



December 1, 2024

Dear Members,

Christmas is a worldwide holiday that includes popular customs such as exchanging gifts, decorating trees, attending church, and sharing meals. It is the time of year to remember the birth of Jesus and the message that he brings which includes his love, hope and joy to the world. On Wednesday, December 25th, the center will be closed in observance of Christmas Day.

On the same day, Jewish believers will begin celebrating Hanukkah for 8 nights to commemorate the miracles of the crucible of oil lasting for 8 days after the temple was destroyed by the Syrian Greeks in 165 BC. Hanukkah is the "festival of lights," celebrated by nightly candle lighting, special blessings, and eating tasty foods.

In partnership with New York State Assemblymember Nily Rozic, the center will be hosting a holiday meal giveaway on Monday, December 16, 2024 starting at 11 am. Santa Claus will be showing up early this year to bring cheer and happiness to make this day extra special.

On December 9th, our Zhuang Yuan Calligraphy Class taught by Mr. Thomson Chou on Monday mornings, will be exhibiting the members' work along the Large Dining Room hallway for a month. Please stop by to see the artwork of your fellow members.

On Thursday, December 12th, the center will take a group of 56 participants to the New York Botanical Garden to see the Holiday Train Show. Many members who went in November Holiday train at NYBG said that the spectacular outing was very "special and interesting and not to be missed" They saw over 200 miniature NYC landmarks, like the Brooklyn Bridge, Statue of Liberty, and Coney Island Wonder Wheel charmingly recreated through natural materials such as bark, leaves, and lotus pods. The member's cost of the trip is \$20 which includes the entrance fee, transportation, lunch, snacks, and water. We will register 52 seniors starting on Tuesday, December 3rd beginning at 8:30 am. This trip will be for those who have not gone to any botanical garden during the 2024 year.

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

In the last month, the Covid-19 KP.3.1.1 has decreased from 57.2% to 52%. A new variant, a subvariant of Omicron, XEC, is at 28% transmission. By the end of September, XEC had been detected in at least 25 states in the U.S. According to Dr Roberts from Yale Medicine, the new November Covid-19 vaccine is expected to be effective against the new variant XEC. As the holidays are coming and people will be spending time with friends and family, it is recommended to get vaccinated.

In the United States, the data also shows that the rates for positive tests, emergency room visits, and hospital visits are non-existent or very low. Rates are not displayed in the tables below for areas with few hospitalizations or deaths.

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

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，

十二月是一年的尾声。圣诞节是一个全球性的节日，包含了许多传统习俗，如唱圣诞歌曲，装饰圣诞树、彼此互送礼物，参加教堂活动和家人团聚共享美食等。这是一个纪念耶稣诞生以及他将爱、希望和喜乐传递给世界的日子。为了庆祝圣诞节这一重要的节日，中心将于 12 月 25 日（星期三）关闭一天。

同一天，犹太信徒将开始庆祝为期 8 天的光明节（Hanukkah），以纪念公元前 165 年在圣殿被叙利亚希腊人摧毁后，油灯神迹般地持续燃烧 8 天。Hanukkah 是“光明的节日”的意思。庆祝活动包括每晚点燃烛光、特别的祝福并享用美食。

在纽约州议员 Nily Rozic 合作下，中心将在 2024 年 12 月 16 日（星期一）上午 11 点开始举办节日免费餐点赠送活动。一人一份，先来先得。如若有天气变化，中心将另行通知。中心在此邀请大家前来领取免费餐点。今年，“圣诞老人”也将提前在中心现身，为大家带来欢乐和祝福，让这一天变得与众不同。

12月9日，我们的“状元书法班”每周一上午将展出由 Mr. Thomson Chou 所教授的学员作品，这些作品将展示在大餐厅走廊上，展览为期一个月。请大家前来参观，欣赏这些优秀的艺术作品。

在12月12日（星期四），中心将带领56名参加者前往纽约植物园，观看假日火车展。许多在11月参加过纽约植物园节日火车展的会员们形容它“是一次很特别且有趣的旅程，不容错过”。在此次旅程中，您将能够乘坐有轨电车游览整个花园，并且会欣赏到200多个纽约市的微型地标，如布鲁克林大桥、自由女神像和康尼岛奇观摩天轮。每座微型建筑都是通过树皮、树叶和莲蓬等天然材料装饰而成。此次户外郊游的费用为20美元，包括门票、交通、午餐、零食和水。我们将于12月3日（星期二）早上8:30开始登记52名会员。参加者必须是中心的注册会员，并且在2024年内未曾前往过任何植物园。

