



May 1, 2024

Dear Members,

The month of May celebrates two national holidays-Mother's Day and Memorial Day! May is also Older Americans month so we want to begin by wishing all the senior citizens a happy and healthy season!

Mother's Day is on Sunday, May 12th when we honor mothers around the world for all their sacrifices and remember them for all they have given us. What will you do to make your mother feel extra special on Mother's Day this year?

Another day for us to remember the sacrifices of others falls on Memorial Day, Monday, May 27th which honors the brave men and women who died in the military service protecting our country. Our center will be closed in observance of Memorial Day.

Our center will take our members on two field trips to see the flowers again. On Wednesday, May 29th, 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 theme in the garden of *Alice's Adventures in Wonderland*. We will register 52 senior members on Wednesday, May 15th beginning at 8:30 am. The second May trip will take place on Friday, May 31st, where another group of 56 participants will go to the New York Botanical Garden. We will register 52 seniors on Friday, May 17th at 8:30 am. The cost of the trip is \$20 which includes the entrance fee, transportation, lunch, snacks, and water. If you are interested in either of these trips, please come to the office to read the rules and regulations for the field trip registration. You may register to go one time to a museum, zoo, and a botanical garden. One member can register for up to three trips but only once for each kind of destination.

Our center is excited to host our May Volunteer Appreciation Celebration on Thursday, May 23, 2024. If you have received an invitation to attend, please reserve your seat by May 9, 2024 with our Program Coordinator, Joy via e-mail: wmnu@selfhelp.net or by calling the center at 718-886-5777. Without our volunteers contributing their talents and work, this center would not have been able to serve hundreds of members daily. Our center thrives thanks to the many volunteers who contribute their time. We will recognize their dedication to our center on this special day.

The May birthday party will be held on Tuesday, May 14th at 1:30 pm in the small dining room. Please note the change. It will now be held in the second week on Tuesday instead of the third week of Thursday. Members, volunteers, and staff who have May 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.

In general, the infection rate, hospitalizations, emergency visits and death rates have been **decreasing** from March 31,2024 to April 6,2024. In zip code, 11354, the hospitalization rates have **dropped significantly** from 33.4% to 11.1% per 100,000 people infected. In zip code, 11355, the hospitalization rates **dropped** from 21.6% to 11.4% per 100,000 people infected as of March 28, 2024 nationwide. The Omicron JN.1 variant **dropped slightly** from 86.5% to 83.7% as of April 13, 2024.

The symptoms are congestion, coughing, sore throat, headache and/or fever. Please stay home if feeling unwell and practice Covid-19 prevention methods to decrease the spread of infection to others.

Wishing you all a happy Spring season!

Sincerely, Winnie Hu, LMSW, Program Director

亲爱的会员们：

五月份有两个值得庆祝的国家节日，母亲节和阵亡将士纪念日！同时，这个月还是美国长者月，在此，我们要祝愿所有的年长者有一个快乐和健康的五月。5月12日（星期日）是母亲节，我们向全世界的母亲致敬和感谢。正因为母亲对子女无私的爱和教导，人类才能延续和和谐相处。今年母亲节，您会特别为您的母亲做些什么呢？5月27日（星期一）是阵亡将士纪念日，这是一个需要我们铭记的日子。我们要向那些为国家和利益而英勇牺牲的将士们致敬。中心为了和大家共同纪念这一天，将关闭一天。

在本月，中心将继续带领我们的会员进行户外郊游活动，再次在这个美丽的春夏之交欣赏繁花锦簇。5月29日（星期三），中心将带领56名会员前往纽约布朗克斯区的纽约植物园，其中包括乘坐有轨电车，将于45分钟内观赏整个花园以及爱丽丝梦游仙境的特别主题。我们将在5月15日（星期三）上午8:30开始登记52名会员。第二次的五月户外旅行将于5月31日（星期五）举行，我们会同样带领56名会员再次前往纽约布朗克斯区的纽约植物园。我们将在5月17日（星期五）上午8:30开始登记52名会员。此次旅行的费用为20美元，包括门票、交通、午餐、零食和水。如果您

对这两次活动感兴趣，请到办公室阅读户外郊游登记的规定和条款。会员一年最多可参与三种类别的户外旅游，每一个类别只可参加一次。（例如：您已参加纽约市植物园就不可再参与任何其他植物园活动。）

中心将于 2024 年 5 月 23 日（星期四）举办年度义工表彰大会。如果您收到了邀请，请于 2024 年 5 月 9 日之前通过我们的项目协调员 Joy（电子邮件：wmau@selfhelp.net，电话：718-886-5777）来预订您的座位。正是由于众多义工们自愿花费精力和时间来帮助中心，中心才有今日的蓬勃发展。正是这些才华出众的义工们的辛勤付出，中心才得以每日为数百名会员提供优质的服务。为此，中心将在这个特别的日子里表彰他们的无私奉献。

