



February 1, 2024

Dear Members,

Happy Lunar New Year!!! About every four years, there is an additional day in the year called a leap year. This year, 2024, happens to be a leap year. The extra day falls on February 29. Now, for those who have a February 29 birthday, you do not have to choose between February 28th or March 1<sup>st</sup> to celebrate your birthday. We will be closed on Saturday, February 10<sup>th</sup>, to celebrate the Lunar New Year of the Dragon.

We will be closed on Monday, February 19<sup>th</sup> in observance of Presidents' Day. This holiday originally celebrated the birthdays of the first President of the United States, George Washington on February 22, and that of Abraham Lincoln on February 12. Now this federal holiday recognizes all Presidents' contributions. Living in the United States we are blessed thanks to the advocacy made by our former and current Presidents. Their decisions impact the lives of millions of Americans, and their policies have the power to impact to many others living as far and wide in various countries all over the world.

Beginning in February, our center will be opening various new classes. On Thursdays we have Mandarin for Beginners and a new Winter Season Class for Photography and Video-making. We will resume "Take Your Blood Pressure" on Fridays. We will be adding on a Tai Chi class on Saturday mornings. Our Medicare/Medicaid and Extra Help Specialist from the Department for the Aging (DFTA) Alex Wu will be changing from Wednesdays to Thursdays from 9-1 pm in the library. The Spanish class will change from Tuesdays to Wednesdays held in the library. Please look at the schedule of classes in the monthly newsletters for the exact times and locations.

On Thursday, February 22, 2024, the Center will take another trip to Madame Tussauds Wax Museum, located on 42nd Street in Times Square, Manhattan. We will be taking 56 members to the wax museum which houses more than 200 celebrity wax figures. You can see the famous singer Beyoncé. You can also take close-up photos with the wax figures of President Biden and Vice President Harris and get a first-hand experience of American television stations. Inside, you can tell jokes with a wax figure of Jimmy Fallon, report the weather with a wax figure of Al Roker, or chat with a wax figure of Michael Strahan and share daytime breaking news. In addition to visiting the wax figures, the event also includes the Amazing 4D

Cinematic Shorts experience. This will be a fantastic and fun event. If you are interested, please come to the front desk on Tuesday, February 6th to sign up starting at 8:30 am. The cost for this trip is \$10, which includes admission to the wax museum, transportation, lunch, water and snacks. Lunch will be served to everyone upon returning to the center. If you are unable to attend this February field trip for various reasons, don't worry about missing this trip! The center will provide members with another opportunity in March to visit Madame Tussauds Wax Museum. Members, please remember to bring your mobile phone and power bank so you can take photos with various wax celebrities. Please note that everyone needs to pass metal detection before entering the museum.

The February birthday party will be held on Thursday, February 15 at 1:30 pm in the small dining room. Members, volunteers, and staff who have February 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 from Monday thru Saturday. Lunch will be served starting at 11:00 am. The kitchen will not be serving grab and go meals so seniors must bring their own containers if they need to pack their food to take back home.

As shown in the graph, the hospitalization and death rates this past week have been rising from Nov 18, 2023 to Jan 6, 2024. The good news is that hospital visits have decreased. In zip code 11354 the infection rates are rising again from 18.5% to 46.4%. For zip code 11355, the infection rate rose from 14% to 25.4% comparing November to December 2023.

JN.1 variant is at 61.1% compared to last month at 21.4%. Just like the other newer variants, JN.1 is part of the omicron family. The symptoms are like other variants such as congestion, coughing, sore throat, headache and/or fever. You should take precautions as there is currently a surge in infections right now and may get worse as wintertime progresses.

We wish you all a very peaceful, prosperous, and healthy Lunar New Year of the Dragon! We wish every person a happy and prosperous year to come!