12月份的生日聚会将于12月23日（星期一）下午1:30在小饭厅举行。请所有在12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。请携带您的会员卡进行注册更新。

在上个月，Covid-19的KP.3.1.1变种从57.2%降至52%。一种新的变种，Omicron的亚变种XEC传播率为28%。到9月底，XEC已在至少25个州被发现。根据耶鲁医学的罗伯茨博士（Dr. Roberts）表示，预计新发布的11月Covid-19疫苗对XEC变种有效。随着节日临近，大家将与亲朋好友相聚，为了您的健康请接种疫苗。

在美国，数据显示阳性检测率、急诊就诊率和住院率处于几乎没有或者是非常低的程度。对于住院或死亡病例较少的地区，表格中没有显示相关数据。

接种疫苗可以帮助减少感染COVID-19后症状的持续时间和严重性，并降低成人和儿童患上长期新冠（Long COVID）的风险。目前在美国有三种更新的疫苗可供选择：辉瑞（Pfizer）、莫德纳（Moderna）和诺瓦瓦克斯（Novavax）。辉瑞和莫德纳疫苗适用于6个月及以上的人群，诺瓦瓦克斯疫苗适用于12岁及以上人群。您在下次就诊时，可以向医生咨询包括流感疫苗在内的疫苗接种信息。

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，预约免费就诊交通。

中文翻译: Emily Zhang

**Nowcast Estimates in United States
for 10/27/2024 – 11/9/2024**

USA

COVID-19 Update for the United States

| WHO label | Lineage # | %Total | 95%PI |
|-----------|-----------|--------|--------|
| Omicron | KP.3.1.1 | 52% | 47–57% |
| | XEC | 28% | 21–36% |
| | MC.1 | 6% | 3–10% |
| | KP.2.3 | 3% | 3–4% |
| | LB.1 | 3% | 2–4% |
| | LB.1.3.1 | 2% | 1–7% |
| | KP.3 | 2% | 1–2% |
| | KP.2 | 1% | 1–2% |
| | KP.1.1.3 | 1% | 0–1% |
| | JN.1.18 | 1% | 0–1% |
| | LP.1 | 0% | 0–1% |
| | JN.1.16.1 | 0% | NA |
| | KP.1.1 | 0% | NA |
| | JN.1 | 0% | NA |
| | KS.1 | 0% | NA |
| | KP.2.15 | 0% | NA |
| | JN.1.11.1 | 0% | NA |
| | LF.3.1 | 0% | NA |
| | KP.4.1 | 0% | NA |

Early Indicators

Test Positivity



Emergency Department Visits

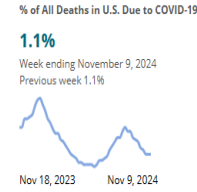


Severity Indicators

Hospitalizations



Deaths



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: November 9, 2024; Emergency Department Visit data through: November 9, 2024; Hospitalization data through: October 26, 2024; Death data through: November 9, 2024. Posted: November 18, 2024 3:07 PM ET

| ZIP | Neighborhood | Hospitalizations per 100,000 | Deaths per 100,000 | Dates |
|-------|----------------------|------------------------------|--------------------|----------------------|
| 11354 | Flushing/Murray Hill | | | October 4-October 31 |

| ZIP | Neighborhood | Hospitalizations per 100,000 | Deaths per 100,000 | Dates |
|-------|--------------------------------------|------------------------------|--------------------|----------------------|
| 11355 | Flushing/Murray Hill/Queensboro Hill | | 0.0 | October 4-October 31 |



**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 – December 2024 二零二四年十二月份節目表

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 |
|----------------|---|--------------------|-----------------|--|
| 8:30-9:45 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 |
| 10:45-3:30 PM | Stationary Biking & Elliptical Exercises 固定器械锻炼 | Staff 工作人员 | Chinese | 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 B1emVIK3NlVDlhNGVZUWNDSUhNQOT09 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 | Table Leisure Games 桌上休闲游戏时间 | Staff 工作人员 | Chinese | Small Dining Room 小饭厅 (12/23 start 开始 at 2:15pm and 12/30 cancel 取消) |
| 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=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09 Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode:720 039 9802 |
| 6:30 –8:30PM | 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=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09 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 |

