



September 1, 2024

Dear Members,

Welcome to the beginning of Autumn. National Senior Center Month is celebrated every year in September when we are reminded of the importance of our local older adult center and the impact it has in the community. We will celebrate with an extra dessert on September 9<sup>th</sup>, for every member during our meal service.

Our Center will be hosting the Mid-Autumn Festival on Monday, September 16<sup>th</sup>, to start the celebration. The event will be held in the auditorium from 1-3 pm. 100 raffles will be given away on a first come first served basis starting at 12:30 pm. A total of 8 lucky winners will be going home with a prize to prepare for the moon gazing experience. The prizes are a tea set, a variety of tea from around the world and a variety of sweets to enjoy with your family. Come to enjoy the Shanghai Opera singers perform under the moon and the beautiful decorations of the holiday.

September will return the field trips. Our center will take our members on two field trips to see the animals and the aquatic sea creatures. On Thursday, September 19<sup>th</sup>, we will bring 56 participants to the New York Aquarium in Coney Island in Brooklyn. We will register 52 senior members starting on Thursday, September 5<sup>th</sup>, beginning at 8:30 am. The cost of the trip is \$20 which includes the entrance fee, transportation, lunch, snacks, and water. You must be a registered member of the center to participate in the field trips.

The second trip will take place on Thursday, September 26<sup>th</sup>, where a group of 18 participants will go to the Queens Zoo. The cost of this trip is \$5 which includes the entrance fee, transportation, lunch, snacks, and water. We will register 16 seniors starting on Thursday, September 12<sup>th</sup>, beginning at 8:30 am. 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, aquarium and a botanical garden. One member can register for up to four trips but only once for each kind of destination.

**In September, a limited number of grab and go meals will be served from 1:30-2:30 pm. Our center will serve lunch and dinner meals to seniors over 60 years old from Monday through Saturday. Lunch will be served starting at 11:00 am. If you need to pack up your meals, you will need to bring your own containers.**

**The Oil Painting Beginner's Class led by Instructor Christina Andersen will be holding their art exhibition in the hallway next to the Large Dining Room in September. 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 September birthday party will be held on Tuesday, September 24th at 1:30 pm in the small dining room. Members, volunteers, and staff who have September 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. Our district 20's NYC Councilwoman Sandra Ung will prepare a birthday certificate and take a picture with the members that day to celebrate their September birthday.**

**Remember to renew your membership for the new fiscal year of 2025 which started in July. New member registrations are open daily from Monday to Saturday from 9-10:45 am in the small dining room. Please bring your membership card to renew your card.**

**In the last month, the covid-19 newest variant KP. 3.1.1 has risen to dominance from 17.7% to 27.8%. 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 decreased slightly from 37.1% to 35.2%. In zip code 11355, the hospitalization rate has decreased from 34.2% to 20.3% 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 and practice precautions. The latest vaccine will be available in early September. Check with your doctor or pharmacy to see if they have the latest vaccine to protect yourself from the current variants.**

**Thanks to special funding from New York City Councilwoman Sandra Ung's office, if you are a resident of Queens, over 60 years old, 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.**

**Sincerely,**

**Winnie Hu, LMSW, Program Director**

**亲爱的会员们：**

**酷暑正在渐渐离去，金色的秋天正在缓缓走来。农历八月十五日是传统的中秋佳节。中心将于9月16日（星期一）下午1点至3点在大礼堂举办中秋节庆祝活动。活动将于12:30开始，并按照先到先得的原则分发100张抽奖券。8名幸运者将会获得奖品，奖品包括茶具、来自世界各国不同产地的茶叶，及温馨可口的甜食。欢迎大家前来，欣赏上海歌剧演员在如水月光的表演，及中心中秋节日装饰。**

**九月也是“全国老年中心活动月”，此节日也是希望大家认识到当地老年中心对社区影响性和重要性。中心将于9月9日为每位前来就餐的会员提供一份额外的甜点，一同庆祝节日。**

九月，中心也将恢复户外郊游的活动。中心将为会员们安排两次户外的郊游，分别带领大家去参观动物园和水族馆。第一次的户外旅行活动定于9月19日（星期四），中心将带领56名参与者前往位于布鲁克林康尼岛的纽约水族馆。我们将在9月5日（星期四）上午8:30开始登记52名会员。户外郊游的费用为20美元，包括门票、交通、午餐、零食和水。

第二次旅行将于9月26日（星期四）进行，中心将带领18名参与者前往皇后区动物园。此次户外郊游的费用为5美元，包括门票、交通、午餐、零食和水。我们将从9月12日（星期四）早上8:30开始登记16名会员。

