



November 1, 2023

Dear Members,

According to 2022 Census Bureau statistics, there are more than 16.2 million veterans in the United States. This makes up 6.2 % of the adult civilian population. This month, the United States recognizes its veterans on November 11 for their patriotism and sacrifice for this country and its citizens. Our center will be gifting a cap hat in the month of November to the first 10 veterans of our senior center who sign up in our office to thank them for their services. Veterans, please bring your membership card and proof of military service.

Another day which we will celebrate and express gratitude is Thursday, Thanksgiving Day, November 24. On this day, we remember the bountiful harvest that the England Pilgrims has encountered when meeting the Native Americans back in 1621. Roasted turkey with stuffing, cornbread, mashed potatoes and gravy, cranberry sauce and pumpkin pie has become the traditional Thanksgiving foods. What will you be serving this Thanksgiving Day? Our center will be closed on Thursday, November 24 in observance of Thanksgiving Day.

Remember to go vote on Election Day which is on Tuesday, November 7. Go vote at your polling site for your favorite City Councilmember candidate and make your voice heard.

If you would like to join us to see the bright- colored leaves of the Fall Season, then join with us with a group of 16 participants on the trip to Brooklyn Botanic Garden on Friday, November 10. Trip ticket cost is \$5. You may register starting in November.

Also on the same day November 10, our oil painting class's instructor, Virginia Burstein will be retiring from Selfhelp's two senior centers including Austin Street Senior Center and our center at Benjamin- Rosenthal Senior Center. Virginia quotes, "While it is not easy to give up teaching art at Selfhelp after 28 years, I can honestly say that I have loved every minute of it. I have been blessed with students who were absolutely dedicated to their work and whose lives were immeasurably enhanced by their inspired efforts. The classroom always felt like a genuine community of friends

working together and sharing a true love of art. I am deeply proud that I have been able to work so long at Selfhelp, an organization that is so profoundly committed to serving the interests of all its members.” We will join her farewell on Friday, November 10 from 9:30-12:30 pm in the Arts Room.

The November birthday party will be held on Thursday, November 16, at 1:30 pm in the small dining room. Members, volunteers, and staff who have November birthdays, 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.

Just a reminder again that our 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 not be serving grab and go meals so members must bring their own containers if they need to pack their food to take back home.

Our center will be collecting donations after the week of Thanksgiving for the annual fundraiser to be held on December 14 from 9:30-1:30 pm. Beginning November 15, please look at our events bulletin for the flyer of the list of items we are accepting for donations and the specific days and time you can bring them in starting on November 28, 2023 to December 8, 2023.

Lastly, the following are the latest Covid- 19 updates. As shown in the graph, the hospitalization and death rates have risen compared to August. Since the last 28 days, there was a **51.9% vs 27.8%** (the month prior) hospitalization infection rate per 100,000 in zip code 11354. There was a **41.9% vs 24.1%** (last month prior) hospitalization infection rate per 100,000 in zip code 11355. The actual infection rate are much higher since home tested infected are not accounted. We need to be vigilant in following CDC guidelines to protect ourselves from getting infected from Covid-19. This Fall season, we have seen how drastically the infection rate in our local areas has risen. It is advisable to strengthen our immunity and develop better habits to protect ourselves such as mask wearing, hand-washing, social distancing, vaccination, and getting tested if you don't feel well. Our center provides free home covid tested kits for those who need them. We need to prepare ourselves for the expected wave of infections during this Fall and Winter seasons. For vulnerable populations such as children, older adults, and immunocompromised individuals, it is advised to get the latest new “2023-2024 COVID-19 vaccine”(not a booster) to be protected. If you would like to check if your expired covid- test kits have been extended pass their expiration date you may use the FDA website to check if your kits have an extended expiration date.

www.fda.gov/covidtestdates or call 1-800-232-0233.