| | | | | |
|----------------------------|--|-------------------------------|-----------------|---|
| 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 |
| 10:00-11:00 AM **New 新* | Blood Pressure Screening 量血压 | Rebecca Wong | English/Chinese | Library 图书室 (Cancel 取消 12/10) |
| 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 | 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 | Yanhua Xiao | 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 | Learning Chinese Calligraphy Class 中国书法学习班 | Ying Bao Xiao and Kevin Du | 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=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 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- 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 |
| 11:00-12:45 PM | Stationary Biking & Elliptical Exercises 固定器械锻炼 | Staff 工作人员 | 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 | 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) | June & Helen Ha | 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 | Drawing Techniques 绘画技巧 | ChrisTina | English | Arts Room 艺术室 (12/26 No Class 没有课) |
| 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 | 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 (12/12 cancel 取消) |
| 2:00-3:45 PM | Er Hu Practice 二胡练习 | Tong Wu | Chinese | Arts Room 艺术室 (12/5 & 12/19) (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 (12/27 No Class 没有课) |
| 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 | Kwai Ying | Chinese | Auditorium 礼堂 |
| 1:00-3:30 PM | Oil Painting (Beginner) 油画 (初班) | ChrisTina | English | Arts Room 艺术室(12/27 No Class 没有课) |
| 1:30-3:30 PM | Spanish (Beginner) 西班牙语 (初班) | 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 |
| 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=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09 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 |
| 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 | Intermediate Video Editing 中级视频编辑 | 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 |
| 10:00-3:45 PM | Stationary biking & elliptical exercises 固定器械锻炼 | 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 | 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 12/14) |
| 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 |
| 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/9533353555?pwd=UXJPQTbjcC9lUm55SEZ4N3pyZldwdz09 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 |
|--|---|---|------------------|--|
| 12/2/24 - 6/30/25 Mon. & Sat. 周一和周六 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 |
| 12/4/24 Wed. 星期三 10:00-11:00 AM | NYC Councilwoman Sandra Ung Monthly Mobile Office 纽约市议员黄敏儀每月流动 办公室 | 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) |
| 12/4/24 Wed. 星期三 10:00-11:00 AM | What Is Calcium? 什么是钙? | Rainbow Wong, Nutritionist 营养师 from New Elite Event Services | English /Chinese | Large Dining Room 大饭厅 |
| 12/6/24 Fri., 星期五 10:00-11:00 AM | Diet and Hearing Loss 饮食和听力损失 | 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 |
| 12/7/24 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 https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTETvZnpadz09 ; Call in 1-646-876-9923 ID: 953 3994 6345; Passcode: 3260637715 |

| | | | | |
|---|--|--|------------------|--|
| 12/12/24 Thu., 星期四 8:30-2:00 PM | Field Trip: NY Botanical Garden 户外旅游: 紐約植物园 | Winnie, Margo, Ann and Steve | English /Chinese | Please sign up in main office on 12/ 3 until sold out, 请在 12/3 到办公室报名, 直到售完为止。 |
| 12/13/24 Fri., 星期五 10-11:00 AM | Stress Management Techniques for a Balanced Life 壓力管理技巧: 平衡生活 | 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 |
| 12/14/24 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) |
| 12/16/24 Mon., 星期一 11:00AM | Holiday Meal Giveaway 节日餐点赠送 | Sponsored by Assemblywoman Nily Rozic | English /Chinese | Front Entrance 中心前门 |
| 12/17/24 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 |
| 12/18/24 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 |
| 12/19/24 Thu., 星期四 10:00 – 11:00 AM | Fire Safety Workshop 消防安全讲座 | Sponsored by FDNY Fire Safety Education Unit | English /Chinese | Large Dining Room 大饭厅 |
| 12/20/24 Fri., 星期五 10:00-11:00 AM | Strengthen Your Immune System With Diet 通過飲食來增強免疫系統 | 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 |
| 12/23/24 Mon., 星期一 1:30- 2:00PM | December Birthday Party 12 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 December. 如果您的生日是在 12 月份, 请到总办公室报名。) |
| 12/30/24 Mon., 星期一 1:30-3:30 PM | Welcome New Members Meeting 欢迎新会员聚会 | Staff 工作人员 | English /Chinese | Small Dining Room 小饭厅 |

| | | | | |
|---------------------------------------|----------------------------------|-------|------------------|---|
| 12/31/24 Tue., 星期二 9:30-1:00 PM | MTA On-site Services 老人半价乘车服务 | MTA | English /Chinese | 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 |

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 https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09 Call in: 1-646-876-9923; ID: 963 0027 6377 |
| 2:30–3:30 PM | Learn How to Play Piano For Seniors 学习如何弹钢琴 | Penny Zhao | Chinese | Zoom ID: 784 890 5892; Passcode: 644762 |

