chinese             | Small Dining Room 小饭厅                                                        |
| 1:00-3:00 PM                                   | Karaoke 卡拉 OK                                         | Jane & Felix              |                     | on VSC 视频                                                                    |
| <b>**Time Change**</b><br>更改时间<br>1:00-3:00 PM | We Speak New York<br>生活在紐約                            | Mary from City Hall       | English             | Phone conference<br>Selfhelp Conference Call: 1-800-719-7514<br>Code: 679247 |
| 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<br>腰鼓练习                           | Xiu Feng Wang             | Chinese             | Auditorium 礼堂                                                                |

## Saturday 星期六

| Time<br>时间                    | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言      | Location<br>地点 |
|-------------------------------|---------------|--------------------|---------------------|----------------|
| 8:30-9:45 AM<br>12:15-1:15 PM | Ping Pong 乒乓  | David and Jane     | English/<br>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/<br>Chinese | Auditorium 礼堂                                        |
| 10:00-12:00 PM | Yuan Ji Dance 元極舞                                      | Yun Li, Mabel and Tina | Chinese<br>Mandarin | Auditorium 礼堂                                        |
| 10:00-12:00 PM | Calligraphy 书法练习                                       | Mr. Daeyoung Kim       | Korean/Chinese      | Arts Room 艺术室 (10/14 Class is canceled, 课程取消在 10/14) |
| 10:00-12:45 PM | Video Exercise 视频操锻炼                                   | Staff 工作人员             | English/<br>Chinese | Auditorium 礼堂                                        |
| 12:30-3:30 PM  | Table Leisure Game<br>桌上休闲游戏时间                         | Amanda                 | Chinese             | Small Dining Room 小饭厅                                |
| 1:00 – 3:00PM  | Vocal Techniques<br>(Intermediate) 声乐技术中学              | Xiao Qing He           | Chinese             | Arts Room 艺术室                                        |
| 1:30-3:30 PM   | Learning Basic Ballroom<br>Dancing Steps<br>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<br>时间   | Class<br>活动项目                | Instructor<br>指导老师  | Language<br>语言  | Location<br>地点 |
|--------------|------------------------------|---------------------|-----------------|----------------|
| 6:30-8:30 PM | Karaoke Practice<br>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<br>时间                                                          | Class<br>活动项目                                   | Instructor<br>指导老师 | Language<br>语言       | Location<br>地点        |
|---------------------------------------------------------------------|-------------------------------------------------|--------------------|----------------------|-----------------------|
| 10/1/23 -10/31/23<br>Mon.,Wed., and<br>Sat.周一, 三和六<br>9:00-10:45 AM | FY2024 Membership<br>Renewal Service<br>年度会员证更新 | PAC & Volunteers   | English /<br>Chinese | Small dining room 小饭厅 |

