



November 1, 2024

Dear Members,

Daylight Saving Time ends on November 3rd at 2 am. So, turn your clock back to 1 am on Sunday morning. As a result, there will be more light in the morning and less light in the evening.

Election Day is on Tuesday, November 5th. You can go in person or vote using the mail in ballots before Election Day between October 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>. In addition to voting for the offices, there are 6 proposals for amending the state constitution and city charter on the back of the ballot. This year is an important year as it is also the Presidential Election. So go out there and exercise your right to vote for the next leader of your United States.

On Monday, November 11th, the nation will be celebrating Veterans Day to honor the brave men and women who served our country. Remember to say thank you to all the veterans when you see them that day to show your appreciation for their sacrifices.

On Thursday, November 28th, the center will be closed in observance of Thanksgiving Day. We look forward to seeing everyone back on Friday, November 29th.

On November 4th, our Watercolor and Acrylic Painting Art Instructor, Kevin Chen, 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, November 21st, the center will take a group of 56 participants to the New York Botanical Garden to see the Holiday Train Show. Participants will be able to ride a tram tour around the garden. Delight yourself with a spectacular outing and see over 200 miniature NYC landmarks, like the Brooklyn Bridge, Statue of Liberty, and Coney Island Wonder Wheel. Each miniature building is charmingly recreated through natural materials such as bark, leaves, and lotus pods. The cost of the trip is \$20 which includes the entrance fee, transportation, lunch,

snacks, and water. We will register 52 seniors starting on Thursday, November 7th beginning at 8:30 am. This trip will be for those who have not gone to any botanical garden during the 2024 year.

On Friday, November 22nd, 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 Friday, November 8th 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 the zoo trip even if they have gone to a zoo earlier this year.

The November birthday party will be held on Tuesday, November 26th at 1:30 pm in the small dining room. Members, volunteers, and staff who have November 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 newest variant [KP.3.1.1 has risen to dominance from 52.7% to 57.2%.](#) 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 from 31.5% to 13%. In zip code 11355, the hospitalization rate has increased slightly from 19% to 21.6% 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

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，

夏令时将于 11 月 3 日的凌晨 2 点结束，因此请会员们在周日凌晨将时钟调回 1 点。转到冬令时后，早晨的日出会更早，光线也会更多，日落相对的也会更早。

选举日是在 11 月 5 日（星期二）。会员们可以亲自去投票，或者在选举日之前（10 月 26 日至 11 月 3 日间）使用邮寄选票。记得确认您的提前投票地点，因为它可能与您在选举日当天投票的地点不同。如果您需要查找提前投票的投票地点，可以访问以下网址

<https://elections.ny.gov/early-voting>。此外，在选票的背面有 6 项修宪和城市章程的提案。今年是非常重要的一年，因为是总统选举年。所以，请大家积极投票，选出您心中的下一任美国领导人。

在 11 月 11 日（星期一），全国将庆祝退伍军人节，以表彰那些为国家付出的军人们。记得在那天见到退伍军人时，向他们表示我们的敬意与感谢。11 月 28 日（星期四），中心将因感恩节而关闭一天。中心期待在 11 月 29 日（星期五）继续见到大家。

在 11 月 4 日，中心的水彩和丙烯画艺术指导凯文·陈将展出会员们的作品，展览将在大餐厅走廊进行维持一个月的展出，请务必前来欣赏他们的艺术作品。

在 11 月 21 日（星期四），中心将带领 56 名会员前往纽约植物园，观看假日火车展。参与者将能够乘坐有轨电车游览整个花园。在这个浏览的过程中，您将会欣赏到 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精心重现。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 11 月 7 日（星期四）早上 8:30 开始登记 56 名会员。您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，才可登记前往。

在 11 月 22 日（星期五），中心将带领 18 名会员前往皇后区动物园。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。我们将于 11 月 8 日（星期五）早上 8:30 开始登记 16 名会员。您必须是中心的注册会员才能参加外出活动。任何会员都可以登记参加此次动物园之旅，即使您在今年早些时候已经去过动物园。如果您感兴趣，请到办公室了解外出活动登记的规则 and 规定。

11 月份的生日聚会将于 11 月 26 日（星期二）下午 1:30 在小饭厅举行。请所有在 11 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。新会员注册都将于每天上午 9 点至 10:45 点在小饭厅进行。会员更新则是每周一和周六上午 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。

在过去一个月中，Covid-19 最新变种 KP.3.1.1 的感染率已从 52.7% 上升到 57.2%。数据显示，在美国的阳性检测率、急诊室就诊率和住院率正在缓慢下降。自上个月以来，邮政编码为 11354 区域的住院率已从 31.5% 降至 13%。而在邮政编码为 11355 的区域，住院率则轻微上升，从每 10 万人中感染 19% 增加到 21.6%。

疫苗接种可以帮助缩短感染后 COVID-19 症状的持续时间和严重程度，并降低成人和儿童长期新冠的风险。在美国，目前有三种更新的疫苗可供接种：辉瑞（Pfizer）、莫德纳（Moderna）和诺瓦克斯（Novavax）。辉瑞和莫德纳疫苗适用于 6 个月及以上人群，而诺瓦克斯疫苗适用于 12 岁及以上人群。在下次就医时，请向您的医生咨询有关疫苗接种的具体情况，包括流感疫苗。