Sincerely,

Winnie Hu,

LMSW, Program Director

亲爱的会员朋友们：

根据美国人口普查局 2022 年的统计数据显示，美国有超过 1620 万的退伍军人，占成年人口比例的 6.2%。11 月 11 日，被定为美国对所有退伍军人的表彰日，以用来纪念和表彰他们的爱国主义精神以及所做出的牺牲。中心将在本月赠送一顶帽子给前 10 位登记的退伍军人，以感谢他们对国家的贡献。如若您是退伍军人，请携带会员卡和退伍兵役证明来办公室登记。

还有一个大家熟知的节日也同样在 11 月，也就是 11 月 24 日（星期四），感恩节。这是一个用来表达感激之情的节日。在这一天，人们会缅怀 1621 年英格兰皮尔格姆人为感谢美洲原住民的帮助，而共同庆祝丰收的景象。塞满配料的烤火鸡、玉米面包、土豆泥和肉汁、蔓越莓酱和南瓜派都是传统的感恩节食物。今年的感恩节，大家会怎样的方式庆祝和表达感谢之情呢？中心将于 11 月 24 日（星期四），关闭一天来庆祝此节日。

一年一度的选举投票日，就在 11 月 7 日（星期二）。会员们可到投票站为您所喜爱的市议员候选人进行投票，来表达您的心声。

秋风瑟瑟秋凉意，落叶飘飘献舞姿，11 月正是赏秋叶的好时节。

如果您想观赏鲜艳的秋叶，那么就赶快来报名参加 11 月 10 日（星期五）的布鲁克林植物园户外郊游吧！此次活动共有 16 个名额，门票价格为 5 美元。感兴趣的会员请到办公室报名。

同样在 11 月 10 日，中心油画班的老师 Virginia Burstein 将于 Selfhelp 两个老年中心退休（奥斯汀街老年中心和本杰明-罗森塔尔老年中心）。Virginia 感叹道：“我已经在 Selfhelp 担任了 28 年的油画老师，现在退休要离开这里，这真的是一个很难的决定。说心里话，在过去 28 年里，我享受授课的每一分钟。我非常感恩遇到了很多认真努力的学生们，他们的作品也因他们的努力而得到了快速的提高。比起严肃的课堂，在这里，大家更像是相识多年的老友，彼此相爱，相互帮助，一同分享对于艺术的热爱。我非常荣幸和自豪可以在 Selfhelp 工作长达 28 年，这也是由于公司立志于努力为每一位会员提供优质和舒心的服务。”11 月 10 日（星期五）早上 9:30-12:30，我们将在艺术室为她举行欢送仪式。

十一月份的生日聚会将于 11 月 16 日（星期四）下午 1:30 在小饭厅举行。我们欢迎所有在 11 月份过生日的会员、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纸杯蛋糕和茶，并用三种语言唱生日歌（英语、普通话和粤语）予以祝贺。

再次提醒大家，中心周一至周六，每日都为 60 岁及以上的年长者提供午餐和晚餐。午餐在上午的 11:00 开始供应。厨房不再提供外卖餐，会员如若需要外带午/晚餐，需自带餐盒打包带回家。

本中心将在感恩节一周开始接受各样的捐赠物品，并于 12 月 14 日 9:30-1:30 进行年度义卖筹款活动。11 月 15 日，中心将会公布所接受捐赠物品的详细清单以及具体捐赠时间，信息将会张贴在活动布告栏内，请会员们到时仔细查看。捐赠时间将从 11 月 28 日持续到 12 月 8 日。

最后，是有关 Covid-19 的最新信息。

如图所示，与 8 月份相比，病毒感染住院率和死亡率均有所上升。在过去的 28 天里，邮编为 11354 的区域每 100,000 人中的住院感染率为 51.9%（上个月为 27.8%）。在邮政编码为 11355 中，每 100,000 人中的住院感染率为 41.9%（上个月为 24.1%）。当然实际感染率要比以上数据高得多，因为家庭检测的感染者并未计算在内。所以，我们提醒会员们提高警惕，遵守疾病预防控制中心的指导方针，防止感染 Covid-19。

