



April 1, 2024

Dear Members,

April showers bring May flowers! You may notice more rain in the month of April but that is a good thing! April is Stress Awareness Month. A little stress is good for self-improvement but too much stress over a long period of time is harmful for the mind and body. So, remember to take a deep breath more often and practice ways to care for your health and well-being. Perhaps, spend some time in nature and do something environmentally friendly by taking care of the Earth. Earth Day, also known as Nature Day falls on April 22 this year. Did you know that practicing how to think positively and doing good deeds can counteract stress? Try it and see if it works for you.

There are many new programs starting in April. On Monday, April 1<sup>st</sup>, our center will hold the semi-annual ping pong tournament from 12- 3 pm. The finalists of 8 men and 4 women will compete to become the top 3 finalists: 3 top winners for men and 3 top winners for women. Stop by the auditorium to cheer them on for the final round of the competition.

In partnership with Older Adult Technology Services (OATS), instructor, May To will teach a series of classes on the 5 most requested topics from our members. Classes will include topics such as how to use Google Map, how to use Zoom, how to protect your privacy and personal information online, etc. These classes will begin on Monday, April 15, and last until May 13. The morning session at 11:00-12:15 pm will be held in Cantonese and the afternoon session at 12:30-1:45 pm will be held in Mandarin. Seats are currently full, but a waiting list is open. Please sign up in the office if you are interested.

Our center will take our members on two field trips to see the flowers in the New York City botanical gardens. On Thursday, April 18, we will bring a total of 56 participants to New York Botanical Garden in The Bronx. This trip includes a tram ride to see the entire garden in 45 minutes and a special Orchid Show of Florals in Fashion. Priority seats will be given to those who have not gone on any field trips since January 2024. We will register 52 senior members on Thursday, April 4<sup>th</sup> beginning at 8:30 am. The cost of this trip is \$20 which includes the entrance fee, transportation, lunch, snacks, and water.

The second April trip will take place on Wednesday, April 24th where a total of 18 participants will go to the Brooklyn Botanical Garden. If you are interested, registration begins on Wednesday, April 10<sup>th</sup> at 8:30 am. We will be reserving 16 seats as 2 seats are reserved for the group leaders. The fee for this trip is \$5. If you are interested in any of these trips, please come by the office to read over the rules and regulations for the field trip registration. You may register to go once to the museum, zoo, and botanical garden. One member can register for up to three trips but only once for each kind of destination.

The April birthday party will be held on Thursday, April 18 at 1:30 pm in the small dining room. Members, volunteers, and staff who have April 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 through 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. We have added a salmon entree to our April menu which will be served twice a month. If you like salmon, look closely at the menu to see when it will be served.

Our talented photography class is showcasing their works in the halls of the center during the month of April. Come and see beautiful colorful pieces of aesthetical large-sized framed photos taken by our students and instructor, Mr. Ben Ying, who have all worked very hard to put together the exhibit for your enjoyment.

In general, the infection rate, hospitalizations, emergency visits and death rates have been decreasing from January 20,2024 to March 9,2024. In zip code, 11354, the hospitalization rates have dropped slightly from 44.5% to 33.4%. In zip code, 11355, the hospitalization rates dropped from 50.7% to 21.6% per 100,000 people infected. The Omicron JN.1 variant dropped slightly from 93.1% to 86.5% nationwide. Please stay home if feeling unwell and practice Covid-19 prevention methods to decrease the spread of infection to others.

Springtime blooming flowers, trees and grass may bring allergy symptoms for those individuals sensitive to pollen. Remember to see your doctor right away if you don't feel well. Thanks to special funding from New York City Councilwoman Sandra Ung's office, if you are a resident of Queens, over 60 years old without Medicaid, you may be able to participate in the Free Senior Transportation Program for Medical Visits. You may call 718-559-4352 for more information or to make an appointment.

Wishing you all a happy Spring season in April!