五月份的生日聚会将于 5 月 14 日（星期二）下午 1:30 在小饭厅举行。请所有在五月份过生日的会员、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，需自带餐盒打包带走。

最后，我们向您通报一下新冠疫情。总的来说，从 2024 年 3 月 31 日到 2024 年 4 月 6 日，感染率、住院率、急诊就诊率和死亡率已经呈下降趋势。在邮政编码为 11354 的区域，每 10 万感染人口的住院率已从 33.4% 降至 11.1%。在邮政编码为 11355 的区域，截至 2024 年 3 月 28 日全国范围内，每 10 万感染人口的住院率已从 21.6% 降至 11.4%。截至 2024 年 4 月 13 日，Omicron JN.1 变种的感染率已略有下降，从 86.5% 降至 83.7%。

新冠症状包括充血、咳嗽、喉咙痛、头痛和/或发烧。如果您感觉不适，请待在家里，并采取 Covid-19 预防措施，减少传染给他人的风险。

祝大家春季愉快！

中文翻译：Emily Zhang, MSW

项目主任 Winnie Hu, LMSW

**Nowcast Estimates in United States
for 3/31/2024 – 4/13/2024**

USA				
WHO label	Lineage #	US Class	%Total	95%PI
Omicron	JN.1	83.7%	80.3-86.7%	
	JN.1.13	9.1%	6.2-13.1%	
	JN.1.18	2.5%	1.6-3.8%	
	JN.1.16	2.4%	1.2-4.6%	
	BA.2	0.3%	0.0-1.4%	
	B.1.1.529	0.1%	0.0-1.4%	
	BA.2.86	0.1%	0.0-0.1%	
	GE.1	0.1%	0.0-0.2%	
	BA.1.1	0.1%	0.0-0.7%	
	HV.1	0.0%	0.0-0.0%	
	JG.3	0.0%	0.0-0.0%	
	XBB	0.0%	0.0-0.0%	
	JD.1.1	0.0%	0.0-0.0%	
	XBB.1.16.17	0.0%	0.0-0.0%	
	EG.5	0.0%	0.0-0.0%	
	HK.3	0.0%	0.0-0.0%	
	XBB.1.9.1	0.0%	0.0-0.0%	
	XBB.2.3	0.0%	0.0-0.0%	
	JF.1	0.0%	0.0-0.0%	
	XBB.1.16.6	0.0%	0.0-0.0%	
	FL.1.5.1	0.0%	0.0-0.0%	
	EG.5.1.8	0.0%	0.0-0.0%	
	XBB.1.16	0.0%	0.0-0.0%	

COVID-19 Update for the United States

Early Indicators

Test Positivity >

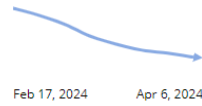
% Test Positivity

3.4%

(March 31 to April 6, 2024)

Trend in % Test Positivity

-0.4% in most recent week



Emergency Department Visits >

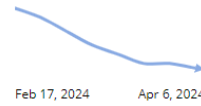
% Diagnosed as COVID-19

0.5%

(March 31 to April 6, 2024)

Trend in % Emergency Department Visits

-14.8% 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.

Severity Indicators

Hospitalizations >

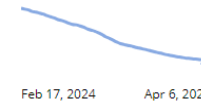
Hospital Admissions

7,318

(March 31 to April 6, 2024)

Trend in Hospital Admissions

-9.8% in most recent week



Total Hospitalizations

6,917,410

Deaths >

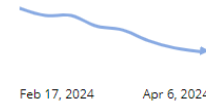
% of All Deaths in U.S. Due to COVID-19

1.1%

(March 31 to April 6, 2024)

Trend in % COVID-19 Deaths

-8.3% in most recent week



Total Deaths

1,188,278

CDC | Test Positivity data through: April 6, 2024; Emergency Department Visit data through: April 6, 2024; Hospitalization data through: April 6, 2024; Death data through: April 6, 2024. Posted: April 15, 2024 3:00 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	11.1		March 1-March 28

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	11.4	0.0	March 1-March 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 – May 2024 二零二四年五月份節目表