**Sincerely,**

**Winnie Hu, LMSW, Program Director**

亲爱的会员们：

喜庆爆竹送玉兔，吉祥梅花迎金龙！

中心在此恭贺所有会员们新春龙年，福寿安康！大约每隔四年，一年中就会多出一天，称为闰年。而这多出来的这一天便是 2 月 29 日。今年正好是一个闰年，2 月 29 日生日的会员们不必选择其他时间来庆祝生日了！中心为了和大家一同庆祝龙年春节，将于 2 月 10 日（星期六）关闭一天。

2 月 19 日（星期一），为了庆祝总统日，中心也将关闭一天。这个节日最初是为了庆祝美国首任总统乔治·华盛顿（2 月 22 日）的生日。美国另外一位伟大的总统，亚伯拉罕·林肯也是 2 月生日（2 月 12 日）。现在，这个联邦节日通常纪念多位对美国有重大贡献的总统。我们今天美好的生活与美国各任总统的杰出贡献密不可分，他们的睿智不仅影响着美国，还有世界各地的人们。

在二月份，本中心将继续为会员们带来各式各样的新课程。每周四，我们将开设普通话初级班，以及新的冬季摄影和视频制作班。我们也将恢复每周五的“量血压”。我们还将在周六上午增设太极班。来自老人局（DFTA）的红蓝卡，补助计划，及额外帮助的专家 Alex Wu 将每周三的时间改为每周四的上午 9 点至下午 1 点，继续在图书馆接受大家的咨询。西班牙语课程将从每周二改为每周三在中心图书馆举行。详细课程地点和时间，请查看每月活动表。

2024 年 2 月 22 日（星期四），中心会继续带领 56 名会员参观位于曼哈顿时代广场 42 街的纽约杜莎夫人蜡像馆。这将是中心第二次带领大家前往这座容纳了 200 多个名人的蜡像馆。在蜡像馆里，您可以看到著名歌星碧昂丝，还可以于拜登总统和哈里斯副总统蜡像近距离合影，亲身感受美国电视节目台。您可以和吉米-法伦（Jimmy Fallon）的蜡像讲笑话，和艾尔-罗克尔（Al Roker）的蜡像一起报道天气，或者和迈克尔-斯特拉汉的蜡像（Michael Strahan）分享日间突发新闻。除了参观蜡像以外，这次活动还包含惊奇 4D 电影短片体验。这将会是一趟奇妙有趣的户外郊游活动，如果您对此感兴趣，请于 2 月 6 日（星期二）上午 8:30 开始到前台来报名。此次户外郊游的费用为 10 美元，其中包括蜡像馆的门票、交通费用、午餐、水和小零食。午餐将在返回到中心后一并提供给大家。如果您因为各种原因无法参加这次二月的户外郊游，不用担心会错过此次的活动！中心会在三月继续为会员们提供约杜莎夫人蜡像馆之旅的机会。具体报名详情请参见之后的活动表。会员们请记得带上手机和充电宝，以便与各种名人拍照留念。请注意，每个人在进入蜡像馆前都需要通过金属的安全检测。

二月份的生日聚会将于 2 月 15 日（星期四）下午 1:30 在小饭厅举行。我们欢迎所有在 2 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。

在这里，中心再次提醒大家：从周一至周六，中心每日都为 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。

如图所示，从 2023 年 11 月 18 日到 2024 年 1 月 6 日，过去一周的住院率和死亡率一直在上升。但好消息是，医院就诊率有所下降。在邮政编码为 11354 的区域，感染率再次从 18.5% 上升到 46.4%。与 2023 年 11 月至 12 月相比，邮编为 11355 的区域的感染率也从 14% 上升到 25.4%。

JN.1 变种的感染率这个月为 61.1%，而上个月则为 21.4%。JN.1 也是属于 omicron 病毒系列之一。其症状与其他变种一样，例如：鼻塞、咳嗽、喉咙痛、头痛和发烧。由于冬季感染率通常会激增，因此建议会员们根据自身情况采取预防措施。