Sincerely, Winnie Hu, LMSW, Program Director

**亲爱的会员们：**

**草树知春不久归，百般红紫斗芳菲。**

随着最美好的季节—人间四月天的到来，我们会发现降雨量明显增多，因为这正是万物生长的好时节。四月，被人们称之为“压力提醒月”。生活中的压力会有利于自我提醒，但长期且过大的压力则会对身心造成损害。建议大家，可以多做深呼吸来舒缓压力，并通过多种方式来提升自己的身心健康。您可以到户外与大自然亲密接触，感受春天蓬勃的气息。同时，做一些关爱地球的环保活动，因为每年的四月二十二日，是“地球日”，也被称为“自然日”。我们鼓励大家，在美好的四月，尝试用不同的方式缓解压力，如正向思维模式和行善举都是不错的方式，相信它们会对您有所帮助。

四月，中心将陆续展开更多会员们喜爱和期待的新活动和课程。4月1日（星期一）下午12点至3点，中心将举行半年度乒乓球比赛。入围决赛的8名男士和4名女士将角逐前三名（男士前三名和女士前三名）。欢迎所有感兴趣的会员们，前来为他们加油助威。

通过与 Older Adult Technology Services (OATS) 合作，小美老师将会教授一系列会员们最常询问与期待的5个主题课程。课程包括：如何正确使用谷歌地图、如何正确使用 Zoom、如何在网络平台保护您的隐私及个人信息等。这些课程将从4月15日（星期一）开始，一直持续到5月13日。上午11:00-12:15的课程将以粤语授课，下午12:30-1:45的课程将以普通话授课。目前正式名额已满，但仍有候补名额。如果您对此感兴趣，请到办公室报名。

四月的户外郊游，也是会员们最喜欢的活动之一。中心将带领会员们前往两个不同的地方。在4月18日（星期四），中心将带总计56人前往位于布朗克斯的纽约市植物园，去欣赏美丽的春节花卉。这次旅行中，将会带领大家乘坐有轨电车，会员们可以在45分钟内游览整个植物园。除此之外，中心还将带领大家观看一场特别的兰花时尚秀。中心将于4月4日（星期四）上午8:30开始为52名会员登记，剩下4个名额将留给领队。此次旅行的费用为20美元，包括门票、交通、午餐、零食和水。

四月的第二次户外郊游将于4月24日（星期三）进行，共有18个名额前往布鲁克林植物园。如果您有兴趣，请于4月10日（星期三）上午8:30开始报名。我们将开放16个名额，其中2个名额将留给领队。这次旅行的费用为5美元。无论您是对其中哪一次旅行感兴趣，都请先到办公室阅读户外旅行的报名规则 and 规定。會員一年最多可參與三種類別戶外旅遊。每一個類別只可參加一次。（例如：您已參加紐約市植物園就不可再參與任何其他植物園活動。）

四月份，中心摄影班将在中心餐厅旁边的走廊，展示他们的才华横溢的作品。学生们和应水旺老师为了展示这次精彩展览，付出了巨大辛勤的劳动。

四月份的生日聚会将于4月18日（星期四）下午1:30在小饭厅举行。我们欢迎所有在4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。

中心再次提醒大家: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。我们在四月份的菜单中增加了三文鱼主菜,每月供应两次,如果您喜欢三文鱼,请仔细查看菜单,了解何时供应。

在美丽的春天,我们不能忽视健康保护。从 2024 年 1 月 20 日到 2024 年 3 月 9 日,新冠病毒的感染率、住院率、急诊率和死亡率总体呈下降趋势。在邮政编码为 11354 的区域中,住院率从 44.5% 微降至 33.4%。在邮政编码为 11355 的区域中,每 10 万名感染者中的感染率从 50.7% 下降到 21.6%。全国范围内, Omicron JN.1 变体的感染率从 93.1% 略微下降至 86.5%。如果您有感到身体不适,请留在家中,并采取 Covid-19 预防措施,以减少传染给他人。

现在正是春暖花开时节,有花粉敏感的会员可能会出现过敏症状。如果您感觉不适,请及时就医。感谢纽约市议员 Sandra Ung 办公室的特别资助,如果您是居住在皇后区的居民,且年龄超过 60 岁,没有医疗补助(白卡),您可以参加免费老年人交通计划。您可以致电 718-559-4352 来获取更多信息或进行预约。最后,祝大家四月春天快乐!

