



October 1, 2024

Dear Members,

About 500 years ago, back in 1492, an Italian explorer named Christopher Columbus sailed across the ocean blue and landed in America. To commemorate this event, America celebrates Columbus Day. In observance of this federal holiday, on Monday, October 14th, the senior center will be closed.

October has two holy days in Judaism, which are Rosh Hashanah and Yom Kippur. According to Jewish teachings, on Rosh Hashanah, God inscribes each person's fate for the coming year into the Book of Life, and waits until Yom Kippur to "seal" the verdict. During these days, a Jew reflects on the year's goals, and past actions, how his or her behavior has possibly hurt others and seeks forgiveness for wrongs done against God and against other human beings. Fasting and long prayers are customs of Jewish tradition during this time.

On October 5th, our Calligraphy Instructor, Dae Young Kim, will be exhibiting the members' work along the Large Dining Room hallway for a month. Please stop by to see the artwork if you are interested.

On Thursday, October 10th, Instructor Ben Ying will be starting his new series of "Beginner's Video and Photography Editing Class". Also, on Saturday, October 12th, he will be starting a new class for "Intermediate Video and Photo Editing" in the morning. If you are interested in any of these classes, please sign up at the main office as soon as possible. There are limited seats available.

On Friday, October 11th, the center will take a group of 18 participants 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 Tuesday, October 1st beginning at 8:30 am. You must be a registered member of the center to participate in the field trips. If you are interested, please come to the office to read the rules and regulations for the field trip registration. Any member can register for this trip even if they have gone to a zoo earlier this year. The center invites our members to take advantage of the Fall weather before the Winter comes so that our seniors can enjoy the outside fresh air and soak in the sun with their friends at the center.

The October birthday party will be held on Tuesday, October 22nd at 1:30 pm in the small dining room. Members, volunteers, and staff who have October 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.

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 KP3.1.1 has risen to dominance from 27.8% to 52.7%. In the United States, the data also shows that the rates for positive tests, emergency room visits, and hospital visits are slowly decreasing. Since last month, in zip code 11354, the hospitalization rate has decreased slightly from 35.2% to 31.5%. In zip code 11355, the hospitalization rate has decreased from 20.3% to 19% per 100,000 people infected.

Vaccination can help reduce the duration and severity of COVID-19 symptoms if you become infected, and it reduces the risk of long COVID for adults and children. Three updated vaccines are available in the US: Pfizer, Moderna, and Novavax. The Pfizer and Moderna vaccines are available for people ages 6 months and older, and the Novavax vaccine for people ages 12 and older. Ask your doctor about vaccinations including the flu shot on your next doctor's visit.

Election Day is coming up on Tuesday, November 5, 2024. You can vote in person before Election Day between Oct 26th. and Nov 3rd. Check your early voting locations because it may be different from where you vote on Election Day. If you need to find your polling site for early voting, you can check at: <https://elections.ny.gov/early-voting>.

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:

五百年前,也就是1492年,意大利航海家克里斯托弗·哥伦布首次登上了美洲大陆。为了纪念这位伟大的探险者,美国政府决定把每年十月的第二个星期一,定为联邦假日。为了纪念这个节日,本中心也将于在10/14/2024(星期一)关闭一天。

十月份,犹太教有两个重要的节日,即犹太新年和赎罪日。根据教义,在犹太新年,神将每个人来年的命运铭刻在生命册上,并等到赎罪日才“封存”判决。在这段时间里,犹太人会反思一年来的目标和行为,针对自己的行为可能对他人造成的伤害,寻求上帝和他人的宽恕。斋戒和长时间祈祷是犹太人的传统习俗。

10月5日,书法老师金大永将展示会员们的优秀作品。作品将在大餐厅走廊展出一个月。如果您对此感兴趣,欢迎前来欣赏。

10月10日(星期四),电脑应老师将教授新的系列“初级视频和摄影编辑课程”。此外,在10月12日(星期六)早上,他将开设新的“中级视频和摄影编辑课程”。如果您对这些课程感兴趣,请尽快到办公室报名(名额有限)。

10月11日(星期五),中心将带领18名会员前往皇后区动物园参观。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10月1日(星期二)早上8:30开始登记16名会员,户外郊游仅对会员开放。如果您对这次郊游活动感兴趣,请到办公室阅读登记的规定和条款。此次活动,任何会员都可以报名参加,即使您今年早些时候已经参观过该动物园。中心邀请各位会员在冬季来临之前,和其他会员们一起享受秋日户外的阳光和新鲜空气。