最后祝会员们，龙年吉祥，新春快乐，阖家幸福！

中文翻译：Emily Zhang

真诚的，

项目主任 Winnie Hu, LMSW

**Nowcast Estimates in United States  
for 12/24/2023 – 1/6/2024**

**USA**

WHO label	Lineage #	%Total	95%PI
Omicron	JN.1	61.6%	54.9-67.9%
	HV.1	14.8%	12.3-17.7%
	JD.1.1	4.1%	3.4-5.0%
	HK.3	4.0%	3.4-4.8%
	JG.3	3.7%	3.0-4.6%
	BA.2.86	2.8%	1.9-4.2%
	EG.5	2.4%	1.9-3.0%
	FL.1.5.1	1.0%	0.7-1.3%
	JF.1	0.8%	0.6-1.1%
	EG.5.1.8	0.7%	0.5-1.1%
	XBB.1.16.6	0.5%	0.4-0.8%
	GE.1	0.5%	0.1-1.9%
	XBB.1.16.17	0.4%	0.2-0.9%
	XBB.1.16.11	0.4%	0.2-0.5%
	XBB.1.5.70	0.3%	0.2-0.6%
	CK.1.1	0.3%	0.2-0.4%
	HF.1	0.3%	0.2-0.4%
	BA.2	0.3%	0.1-0.9%
	XBB	0.2%	0.1-0.3%
	XBB.1.16.15	0.2%	0.1-0.3%
	XBB.1.9.1	0.2%	0.1-0.3%
	XBB.2.3	0.2%	0.1-0.2%
	XBB.1.16	0.1%	0.0-0.1%
	GK.2	0.1%	0.0-0.1%
	CH.1.1	0.0%	0.0-0.1%
	XBB.1.5	0.0%	0.0-0.1%
	EG.6.1	0.0%	0.0-0.1%
	XBB.1.16.1	0.0%	0.0-0.0%
	XBB.1.9.2	0.0%	0.0-0.0%
	XBB.1.5.68	0.0%	0.0-0.0%
	XBB.2.3.8	0.0%	0.0-0.0%
	XBB.1.42.2	0.0%	0.0-0.0%
	XBB.1.5.72	0.0%	0.0-0.0%
	XBB.1.5.59	0.0%	0.0-0.0%
	XBB.1.5.10	0.0%	0.0-0.0%
	FD.1.1	0.0%	0.0-0.0%
Other	Other*	0.0%	0.0-0.1%

**COVID-19 Update for the United States**

**Early Indicators**

**Test Positivity >**

% Diagnosed as COVID-19  
**12.7%**  
(December 31 to January 6, 2024)

Trend in % Test Positivity  
**-0.1%** in most recent week

Nov 18, 2023 Jan 6, 2024

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

**Emergency Department Visits >**

% Diagnosed as COVID-19  
**2.9%**  
(December 31 to January 6, 2024)

Trend in % Emergency Department Visits  
**-13.1%** in most recent week

Nov 18, 2023 Jan 6, 2024

**Severity Indicators**

**Hospitalizations >**

Hospital Admissions  
**35,801**  
(December 31 to January 6, 2024)

Trend in Hospital Admissions  
**+3.2%** in most recent week

Nov 18, 2023 Jan 6, 2024

**Total Hospitalizations**  
6,693,491

**Deaths >**

% of All Deaths in U.S. Due to COVID-19  
**4.0%**  
(December 31 to January 6, 2024)

Trend in % COVID-19 Deaths  
**+14.3%** in most recent week

Nov 18, 2023 Jan 6, 2024

**Total Deaths**  
1,167,210

CDC | Test Positivity data through: January 6, 2024; Emergency Department Visit data through: January 6, 2024; Hospitalization data through: January 6, 2024; Death data through: January 6, 2024. Posted: January 16, 2024 2:55 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	46.4		December 1-December 28

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	25.4		December 1-December 28



**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 – February 2024 二零二四年二月份節目表**

Lunch is served from 11:00AM- 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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	English Oral Practice 英语口语练习	Mr. Situ		
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 <a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</a> ; Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228
11:00-11:45 AM	Reading Current Events 阅读时事新闻	David & Anita	Cantonese 广东话	Arts Room and on VSC 视频和艺术室 Call in: 1-646-876-9923 ID: 983 3708 1842 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 <a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09</a> ; Call in: 1-646-876-9923. ID: 932 4890 1610.; Passcode: 649 066 4228
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 and Mary Yam	Chinese	On VSC 视频 <a href="https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzlTNldWVTRrUmdOYmVWZz09">https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzlTNldWVTRrUmdOYmVWZz09</a> 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
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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> ; Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	Citizenship 入籍	Mr. Situ		
9:30-10:30 AM	Chair, Music Boogie Dance 摇摆舞	Dina	English	Auditorium 礼堂 and VSC 视频 <a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09</a> ; Call in: 1-646-876-9923. ID: 975 1991 4122; Passcode: 324 664 5921
10:30-11:30AM	Yang style Tai Chi w/Kevin Chen 杨式太极锻炼	Kevin Chen sponsored from Empire BCBS	Chinese	Auditorium 礼堂

