



July 1, 2024

Dear Members,

July 4th represents the day that American's celebrate their independence from Great Britain. How will you celebrate? Watch the fireworks? Participate in a parade? Fire up a barbeque? Or just relax at the beach? Our center will be closed in observance of Independence Day so you can spend the time with your friends and family together.

On Friday, July 26, it will be the opening ceremony for the Summer Olympics in Paris. For the first time, it will not be held in a stadium but on a river that is 6 kilometers long. The 10,500 athletes representing 206 countries will ride in on their own boats with built-in cameras so viewers watching on television will be able to see them up close. The athletes will compete in 32 different sports until August 11, 2024. These Summer Olympics occur every four years, so it is a great opportunity to gather some friends and cheer for your favorite teams.

The July birthday party will be held on Tuesday, July 23rd at 1:30 pm in the small dining room. Members, volunteers, and staff who have July 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.

In July, the Chinese Calligraphy Research Group class led by Instructor Shu Li will be holding their work exhibition in the Dining Room hallway. We hope that this exhibit will inspire other member to want to practice their Chinese calligraphy. Their class is held every Tuesday, 2:15-3:45 PM and interested members are welcome to join.

There will not be any field trips for the months of July and August due to the extreme heat. Field trips will resume in September. Remember to renew your membership for the new fiscal year of 2025 which starts in July. Member renewal and new member registrations are open daily from Monday to Saturday from 9-11 am in the small dining room. Please bring your membership card to renew your card. You must be a registered member at our center to participate in the field trips.

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. Starting in July, we will provide a plant-based meal on Mondays and Saturdays.

Last month, the new covid-19 variant, KP.2 accounted for 28.2 % of new cases. The Centers for Disease Control and Prevention data shows that a new COVID variant, the KP.3 variant, is rising to dominance across the United States. For the two-week period starting on May 26 and ending on June 8, the government agency data shows that KP.3 accounts for 25% of COVID cases in the U.S. and is now the dominant variant. Although the rates for deaths and hospitalizations have declined significantly, the data also shows that the rates for positive tests and emergency room visits are on the rise. The CDC recently reported on June 4 that "COVID-19 infections are growing or likely growing in 30 states". In zip code 11354, the hospitalization rate has increased to 13 %. In zip code 11355, the hospitalization rate has increased to 11.4% per 100,000 people infected. Data confirms the medical experts' statements that as Summer comes around, infections will rise. Vulnerable populations such as the very young, old, and immune-compromised are advised to get- the latest Covid-19 vaccines.

As the weather gets warmer, drink plenty of water and enjoy your summer!

Sincerely,

Winnie Hu, LMSW, Program Director

亲爱的会员们：

7月4日是美国的独立日，用来庆祝美国脱离英国统治，成为一个独立的国家。您会打算如何庆祝呢？看烟花？参加游行？烧烤派对？还是在海滩享受夏日阳光？中心也将在独立日放假一天，希望您能和家人朋友一起欢度这伟大的节日，

7月26日（星期五）巴黎将举行夏季奥运会的开幕式。这是奥运历史上，开幕式首次走出体育馆，在长达6公里的塞纳河上举行。代表206个国家的10,500名运动员将乘坐代表自己国家的船只亮相。而这些船上都装有内置摄像头，因此观众们可以近距离观看他们。各国运动员们将在32个不同的项目中展开竞争，直至2024年8月11日奥运会结束。夏季奥运会每四年举行一次，这正是一个召集朋友并为您们喜欢的队伍加油助威的好机会。

7月份，舒立教授带领的中国书法小组将在大饭厅走廊举办他们的作品展览。希望这次展览能鼓励更多有兴趣的会员们来练习中国书法。书法课程在每周二下午2:15至3:45举行，欢迎有兴趣的会员参加。

由于天气炎热，7月和8月没有安排户外郊游活动。户外郊游活动将于秋季9月恢复。中心也在此提醒大家，从7月开始，中心将进行2025财政年度的会员更新。会员更新和新会员注册都将于每天上午9点至11点在小饭厅进行，请携带您的会员卡进行更新。如若想要参加户外旅行活动，需要先在我们中心注册成为会员。