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 |
|--|--|---|--|--|---|
| 12/2 Mix vegetable stew , napa cabbage, baked potato , orange, fruit juice 炖素菜, 烤土豆, 大白菜, 橙, 果汁 | 12/3 Beef meatballs, baked beans, green cabbage, banana, fruit juice 牛肉丸, 炖豆, 高丽菜, 香蕉, 果汁 | 12/4 Roast pork, spaghetti, broccoli, apple, fruit juice 叉烧, 炒意面, 西兰花, 苹果, 果汁 | 12/5 Baked chicken breast , baked beans, Shanghai greens, kiwi, fruit juice 烤鸡胸, 炖豆, 上海菜, 猕猴桃, 果汁 | 12/6 Baked salmon fillet , baked sweet potato, carrots with green beans , orange, fruit juice 三文鱼, 烤地瓜, 胡萝卜四季豆, 橙, 果汁 | 12/7 Bbq chicken, broccoli, orange, fruit juice 烤鸡腿, 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, 西芥兰咖喱豆腐, 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 |
| 12/9 Baked vegetable patties, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁 | 12/10 Soy sauce chicken , mashed potato, mustard greens, banana, fruit juice 酱油鸡, 土豆泥, 大芥菜, 香蕉, 果汁 | 12/11 Baked fish fillets, sweet corns, mustard greens, apple, fruit juice 烤鱼排, 芥菜, 甜玉米, 苹果, 果汁 | 12/12 Turkey Patties, baked sweet potato, broccoli, kiwi, fruit juice 火鸡肉饼, 烤地瓜, 西芥兰, 猕猴桃, 果汁 | 12/13 Pork chop, green beans with carrots, baked beans, orange, fruit juice 烤猪扒, 四季豆, 炖豆, 橙, 果汁 | 12/14 Fish patties, 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 |
| 12/16 Tofu with mix vegetable , napa cabbage, baked potato, orange, fruit juice 豆腐蔬菜, 烤土豆, 大白菜, 橙, 果汁 | 12/17 Baked mushroom chicken , spaghetti, green cabbage, banana, fruit juice 香菇鸡腿, 炒意面, 高丽菜, 香蕉, 果汁 | 12/18 Fish patties , baked potato, broccoli, apple, fruit juice 烤鱼饼, 烤土豆, 西兰花, 苹果, 果汁 | 12/19 Curry chicken , baked beans, mustard greens, kiwi, fruit juice 咖喱鸡, 炖豆, 大芥菜, 猕猴桃, 果汁 | 12/20 Roast pork, sweet corns, green beans, orange, fruit juice 叉烧, 甜玉米, 四季豆, 橙, 果汁 | 12/21 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 |
|--|--|---|---|--|---|
| 12/23 Baked vegetable patties, macaroni, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 通心粉, 橙, 果汁 | 12/24 Baked salmon fillets, mashed potato, green cabbage, banana, fruit juice 烤三文鱼, 高丽菜, 土豆泥, 香蕉, 果汁 <hr/> Closes at 2pm 下午 2 点关门 | 12/25 Christmas Day 圣诞节 Center is closed 休息一天 | 12/26 Bbq chicken , baked beans, broccoli, kiwi, fruit juice 烤鸡腿, 炖豆, 西兰花, 猕猴桃, 果汁 | 12/27 Braised 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 | 12/28 Baked breaded fish, broccoli, fruit juice 烤鱼饼, 橙, 果汁 Alternative 或者: Lentil / masoor dal soup, basmati/chapati, cauliflower w/ curry tofu, raita yogurt 豆蔬浓汤, 糙米饭, 全麦饼, 花菜咖喱豆腐, 酸奶切片黄瓜 |
| 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 |
| 12/30 Mix vegetable stew, baked sweet potato, napa cabbage , orange, fruit juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁 | 12/31 Soy sauce chicken , baked beans, mustard greens, banana, fruit juice 酱油鸡, 炖豆, 大芥菜, 香蕉, 果汁 <hr/> Closes at 2pm 下午 2 点关门 | 1/1 New Year's Day 新年 Center is closed 休息一天 | 1/2 Roast pork, mashed potato, mustard greens, kiwi, fruit juice 叉烧, 土豆泥, 大芥菜, 猕猴桃, 果汁 | Field Trip: NY Botanical Garden 户外旅游: 纽约植物园 12/12/24 Thu., 星期四 8:30-2:00 PM | Food Pantry 老人营养补充袋发放日 12/17/24 Tue., 星期二 9:30-2:00 PM |

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