中文翻译: Emily Zhang

真诚的,  
项目主任  
Winnie Hu

COVID-19 Update for the United States

USA				
WHO label	Lineage #	US Class	%Total	95%PI
Omicron	JN.1	86.5%	81.4-90.5%	
	JN.1.13	9.5%	5.5-15.7%	
	JN.1.18	1.8%	1.2-2.7%	
	BA.2	0.2%	0.0-1.4%	
	BA.2.86	0.2%	0.1-0.3%	
	GE.1	0.2%	0.1-0.4%	
	HV.1	0.1%	0.1-0.2%	
	JG.3	0.1%	0.1-0.1%	
	JD.1.1	0.1%	0.0-0.1%	
	HK.3	0.0%	0.0-0.0%	
	XBB	0.0%	0.0-0.0%	
	EG.5	0.0%	0.0-0.0%	
	XBB.1.9.1	0.0%	0.0-0.0%	
	EG.5.1.8	0.0%	0.0-0.0%	
	JF.1	0.0%	0.0-0.0%	
	XBB.1.16.15	0.0%	0.0-0.0%	
	XBB.2.3	0.0%	0.0-0.0%	
	FL.1.5.1	0.0%	0.0-0.0%	
	XBB.1.5.70	0.0%	0.0-0.0%	
	XBB.1.16.6	0.0%	0.0-0.0%	
	XBB.1.16.11	0.0%	0.0-0.0%	
	GK.1.1	0.0%	0.0-0.0%	
	HF.1	0.0%	0.0-0.0%	
	XBB.1.16	0.0%	0.0-0.0%	
	GK.2	0.0%	0.0-0.0%	
	XBB.1.5	0.0%	0.0-0.0%	
	XBB.1.16.1	0.0%	0.0-0.0%	
Other	Other*	1.7%	0.7-2.0%	

Early Indicators

Test Positivity >



Emergency Department Visits >



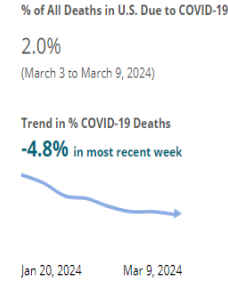
These early indicators represent a portion of national COVID-19 tests and emergency department visits. [Wastewater](#) information also provides early indicators of spread.

Severity Indicators

Hospitalizations >



Deaths >



Total Hospitalizations  
6,880,585

Total Deaths  
1,184,376

CDC | Test Positivity data through: March 9, 2024; Emergency Department Visit data through: March 9, 2024; Hospitalization data through: March 9, 2024; Death data through: March 9, 2024. Posted: March 15, 2024 12:01 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	33.4		February 2-February 29

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	21.8		February 2-February 29



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 – April 2024 二零二四年四月份節目表**

**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**

<b>Time 时间</b>	<b>Class 活动项目</b>	<b>Instructor 指导老师</b>	<b>Language 语言</b>	<b>Location 地点</b>
08:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	Chinese	Auditorium 礼堂
08:30-10:00 AM	Tai Chi Box 炮拳	Ms. Yuan Zhen Xu	Chinese	Auditorium 礼堂
09:00-11:00 AM	ESL 英语九百句	Mr. Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYIA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYIA3VlVPTzlnYWluUT09</a> Call in: 1-646-876-9923. ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00PM	English Oral Practice 英语口语练习	Mr. Situ		
09:45-10:45AM	Zhuang Yuan Calligraphy Class 状元书法班	Thomson Chou	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 <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
11:00-12:00 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
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
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/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544

## Tuesday 星期二

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
8:30-9:15AM	Ping Pong 乒乓	Joanne	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=b2lCbWVqNTdpYIA3VIVPTzlnYWluUT09;">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYIA3VIVPTzlnYWluUT09</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(cancel 取消 4/2)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 (cancel 取消 4/2)
***New 新*** 11:30-12:45 PM	Chinese Folk Song Dance 民族舞	Daisy Du	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
1:00-1:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
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 (cancel 取消 4/2)
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
1:30-3:30 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 (cancel 取消 4/2)
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/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544
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	Yuan Zhen Xu	Chinese	Auditorium 礼堂
08:30-12:45 PM	Stationary Biking & Elliptical Exercises	Staff 工作人员	English/Chinese	Auditorium 礼堂



