

**August 1, 2024**

**Dear Members,**

**Welcome to the hottest month of the year! Did you know that National Senior Citizens Day is celebrated on August 21st each year? This day is a time to recognize and appreciate the contributions of older people to their families and society. You can show appreciation by choosing to spend time with a senior citizen in various ways. You can choose to play a board game, read a favorite book, take them to the park, museum or watch a movie. You can offer to help with their chores and errands or share some stories and pictures of some of your favorite memories together.**

**This year, the \$25 worth of Farmer's Market Coupons will be distributed on Monday, August 5th and Tuesday, August 6th starting from 8:30 am-10:30 am or until the limited number of coupons that day are distributed. Participants must meet program guidelines: Age 60 years or older, New York State resident, and meet the income guidelines set by the program for the number of household members. Participants must not have received the Farmer's Market Coupons from any other locations.**

**Starting on Friday, August 9th, the Oil Painting Advanced Class led by Instructor Christina Andersen will be holding their art exhibition in the hallway next to the Large Dining Room. The exhibit will display various portraits, still-life and landscapes. Members are welcome to come to see the students' works, which will be displayed only for a limited time of four weeks.**

**The August birthday party will be held on Tuesday, August 13th at 1:30 pm in the small dining room. Members, volunteers, and staff who have August 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. August's birthday cakes will be sponsored by Humana, a health insurance company.**

**There will be no field trips held in August due to the extreme heat. Remember to renew your membership for the new fiscal year of 2025 which started in July. Member renewal and new member registrations are open daily from Monday to Saturday during the summer 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.**

**In the last month, the covid-19 KP.3 variant, has risen to 32.9% from 25%. A new variant DP 3.1.1 is rising and is now the second dominant variant at 17.7%. In the United States, the data also shows that the rates for positive tests, emergency room visits, and hospital visits are on the rise. Since last month, in zip code 11354, the hospitalization rate has increased from 13 % to 37.1%. In zip code 11355, the hospitalization rate has increased from 11.4% to 34.2% 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.**

**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.**

**As the weather gets hotter, drink plenty of water and enjoy the rest of your summer!**

**Sincerely,**

**Winnie Hu, LMSW, Program Director**

**亲爱的会员们，**

**八月，我们将迎来一年当中最炎热的月份！您知道每年 8 月 21 日是全国长者日吗？这一天是为了表彰和感谢年长者对家庭和社区的贡献。您可以选择通过各种各样的方式来表达感激之情，比如选择与身边的年长者一起下棋，或是共同阅读喜爱的书籍，还可以结伴前去公园、博物馆、电影院度过这一天。同时，也可以向他们提供帮助，例如：做些家务，跑跑腿，或是分享一些共同喜爱的照片和回忆。**

**在本月，众多会员们所关心的价值 25 美元的蔬果卷，将于 8 月 5 日（星期一）和 8 月 6 日（星期二）发放，时间为上午 8:30 至 10:30，直到发完为止。领取者应符合以下条件：1、年龄在 60 岁或以上；2、本人为纽约州居民；3、符合该福利规定的家庭成员收入标准；4、没有在任何其他地点领取过蔬果券。**

**从 8 月 9 日星期五开始，由 Christina Andersen 教师领导的油画高级班将在大餐厅旁边的走廊举办艺术展览。展览将展示各种肖像、静物和风景画作品。欢迎会员们前来欣赏他们的作品，这次展览时间为四周。**

由于夏季的持续高温，本月将不会举行任何户外郊游活动。中心的 2025 财年更新已于 7 月开始，请会员们记得更新您的会员卡。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，需要先在中心注册成为会员。

八月份的生日聚会将于 8 月 13 日 (星期二) 下午 1:30 在小饭厅举行。请所有在八月份过生日的会员、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)。八月份的生日蛋糕将由健康保险公司 Humana 赞助。

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。

最后，让我们关注一下疫情。在过去的一个月里，COVID-19 的 KP.3 变种从 25% 上升到了 32.9%。新的 DP 3.1.1 变种正在上升，现在已经成为第二主要的变种，占比为 17.7%。美国的数据还显示，阳性测试率、急诊室就诊率和住院率都在上升。自上个月以来，邮政编码为 11354 的区域住院率已从 13% 上升到了 37.1%；邮政编码为 11355 的区域住院率从 11.4% 上升到了 34.2% (每 10 万人中感染者)。