11:45-1:45 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 <a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;">https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;</a> Call in: 1-646-876-9923. ID: 964 7449 2130; Passcode: 739 290 0390
1:00-2:00 PM	LG Tablet Coaching LG 平板电脑	Ellen 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 and Bao Huang Du	Chinese	On VSC 视频 <a href="https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzITNldWVTRrUmdOYmVWZz09">https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzITNldWVTRrUmdOYmVWZz09</a> ID: 940 2782 0918; Passcode: 954 553 9513
2:15-3:45PM	Chinese Calligraphy Research Group 中国书法艺术研究会	Mr Li Shu 舒立教授	Chinese	Arts Room 艺术室

### Wednesday 星期三

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00 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 appointment 心理健康咨询	Jasper, LMSW from CAPE	English/Chinese	Computer Lab 电脑室
10:00-11:00 AM	Wai Dan Gong w/Mr Chan 外丹功	Jhi Shin Chan	Mandarin	Auditorium 礼堂



10:00-11:00 AM	Current Events 时事新闻	David & Anita	Cantonese 广东话	Arts Room and on VSC 视频和艺术室 <a href="https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2lIcGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2lIcGlxVnArUT09</a> ; Call in: 1-646-876-9923 ID: 987 0695 5835; Passcode: 667 123 2126
10:00-11:00 AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09</a> ; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506
**Time Change 更改时间** 10:00-12:00 PM	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Library 图书室
11:00-12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZYzFzMWxKVHVyZjl0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZYzFzMWxKVHVyZjl0UT09</a> 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 <a href="https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzIjTNldWVTRrUmdOYmVWZz09">https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzIjTNldWVTRrUmdOYmVWZz09</a> ID: 940 2782 0918; Passcode: 954 553 9513
9:00-9:30 PM	Wai Dan Gong 外丹功	Jimmy Chuang	Chinese	

## Thursday 星期四

Time	Class	Instructor	Language	Location
------	-------	------------	----------	----------

时间	活动项目	指导老师	语言	地点
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
**Time Change 更改时间** 09:00-1:00 PM	On-site/ Virtual Counseling: Medicare, MSP & Extra Help 视频咨询: 红蓝卡, 补助计划, 及额外帮助	Alex from DFTA HIICAP 212-602-4180	English/Chinese	Library 图书室 <a href="https://selfhelp.zoom.us/j/98868629784?pwd=eHE1R2poNEZIUmVKakdYd2hXRWpmZz09">https://selfhelp.zoom.us/j/98868629784?pwd=eHE1R2poNEZIUmVKakdYd2hXRWpmZz09</a> Call in: 1-646-876-9923 ID: 988 6862 9784; Passcode:1575608659
9:30 – 11:30 AM	Harmonica 王子口琴班	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 <a href="https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09;">https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09;</a> Call in: 1-646-876-9923. ID: 932 4890 1610; Passcode:649 066 4228
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 <a href="https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVlVzR25RQWNIUT09;">https://selfhelp.zoom.us/j/93410469680?pwd=T3psTytpL0ZwOGYwVlVzR25RQWNIUT09;</a> ID: 934 1046 9680; Passcode: 259 261 2064
11:00AM-2:00PM	Folk Band 中国民乐队	Nina Tang	Chinese	Stage 舞台
**New 新** 11:30AM-12:30PM	Learning Mandarin (Beginner) 学习普通话 (初级班)	Ms. Wei Er Li	Chinese	Arts Room 艺术室 (Begin 开始 2/8/24)
11:45-1:00 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂

<b>**Time Change 更改时间**</b> 12:30-1:30 PM	<b>Learning Line Dancing Steps (Beginner)</b> 学习排舞舞步 (初班)	Sophie	Chinese	Arts Room 艺术室 (Register with Sophie and limited to 10 members. 请向 Sophie 老师登记, 只限 10 名会员参加)
12:15-3:30 PM	<b>Table Leisure Game</b> 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	<b>Video-Making &amp; Editing.</b> 视频制作与编辑	Mr. S.W. Ying	Chinese	Computer Lab 电脑室
1:30-3:30 PM	<b>Karaoke 卡拉 OK</b>	Jane Chen	Chinese	Large Dining Room 大饭厅 (cancel 取消 2/22)
2:00-4:00 PM	<b>Er Hu Practice 二胡练习</b>	Tong Wu	Chinese	on VSC 视频 <a href="https://selfhelp.zoom.us/j/95524812656">https://selfhelp.zoom.us/j/95524812656</a> Call in: 1-646-876-9923. ID: 976 2769 6163 Passcode: 434 303 3598
2:00-4:00 PM	<b>Karaoke Practice</b> 卡拉 OK 练习	Jane Chen and Bao Huang Du	Chinese	On VSC 视频 <a href="https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzIhZlRrUmdOYmVWZz09">https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzIhZlRrUmdOYmVWZz09</a> ID: 940 2782 0918; Passcode: 954 553 9513
2:30-3:30 PM	<b>Latin Dance 拉丁舞</b>	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
08:30-12:15 PM	<b>Ping Pong 乒乓</b>	David and Jane	English/ Chinese	Auditorium 礼堂
08:30-3:45 PM	<b>Stationary Biking &amp; Elliptical Exercises</b> 固定器械锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
08:30- 3:45 PM	<b>Mental Health Counseling by appointment</b> 心理健康咨询	Jasper, LMSW from CAPE	English/ Chinese	Computer Lab 电脑室
09:00-12:00 PM	<b>Cantonese Opera 粤剧练习</b>	Betsy Lau	Cantonese	Stage 舞台
<b>**New 新**</b> 10:00-12:30 PM	<b>Oil Painting (Advanced)</b> 油画(高班)	Christina	English	Arts Room 艺术室 (Begin 开始 2/16)
10:00-12:45 PM	<b>Video Exercise</b> 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂

10:30-11:30 AM	Blood Pressure Screening 量血压	He Fen Sun	Chinese	Library 图书室
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 and Mary Yam	Chinese	on VSC 视频 <a href="https://selfhelp.zoom.us/j/96432977299?pwd=YmRUMFMxaDJIWEoweHMyakNUdkFPQT09ID:96432977299;Passcode:6759794480">https://selfhelp.zoom.us/j/96432977299?pwd=YmRUMFMxaDJIWEoweHMyakNUdkFPQT09ID:96432977299;Passcode:6759794480</a>
**New 新** 1:00-3:30 PM	Oil Painting (Beginner) 油画(初班)	Christina	English	Arts Room 艺术室 (Begin 开始 2/16)
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
2:15-3:30 PM	Waist Drum Practice 腰鼓练习	Xiu Feng Wang	Chinese	Auditorium 礼堂

## Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
**New 新** 08:30-10:00 AM	Tai Chi 太极	Ms. Yuan Zhen Xu	Chinese	Auditorium 礼堂
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
10:00-12:00 PM	Computer Basic Skills 电脑基础操作	Mr. S.W. Ying	Chinese	Computer Lab 电脑室
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 (2/3, 2/17 & 2/24) (No class 没有课 2/10)
1:00 – 3:00PM	Internet Search & File Management 电脑上网和档 案管理	Mr. S.W. Ying	Chinese	Computer Lab 电脑室
1:30-3:30 PM	Learning Basic Ballroom Dancing Steps 学习交际舞的基本舞步	Stanley & Emmy	Chinese	Auditorium 礼堂
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
2:00-4:00 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen and Bao Huang Du	Chinese	On VSC 视频 <a href="https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzITNldWVTRrUmdOYmVWZz09">https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzITNldWVTRrUmdOYmVWZz09</a> 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 <a href="https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzITNldWVTRrUmdOYmVWZz09">https://selfhelp.zoom.us/j/94027820918?pwd=cEhMalVMTzITNldWVTRrUmdOYmVWZz09</a> 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
2/1/24 - 2/29/24 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
2/1/24 Thu., 星期四 1:30- 3:30PM	Er Hu Practice 二胡练习	Tong Wu	Chinese	Arts Room 艺术室(Every 1 <sup>st</sup> Thursday of every month 每个月的第一个星期四)