	固定器械锻炼			
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=NW5OZmpzMlhBdDNnK2IicGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW5OZmpzMlhBdDNnK2IicGlxVnArUT09;</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
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=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09</a> Call in: 1-646-876-9923; ID: 963 0027 6377
11:00-12:30 PM	Ping Pong 乒乓	David and Jane	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/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a> ID: 953 3353 5555; Passcode: 742 160 3568
8:30-9:00 PM	Wai Dan Gong 外丹功	Jimmy Chuang	Chinese	

## Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 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
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
11:00-2:00PM	Folk Band 中国民乐队	Nina Tang	Chinese	Stage 舞台
11:45-1:00 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
12:30-1:30 PM	Learning Line Dancing Steps (Beginner) 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)
1:30-3:30 PM	Video-Making & Editing. 视频制作与编辑	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 <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	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/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544
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
08:30-12:15 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	Helen Chin	Cantonese	Stage 舞台
**Time & Location Change** 10:00-11:00 AM	Blood Pressure Screening 量血压	He Fen Sun	Chinese	Small Dining Room 小饭厅 (cancel 取消 4/26)
10:00-12:30 PM	Oil Painting (Advanced) 油画(高班)	Christina	English	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

12:15-3:30PM	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/92343629304?pwd=M2R3VWRQSnhkOG9CQXMyaVIIUxRQT09">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMyaVIIUxRQT09</a> ID: 923 4362 9304; Passcode: 229 716 6017
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
1:00-3:30 PM	Oil Painting (Beginner) 油画(初班)	Christina	English	Arts Room 艺术室
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
08:30-10:00 AM	Tai Chi 太极	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 (4/13 cancel 取消)
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 (4/6,4/20 & 4/27) (No class 没有课 4/13)
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/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544

## 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/95333535555?pwd=UxJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UxJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a>
8:30-9:00 PM	Wai Dan Gong 外丹功	Jimmy Chuang	Chinese	ID: 953 3353 5555; Passcode: 742 160 3568

## 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
4/1/24 - 4/30/24 Mon. & 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
4/1/24 Mon. 星期一 12:00-3:00 PM	Semi- Annual Ping Pong Tournament 半年度乒乓球比赛	Mr Yip	English / Chinese	Auditorium 礼堂
4/3/24 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 <sup>st</sup> Wednesday of every month 每个月的第一个星期三)

4/3/24 Wed., 星期三 10:00-11:00 AM	Queens Tenant Rights Event 皇后区租客权益讲座	NYS Assemblywoman Nily Rozic & Queens Legal Services	English / Chinese	Large Dining Room 大饭厅
4/4/24 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)
4/9/24 Tue., 星期二 10:00-11:00 AM	Hepatitis B 乙型肝炎	Wallace Wang, MD Sponsored By Downtown Gastroenterology Associates	Chinese	Large Dining Room 大饭厅
4/10/24 Wed., 星期三 10:00-11:00 AM	Is a Vegetarian Diet Healthy? 素食健康嗎?	Stephanie Deng Sponsored By Empire BCBS	English / Chinese	Large Dining Room 大饭厅
**Time Change 更改时 间** 4/13/24 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
4/13/24 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺	Lily	English	Arts Room 艺术室 (Every 2 <sup>nd</sup> Saturday of every month 每个月的第二个星期六)
4/15/24 – 5/13/24 Mon. 星期一 1.Cantonese Class 广东话 11:00-12:15PM 2. Mandarin Class 普通话 12:30-1:45PM	Explore Tech Lecture 技术探索课程	May To 小美老师 from OATS	Cantonese/ Mandarin	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。
4/16/24 Tue., 星期二 9:30-2:00 PM	Food Pantry 老人營養補充袋發放日	Staff 工作人员	Chinese/English	Rear Door 中心后门
4/17/24 Wed., 星期三 10:00 – 11:00 PM	Scams Targeting Seniors Workshop 针对老年人的诈骗讲座	Police Officer John Vlaovich from 109th Precinct	Chinese/English	Large Dining Room 大饭厅