数据证实了医学专家的观点，随着夏季的到来，感染病例将增加。建议年幼、年长和免疫系统受损的易感人群接种最新的 COVID-19 疫苗。

最后，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。

天气变热时，请多补充水分，享受接近尾声的夏日时光！

中文翻译: Emily Zhang

此致

项目主任

Hu Winnie, LMSW

# Nowcast Estimates in United States for 7/7/2024 – 7/20/2024

USA

WHO label	Lineage #	%Total	95%PI
Omicron	KP.3	32.9%	27.1-39.3%
	KP.3.1.1	17.7%	8.3-32.9%
	KP.2.3	12.8%	8.0-19.8%
	LB.1	10.5%	8.5-12.9%
	KP.2	7.6%	5.5-10.3%
	KP.1.1	3.8%	2.6-5.5%
	LP.1	2.7%	0.8-7.7%
	KP.1.1.3	2.6%	1.6-4.4%
	LF.3.1	1.7%	0.5-4.7%
	JN.1.16.1	1.5%	1.1-2.2%
	KS.1	0.9%	0.6-1.5%
	KP.4.1	0.9%	0.4-2.1%
	XDV.1	0.7%	0.3-1.5%
	JN.1	0.6%	0.3-1.2%
	KW.1.1	0.5%	0.3-0.9%
	JN.1.11.1	0.5%	0.3-0.7%
	KP.1.2	0.4%	0.2-0.9%
	JN.1.7	0.4%	0.3-0.6%
	JN.1.16	0.4%	0.2-0.7%
	JN.1.18	0.3%	0.2-0.6%
	JN.1.13.1	0.1%	0.1-0.2%
	KQ.1	0.1%	0.0-0.2%
	JN.1.8.1	0.0%	0.0-0.1%
	JN.1.32	0.0%	0.0-0.1%
	XDP	0.0%	0.0-0.1%
	JN.1.4.3	0.0%	0.0-0.1%
	KV.2	0.0%	0.0-0.0%
	BA.2	0.0%	0.0-0.0%

## COVID-19 Update for the United States

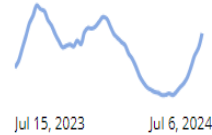
### Early Indicators

#### Test Positivity >

% Test Positivity

**11.0%**

Week ending July 6, 2024  
Previous week 9.1%

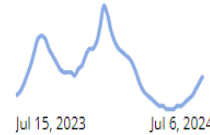


#### Emergency Department Visits >

% Diagnosed as COVID-19

**1.3%**

Week ending July 6, 2024  
Previous week 1.1%



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

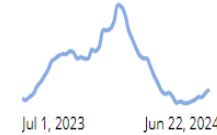
### Severity Indicators

#### Hospitalizations >

Hospitalization Rate per 100,000 population

**2.0**

Week ending June 22, 2024  
Previous week 1.8

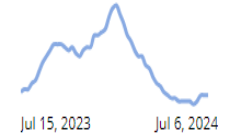


#### Deaths >

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

**0.8%**

Week ending July 6, 2024  
Previous week 0.8%



CDC | Test Positivity data through: July 6, 2024; Emergency Department Visit data through: July 6, 2024; Hospitalization data through: June 22, 2024; Death data through: July 6, 2024.  
Posted: July 15, 2024 3:05 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	37.1	0.0	June 7-July 4

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	34.2		June 7-July 4



**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 – August 2024 二零二四年八月份節目表**

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
Time Change 时间更改 08:30-9:45 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 <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
11:00-1:00PM	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
Time Change 时间更改 9:45-10:45AM	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 <a href="https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVlK3NlVDlhNGVZUWNSUhhNQT09">https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVlK3NlVDlhNGVZUWNSUhhNQT09</a> 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 <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
8:30-9:30AM	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 New Class 新课程	Photo & Video Questions & Answers 相片-视频作业辅导	Mr. S.W. Ying	Chinese	Computer Lab 电脑室 (Begin 8/6 开始)
11:00-1:00 PM New Class 新课程	Improve Computer Skills Questions & Answers 电脑辅导			
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			
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	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 <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
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	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 <a href="https://selfhelp.zoom.us/j/98706955835?pwd=NW5OZmpzMlhBdDNnK2lIcGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW5OZmpzMlhBdDNnK2lIcGlxVnArUT09</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
11:00-12:30 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>
8:30-9:00 PM	Wai Dan Gong 外丹功	Jimmy Chuang	Chinese	<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