|                                                                             |                                                                                                                                                      |                                                                         |                      |                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10/4/23<br>Wed., 星期三<br>10:00-11:00 AM                                      | Assemblywoman Nily Rozic's<br>Mobile Office<br>纽约州众议员李诺莎的流动<br>办公室                                                                                   | Susannah                                                                | English /<br>Chinese | Social service office 社会服务办公室<br>(Every 1 <sup>st</sup> Wednesday of every month<br>每个月的第一个星期三)                                                                                                                                                                                      |
| 10/4/23<br>Wed., 星期三<br>10:00-11:00 AM                                      | Anti-Cancer Diet<br>抗癌饮食                                                                                                                             | Stephanie Deng<br>Registered Dietitian<br>sponsored from Empire<br>BCBS | English/ Chinese     | Large Dining Room 大饭厅                                                                                                                                                                                                                                                                |
| 10/5/23<br>Thu., 星期四<br>10:00-11:00 AM                                      | Introduction To Caregiver<br>Program City Wide<br>照顾者服务                                                                                              | Yushi Jie from<br>Caregiver Services<br>Citywide Programs               | English/Chinese      | Large Dining Room 大饭厅                                                                                                                                                                                                                                                                |
| 10/5, 10/12,<br>10/19 & 10/26<br>Thu., 星期四<br>1:30-3:30 PM                  | Lunar Year Rabbit Paper<br>Cutting Workshop<br>兔年剪纸艺术工作坊                                                                                             | MingLiang Lu from<br>Flushing Town Hall                                 | Chinese              | Arts Room 艺术室                                                                                                                                                                                                                                                                        |
| 10/7/23<br>Sat., 星期六<br>10:00-11:00 AM                                      | Brief Introduction of Health<br>Preservation in Traditional<br>Chinese Medicine<br>“中医养生简介: 穴位, 食疗,<br>节气”                                           | Dr. Helen Zhang                                                         | Chinese<br>普通话       | Large Dining Room 大饭厅 and VSC 视频<br><a href="https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09;">https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09</a> ;<br>Call in 1-646-876-9923.<br>ID: 953 3994 6345; Passcode: 3260637715 |
| **New 新课程**<br>10/10, 10/17,<br>10/24 & 10/31<br>Tue., 星期二<br>9:30-12:15 PM | Explore Tech Lectures<br>-Affordable Home Internet<br>經濟實惠的家庭互聯網<br>-All Things Zoom<br>ZOOM (视频的入门指南)<br>-Cloud Storage 云端储存<br>-Google Maps 谷歌地图使用 | May To 小美老师 from<br>OATS                                                | Chinese              | Computer Lab 电脑室<br>(Please sign up in main office if you are<br>interested 名额有限, 如果感兴趣的话, 请到办<br>公室报名参加。)                                                                                                                                                                           |
| 10/11/23<br>Wed., 星期三<br>8:30-12:30 PM                                      | Field Trip: Garden World<br>Pumpkin Patch & H Mart<br>户外旅游: 花园世界和韩国超<br>市                                                                            | Karen and Steve                                                         | Chinese/English      | Field Trip: Garden World Pumpkin Patch & H<br>Mart<br>户外旅游: 花园世界和韩国超市                                                                                                                                                                                                                |