七月份的生日聚会将于 7 月 23 日 (星期二) 下午 1:30 在小饭厅举行。请所有在七月份过生日的会员、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)。

中心再次提醒会员: 周一至周六，中心每日都将为 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。从七月开始，我们将在周一和周六会供应素食餐。

最后，让我们来看一下新冠疫情的变化：上个月，新的 COVID-19 变种 KP.2 占新病例的比率为 28.2%。美国疾病控制与预防中心的数据显示，一种新的 COVID 变种，KP.3 变种，正在全美范围内蔓延。根据从 5 月 26 日到 6 月 8 日的两周间的政府机构数据显示，KP.3 在美国的 COVID 病例中占比达到 25%，目前已成为主要变种。尽管死亡率和住院率显著下降，但数据显示，阳性检测率和急诊室就诊率正在上升。美国疾控中心在最近 6 月 4 日报告称，“COVID-19 感染正在 30 个州增长或可能增长”。在邮政编码为 11354 的区域，住院率已上升到 13%；在邮政编码为 11355 的区域，每 10 万人感染者的住院率增至 11.4%。数据证实了医学专家的说法，随着夏季的来临，感染病例将会上升。建议易受影响的人群，如幼儿、老年人和免疫较弱者接种最新的 COVID-19 疫苗。

七月骄阳似火，在享受盛夏的同时，请注意防暑降温，多喝水！

祝您有一个繁花似锦的夏天！

中文翻译: Emily Zhang

项目主任: Winnie Hu, LMSW

2024 年 7 月 1 日

**Nowcast Estimates in United States
for 5/26/2024 – 6/8/2024**

USA				
MHO label	Lineage #	%Total	95%PI	
Omicron	KP.3	25.0%	15.9-36.7%	
	KP.2	22.5%	17.4-28.5%	
	LB.1	14.9%	7.6-26.6%	
	KP.1.1	7.5%	4.6-11.8%	
	JN.1.11.1	4.4%	2.6-7.3%	
	JN.1.7	3.7%	2.6-5.1%	
	XDV.1	3.4%	1.5-7.2%	
	JN.1.16.1	3.3%	2.0-5.5%	
	JN.1	3.1%	2.2-4.3%	
	JN.1.16	2.4%	1.1-4.8%	
	KS.1	2.2%	1.3-3.6%	
	KW.1.1	2.0%	0.6-5.5%	
	JN.1.13.1	1.5%	1.0-2.1%	
	JN.1.8.1	0.9%	0.6-1.4%	
	JN.1.18	0.8%	0.5-1.2%	
	KQ.1	0.8%	0.4-1.5%	
	JN.1.32	0.4%	0.3-0.6%	
	JN.1.4.3	0.3%	0.1-0.9%	
	XDP	0.3%	0.1-0.5%	
	KV.2	0.2%	0.1-0.3%	
	BA.2	0.0%	0.0-0.3%	
	BA.2.86	0.0%	0.0-0.0%	
	HV.1	0.0%	0.0-0.0%	

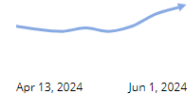
COVID-19 Update for the United States

Early Indicators

Test Positivity

% Test Positivity
4.5%
(May 26 to June 1, 2024)

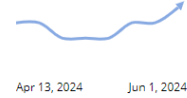
Trend in % Test Positivity
+0.4% in most recent week



Emergency Department Visits

% Diagnosed as COVID-19
0.5%
(May 26 to June 1, 2024)

Trend in % Emergency Department Visits
+16.2% 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

Hospitalization Rate per 100,000 population
1.1
(May 12 to May 18, 2024)

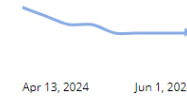
Trend in Hospitalization Rate
No change in most recent week



Deaths

% of All Deaths in U.S. Due to COVID-19
0.6%
(May 26 to June 1, 2024)

Trend in % COVID-19 Deaths
No change in most recent week



CDC | Test Positivity data through: June 1, 2024; Emergency Department Visit data through: June 1, 2024; Hospitalization data through: May 18, 2024; Death data through: June 1, 2024. Posted: June 7, 2024 12:06 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	13.0	0.0	April 26-May 23