户外郊游仅对会员开放。每位会员一年最多可以注册参加四个不同类别的旅行，分别为：博物馆、动物园、水族馆和植物园。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）。如果您对这两次郊游活动感兴趣，请到办公室阅读登记的规定和条款。

九月份，由Christina Andersen老师教授的油画初学班将在大饭厅旁的走廊举行艺术展览。展览将展示各种肖像，静物和风景画。欢迎您前来欣赏学生们的作品，展示时间为四周。

9月份，中心将提供数量有限的外带餐，时间为下午1:30至2:30。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。如果您需要打包餐食，请自备饭盒。

9月份的生日聚会将于9月24日（星期二）下午1:30在小饭厅举行。请所有在9月份过生日的会员、义工和工作人员到办公室提前报名，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。20区纽约市议员黄敏儀将为寿星们准备生日证书，并与大家合影。

中心提醒大家：2025财政年度的会员更新已于7月份开始。会员更新和新会员注册都将于每天上午9点至10:45点在小饭厅进行。本中心会员请携带您的会员卡进行更新。

在过去一个月，COVID-19的新变异株KP.3.1.1的占比已从17.7%上升至27.8%。美国的数据也显示，阳性检测率、急诊就诊率和住院率均有所上升。从上个月开始，邮政编码为11354的区域住院率略微下降，从37.1%降至35.2%。在邮政编码为11355的区域，住院率已从34.2%下降至每10万人感染中20.3%。

数据证实了医学专家的说法，即随着夏季的到来，感染率将会上升。建议如婴幼儿、老年人以及免疫系统受损的易感人群接种最新的COVID-19疫苗并采取预防措施。最新的疫苗将于9月初上市。请咨询您的医生或药店，了解是否有最新疫苗，以保护自身免受当前变异株的影响。

最后，感谢纽约市议员黄敏儀办公室的特别资助，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获取更多信息或进行预约。

中文翻译: Emily Zhang, MSW

此致

项目主任 Winnie Hu, LMSW

**Nowcast Estimates in United States  
for 7/21/2024 – 8/3/2024**

**USA**

WHO label	Lineage #	% Total	95%PI
Omicron	KP.3.1.1	27.8%	23.0-33.2%
	KP.3	20.1%	17.2-23.4%
	LB.1	16.0%	13.5-18.7%
	KP.2.3	14.2%	11.2-17.8%
	KP.2	5.7%	4.2-7.6%
	LP.1	4.5%	3.1-6.4%
	KP.1.1	3.2%	2.4-4.4%
	KP.1.1.3	2.6%	1.7-3.8%
	JN.1.16.1	1.2%	0.8-1.8%
	LF.3.1	1.1%	0.7-1.7%
	KS.1	0.9%	0.6-1.4%
	KP.4.1	0.4%	0.2-0.9%
	JN.1.18	0.4%	0.2-0.6%
	JN.1.11.1	0.3%	0.2-0.5%
	JN.1	0.3%	0.2-0.5%
	XDV.1	0.3%	0.2-0.5%
	KW.1.1	0.2%	0.1-0.4%
	JN.1.16	0.2%	0.2-0.3%
	JN.1.7	0.2%	0.1-0.3%
	KP.1.2	0.1%	0.1-0.2%
	JN.1.13.1	0.0%	0.0-0.1%
	KQ.1	0.0%	0.0-0.1%
	JN.1.8.1	0.0%	0.0-0.0%
	XDP	0.0%	0.0-0.0%
	JN.1.4.3	0.0%	0.0-0.0%
	JN.1.32	0.0%	0.0-0.0%
	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

**17.6%**

Week ending August 3, 2024  
Previous week 16.4%



**Emergency Department Visits >**

% Diagnosed as COVID-19

**2.3%**

Week ending August 3, 2024  
Previous week 2.2%



**Severity Indicators**

**Hospitalizations >**

Rate per 100,000 population

**3.3**

Week ending July 20, 2024  
Previous week 3.2



**Deaths >**

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

**1.5%**

Week ending August 3, 2024  
Previous week 1.4%



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

CDC | Test Positivity data through: August 3, 2024; Emergency Department Visit data through: August 3, 2024; Hospitalization data through: July 20, 2024; Death data through: August 3, 2024. Posted: August 12, 2024 5:42 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	35.2	0.0	July 5-August 1

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	20.3	0.0	July 5-August 1



**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 – September 2024 二零二四年九月份節目表**

Lunch is served from 11:00AM- 12:30 PM. Dinner is served from 12:30 PM - 1:30 PM or until we are sold out.