|                                                                                    |                                                                  |                                                                             |                                   |                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10/11/23</b><br><b>Wed., 星期三</b><br><b>8:30-12:30 PM</b>                        | <b>Pumpkin Pie Cooking</b><br>如何制作南瓜派                            | <b>Margo</b>                                                                | <b>English</b>                    | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                       |
| <b>10/12/23</b><br><b>Thu., 星期四</b><br><b>10:00-11:00 AM</b>                       | <b>Emergency Preparedness</b><br>应急准备                            | <b>Edward from NYC</b><br><b>Emergency</b><br><b>Management</b>             | <b>Chinese/English</b>            | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                       |
| <b>**New 新课程**</b><br><b>10/13/23</b><br><b>Fri., 星期五</b><br><b>10:00-11:30 AM</b> | <b>Story Circle Café</b><br>分享个人故事                               | <b>Marsha from Teachers</b><br><b>&amp; Writers</b><br><b>Collaborative</b> | <b>English</b>                    | <b>Library 图书室 and VSC 视频</b><br><b><a href="https://selfhelp.zoom.us/j/91065919570">https://selfhelp.zoom.us/j/91065919570</a></b><br><b>Call in: 646-876-9923 ID: 910 6591 9570</b>              |
| <b>10/14/23</b><br><b>Sat., 星期六</b><br><b>12:30 – 2:30 PM</b>                      | <b>Arts and Crafts</b><br>手工艺                                    | <b>Lily</b>                                                                 | <b>English</b>                    | <b>Arts Room 艺术室</b><br><b>(Every second Saturday of the month)</b><br><b>每个月第二个星期六)</b>                                                                                                           |
| <b>10/20/23</b><br><b>Fri., 星期五</b><br><b>10:00-11:00 AM</b>                       | <b>Eat Healthy to avoid</b><br><b>constipation,</b><br>避免便秘的健康饮食 | <b>Eva Lau, Nutritionist</b><br>营养师                                         | <b>普通话</b>                        | <b>Large Dining Room 大饭厅 and VSC 视频</b><br><b><a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a></b><br><b>Call in: 1-646-876-9923. ID: 995 8192 8506</b> |
| <b>10/17/23</b><br><b>Tue., 星期二</b><br><b>9:30-2:00 PM</b>                         | <b>Food Pantry</b><br>老人營養補充袋發放日                                 | <b>Staff 工作人员</b>                                                           | <b>Chinese/English</b>            | <b>Rear Door 中心后门</b>                                                                                                                                                                              |
| <b>10/18/23</b><br><b>Wed., 星期三</b><br><b>1:00 – 2:00 PM</b>                       | <b>PAC Meeting</b><br>行政委员会议                                     | <b>Bernie/</b><br><b>Cynthia</b>                                            | <b>English</b>                    | <b>Selfhelp Zoom, Access info to be provided and</b><br><b>Library</b>                                                                                                                             |
| <b>10/19/23</b><br><b>Thu., 星期四</b><br><b>1:30- 2:00PM</b>                         | <b>October Birthday Party</b><br>10 月份生日会                        | <b>Staff 工作人员</b>                                                           | <b>English/</b><br><b>Chinese</b> | <b>Small Dining Room 小饭厅</b><br><b>(Please sign up in main office if your birthday is</b><br><b>in October.</b><br><b>如果您的生日是在 10 月, 请到总办公室报名。)</b>                                                |
| <b>10/27/23</b><br><b>Fri., 星期五</b><br><b>10-11:00 AM</b>                          | <b>Stress Management</b><br>缓解压力的方法                              | <b>Jasper, LMSW from</b><br><b>CAPE</b>                                     | <b>普通话</b>                        | <b>Large Dining Room 大饭厅 and VSC 视频</b><br><b><a href="https://selfhelp.zoom.us/j/96746263779">https://selfhelp.zoom.us/j/96746263779</a></b><br><b>Call in: 1 646 876 9923. ID: 967 4626 3779</b> |
| <b>10/30/23</b><br><b>Mon., 星期一</b><br><b>10:00-2:00 PM</b>                        | <b>MTA On-site Services</b><br>老人半价乘车服务                          | <b>MTA</b>                                                                  | <b>Chinese/English</b>            | <b>In front of center 中心大门口</b>                                                                                                                                                                    |