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	11.4		April 26-May 23



**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 – July 2024 二零二四年七月份節目表

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. Estella Suen	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
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
11:00-3:45 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
8:30-9:30AM	Video Exercise 视频操锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
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=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=b3lUWjNGd2pnbDNKQ3hOZmltc1p2QT09 ; Call in: 1-646-876-9923. ID: 975 1991 4122; Passcode: 324 664 5921
10:30-11:30AM	Ping Pong 乒乓	Gui Lin	English/ 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

1:00-2:00 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	Xiang Mei Ding	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	Ms Estella Suen	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=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=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 (Last day 最后一课 7/3)
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 (No class 没有课 7/3)
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) (No class 没有课 7/3)
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
10:00-12:00 PM	Photography + Photoshop 摄影和修图	Mr. S.W. Ying	Chinese	Computer Lab 电脑室
11:00-2:00PM	Folk Band 中国民乐队	Nina Tang	Chinese	Stage 舞台
11:30-12:30PM	Mandarin for Beginner 初级普通话	Ms. Wei Er Li	Chinese	Arts Room 艺术室
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
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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
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08:30-10:00 AM	Tai Chi 太极	Ms Estella Suen	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
09:00-11:00 AM	Blood Pressure Screening 量血压	RN Jessica	English/ Chinese	Small Dining Room 小饭厅
10:00-12:00 PM	Yuan Ji Dance 元極舞	Anna, Yun Li and Mable	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
12:15-1:15 PM	Ping Pong 乒乓	David and Jane Chan	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 (7/6,7/20 & 7/27) (No class 没有课 7/13)
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 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
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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/9533353555?pwd=U
8:30-9:00 PM	Wai Dan Gong 外丹功	Jimmy Chuang	Chinese	XJPQTBjcC9IUm55SEZ4N3pyZldwdz09 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
7/1/24 - 7/31/24 Mon. to Sat. 星期一至星期六 9:00-10:45 AM	FY2025 Membership Renewal Service 年度会员证更新	PAC & Volunteers	English / Chinese	Small dining room 小饭厅
7/3/24 Wed. 星期三 10:00-11:00 AM	NYC Councilwoman Sandra Ung Monthly Mobile Office	Xin Ying Wu Sponsored by City Council	English / Chinese	Social Service Office 社会服务 (Every 1 st Wednesday of every month 每个月的第一个星期三)
7/6/24 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
7/8/24 -8/7/24 Mon. & Wed. 星期一和星期三 1. Mandarin 普通话 (10:00- 11:15 AM) 2. Cantonese 广东话 (11:30- 12:45PM)	Explore Tech Lecture 技术探索课程	May To 小美老师 from OATS	Mandarin / Cantonese	Computer Lab 电脑室
Time Change 时间更改 7/11/24 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) (7/11 课程取消)

7/13/24 Sat. 星期六 10:00-11:00AM	Diabetes 糖尿病	Jessica Zeng, RN	English/ Chinese	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/95822359953?pwd=anBPpGpXVEpsbXFYUVBXODg4bzZZQT09 Call in: 1 646 876 9923; ID: 958 2235 9953 Passcode: 1309887872 (Every 2 nd Saturday of every month 每个月的第二个星期六)
7/13/24 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺	Lily	English	Arts Room 艺术室 (Every 2 nd Saturday of every month 每个月的第二个星期六)
7/16/24 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
7/19/24 Fri., 星期五 10:00-11:00 AM	Food Poisoning 食物中毒	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
7/23/24 Tue., 星期二 1:30- 2:00PM	July Birthday Party 7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 July. 如果您的生日是在7月, 请到总办公室 报名。)
7/24/24 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
7/26/24 Fri., 星期五 10-11:00 AM	What Is Dementia? 认识失智症	Jasper, LMSW from CAPE	Chinese/English	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/93660795936?pwd=WmZUS3k5V0kyUVQvOExIUWk1cGJmZz09 Call in: 1 646 876 9923; ID: 936 6079 5936 Passcode: 4492648770
7/30/24 Tue., 星期二 10:00-2:00 PM	MTA On-site Services 老人半价乘车服务	MTA	Chinese/English	In front of center 中心大门口
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
7/2024–11/2024, 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)