2/3/24 Sat. 星期六 10:00-11:00 AM	Brief Introduction of Health Preservation in Traditional Chinese Medicine“中医养生简介: 穴位, 食疗, 节气”	Dr. Helen Zhang	Chinese 普通话	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YStVM2loTEtvZnpadz09;">https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YStVM2loTEtvZnpadz09;</a> Call in 1-646-876-9923 ID: 953 3994 6345; Passcode: 3260637715
*Time Change 更改时间* 2/5/24 Mon., 星期一 9:00-10:45 AM	Arts and Crafts 手工艺	Lily	English	Large Dining Room 大饭厅
2/5/24 Mon., 星期一 9:00-11:00 AM	Lunar New Year Celebration Party 农历新年庆祝会	Staffs & Volunteers	Chinese	Large Dining Room 大饭厅
2/7/24 Wed., 星期三 10:00-11:00 AM	Assemblywoman Nily Rozić'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 <sup>st</sup> Wednesday of every month 每个月的第一个星期三)
2/15/24 Thu., 星期四 1:30- 2:00PM	February Birthday Party 2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 February. 如果您的生日是在2月, 请到总办公室报名。)
2/16/24 Fri., 星期五 10:00-11:00 AM	Choosing Healthy Oils 如何选择健康的食用油	Eva Lau, Nutritionist 营养师	Chinese/English	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923 ID: 995 8192 8506 Passcode: 4901895252
2/20/24 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
2/21/24 Wed., 星期三 10:00-11:00 AM	Diabetes Nutrition 糖尿病营养	Stephanie Deng Sponsored By Empire BCBS	English / Chinese	Large Dining Room 大饭厅
2/21/24 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided and Library
2/22/24 Thu., 星期四 8:30–2:00 PM	Field Trip: Madame Tussauds 户外旅游: 纽约杜莎夫人蜡像馆	Karen, Matthew, Zhong Ling and Maggie	Chinese/English	Madame Tussauds in New York 纽约杜莎夫人蜡像馆(Please sign up in main office on 2/6/24 until sold out, 请在 2/6/24 到办公室报名,直到售完为止。)

2/23/24 Fri., 星期五 10-11:00 AM	<b>Coping With Chronic Pain</b> 如何處理慢性痛症	Jasper, LMSW from CAPE	Chinese/English	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/93660795936?pwd=WmZUS3k5V0kyUVQvOExIUWk1cGJmZz09">https://selfhelp.zoom.us/j/93660795936?pwd=WmZUS3k5V0kyUVQvOExIUWk1cGJmZz09</a> Call in: 1 646 876 9923 ID: 936 6079 5936 Passcode: 4492648770
Anytime 任何时间	<b>DAKIM</b>	Staff	English	Register with the office or call 718-886-5777
Anytime 任何时间	<b>Qi Gong 八段锦-口令版</b>	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	<b>Easy Tai Chi 簡易太極</b>	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	<b>DFTA Emergency Preparedness Office</b>	DFTA	English	<a href="https://www.youtube.com/watch?v=iv9jiojOfOM">https://www.youtube.com/watch?v=iv9jiojOfOM</a>
Anytime 任何时间	<b>Covid-19: A Demo on How to Use Home-Test Kits</b> 如何居家使用新冠病毒快速检测盒 示范)	Wei Yue, RN	普通话	<a href="https://youtu.be/aandTWNnhbU">https://youtu.be/aandTWNnhbU</a>