|                                            |                                                                                                                 |                                                           |               |                                                                                                                                                                             |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Anytime 任何时间                               | Updated Digital Photo Gallery 数码影集                                                                              | Contributed by Sandy & Mr. Cheung                         | Chinese       | <a href="https://youtu.be/I4jwm2sUsLI">https://youtu.be/I4jwm2sUsLI</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 簡易太極                                                                                               | 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                               | Covid-19: A Demo on How to Use Home-Test Kits<br>(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                               | How to safely recycle pills, creams, and other medicinal products with Deterrer Bag<br>(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                               | SUCASA Films<br>我们自己制作的小电影                                                                                      | Third World Newsreel<br>Camera News,<br>Workshop Students | English & 普通话 | <a href="https://vimeo.com/724697140">https://vimeo.com/724697140</a><br>password: sucasa                                                                                   |
| 10/2023–11/2023,<br>Mon. – Sat.<br>星期一至星期六 | Gardening Program<br>户外园艺                                                                                       | Ngan H. Cheung                                            |               | Evergreen Community Gardening<br>户外园艺; 8 AM– 8 PM. 上午八点至下午八点<br>Please go to the office to report attendance once a week for gardening participants only.<br>(一个星期到办公室报到一次) |

| 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>10/2</b><br>Steamed ground turkey with bean threads & eggs , sweet corns, mustard greens, orange 火鸡蒸蛋饼, 玉米, 芥菜, 橙                | <b>10/3</b><br>BBQ chicken, macaroni, green cabbage, tangerine 烤鸡腿, 通心粉, 高丽菜, 橘     | <b>10/4</b><br>Beef meatloaf, baked potato, spinach, banana 牛肉饼, 烤土豆, 菠菜, 香蕉                 | <b>10/5</b><br>Curry chicken, baked sweet potato, green cabbage, kiwi 咖喱鸡, 烤地瓜, 高丽菜, 猕猴桃 | <b>10/6</b><br>Roast pork, bok-choy, baked beans , apple 叉烧, 大白菜, 炖豆, 苹果<br><hr/> Center Closes @ 2:00pm<br>中心 2:00pm  | <b>10/7</b><br>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 Alternative: tofu w/vegetables 豆腐蔬菜           |
| Monday 星期一                                                                                                                          | Tuesday 星期二                                                                         | Wednesday 星期三                                                                                | Thursday 星期四                                                                             | Friday 星期五                                                                                                             | Saturday 星期六                                                                                                                                                                             |
| <b>10/9</b><br>Columbus Day 哥伦布日<br><br>Closed 休息                                                                                   | <b>10/10</b><br>Fish patties, mashed potato, mustard greens, banana 鱼饼, 芥菜, 土豆泥, 香蕉 | <b>10/11</b><br>Baked mushroom chicken, sweet corns, mustard greens, apple 香菇鸡腿, 甜玉米, 芥菜, 苹果 | <b>10/12</b><br>Roast pork, baked beans, spinach, plum 叉烧, 炖豆, 菠菜, 李子                    | <b>10/13</b><br>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>10/14</b><br>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 |
| 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>10/16</b><br>Steamed ground pork meat-flavored w/dried fish sweet corns, cabbage w/ shredded carrots, orange 鹹魚肉餅, 玉米, 蓬白胡萝卜丝, 橙 | <b>10/17</b><br>BBQ chicken leg, spaghetti, mustard greens, plum 烤鸡腿, 芥菜, 意面, 李子    | <b>10/18</b><br>Beef meatloaf, baked potato, spinach , banana 牛肉饼, 烤土豆, 菠菜, 香蕉               | <b>10/19</b><br>Baked fish fillet, baked beans, green cabbage, kiwi 烤鱼排, 炖豆, 高丽菜, 猕猴桃    | <b>10/20</b><br>Braised lean pork with taro, carrots and green beans, baked sweet potato, apple 大芋头烧肉, 胡萝卜四季豆, 烤地瓜, 苹果 | <b>10/21</b><br>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 vegetable burger 烤蔬菜饼      |

| 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>10/23</b><br>Soy sauce chicken, sweet potato, Bok choy, orange<br>酱油鸡腿, 烤地瓜, 大白菜, 橙                                                | <b>10/24</b><br>Fish patties, baked potato, mustard greens, banana<br>鱼饼, 芥菜, 烤土豆, 香蕉     | <b>10/25</b><br>Mushroom chicken, macaroni, green cabbage, tangerine 香菇鸡腿, 通心粉, 高丽菜, 橘 | <b>10/26</b><br>Baked chicken breast, broccoli, sweet corns, broccoli, apple<br>烤鸡胸, 甜玉米, 西芥蓝, 苹果          | <b>10/27</b><br>Roast pork, baked beans, spinach, plum<br>叉烧, 炖豆, 菠菜, 李子                           | <b>10/28</b><br>White beans/ 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<br><b>Alternative: tofu w/vegetables 豆腐蔬菜</b> |
| Monday 星期一                                                                                                                            | Tuesday 星期二                                                                               | Wednesday 星期三                                                                          |                                                                                                            |                                                                                                    |                                                                                                                                                                                              |
| <b>10/30</b><br>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>10/31</b><br>Beef meat balls, sweet potato, mustard greens, banana<br>牛肉丸, 烤地瓜, 芥菜, 香蕉 | <b>11/1</b><br>Baked fish fillet, spaghetti, mustard greens, kiwi<br>烤鱼排, 芥菜, 意面, 猕猴桃  | <b>Field Trip: Garden World</b><br>户外旅游:<br><br><b>10/11/23</b><br><b>Wed., 星期三</b><br><b>8:30–2:00 PM</b> | <b>Food Pantry</b><br>老人營養補充袋發放日<br><br><b>10/17/23</b><br><b>Tue., 星期二</b><br><b>9:30-2:00 PM</b> | <b>MTA On-site Services</b><br>老人半价乘车服务<br><br><b>10/30/23</b><br><b>Mon., 星期一</b><br><b>10:00-2:00 PM</b>                                                                                   |

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