## 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



Time Change 时间更改 9:00 – 11:00AM	Harmonica 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
11:00-2:00PM New Class 新课程	Drawing Techniques 绘画技巧	ChrisTina	English	Arts Room 艺术室 (Begin 8/15 开始)
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 <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

08:30-2:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/ Chinese	Auditorium 礼堂
Time Change 时间更改 08:30- 2:45 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
Time Change 时间更改 9:30-12:00 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
Time Change 时间更改 12:15-2:30PM	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=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09</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
Time Change 时间更改 12:30-3:00 PM	Oil Painting (Beginner) 油画(初班)	ChrisTina	English	Arts Room 艺术室
Time Change 时间更改 1:30-2:30 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
Time Change 时间更改 2:00-2:45 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	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
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 (8/3,8/17,8/24 & 8/31) (No class on 8/10 没有课)
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=UJXPOTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UJXPOTBjcC9lUm55SEZ4N3pyZldwdz09</a> 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
7/8/24 -8/7/24 Mon. 星期一 Mandarin 普通话 (10:00-11:15 AM) Wed. 星期三 Cantonese 广东话 (11:30-12:45 PM)	Explore Tech Lecture 技术探索课程	May To 小美老师 from OATS	Mandarin / Cantonese	Computer Lab 电脑室
8/1/24 - 8/31/24 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
8/1/24 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)
8/3/24 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=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09;">https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09</a> ; Call in 1-646-876-9923 ID: 953 3994 6345; Passcode: 3260637715
8/5/24 – 8/6/24 Mon. & Tue. 星期一和星期二 8:30-10:30AM	Farmer’s Market Coupons 蔬菜水果券發放日	Staff 工作人员	Chinese/English	Selfhelp Innovative Senior Center - Lobby 纽约市创新型老人中心 - 大堂
8/7/24 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 社会服务办公室 (Every 1 <sup>st</sup> Wednesday of every month 每个月的第一个星期三)
8/10/24 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)
8/13/24 Tue., 星期二 1:30- 2:00PM	August Birthday Party 8月份生日会	Staff 工作人员 sponsored by Humana	English/ Chinese	Small Dining Room 小饭厅 (Please sign up in the main office if your birthday is in August. 如果您的生日是在 8 月 份, 请到总办公室报名。)

8/16/24 Fri., 星期五 10:00-11:00 AM	Why is water important to drink? 为什么喝水很重要?	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
8/20/24 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
8/21/24 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
8/30/24 Fri., 星期五 10-11:00 AM	What Is Dementia? (Part II) 認識失智症 (第 2 部分)	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	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>
8/2024–11/2024 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)