4/17/24 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
4/18/24 Thu., 星期四 8:30- 2:00PM	Field Trip: New York Botanical Garden 户外旅游: 纽约植物园	Matthew, Tony & Zhong Ling	Chinese/English	Please sign up in main office on 4/4 until sold out, 请在 4/4 到办公室报名, 直到售完为止。
4/18/24 Thu., 星期四 1:30- 2:00PM	April Birthday Party 4 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 April. 如果您的生日是在 4 月, 请到总办公室报名。)
4/19/24 Fri., 星期五 10:00-11:00 AM	What to eat to prevent fatty liver disease? 吃什么可以预防脂肪肝呢?	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
4/19/24 – 6/21/24 Every Fri., 每个星期五 10:00-11:30 AM	Story Circle Love Café 分享个人故事	Marsha from Teachers & Writers Collaborative	English	Library 图书室 and VSC <a href="https://selfhelp.zoom.us/j/91910743819?pwd=dHd3bGVSTzBYUWFUZWVhFNkdrZjFZdz09">https://selfhelp.zoom.us/j/91910743819?pwd=dHd3bGVSTzBYUWFUZWVhFNkdrZjFZdz09</a> Call in: 1-646-876-9923; ID:919 1074 3819; Passcode: 5725800785
4/24/24 Wed., 星期三 8:30- 2:00PM	Field Trip: Brooklyn Botanic Garden 户外旅游: 布碌仑植物园	Maggie	Chinese/English	Please sign up in main office on 4/10 until sold out, 请在 4/10 到办公室报名, 直到售完为止。
4/26/24 Fri., 星期五 10-11:00 AM	The Power of Gratitude 感恩的力量	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	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=ZxcNBejxlz_s">https://www.youtube.com/watch?v=ZxcNBejxlz_s</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 (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>

4/2024–11/2024, Mon. – Sat. 星期一至星期六	Evergreen Community Gardening 户外园艺	Ngan H. Cheung	Chinese	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)
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Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
4/1 Soy sauce chicken, sweet potato, Bok choy, orange, fruit juice 酱油鸡腿, 烤地瓜, 大 白菜, 橙, 果汁	4/2 Baked salmon fillet, mashed potato, spinach, banana, fruit juice 烤三文鱼, 土豆泥, 菠菜, 香蕉, 果汁	4/3 BBQ chicken, sweet corns, green cabbage, tangerine, fruit juice 烤鸡腿, 甜玉 米, 高丽菜, 橘, 果汁	4/4 Baked fish fillet, baked beans, shanghai greens, apple, fruit juice. 烤鱼排, 炖豆, 上海 菜, 苹果, 果汁.	4/5 Braised lean pork with taro, carrots, and green beans, baked potato, kiwi, fruit juice. 大芋头烧肉, 胡萝卜四 季豆, 烤土豆, 猕猴桃, 果汁.	4/6 Special: Lentil /masoor dal soup, basmati/chapati, broccoli w/ curry tofu, raita yogurt, orange, fruit juice 豆蔬浓汤, 糙米饭, 全麦饼, 西芥 蓝咖喱豆 腐, 酸奶切片黄瓜, 橙, 果汁 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