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
09:00-11:00 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
11:00-1:00PM	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 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 https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVlK3NlVDlhNGVZUWnDSUhNQT09 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 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0IBYmVCSE9IZ01zN0hLdz09 ; 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 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 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	Gui Lin	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=b2lCbWVqNTdpYIA3VIVPTzlnYWluUT09 ; 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=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09 ; 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
11:30-12:45 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
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
1:30-3:30 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 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 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 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 https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2lIcGlxVnArUT09 ; 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=SkpFR052NmNPRzN0RWISYtJKVWJIZz09 ; 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 https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09 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) (cancel 取消 5/1)
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/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09 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 https://selfhelp.zoom.us/j/93248901610?pwd=a0xPbmJwS0lBYmVCSE9lZ01zN0hLdz09; 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=T3psTytpL0ZwOGYwVlVzR25RQWNIUT09; ID: 934 1046 9680; Passcode: 259 261 2064
11:00-2:00PM	Folk Band	Nina Tang	Chinese	Stage 舞台

	中国民乐队			
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
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: 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 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 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
10:00-11:00 AM	Blood Pressure Screening 量血压	He Fen Sun	Chinese	Small Dining Room 小饭厅
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 https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMyaVIIUxRQT09 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	Anna, Yun Li and Mabel	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 (5/4,5/18 & 5/25) (No class 没有课 5/11)
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 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 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 https://selfhelp.zoom.us/j/95333535555?pwd=UxJPQTBjcC9lUm55SEZ4N3pyZldwdz09 ID: 953 3353 5555; Passcode: 742 160 3568
8:30-9:00 PM	Wai Dan Gong 外丹功	Jimmy Chuang	Chinese	

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
5/1/24 - 5/31/24 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
5/2/24 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 st Thursday of every month 每个月的第一个星期四)
5/3/24 – 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 https://selfhelp.zoom.us/j/91910743819?pwd=dHd3bGVSTzBYUWFUZWVhFNkdrZjFZdz09

				Call in: 1-646-876-9923; ID:919 1074 3819; Passcode: 5725800785
5/4/24 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 https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09 ; Call in 1-646-876-9923 ID: 953 3994 6345; Passcode: 3260637715
5/6/24 – 5/20/24 Mon. 星期一 9:00-11:00 AM	Indian Foodways 印度美食	Chef Nupur Arora Sponsored by Flushing Town Hall	English	Large Dining Room 大饭厅
5/6/24 – 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。
5/11/24 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺	Lily	English	Arts Room 艺术室 (Every 2 nd Saturday of every month 每个月的第二个星期六)
5/14/24 Tue., 星期二 1:30- 2:00PM	May Birthday Party 5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 May. 如果您的生日是在5月, 请到总办公室报名。)
5/17/24 Fri., 星期五 10:00-11:00 AM	How food can affect your mood? 食物如何影响你的情绪?	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 ; Passcode: 4901895252
5/21/24 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
5/22/24 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

5/23/24 Thu., 星期四 1:30 – 3:30 PM	Volunteer Luncheon Recognition Celebration 義工表彰會	Staff & Volunteer 工作人員和義工	Chinese/English	Good Fortune Restaurant 皇朝豪庭
5/29/24 Wed., 星期三 8:30- 2:00PM	Field Trip: New York Botanical Garden 戶外旅遊: 紐約植物園	Winnie, Ann, Margo & Tony	Chinese/English	Please sign up in main office on 5/15 until sold out, 请在 5/15 到办公室报名, 直到售完为止。
5/31/24 Fri., 星期五 8:30- 2:00PM	Field Trip: New York Botanical Garden 戶外旅遊: 紐約植物園	Karen, Matthew, Steve & Helen	Chinese/English	Please sign up in main office on 5/17 until sold out, 请在 5/17 到办公室报名, 直到售完为止。
5/31/24 Fri., 星期五 10-11:00 AM	How To Manage Stress? 如何處理壓力?	Jasper, LMSW from CAPE	Chinese/English	Large Dining Room 大飯廳 and VSC 視頻 https://selfhelp.zoom.us/j/93660795936?pwd=WmZUS3k5V0kyUVQvOExIUWk1cGJmZz09 Call in: 1 646 876 9923 ID: 936 6079 5936 Passcode: 4492648770
Anytime 任何時間	DAKIM	Staff	English	Register with the office or call 718-886-5777
Anytime 任何時間	Qi Gong 八段錦-口令版	Jack Wang	普通話	https://www.youtube.com/watch?v=PYfDB_skf9k&feature=youtu.be
Anytime 任何時間	Easy Tai Chi 簡易太極	Don Fiore	English	https://www.youtube.com/watch?v=ZxcNBejxlz_s
Anytime 任何時間	DFTA Emergency Preparedness Office	DFTA	English	https://www.youtube.com/watch?v=iv9jiojOfOM
Anytime 任何時間	Covid-19: A Demo on How to Use Home-Test Kits (如何居家使用新冠病毒快速 檢測盒 示範)	Wei Yue, RN	普通話	https://youtu.be/aandTWNnhbU
5/2024–11/2024, Mon. – Sat. 星期一至星期六	Evergreen Community Gardening 戶外園藝	Ngan H. Cheung	Chinese	Evergreen Community Gardening 戶外園藝; 8 AM– 8 PM. 上午八點至下午八點 Please go to the office to report attendance once a week for gardening participants only. (一個星期到辦公室報到一次)