Special Event 特别活动	Special Event 特别活动	Special Event 特别活动	Thursday 星期四	Friday 星期五	Saturday 星期六
<b>Lunar New Year Celebration Party</b> 农历新年庆祝会  2/5/24 Mon., 星期一 9:00-11:00AM	<b>February Birthday Party</b> 2月份生日会  2/15/24 Thu., 星期四 1:30- 2:00PM	<b>Food Pantry</b> 老人營養補充袋發 放日  2/20/24 Tue., 星期二 9:30-2:00 PM	2/1 <b>Roast Turkey breast with cranberry sauce, stuffing broccoli, apple</b> 烤火鸡胸肉, 酸果曼沙司, 西兰花, 苹果	2/2 <b>Pork chops, baked beans, bok choy, plum</b> 烤猪扒, 炖豆, 大白菜, 李子	2/3 <b>Special: Lentil /masoor dal soup, basmati/chapati, mustard greens/tomato, raita yogurt, orange</b> 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜西红柿, 酸奶切片黄瓜, 橙 <b>Alternative: Tofu w/vegetable</b> 豆腐蔬菜
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>
2/5 <b>Soy sauce chicken, sweet potato, bok choy, orange</b> 酱油鸡腿, 烤地瓜, 大白菜, 橙	2/6 <b>Beef meatballs, baked potato, spinach, banana</b> 牛肉丸, 烤土豆, 菠菜, 香蕉	2/7 <b>BBQ chicken, macaroni, green cabbage, tangerine</b> 烤鸡腿, 通心粉, 高丽菜, 橘。	2/8 <b>Baked fish fillet, baked beans, Shanghai greens, kiwi</b> 烤鱼排, 炖豆, 上海菜, 猕猴桃	2/9 <b>Braised lean pork with taro, carrots and green beans, baked sweet potato, orange</b> 大芋头烧肉, 胡萝卜, 四季豆, 烤地瓜, 橙 <b>Center Closes at 2:00pm</b> 中心下午 2:00 关门	2/10  <b>Lunar New Year 新年</b>  <b>Closed 休息</b>
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>
2/12 <b>Fish patties, baked potato, mustard greens, tangerine</b> 鱼饼, 芥菜, 烤土豆, 橘	2/13 <b>Baked mushroom chicken, baked beans, green cabbage, banana</b> 香菇鸡腿, 炖豆, 高丽菜, 香蕉	2/14 <b>Steamed ground turkey with bean threads &amp; eggs , sweet corns, napa cabbage, orange</b> 火鸡籐蛋饼, 玉米, 大白菜, 橙	2/15 <b>Baked chicken breast, broccoli, spaghetti, broccoli , apple</b> 烤鸡胸, 炒意面, 西芥藍, 苹果	2/16 <b>Beef plate stewed with daikon, baked sweet potato, cabbage, kiwi</b> 牛腩炖萝卜, 烤地瓜, 大白菜, 猕猴桃  <b>Center Closes at 2:00pm</b> 中心下午 2:00 关门	2/17 <b>Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/curry tofu, raita yogurt, orange</b> 豆蔬浓汤, 糙米饭, 全麦饼, 花菜咖喱豆腐, 酸奶切片黄瓜, 橙 <b>Alternative: Baked mix beans w/vegetable</b> 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>2/19</b> <b>President's Day</b> <b>总统日</b>  <b>Closed 休息</b>	<b>2/20</b> <b>Steamed ground pork meat flavored w/dried fish, sweet corns, cabbage w/ shredded carrots, orange</b> <b>鹹魚肉餅, 玉米, 蓮白胡蘿卜絲, 橙</b>	<b>2/21</b> <b>Baked fish fillet, baked beans, Shanghai greens, apple</b> <b>烤鱼排, 炖豆, 上海菜, 苹果</b>	<b>2/22</b> <b>Curry chicken, baked sweet potato, green cabbage, banana</b> <b>咖喱鸡, 烤地瓜, 高丽菜, 香蕉</b>	<b>2/23</b> <b>Roast pork, baked beans, spinach, orange</b> <b>叉烧, 炖豆, 菠菜, 橙</b>	<b>2/24</b> <b>Special: Lentil /masoor dal soup, basmati/chapati, broccoli w/ curry tofu, raita yogurt, orange</b> <b>浓汤, 糙米饭, 全麦饼, 西芥 藍咖喱豆腐, 酸奶切片黄瓜, 橙</b> <b>Alternative: Baked vegetable burger</b> <b>烤蔬菜饼</b>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Special Event 特别活动
<b>2/26</b> <b>Soy sauce chicken, sweet potato, bok choy, orange</b> <b>酱油鸡腿, 烤地瓜, 大白菜, 橙</b>	<b>2/27</b> <b>Fish patties, baked potato, mustard greens, banana</b> <b>鱼饼, 芥菜, 烤土豆, 香蕉</b>	<b>2/28</b> <b>Beef meatloaf, mashed potato, spinach, apple</b> <b>牛肉饼, 土豆泥, 菠菜, 苹果</b>	<b>2/29</b> <b>Baked mushroom chicken, sweet corns, green cabbage, tangerine</b> <b>香菇鸡腿, 甜玉米, 高丽菜, 橘</b>	<b>3/1</b> <b>Pork chops, mashed potato, bok choy, plum</b> <b>烤猪扒, 土豆泥, 大白菜, 李子</b>	<b>Field Trip: Madame Tussauds</b> <b>户外旅游: 纽约杜莎夫人蜡像馆</b>  <b>2/22/24</b> <b>Thu., 星期四</b> <b>8:30-2:00 PM</b>

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