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>Farmer's Market Coupons 蔬菜水果券發放日</b>  <b>8/5/24 – 8/6/24 Mon. &amp; Tue. 星期一和星期二 8:30-10:30AM</b>	<b>August Birthday Party 8月份生日会</b>  <b>8/13/24 Tue. 星期二 1:30- 2:00PM</b>	<b>Food Pantry 老人營養補充袋發 放日</b>  <b>8/20/24 Tue., 星期二 9:30-2:00 PM</b>	<b>8/1 Steamed ground turkey with bean threads &amp; eggs, baked beans, shanghai greens, apple, juice 火鸡蒸蛋饼, 炖豆, 上海菜, 苹果, 果汁</b>	<b>8/2 Beef plate stewed with daikon, baked sweet potato, carrots with green beans, orange, juice 牛腩炖萝卜, 烤地 瓜, 胡萝卜四季豆, 橙, 果汁</b>	<b>8/3 Ground pork w/tofu orange, juice. 中餐: 碎肉豆腐, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt  印度餐: 豆蔬浓汤, 糙米 饭, 全麦饼, 花菜烧西红 柿, 酸奶切片黄瓜.</b>
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>8/5 Baked black bean patties, napa cabbage, macaroni, orange, juice 烤黑豆饼, 通心粉, 大白菜, 橙, 果汁.</b>	<b>8/6 BBQ chicken, baked beans, mustard greens, banana, juice 烤鸡腿, 炖豆, 大芥菜, 香蕉, 果汁</b>	<b>8/7 Baked fish fillets, sweet corns, mustard greens, apple, juice 烤鱼排, 芥菜, 甜 玉米, 苹果, 果汁</b>	<b>8/8 Turkey Pattie, baked sweet potato, broccoli, kiwi, juice 火鸡肉饼, 烤地 瓜, 西芥兰, 猕猴桃, 果汁</b>	<b>8/9 Braised lean pork with carrots, green beans, baked potato, orange, juice 胡萝卜炖肉, 四季 豆, 烤土豆, 橙, 果汁</b>	<b>8/10 Fish patties, orange. juice 中餐: 鱼饼, 橙, 果汁  Alternative: Lentil /masoor dal soup, basmati/chapati, broccoli w/ curry tofu, raita yogurt 印度餐: 豆蔬 浓汤, 糙米饭, 全麦饼, 西芥 藍咖喱豆腐, 酸奶切片黄 瓜</b>
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>8/12 Baked vegetable patties, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白 菜, 烤地瓜, 橙, 果汁</b>	<b>8/13 Baked mushroom chicken, spaghetti, green cabbage, banana, juice 香菇鸡腿, 炒意 面, 高丽菜, 香 蕉, 果汁</b>	<b>8/14 Baked salmon fillet, baked potato, broccoli, apple, juice 烤三文鱼, 烤土豆, 西兰花, 苹果, 果 汁</b>	<b>8/15 Curry chicken, baked beans, mustard greens, kiwi, juice 咖喱鸡, 炖豆, 大 芥菜, 猕猴桃, 果 汁</b>	<b>8/16 Roast pork, sweet corns, green beans, orange, juice 叉烧, 甜玉米, 四 季豆, 橙, 果汁</b>	<b>8/17 Soy sauce chicken, orange. juice 中餐: 酱油鸡, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓 汤, 糙米饭, 全麦饼, 芥 菜烧西红柿, 酸奶切片黄 瓜</b>

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>8/19</b> <b>Baked falafel, napa cabbage, macaroni, orange, juice</b> 杂豆丸子, 通心粉, 大白菜, 橙, 果汁	<b>8/20</b> <b>Baked fish fillets, baked potato, green cabbage, banana, juice</b> 烤鱼排, 高丽菜, 烤土豆, 香蕉, 果汁	<b>8/21</b> <b>Steamed ground pork meat flavored w/dried fish, sweet corns, mustard greens, apple, juice</b> 鹹魚肉餅, 玉米, 大芥菜, 苹果, 果汁	<b>8/22</b> <b>BBQ chicken, baked beans, broccoli, kiwi, juice</b> 烤鸡腿, 炖豆, 西兰花, 猕猴桃, 果汁	<b>8/23</b> <b>Pork chops, mashed potato, green beans, plum, juice</b> 烤猪扒, 土豆泥, 四季豆, 李子, 果汁	<b>8/24</b> <b>Fish patties, orange, juice</b> 中餐: 鱼饼, 橙, 果汁  <b>Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt</b>  印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜
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>8/26</b> <b>Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice</b> 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	<b>8/27</b> <b>Baked salmon fillet, baked beans, green cabbage, banana, juice</b> 三文鱼, 炖豆, 高丽菜, 香蕉, 果汁	<b>8/28</b> <b>Roast pork, spaghetti, broccoli, apple, juice</b> 叉烧, 炒意面, 西兰花, 苹果, 果汁	<b>8/29</b> <b>Fish patties, mashed potato, mustard greens, kiwi, juice</b> 鱼饼, 土豆泥, 大芥菜, 猕猴桃, 果汁	<b>8/30</b> <b>Baked chicken breast, sweet corns, green beans, orange, juice</b> 烤鸡胸肉, 玉米, 四季豆, 橙, 果汁	<b>8/31</b> <b>Soy sauce chicken orange. juice</b> 中餐: 酱油鸡, 橙, 果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt</b>  印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜
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>9/2</b> <b>Baked black beans patties, baked potato, bok choy, orange, juice</b> 烤豆饼, 烤土豆, 大白菜, 橙, 果汁					

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