10月份的生日聚会将于10月22日(星期二)下午1:30在小饭厅举行。请所有在10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。

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注册更新。

上个月,Covid-19最新变种KP3.1.1的感染率从27.8%上升至52.7%。美国数据显示,阳性检测率、急诊室就诊率和住院率正在缓慢下降。自上个月以来,在邮政编码11354的区域,住院率略微下降,从35.2%降至31.5%。在邮政编码11355的区域,住院率也从每10万人的20.3%降至19%。

接种疫苗可以帮助减少感染后COVID-19症状的持续时间和严重性,并降低成人和儿童患上长期COVID的风险。目前在美国有三种更新的疫苗可供选择:辉瑞、莫德纳和诺瓦克斯。辉瑞和莫德纳疫苗适用于6个月及以上的人群,诺瓦克斯疫苗适用于12岁及以上的人群。您在下次就诊时,请询问家庭医生关于疫苗接种的具体情况,包括流感疫苗。

总统选举日即将到来,也就是2024年11月5日(星期二)。您可以在正式选举日前,于10月26日至11月3日之间,进行提前投票。在前往前,请检查您的提前投票地点,因为这可能与选举日当天的投票点不同。如果您需要查找提前投票的投票地点,可以访问:
<https://elections.ny.gov/early-voting>。

最后,感谢纽约市议员黄敏儀 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),您可以致电718-559-4352,预约免费接送去往诊所。

中文翻译: Emily Zhang

此致

项目主任 Winnie Hu, LMSW

**Nowcast Estimates in United States
for 9/1/2024 – 9/14/2024**

COVID-19 Update for the United States

USA			
WHO label	Lineage #	%Total	95%PI
Omicron	KP.3.1.1	52.7%	48.6-56.8%
	KP.2.3	12.2%	10.8-13.8%
	LB.1	10.9%	9.4-12.6%
	KP.3	10.6%	9.3-12.1%
	KP.2	3.1%	2.2-4.2%
	LP.1	2.1%	1.4-3.0%
	KP.1.1.3	1.9%	1.4-2.8%
	JN.1.18	1.7%	0.6-4.0%
	KP.1.1	1.5%	1.2-1.9%
	KS.1	0.7%	0.4-1.0%
	KP.2.15	0.7%	0.4-1.0%
	LF.3.1	0.6%	0.4-0.9%
	JN.1.16.1	0.6%	0.4-0.8%
	KP.4.1	0.2%	0.1-0.4%
	JN.1.11.1	0.2%	0.1-0.3%
	JN.1	0.2%	0.1-0.3%
	KW.1.1	0.0%	0.0-0.1%
	XDV.1	0.0%	0.0-0.1%
	JN.1.16	0.0%	0.0-0.0%
	JN.1.7	0.0%	0.0-0.0%
	KP.1.2	0.0%	0.0-0.0%
	KQ.1	0.0%	0.0-0.0%
	JN.1.8.1	0.0%	0.0-0.0%
	JN.1.32	0.0%	0.0-0.0%

Early Indicators

Test Positivity >

% Test Positivity

14.9%

Week ending September 7, 2024

Previous week 16.5%



Emergency Department Visits >

% Diagnosed as COVID-19

2.0%

Week ending September 7, 2024

Previous week 2.4%



Severity Indicators

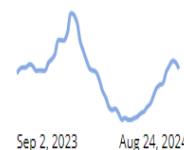
Hospitalizations >

Rate per 100,000 population

4.3

Week ending August 24, 2024

Previous week 4.7



Deaths >

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

2.3%

Week ending September 7, 2024

Previous week 2.5%



ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	31.5		August 2-August 29

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	19.0	0.0	August 2-August 29



Innovative Senior Center
 (Benjamin Rosenthal-Prince Street)
 45-25 Kissena Blvd., Flushing, NY 11355

Tel: 718-886-5777 www.selfhelp.net

本杰民-王子街自助老人中心，纽约市创新型老人中心之一

PROGRAM – October 2024 二零二四年十月份節目表

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.