鉴于秋季病毒感染率的急剧上升，会员们应增强自身免疫力，养成保护自己的习惯，如戴口罩、洗手、保持社交距离、接种疫苗，以及在身体不适的情况下接受检测等。我们中心为有需要的会员提供免费的新冠检测试剂盒。大家需要为秋冬季节可能会出现感染潮做好准备。对于儿童、老年人和免疫力较弱等易感人群，建议接种最新的"2023-2024 COVID-19 疫苗"（非加强针）以获得保护。如果您想知道家中已过期新冠检测试剂盒是否可以继续使用，您可以到 FDA 网站（www.fda.gov/covidtestdates）或致电 1-800-232-0233 查询。

中文翻译：Emily Zhang

真诚的，
项目主任 Winnie Hu, LMSW

**Nowcast Estimates in United States
for 10/1/2023 – 10/14/2023**

COVID-19 Update for the United States

USA			
WHO label	Lineage #	% Total	95%PI
Omicron	EG.5	23.6%	21.2-26.3%
	HV.1	19.5%	16.8-22.6%
	FL.1.5.1	13.5%	10.8-16.7%
	XBB.1.16.6	10.3%	9.1-11.8%
	HK.3	4.9%	3.6-6.7%
	XBB.2.3	4.1%	3.4-4.9%
	XBB.1.16.11	3.1%	2.5-3.9%
	XBB.1.16	2.8%	2.4-3.3%
	XBB.1.16.1	2.2%	1.7-2.7%
	XBB.1.16.15	1.8%	1.3-2.4%
	HF.1	1.7%	1.2-2.4%
	GK.1.1	1.6%	1.3-2.1%
	XBB	1.4%	1.2-1.7%
	GE.1	1.4%	1.0-1.9%
	XBB.1.5.70	1.2%	0.8-1.8%
	GK.2	0.9%	0.7-1.2%
	XBB.1.5	0.9%	0.7-1.0%
	EG.6.1	0.8%	0.6-1.2%
	XBB.1.9.1	0.8%	0.6-1.0%
	XBB.1.5.72	0.6%	0.4-0.8%
	XBB.1.5.68	0.5%	0.3-0.8%
	XBB.1.9.2	0.5%	0.4-0.7%
	XBB.1.42.2	0.5%	0.3-0.8%
	BA.2	0.3%	0.1-0.8%
	XBB.1.5.10	0.3%	0.2-0.4%
	CH.1.1	0.2%	0.1-0.3%
	XBB.2.3.8	0.2%	0.1-0.3%
	XBB.1.5.59	0.1%	0.1-0.2%
	FD.1.1	0.1%	0.1-0.1%
	FE.1.1	0.1%	0.0-0.1%
	XBB.1.5.1	0.0%	0.0-0.0%
	EU.1.1	0.0%	0.0-0.0%
	B.1.1.529	0.0%	0.0-0.0%
	BQ.1	0.0%	0.0-0.0%
	FD.2	0.0%	0.0-0.0%
Other	Other*	0.0%	0.0-0.1%

Early Indicators

Test Positivity >

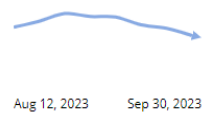
% Test Positivity

10.9%

(September 24 to September 30, 2023)

Trend in % Test Positivity

-1.2% in most recent week



Emergency Department Visits >

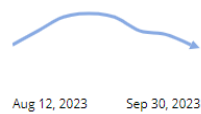
% Diagnosed as COVID-19

1.6%

(September 24 to September 30, 2023)

Trend in % Emergency Department Visits

-14.5% in most recent week



These early indicators represent a portion of national COVID-19 tests and emergency department visits. [Wastewater](#) information also provides early indicators of spread.