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
7/1 Baked vegetable burger, baked potato, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 烤土豆, 橙, 果汁	7/2 Baked mushroom chicken, sweet corns, mustard greens, tangerine, fruit juice 香菇鸡腿, 甜玉米, 大芥菜, 橘, 果汁	7/3 Fish patties, baked beans, broccoli, apple, fruit juice 烤鱼饼, 炖豆, 西兰花, 苹果, 果汁 Close at 2:00pm 下午两点休息	7/4 Closed 休息 Independence Day 独立日	7/5 Roast pork, macaroni, sliced carrots w/ green beans, orange, fruit juice 叉烧, 通心粉, 胡萝卜四季豆, 橙, 果汁	7/6 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: Soy Sauce Chicken 酱油鸡
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
7/8 Mix vegetable stew, baked sweet potato, napa cabbage, orange, fruit juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	7/9 BBQ chicken, baked beans, green cabbage, tangerine, fruit juice 烤鸡腿, 炖豆, 高丽菜, 橘, 果汁	7/10 Beef meatballs, sweet corns, broccoli, apple, fruit juice 牛肉丸, 玉米, 西兰花, 苹果, 果汁	7/11 Baked fish fillet, mashed potato, mustard greens, banana, fruit juice 烤鱼排, 土豆泥, 芥菜, 香蕉, 果汁	7/12 Braised lean pork with carrot, green beans, baked potato, kiwi, fruit juice 胡萝卜炖肉, 四季豆, 烤土豆, 猕猴桃, 果汁	7/13 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: Fish patties 鱼饼
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
7/15 Baked black bean burger, sweet corns, bok choy, orange, fruit juice 烤豆饼, 甜玉米, 大白菜, 橙, 果汁	7/16 Baked mushroom chicken, baked beans, green cabbage, banana, fruit juice 香菇鸡腿, 炖豆, 高丽菜, 香蕉, 果汁	7/17 Baked salmon fillet, spaghetti, broccoli, tangerine, fruit juice 烤三文鱼, 炒意面, 西兰花, 橘, 果汁	7/18 Roast pork, mashed potato, mustard greens, apple, fruit juice 叉烧, 土豆泥, 大芥菜, 苹果, 果汁	7/19 Fish patties, sweet potato, sliced carrots w/green beans, orange, fruit juice 烤鱼饼, 烤地瓜, 胡萝卜四季豆, 橙, 果汁	7/20 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: Ground Pork wTofu 碎肉豆腐

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
7/22 Baked falafel, napa cabbage, baked potato, orange, fruit juice 烤豆丸子, 烤土豆, 大白菜, 橙, 果汁	7/23 Baked fish fillets, macaroni, green cabbage, banana, fruit juice 烤鱼排, 芥菜, 通心粉, 香蕉, 果汁	7/24 Steamed ground pork meat flavored w/dried fish, sweet corns, mustard greens, tangerine, fruit juice 鹹魚肉餅, 玉米, 大芥菜, 橘, 果汁	7/25 Curry chicken, baked beans, broccoli, apple, fruit juice 咖喱鸡, 炖豆, 西兰花, 苹果, 果汁	7/26 Pork chops, mashed potato, sliced carrots w/ green beans, plum, fruit juice 烤猪扒, 土豆泥, 胡萝卜四季豆, 李子, 果汁	7/27 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: Soy Sauce chicken 酱油鸡
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Special Event 特别活动	Special Event 特别活动
7/29 Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	7/30 Baked salmon fillet, sweet corns, spinach, banana, fruit juice 烤三文鱼, 甜玉米, 菠菜, 香蕉, 果汁	7/31 Roast pork, Mashed potato, Broccoli, Tangerine, fruit juice 叉烧, 土豆泥, 西兰花, 橘, 果汁	8/1 Steamed ground turkey with bean threads & eggs, baked beans, Shanghai greens, apple, fruit juice 火鸡羹蛋饼, 炖豆, 上海菜, 苹果, 果汁	Food Pantry 老人營養補充袋發 放日 7/16/24 Tue., 星期二 9:30-2:00 PM	MTA On-site Services 老人半价乘车服务 7/30/24 Tue., 星期二 10:00-2:00 PM

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