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 https://selfhelp.zoom.us/j/98337081842?pwd=VD B1emVIK3NlVDlhNGVZUWnDSUhNQT09 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
1:00-3:30 PM Time Change 时间更改	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 亚克力画	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
4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 ID: 977 0732 1021; Passcode: 707 889 9544
4:00-6:00 PM	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
6:30 –8:30PM Time Change 时间更改	Sing Along 英文歌卡拉 OK	Felix and 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
7:00-9:00PM	English Oral Practice 英语口语练习	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

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 (10/1 cancel 取消)

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	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
1:00-3:30 PM Time Change 时间更改	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
4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 ID: 977 0732 1021; Passcode: 707 889 9544
4:00-6:00 PM	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
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 https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMlhBdDNnK2lhcGlxVnArUT09 ; 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
1:00-3:30 PM Time Change 时间更改	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 https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTbjcC9lUm55SEZ4N3pyZldwdz09 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. 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 (10/3 cancel 取消)
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
1:00-3:30 PM Time Change 时间更改	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 (10/3 cancel 取消)
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 (10/10 & 10/24)) (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
4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 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 (10/11 9:00am-11:30am)
10:00-12:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
12:30-2:00PM	Walking Dance 学习秧歌舞	Ning Wen	Chinese	Auditorium 礼堂 (10/11 12:30pm-1:45pm)
1:00-3:30 PM	Oil Painting (Beginner) 油画(初班)	ChrisTina	English	Arts Room 艺术室(10/11 11:30am-2:00pm)
1:30-3:30 PM	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 (10/11 cancel 取消)
6:30-8:30PM	Karaoke 卡拉 OK	Bao Huang Du and Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09 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 New Class 新课程	Intermediate Video Editing 中级视频编辑	Mr. S.W. Ying	Chinese	Computer Lab 电脑室 (10/5 cancel 取消)
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
1:00-3:30 PM Time Change 时间更改	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 10/12)
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 (10/5 cancel 取消)
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
4:00-6:00 PM	Karaoke Practice 卡拉 OK 练习	Bao Huang Du and Mary Yam	Chinese	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	English/Chinese	VSC 视频 https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTbjcC9lUm55SEZ4N3pyZldwdz09

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
10/1/24 - 10/31/24 Mon., Wed., & Sat. 周一, 三和六 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
10/2/24 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 st Wednesday of every month 每个月的第一个星期三)
10/2/24 Wed. 星期三 10:00-11:00 AM	Vitamins and Health 维生素与健康	Rainbow Wong, Nutritionist 营养师 from Empire	English /Chinese	Large Dining Room 大饭厅
10/5/24 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=cTY5SVJYYXo2YStVM2loTEtvZnpadz09; Call in 1-646-876-9923 ID: 953 3994 6345; Passcode: 3260637715
10/8/24 Tue., 星期二 10:00-11:00AM	Emergency Training 应急训练	Kyungho Lee from Citizen Preparedness Corps	English/Chinese	Large Dining Room 大饭厅
10/11/24 Fri., 星期五 8:30-2:00 PM	Field Trip: Queens Zoo 户外旅游: 皇后区动物园	Ann & Margo	English /Chinese	Please sign up in main office on 10/1 until sold out, 请在 10/1 到办公室报名, 直到售完为止。
10/15/24 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	English /Chinese	Rear Door 中心后门

10/16/24 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
10/18/24 Fri., 星期五 10:00-11:00 AM	Do I need vitamins and mineral supplements? 我需要补充维生素和矿物质吗?	Eva Lau, Nutritionist 营养师	English /Chinese	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
10/22/24 Tue., 星期二 10:00- 11:00AM	Fire Safety Workshop 消防安全讲座	Sponsored by FDNY Fire Safety Education Unit	English/Chinese	Large Dining Room 大饭厅
10/22/24 Tue., 星期二 1:30- 2:00PM	October Birthday Party 10 月份生日会	Staff 工作人员	English /Chinese	Small Dining Room 小饭厅 (Please sign up in the main office if your birthday is in October. 如果您的生日是在 10 月份, 请到总办公室报名。)
10/25/24 Fri., 星期五 10-11:00 AM	How Does Hearing Loss Affect Older Adults? 聽力損失對老年人的影響	Jasper, LMSW from CAPE	English /Chinese	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
10/28/24 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
10/2024–11/2024 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 https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09 ; 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) https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09 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