CDC | Test Positivity data through: September 30, 2023; Emergency Department Visit data through: September 30, 2023; Hospitalization data through: September 30, 2023; Death data through: September 30, 2023. Posted: October 10, 2023 4:33 PM ET

Severity Indicators

Hospitalizations >

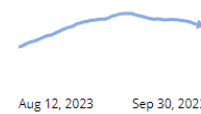
Hospital Admissions

18,139

(September 24 to September 30, 2023)

Trend in Hospital Admissions

-6% in most recent week



Total Hospitalizations

6,388,647

Deaths >

% of All Deaths in U.S. Due to COVID-19

2.7%

(September 24 to September 30, 2023)

Trend in % COVID-19 Deaths

+3.8% in most recent week



Total Deaths

1,145,958

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	51.9	0.0	September 1-September 28

Rates are not displayed for areas with few hospitalizations or deaths. [About the data for this chart. Get the data.](#)

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	41.9		September 1-September 28

Rates are not displayed for areas with few hospitalizations or deaths. [About the data for this chart. Get the data.](#)



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

本杰民-王子街自助老人中心，纽约市创新型老人中心之一

PROGRAM – November 2023 二零二三年十一月份節目表

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 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	Mr. Situ	Chinese	VSC 视频 https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	English Oral Practice 英语口语练习	Mr. 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 P.	English	Auditorium 礼堂
10:00-11:00 AM	SAIL 健康生活	Rosemarie	English	on VSC 视频 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09 ; Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228
11:00-11:45 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 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 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 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9IZ01zN0hLdz09 ; Call in: 1-646-876-9923. ID: 932 4890 1610.; Passcode: 649 066 4228
12:15-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Staff 工作人员	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 Chen	Chinese	Large Dining Room 大饭厅
2:00-4:00 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen	Chinese	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMa1VMTzlTNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513

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 (Queens Botanical Garden) Address 地址: 43-50 Main St, Queens, NY 11355
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	Mr. Situ	Chinese	VSC 视频 https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 ; Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode: 720 039 9802
11:00-1:00 PM	Citizenship 入籍	Mr. Situ		

9:30-10:30 AM	Chair, Music Boogie Dance 摇摆舞	Dina	English	Auditorium 礼堂 and VSC 视频 https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pybDNKQ3hOZmltc1p2QT09 ; 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
11:00-1:00 PM	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Arts Room 艺术室 (11/7,11/14 & 11/28) Library 图书室 (11/21)
11:45-1:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
12:15-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Staff 工作人员	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 https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09 ; Call in: 1-646-876-9923. ID: 964 7449 2130; Passcode: 739 290 0390
1:00-2:00 PM	LG Tablet Coaching LG 平板电脑	Ellen Ng	广东话	Computer Lab 电脑室
1:00-2:00 PM	Catwalk 时装秀	Ding, Xiang Mei	Chinese	Auditorium 礼堂
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
2:00-3:30PM	Singing Chorus 合唱练习	William Hao	Chinese	Auditorium 礼堂
2:00-4:00 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen	Chinese	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMa1VMTzlTNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513

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	Chinese	Local parks 公园 (Queens Botanical Garden) Address 地址: 43-50 Main St, Queens, NY 11355
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 https://selfhelp.zoom.us/j/94502404602 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 https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMIhBdDNnK2IicGlxVnArUT09; Call in: 1-646-876-9923 ID: 987 0695 5835; Passcode: 667 123 2126
10:00-11:00 AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYtJKVWJlZz09; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506
11:00-12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjI0UT09 Call in: 1-646-876-9923; ID: 963 0027 6377
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
12:15-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	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	Janet Fou & 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 卡拉 OK 练习	Jane Chen & Bao Huang Du	Chinese	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMaIVMTzlTNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513
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(Queens Botanical Garden) Address 地址: 43-50 Main St, Queens, NY 11355
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
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 Stretch exercise. 伸展运动 (10 mins 分钟) 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 A.	English	On VSC 视频 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9IZ01zN0hLdz09; Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228
10:00-12:00 PM	Photography + Photoshop 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 A.	English	On VSC 视频 https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVIVzR25RQWNIUT09; ID: 934 1046 9680; Passcode: 259 261 2064
New 新 11:00AM- 2:00PM	Folk Band 中国民乐队	Nina Tang	Chinese	Stage 舞台