Grab and Go – 1:30-2:30PM. You can get your meal ticket starting at 9:30AM.

For VSC (Virtual Senior Center): Register at link <https://www.vscm.selfhelp.net/contact> to sign up for VSC account.

**Monday 星期一**

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
8:30-3:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	Chinese	Auditorium 礼堂
8:30-9:45 AM	Tai Chi Box 炮拳	Ms. Estella Suen	Chinese	Auditorium 礼堂
9:45-10:45 AM	Zhuang Yuan Calligraphy Class 状元书法班	Thomson Chou	Chinese	Arts Room 艺术室
9:45-10:45 AM	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 VSC 视频和艺术室 <a href="https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVIK3NlVDlhNGVZUWNDSUhNQOT09">https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVIK3NlVDlhNGVZUWNDSUhNQOT09</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
Time Change 时间更改 12:30-3:30 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	Acrylic Painting	Kevin Chen	Chinese	Arts Room 艺术室

New Class 新课程	亚克力画			
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
Time Change 时间更改 4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	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
Time Change 时间更改 4:00-6:00 PM	ESL 英语九百句	Mr. Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09</a> Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode:720 039 9802
Time Change 时间更改 7:00-9:00PM	English Oral Practice 英语口语练习			

## 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
9:00-1:00 PM	Photo & Video Questions & Answers 相片-视影作业辅导	Mr. S.W. Ying	Chinese	Computer Lab 电脑室
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
Time Change 时间更改 12:30-3:30 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
1:30-3:30 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
2:15-3:45PM	Chinese Characters and Calligraphy Art Research Group 汉字与书法艺术研究会	Mr Li Shu 舒立教授	Chinese	Arts Room 艺术室
Time Change 时间更改 4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	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
Time Change 时间更改 4:00-6:00 PM	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
Time Change 时间更改 7:00-9:00PM	Citizenship 入籍			

## 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 VSC 视频和艺术室 <a href="https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2lhcGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2lhcGlxVnArUT09</a> ; Call in: 1-646-876-9923 ID: 987 0695 5835 Passcode: 667 123 2126
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
Time Change 时间更改 12:30-3:30 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	English Karaoke 英文卡拉 OK	Benny and Kay	English	Large Dining Room 大饭厅
1:30-3:30 PM	Ballroom Dancing 交際舞	Janet and 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 and Bao Huang Du	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/95333535555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09</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
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.	Sophie and June	Chinese	Auditorium 礼堂



	伸展运动 (10 mins 分钟) Line dancing 排舞 (50 mins 分钟)			
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	Drawing Techniques 绘画技巧	ChrisTina	English	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
Time Change 时间更改 12:30-3:30 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
2:00-3:45 PM	Er Hu Practice 二胡练习	Tong Wu	Chinese	Arts Room 艺术室 (9/12 & 9/26) (Every other Thursday of every month 每个月隔一个星期四)
2:30-3:30 PM	Latin Dance 拉丁舞	Mr. Chen	Chinese	Auditorium 礼堂
Time Change 时间更改 4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	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

## 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
10:00-12:30 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
Time Change 时间更改 12:30-2:00PM	Walking Dance 学习秧歌舞	Ning Wen	Chinese	Auditorium 礼堂
1:00-3:30 PM	Oil Painting (Beginner) 油画(初班)	ChrisTina	English	Arts Room 艺术室
1:30-3:30 PM New Class 新课程	Spanish Conversation 西班牙语对话	Mario Ramon	Spanish/English	Small Dining Room 小饭厅
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
Time Change 时间更改 4:00-6:00 PM	Sing Along 英文歌卡拉 OK	Felix and Mary	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/96474492130?pwd=R_FNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;">https://selfhelp.zoom.us/j/96474492130?pwd=R_FNEOU5aWkRVa1M4c3B0ajhnZVFmUT09;</a> Call in: 1-646-876-9923. ID: 964 7449 2130; Passcode: 739 290 0390
Time Change 时间更改 6:30-8:30PM	Karaoke 卡拉 OK	Bao Huang Du and Mary Yam	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMyaVIIUUXRQT09">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMyaVIIUUXRQT09</a> ID: 923 4362 9304; Passcode: 229 716 6017

## 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
Time Change 时间更改 12:30-3:30 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 (No class 没有课 9/14)
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
Time Change 时间更改 4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	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	English/Chinese	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