4/8 Steamed ground pork meat flavored w/dried fish sweet corns, cabbage w/ shredded carrots, orange, fruit juice. 鹹魚肉餅, 玉米, 蓮白胡蘿卜絲, 橙, 果汁	4/9 Baked mushroom chicken, sweet potato, green cabbage, banana, fruit juice. 香菇雞腿, 烤地瓜, 高麗菜, 香蕉, 果汁	4/10 Fish patties, baked potato, mustard greens, apple, fruit juice. 魚餅, 芥菜, 烤土豆, 蘋果, 果汁	4/11 Curry chicken, baked beans, green cabbage, tangerine, fruit juice 咖喱雞, 炖豆, 高麗菜, 橘, 果汁.	4/12 Roast pork, macaroni, spinach, orange, fruit juice 叉燒, 通心粉, 菠菜, 橙, 果汁	4/13 Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt, orange, fruit juice 豆蔬濃湯, 糙米飯, 全麥餅, 花菜燒西紅柿, 酸奶切片黃瓜, 橙, 果汁 Alternative: Tofu w/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
4/15 Steamed ground turkey with bean threads & eggs , sweet corns, napa cabbage, orange, fruit juice 火雞蒸蛋餅, 玉米, 大白菜, 橙, 果汁.	4/16 Beef meatballs, sweet potato, mustard greens, banana, fruit juice. 牛肉丸, 烤地瓜, 芥菜, 香蕉, 果汁	4/17 BBQ chicken, baked beans, green cabbage, tangerine, fruit juice 烤雞腿, 炖豆, 高麗菜, 橘, 果汁	4/18 Baked salmon fillet, spaghetti, shanghai greens, apple, fruit juice. 烤三文魚, 炒意面, 上海菜, 蘋果, 果汁	4/19 Pork chops, mashed potato, Bok choy, plum, fruit juice 烤豬扒, 土豆泥, 大白菜, 李子, 果汁	4/20 Special: Lentil /masoor dal soup, basmati/chapati, mustard green with tomato, raita yogurt, orange. Fruit juice 豆蔬濃湯, 糙米飯, 全麥餅, 芥菜燒西紅柿, 酸奶切片黃瓜, 橙, 果汁 Alternative: Baked mix beans w/ vegetable 雜豆炒時蔬
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
4/22 Soy sauce chicken, sweet potato, bok choy, orange, fruit juice 醬油雞腿, 烤地瓜, 大白菜, 橙, 果汁	4/23 Fish patties, baked potato, mustard greens, banana, fruit juice. 魚餅, 芥菜, 烤土豆, 香蕉, 果汁	4/24 Roast pork, baked beans, spinach, orange, fruit juice. 叉燒, 炖豆, 菠菜, 橙, 果汁.	4/25 Baked chicken breast, broccoli, mashed potato, tangerine, fruit juice. 烤雞胸, 土豆泥, 西芥藍, 橘, 果汁	4/26 Beef plate stewed with daikon, baked sweet potato, cabbage, orange, fruit juice 牛腩炖萝卜, 烤地瓜, 大白菜, 橙, 果汁	4/27 Special: Lentil /masoor dal soup, basmati/chapati, broccoli w/ curry tofu, raita yogurt, orange, fruit juice 豆蔬濃湯, 糙米飯, 全麥餅, 西芥藍咖喱豆腐, 酸奶切片黃瓜, 橙, 果汁 Alternative: Baked vegetable burger 烤蔬菜餅
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Special Event 特別活動	Special Event 特別活動	Special Event 特別活動

<p><b>4/29</b>  <b>Steamed ground pork meat flavored w/dried fish, sweet corns, cabbage w/ shredded carrots, orange, fruit juice.</b>  <b>鹹魚肉餅, 玉米, 蓬白, 胡萝卜丝, 橙, 果汁</b></p>	<p><b>4/30</b>  <b>Baked fish fillet, spaghetti, shanghai greens, apple, fruit juice.</b>  <b>烤鱼排, 炒意面, 上海菜, 苹果, 果汁</b></p>	<p><b>5/1</b>  <b>Baked mushroom chicken, baked beans, green cabbage, banana, fruit juice.</b>  <b>香菇鸡腿, 炖豆, 高丽菜, 香蕉, 果汁</b></p>	<p><b>Food Pantry</b>  <b>老人營養補充袋發  放日</b></p> <p><b>4/16/24</b>  <b>Tue., 星期二</b>  <b>9:30-2:00 PM</b></p>	<p><b>Field Trip: New York Botanical Garden</b>  <b>户外旅游: 纽约植物园</b></p> <p><b>4/18/24</b>  <b>Thu., 星期四</b>  <b>8:30- 2:00PM</b></p>	<p><b>Field Trip: Brooklyn Botanic Garden</b>  <b>户外旅游: 布碌仑植物园</b></p> <p><b>4/24/24</b>  <b>Wed., 星期三</b>  <b>8:30- 2:00PM</b></p>
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he menu is subject to change by the Chef. 菜单有时会做略微调整