11:45AM-1:00 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
12:15-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
1:30-3:30 PM	Video-Making & Editing. 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 Chen	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 https://selfhelp.zoom.us/j/95524812656 Call in: 1-646-876-9923. ID: 955 2481 2656
2:00-4:00 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen	Chinese	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMa1VMTzlTNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513
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(Queens Botanical Garden) Address 地址: 43-50 Main St, Queens, NY 11355
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 Lau	Cantonese	Stage 舞台
09:30-12:30 PM	Oil Painting 油画	Virginia Burstein	English	Arts Room 艺术室 (Last day of class will be on 11/10/23, 11/10/23 是最后一天的课程)
10:00-12:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂

12:15-3:30PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
1:00-2:00PM	Walking Dance 学习秧歌舞	Ning Wen	Chinese	Auditorium 礼堂
1:00-3:00 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	on VSC 视频 https://selfhelp.zoom.us/j/96432977299?pwd=YmRUMFMxaDJIWEoweHMyakNUdkFPQT09 ID: 964 3297 7299; Passcode: 675 979 4480
1:00-3:00 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
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
2:00-4:00 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen	Chinese	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMaIVMTzI/TNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513
2:15-3:30 PM	Waist Drum Practice 腰鼓练习	Xiu Feng Wang	Chinese	Auditorium 礼堂

Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
8:30-9:45 AM 12:15-1:15 PM	Ping Pong 乒乓	David and Jane Chan	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
12:15-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
1:00 – 3:00PM	Vocal Techniques (Intermediate)声乐技术中学	Xiao Qing He	Chinese	Arts Room 艺术室 (11/4, 11/18 & 11/25)

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 (Class is cancel on 11/11/23, 11/11/23 当天的课程取消)
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
2:00-4:00 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen	Chinese	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMaIVMTzlTNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513

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 Chen & Bao Huang Du	Chinese/English	On VSC 视频 https://selfhelp.zoom.us/j/94027820918?pwd=cEhMaIVMTzlTNldWVTRrUmdOYmVWZz09 ID: 940 2782 0918; Passcode: 954 553 9513
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy Chuang	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
11/1/23 - 11/30/23 Mon. and Sat. 星期一 和星期六 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
11/1/23 Wed., 星期三 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 Go	English / Chinese	Social service office 社会服务办公室 (Every 1 st Wednesday of every month 每个月的第一个星期三)
11/2, 11/9, 11/16 & 12/7 Thu., 每个星期四 1:30-3:30 PM	Lunar Year Rabbit Paper Cutting Workshop 兔年剪纸艺术工作坊	MingLiang Lu and Sharlene Chou from Flushing Town Hall	Chinese	Arts Room 艺术室
11/3, 11/10, 11/17 & 11/24 Every Fri., 每个星期五 10:00-11:30 AM	Story Circle Café 分享个人故事	Marsha from Teachers & Writers Collaborative	English	Library 图书室 and VSC 视频 https://selfhelp.zoom.us/j/91065919570 Call in: 1-646-876-9923; ID: 910 6591 9570