## 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
9/3/24 - 9/30/24 Mon., Wed., Fri. & Sat. 周一, 三, 五, 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
9/4/24 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)
9/4/24 Wed. 星期三 10:00-11:00 AM	What Does “Healthy Eating” Mean? “健康饮食” 是什么意思?	Rainbow Wong, Nutritionist 营养师 from Empire	English /Chinese	Large Dining Room 大饭厅
9/7/24 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
9/12/24 Thu., 星期四 10:00-11:00 AM	Advance Care Planning: Health Care Proxy 健康照護計劃與醫療護理 委託書	Tingyi Zhong from Charles B Wang Community Health Center	Chinese	Large Dining Room 大饭厅
9/16/24 Mon., 星期一 1:00-3:00 PM	Mid -Autumn Festival 中秋节庆祝会 Special visit from NYS Senator Mr John Liu(纽约州 参议员 Mr John Liu 来探访)	Shanghai Opera 越剧	Chinese	Auditorium 礼堂
9/17/24 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	English /Chinese	Rear Door 中心后门

9/18/24 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
9/19/24 Thu., 星期四 8:30-2:00 PM	Field Trip: NY Aquarium in Brooklyn 户外旅游：布鲁克林纽约水族馆	Karen, Matthew, Tony & Margo	English /Chinese	Please sign up in main office on 9/5 until sold out, 请在 9/5 到办公室报名, 直到售完为止。
9/20/24 Fri., 星期五 10:00-11:00 AM	Nutrition and Sleep 营养和睡眠	Eva Lau, Nutritionist 营养师	English /Chinese	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
9/24/24 Tue., 星期二 10:00- 11:00AM	Turning 65 workshop 65 岁医疗保险讲座	Health First 第一保健	Chinese	Large Dining Room 大饭厅
9/24/24 Tue., 星期二 1:30- 2:00PM	September Birthday Party 9 月份生日会	Staff 工作人员 sponsored by Health First	English /Chinese	Small Dining Room 小饭厅 (Please sign up in the main office if your birthday is in September. 如果您的生日是在 9 月份, 请到总办公室报名。)
9/26/24 Thu., 星期四 8:30-2:00 PM	Field Trip: Queens Zoo 户外旅游：皇后区动物园	Annie & Steve	English /Chinese	Please sign up in main office on 9/12 until sold out, 请在 9/12 到办公室报名, 直到售完为止。
9/27/24 Fri., 星期五 10-11:00 AM	How to deal with difficult people? 如何應對難相處的人	Jasper, LMSW from CAPE	English /Chinese	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
9/30/24 Mon., 星期一 1:30-3:30 PM	Welcome New Member Party 欢迎新会员聚会	Staff 工作人员	English /Chinese	Small Dining Room 小饭厅
Anytime 任何时间	DAKIM	Staff	English	Register with the office or call 718-886-5777

9/2024–11/2024 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)
--	--	----------------	---------	--

## VSC – You Might Like

### Wednesday 星期三

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
10:00-11:00AM	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=SkpFR052NmNPRzN0RWlSYTJKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWlSYTJKVWJIZz09</a> ; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506
11:00-12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 (Begin 9/11) <a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjl0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjl0UT09</a> Call in: 1-646-876-9923; ID: 963 0027 6377