Special Event 特别活动	Special Event 特别活动	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
May Birthday Party 5 月份生日会 5/14/24 Tue., 星期二 1:30- 2:00PM	Food Pantry 老人營養補充袋發 放日 5/21/24 Tue., 星期二 9:30-2:00 PM	5/1 Baked mushroom chickens, baked beans, green cabbage, banana, fruit juice 香菇鸡腿,炖豆, 高 丽菜,香蕉, 果汁	5/2 Baked salmon fillet, spaghetti, shanghai greens, tangerine, fruit juice 烤三文鱼, 炒意面, 上海菜, 橘, 果汁	5/3 Pork chops, mashed potato, bok choy, plum, fruit juice 烤猪 扒, 土豆泥, 大白菜,李 子, 果汁	5/4 Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt, orange, fruit juice 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜, 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
5/6 Steamed ground turkey with bean threads & eggs , sweet corns, napa cabbage, orange, fruit juice 火鸡蒸蛋 饼, 玉米, 大白菜, 橙, 果汁	5/7 Beef meatballs, sweet potato, mustard greens, banana, fruit juice 牛肉丸, 烤地 瓜, 芥菜,香蕉, 果 汁	5/8 BBQ chickens, sweet corns, green cabbage, tangerine, fruit juice 烤鸡腿, 甜玉 米, 高丽菜, 橘, 果汁	5/9 Fish patties, mustard greens, apple, fruit juice 鱼 饼, 芥菜, 烤土 豆, 苹果, 果汁	5/10 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	5/11 Special: Lentil /masoor dal soup, basmati/chapati, cauliflower with tomato, raita yogurt, orange 豆蔬 浓汤, 糙米饭, 全麦饼, 花菜 烧西红柿, 酸奶切片 黄瓜, 橙 Alternative: Baked mix beans 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
5/13 Soy sauce chickens, baked sweet potato, bok choy, orange, fruit juice 酱油鸡腿, 烤红薯, 大白菜, 橙, 果汁	5/14 Baked fish fillet, baked beans, shanghai greens, apple, fruit juice 烤鱼排, 炖豆, 上 海菜, 苹果, 果汁	5/15 Curry chicken, baked beans, green cabbage, tangerine, fruit juice 咖喱鸡, 炖豆, 高丽菜, 橘, 果汁	5/16 Baked salmon fillet, mashed potato, spinach, banana, fruit juice 烤三文鱼, 土豆泥, 菠 菜, 香蕉, 果汁	5/17 Beef meatloaf, baked potato, mustard greens, orange, fruit juice 牛肉 饼, 烤土豆, 芥菜, 橙, 果汁	5/18 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 藍咖喱豆 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
5/20 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, 胡萝卜丝, 橙, 果汁	5/21 Baked mushroom chickens, sweet potato, green cabbage, banana, fruit juice 香菇鸡腿, 烤地瓜, 高丽菜, 香蕉, 果汁	5/22 Fish patties, baked potato, mustard greens, apple, fruit juice 鱼饼, 芥菜, 烤土豆, 苹果, 果汁	5/23 Baked chicken breast, broccoli, baked beans, tangerine, fruit juice 烤鸡胸, 炖豆, 西芥藍, 橘, 果汁	5/24 Roast pork, macaroni, spinach, orange, fruit juice 叉烧, 通心粉, 菠菜, 橙, 果汁 <hr/> Close at 2:00pm 下午两点休息	5/25 Special: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt, orange, fruit juice 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜, 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	Special Event 特别活动
5/29 Closed 休息 Memorial Day 国殇日	5/28 Soy sauce chickens, sweet potato, bok choy, orange, fruit juice 酱油鸡腿, 烤地瓜, 大白菜, 橙, 果汁	5/29 Baked salmon fillet, baked potato, mustard greens, banana, fruit juice 烤三文鱼, 烤土豆, 芥菜, 香蕉, 果汁	5/30 Baked fish fillet , baked beans, shanghai greens, apple, fruit juice 烤鱼排, 炖豆, 上海菜, 苹果, 果汁	5/31 Pork chops, sweet corns, bok choy, plum, fruit juice 烤猪扒, 甜玉米, 大白菜, 李子, 果汁	6/1 Special: Lentil /masoor dal soup, basmati/chapati, mustard green with tomato, raita yogurt, orange, fruit juice 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜, 橙, 果汁 Alternative: Baked mix beans w/ vegetable 杂豆炒时蔬

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