11/4/23 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 https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YStVM2loTEtvZnpadz09 ; Call in 1-646-876-9923. ID: 953 3994 6345; Passcode: 3260637715
11/7,11/14,11/21 & 11/28 Tue. 星期二 1.Cantonese Class 广东话 9:30-10:45AM 2. Mandarin Class 普通话 11:00-12:15AM	Explore Tech Lectures 技术探索课程 - How to Choose a computer 如何选择适合自己的电脑 -Intro to Managing your Privacy 管理个人隐私入门指南 - IoT Entertainment 物联网娱乐 -Protecting your Personal Information 保护您的私人信息	May To 小美老师 from OATS	Mandarin/ Cantonese	Computer Lab 电脑室 (Please sign up in main office if you are interested 名额有限, 如果感兴趣的话, 请到办公室报名参加.)
11/8/23 Wed. 星期三 10:00-11:00AM	Medicare Presentation 红蓝卡讲座	Alex from DFTA HIICAP	Chinese	Large Dining Room 大饭厅
11/10/23 Fri., 星期五 8:30-2:00 PM	Field Trip: Brooklyn Botanic Garden 户外旅游: 布碌仑植物园	Winnie and Tony	Chinese/English	Brooklyn Botanic Garden 户外旅游: 布碌仑植物园
11/10/23 Fri., 星期五 10-11:00 AM	Mental Health Myths 心理健康的迷思	Jasper, LMSW from CAPE	Chinese/English	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/96746263779 Call in: 1 646 876 9923. ID: 967 4626 3779
11/11/23 Sat., 星期六 12:30 – 2:30 PM	Arts and Crafts 手工艺	Lily	English	Arts Room 艺术室 (Every second Saturday of the month) 每个月第二个星期六)
11/11/23 Sat., 星期六 12:30-3:30 PM	Ping Pong Tournament 乒乓球比赛	Mr Yip	English	Auditorium 礼堂 (Members only from BRPN, register with Mr. Yip or Joanne or Joy. 请向叶先生或者 Joanne 或者 Joy 登记, 需要出示本中心会员证。)
11/16/23 Thu., 星期四 1:30- 2:00PM	November Birthday Party 11 月份生日会	Staff 工作人员	English/ Chinese	Small Dining Room 小饭厅 (Please sign up in main office if your birthday is in November. 如果您的生日是在 11 月, 请到总办公室报名。)

11/17/23 Fri., 星期五 10:00-11:00 AM	High Blood Pressure and Diet 高血压与饮食	Eva Lau, Nutritionist 营养师	Chinese/English	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/99581928506 Call in: 1-646-876-9923. ID: 995 8192 8506
11/21/23 Tue., 星期二 9:30-2:00 PM	Food Pantry 老人营养补充袋发放日	Staff 工作人员	Chinese/English	Rear Door 中心后门
11/22/23 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided and Library
Anytime 任何时间	Updated Digital Photo Gallery 数码影集	Contributed by Sandy & Mr. Cheung	Chinese	https://youtu.be/ce8AdyT-bqU
Anytime 任何时间	DAKIM	Staff	English	Register with the office or call 718-886-5777
Anytime 任何时间	Qi Gong 八段锦-口令版	Jack Wang	普通话	https://www.youtube.com/watch?v=PYfDB_skf9k&feature=youtu.be
Anytime 任何时间	Easy Tai Chi 簡易太極	Don Fiore	English	https://www.youtube.com/watch?v=ZxcNBejxlzs
Anytime 任何时间	DFTA Emergency Preparedness Office	DFTA	English	https://www.youtube.com/watch?v=iv9jiojOfOM
Anytime 任何时间	Covid-19: A Demo on How to Use Home-Test Kits (如何居家使用新冠病毒快速 检测盒 示范)	Wei Yue, RN	普通话	https://youtu.be/aandTWNnhbU
Anytime 任何时间	SUCASA Films 我们自己制作的小电影	Third World Newsreel Camera News, Workshop Students	Chinese/English	https://vimeo.com/724697140 password: sucasa
11/2023 Mon. – Sat. 星期一至星期六	Gardening Program 户外园艺	Ngan H. Cheung		Evergreen Community Gardening 户外园艺; 8 AM– 8 PM. 上午八点至下午八点 Please go to the office to report attendance once a week for gardening participants only. (一个星期到办公室报到一次)

		Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Field Trip: Brooklyn Botanic Garden 户外旅游: 布碌仑植物园春游 11/10/23 Fri., 星期五 8:30-12:30 PM	November Birthday Party 11 月份生日会 11/16/23 Thu., 星期四 1:30- 2:00PM	11/1 Baked fish fillet, spaghetti, mustard greens, kiwi 烤鱼排, 芥菜, 意大利面, 猕猴桃	11/2 BBQ chicken, baked beans, green cabbage, tangerine 烤鸡腿, 炖豆, 高丽菜, 橘	11/3 Fish patties, mashed potato, Bok choy, plum 鱼饼, 土豆泥, 大白菜, 李子	11/4 Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ curry tofu, raita yogurt, orange 豆蔬浓汤, 糙米饭, 全麦饼, 花菜咖喱豆腐, 酸奶切片黄瓜, 橙. Alternative: Tofu wtih vegetable 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
11/6 Soy sauce chicken, sweet potato, bok choy, orange 酱油鸡腿, 烤地瓜, 大白菜, 橙	11/7 Fish patties, baked potato, mustard greens, banana 鱼饼, 芥菜, 烤土豆, 香蕉	11/8 Baked mushroom chicken, sweet corns, mustard greens, apple. 香菇鸡腿, 甜玉米, 芥菜, 苹果	11/9 Roast pork, baked beans, spinach, plum 叉烧, 炖豆, 菠菜, 李子	11/10 Beef meatloaf, baked sweet potato, cabbage, kiwi. 牛肉饼, 烤地瓜, 大白菜, 猕猴桃	11/11 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/ vegetable 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
11/13 Steamed ground turkey with bean threads & eggs, sweet corns, mustard green, orange. 火鸡羹蛋饼, 玉米, 芥菜, 橙	11/14 Beef meatballs, baked potato, spinach, banana 牛肉丸, 烤土豆, 菠菜, 香蕉	11/15 BBQ chicken, macaroni, green cabbage, tangerine 烤鸡腿, 通心粉, 高丽菜, 橘	11/16 Baked fish fillet, baked beans, shanghai green, kiwi. 烤鱼排, 炖豆, 上海菜, 猕猴桃.	11/17 Roast pork, baked beans, spinach, plum 叉烧, 炖豆, 菠菜, 李	11/18 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 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
11/20 Steamed ground pork meat flavored w/dried fish , sweet corns, cabbage w/ shredded carrots, orange. 鹹魚肉餅, 玉米, 蓮白胡蘿卜絲, 橙	11/21 Baked chicken breast, broccoli, baked bean, apple 烤雞胸, 焗豆, 西芥藍, 蘋果	11/22 Fish patties, mashed potato, green cabbage, banana 魚餅, 高麗菜, 土豆泥, 香蕉	11/23 Thanksgiving Day 感恩節 Closed 休息	11/24 Beef meatloaf, sweet potato, mustard greens, kiwi 牛肉餅, 烤地瓜, 芥菜, 猕猴桃	11/25 Special: White beans/ masoor dal soup, basmati/ chapati, mustard greens w tomato, raita yogurt, orange 豆蔬濃湯, 糙米飯, 全麥餅, 芥菜西紅柿, 酸奶切片黃瓜, 橙 Alternative: Tofu with/ vegetable 豆腐蔬菜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
11/27 Soy sauce chicken, sweet potato, bok choy, orange 醬油雞腿, 烤地瓜, 大白菜, 橙	11/28 Beef meatball, baked potato, spinach, banana 牛肉丸, 烤土豆, 菠菜, 香蕉	11/29 Baked fish fillet, broccoli, spaghetti, broccoli, apple 烤魚排, 意粉, 西芥藍, 蘋果	11/30 Baked mushroom chicken, sweet corns, mustard greens, kiwi. 香菇雞腿, 甜玉米, 芥菜, 猕猴桃	12/1 Braised lean pork with taro, carrots and green beans, baked sweet potato, plum. 大芋頭燒肉, 胡蘿卜, 四季豆, 烤地瓜, 李子.	Food Pantry 老人營養補充袋發放日 11/21/23 Tue., 星期二 9:30-2:00 PM

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