### Friday 星期五

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
1:00-3:00PM	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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>9/2</p> <p><b>Closed 休息</b></p> <p><b>Labor Day 劳动节</b></p>	<p>9/3</p> <p>Fish fillet, macaroni, green cabbage, banana, fruit juice 烤鱼饼, 大白菜, 通心粉, 香蕉, 果汁</p>	<p>9/4</p> <p>Steamed ground pork pattie , sweet corns, cabbage w/ carrots , tangerine, fruit juice 鹹魚肉餅, 玉米, 高麗菜, 橘, 果汁</p>	<p>9/5</p> <p>Baked chicken breast , baked beans, mustard greens, kiwi, fruit juice 牛烤鸡胸, 炖豆, 西兰花, 猕猴桃, 果汁</p>	<p>9/6</p> <p>Pork chops, mashed potato, green beans, plum, fruit juice 烤猪扒, 土豆泥, 四季豆, 李子, 果汁</p>	<p>9/7</p> <p>Soy sauce chicken, broccoli w/cauliflower, orange, fruit juice 酱油鸡, 橙, 果汁 Alternative 或者: Lentil /masoor dal soup, basmati/chapati, broccoli w/curry tofu, raita yogurt 豆蔬浓汤, 糙米饭, 全麦饼, 西芥 藍咖喱豆腐, 酸奶切片黄瓜</p>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>9/9</p> <p>Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁</p>	<p>9/10</p> <p>Baked salmon fillet , baked beans, green cabbage, banana, fruit juice 烤三文鱼, 炖豆, 高麗菜, 香蕉, 果汁</p>	<p>9/11</p> <p>Roast pork , spaghetti ,broccoli, apple, fruit juice 叉烧, 炒意面, 西兰花, 苹果, 果汁</p>	<p>9/12</p> <p>Turkey meat loaf , baked beans, mustard greens, kiwi, fruit juice 火鸡蒸蛋饼, 炖豆, 大芥菜, 猕猴桃, 果汁</p>	<p>9/13</p> <p>Beef stewed with daikon , baked sweet potato, carrots with green beans , orange, fruit juice 牛筋炖萝卜, 烤地瓜, 胡萝卜四季豆, 橙, 果汁</p>	<p>9/14</p> <p>Baked mushroom chicken, broccoli/cauliflower, orange, fruit juice 香菇鸡腿, 橙, 果汁 Alternative 或者; Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜</p>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>9/16</p> <p>Baked falafel, baked sweet potato, napa cabbage, orange, fruit juice 烤豆丸子, 烤地瓜, 西芥兰, 橙, 果汁</p>	<p>9/17</p> <p>Bbq chicken , baked beans, green cabbage, banana, fruit juice 烤鸡腿, 炖豆, 高麗菜, 香蕉, 果汁</p>	<p>9/18</p> <p>Baked fish fillets, sweet corns, broccoli, apple, fruit juice 烤鱼排, 芥菜, 甜玉米, 苹果, 果汁</p>	<p>9/19</p> <p>Turkey burger, mustard greens, macaroni , kiwi, fruit juice 火鸡肉饼, 通心粉, 大芥菜, 猕猴桃, 果汁</p>	<p>9/20</p> <p>Stewed pork with carrots, green beans, baked potato, orange, fruit juice 胡萝卜炖肉, 四季豆, 烤土豆, 橙, 果汁</p>	<p>9/21</p> <p>Baked breaded fish, broccoli w/cauliflower, orange, fruit juice 鱼饼, 橙, 果汁 Alternative 或者: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜</p>

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>9/23</b> Baked vegetable burger , mashed potato, orange, fruit juice 烤蔬菜饼, 土豆泥, 西兰花, 橙, 果汁	<b>9/24</b> Baked mushroom chicken , sweet potato, green cabbage, banana, fruit juice 香菇鸡腿, 烤地瓜, 高丽菜, 香蕉, 果汁	<b>9/25</b> Baked breaded fish, baked potato, broccoli, apple, fruit juice 烤鱼饼, 烤土豆, 大白菜, 苹果, 果汁	<b>9/26</b> Curry chicken , sweet corns, mustard green, kiwi, fruit juice. 咖喱鸡, 甜玉米, 大芥菜, 猕猴桃, 果汁。	<b>9/27</b> Roast pork, baked beans, green beans, orange, fruit juice 叉烧, 炖豆, 四季豆, 橙, 果汁	<b>9/28</b> Soy sauce chicken, broccoli w/cauliflower, orange.fruit juic. 酱油鸡, 橙, 果汁 Alternative 或者; Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 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	Special Event 特别活动	Special Event 特别活动	Special Event 特别活动	Special Event 特别活动
<b>9/30</b> Baked falafel, napa cabbage, macaroni , orange, fruit juice 烤豆丸子, 通心粉, 大白菜, 橙, 果汁	<b>10/1</b> Baked fish fillets, baked potato, green cabbage, banana, fruit juice 烤鱼排, 高丽菜, 烤土豆, 香蕉, 果汁	<b>Mid -Autumn Festival</b> 中秋节庆祝会  <b>9/16/24</b> <b>Mon., 星期一</b> <b>1:00-3:00 PM</b>	<b>Food Pantry</b> 老人营养补充袋发放日  <b>9/17/24</b> <b>Tue., 星期二</b> <b>9:30-2:00 PM</b>	<b>Field Trip: NY Aquarium in Brooklyn</b> 户外旅游: 布鲁克林纽约水族馆  <b>9/19/24</b> <b>Thu., 星期四</b> <b>8:30-2:00 PM</b>	<b>Field Trip: Queens Zoo</b> 户外旅游: 皇后区动物园  <b>9/26/24</b> <b>Thu., 星期四</b> <b>8:30-2:00 PM</b>

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