Special Event 特别活动	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Food Pantry 老人營養補充袋 發放日 10/15/24 Tue., 星期二 9:30-2:00 PM	10/1 Baked fish fillets, baked potato, green cabbage, banana, fruit juice 烤鱼排,高丽 菜, 烤土豆, 香 蕉, 果汁	10/2 Chinese style pork patty,sweet corns, mustard greens , apple, fruit juice 鹹魚肉餅,玉米, 大 芥菜, 苹果, 果汁	10/3 Bbq chicken, baked beans, broccoli, kiwi, fruit juice 烤鸡 腿, 炖豆, 西兰 花, 猕猴桃, 果汁	10/4 Stewed lean pork with carrots, green beans, baked potato, orange, fruit juice 胡萝卜炖 肉, 四季豆, 烤土 豆, 橙, 果汁	10/5 Baked breaded fish ,broccoli/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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
10/7 Mix vegetable stew, baked potato, napa cabbage, tangerine, fruit juice 炖素菜, 烤土 豆, 大白菜, 橘, 果汁	10/8 Soy sauce chicken , baked beans, green cabbage, banana, fruit juice 酱油鸡, 炖豆, 高丽菜, 香蕉, 果汁	10/9 Baked salmon fillet, baked sweet corns, broccoli/ cauliflower , apple, fruit juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	10/10 Roast pork, mashed potato, mustard greens, kiwi, fruit juice 叉烧, 土豆泥, 大芥 菜, 猕猴桃, 果汁	10/11 Baked marinated fish, sweet potato, sliced carrots w/green beans, orange, fruit juice 烤鱼排, 烤地 瓜, 胡萝卜四季 豆, 橙, 果汁 Closes at 2pm 下午 2 点关门	10/12 Bbq chicken, broccoli, orange, fruit juice 烤鸡 腿, 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Closed 休息 Columbus Day 哥伦布日	10/15 Baked breaded fish fillet, baked potato, green cabbage, banana, fruit juice 烤鱼 饼, 高丽菜, 烤土 豆, 香蕉, 果汁	10/16 Soy sauce chicken, sweet corns, mustard greens , apple, fruit juice 酱油鸡, 玉米, 大芥 菜, 苹果, 果汁	10/17 Baked chicken breast , sweet potato, napa cabbage , kiwi, fruit juice 烤鸡胸 肉, 烤地瓜, 大白 菜, 猕猴桃, 果汁	10/18 Pork chops, mashed potato, green beans, plum, fruit juice 烤猪扒, 土豆泥, 四季豆, 李子, 果 汁	10/19 Baked chicken patty, broccoli/cauliflower, orange, fruit juice 烤鸡饼, 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	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
10/21 Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	10/22 Turkey burger, baked beans, green cabbage, banana, fruit juice 火鸡肉饼, 炖豆, 高丽菜, 香蕉, 果汁	10/23 Roast pork, spaghetti, broccoli, apple, fruit juice 叉烧, 炒意面, 西兰花, 苹果, 果汁	10/24 Baked salmon fillet, sweet corns, shanghai greens, kiwi, fruit juice 烤三文鱼, 甜玉米, 上海菜, 猕猴桃, 果汁	10/25 Beef plate stewed with daikon, baked sweet potato, carrots with green beans, orange, fruit juice 牛腩炖萝卜, 烤地瓜, 胡萝卜四季豆, 橙, 果汁	10/26 Baked breaded fish, broccoli, fruit juice 烤鱼饼, 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
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
10/28 Baked falafel, napa cabbage, macaroni, orange, fruit juice 烤豆丸子, 通心粉, 大白菜, 橙, 果汁	10/29 Bbq chicken, baked beans, green cabbage, banana, fruit juice 烤鸡腿, 炖豆, 高丽菜, 香蕉, 果汁	10/30 Baked fish fillets, sweet corns, mustard greens, apple, fruit juice 烤鱼排, 芥菜, 甜玉米, 苹果, 果汁	10/31 Beef meatballs, baked sweet potato, broccoli, kiwi, juice 牛肉丸, 烤地瓜, 西芥兰, 猕猴桃, 果汁	11/1 Stewed pork with carrots, mashed potato, green beans, plum, fruit juice 胡萝卜炖肉, 土豆泥, 四季豆, 李子, 果汁	October Birthday Party 10月份生日会 10/22/24 Tue., 星期二 1:30- 2:00PM

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