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

诚挚的，Winnie Hu, LMSW

项目主任

**Nowcast Estimates in United States
for 9/29/2024 – 10/12/2024**

USA

VHO label	Lineage #	%Total	95%PI
Omicron			
KP.3.1.1		57.2%	53.4-61.0%
XEC		10.7%	6.8-16.1%
KP.2.3		7.8%	6.7-9.0%
LB.1		5.8%	4.9-6.8%
KP.3		5.7%	4.9-6.6%
MC.1		3.6%	2.1-6.0%
KP.2		2.0%	1.4-3.0%
LB.1.3.1		1.6%	0.5-4.3%
KP.1.1.3		1.3%	0.9-1.9%
LP.1		1.1%	0.8-1.6%
KP.1.1		0.6%	0.5-0.8%
JN.1.18		0.5%	0.3-0.8%
KS.1		0.4%	0.3-0.6%
JN.1.16.1		0.4%	0.3-0.6%
KP.2.15		0.3%	0.2-0.4%
LF.3.1		0.2%	0.1-0.4%
JN.1		0.2%	0.1-0.4%
JN.1.11.1		0.2%	0.1-0.3%
KP.4.1		0.1%	0.0-0.2%
XDV.1		0.0%	0.0-0.1%
KW.1.1		0.0%	0.0-0.1%
JN.1.7		0.0%	0.0-0.0%
JN.1.16		0.0%	0.0-0.0%

COVID-19 Update for the United States

Early Indicators

Test Positivity >

% Test Positivity

11.6%

Week ending September 21, 2024
Previous week 13.4%

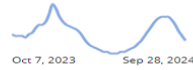


Emergency Department Visits >

% Diagnosed as COVID-19

1.1%

Week ending September 28, 2024
Previous week 1.4%



Severity Indicators

Hospitalizations >

Rate per 100,000 population

3.7

Week ending September 14, 2024
Previous week 4.0

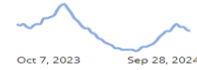


Deaths >

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

1.9%

Week ending September 28, 2024
Previous week 2%



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: September 21, 2024; Emergency Department Visit data through: September 28, 2024; Hospitalization data through: September 14, 2024; Death data through: September 28, 2024. Posted: October 8, 2024 12:58 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	13.0	0.0	August 30-September 26

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	21.8	0.0	August 30-September 26



**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 – November 2024 二零二四年十一月份節目表

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 (No class 没有课 11/11)
10:45-3:30 PM Time Change 时间更改	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 (11/25 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	Kevin Chen	Chinese	Arts Room 艺术室

	亚克力画			
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
10:30-11:30AM	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 (start 开始 at 2:15pm on 11/26)
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班	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=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 Time Change 时间更改	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
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 (11/21 cancel 取消)
2:00-3:45 PM	Er Hu Practice 二胡练习	Tong Wu	Chinese	Arts Room 艺术室 (11/7 & 11/21) (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
10:00-12:45 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
1:00-3:30 PM	Oil Painting (Beginner) 油画 (初班)	ChrisTina	English	Arts Room 艺术室
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=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09_ID:92343629304;Passcode:2297166017

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 Time Change 时间更改	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 11/9)
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 (No class 没有课 11/2)
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
11/1/24 - 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
11/1/24 Fri., 星期五 10:00-11:00 AM	When is the best time to take vitamins supplements? 在什么时候服用补充维生素 是最好呢?	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
11/2/24 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
11/2/24 Sat. 星期六 11:30-3:30PM	Ping Pong Tournament 乒乓球比赛	Mr Yip	English /Chinese	Auditorium 礼堂
11/6/24 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) (11/6 cancel 取消)

11/6/24 Wed. 星期三 10:00-11:00 AM	2025 Annual Medicare Medicaid Benefits Seminar 2025 年老人医疗保险资讯 说明会	Sherry from Health First	English /Chinese	Large Dining Room 大饭厅
11/9/24 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺	Lily	English	Arts Room 艺术室
11/13/24 Wed. 星期三 10:00-11:00 AM	What Is Cholesterol? 什么是胆固醇?	Rainbow Wong, Nutritionist 营养师 from New Elite Event Services	English /Chinese	Large Dining Room 大饭厅
11/14/24 Thu., 星期四 10:00-11:00 AM	Improve Your Walk 如何改善马路, 使过马路时 更安全?	Eric Miu from New York City Department of Transportation	English /Chinese	Large Dining Room 大饭厅
11/19/24 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
11/20/24 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
11/21/24 Thu., 星期四 8:30-2:00 PM	Field Trip: NY Botanical Garden 户外旅游: 纽约植物园	Karen, Matthew, Maggie & Tony	English /Chinese	Please sign up in main office on 11/7 until sold out, 请在 11/7 到办公室报名, 直到售完为止。
11/22/24 Fri., 星期五 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 11/8 until sold out, 请在 11/8 到办公室报名, 直到售完为止。
11/22/24 Fri., 星期五 10-11:00 AM	Dealing with Holiday Blues 如何應對節日憂鬱?	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
11/25/24 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

11/26/24 Tue., 星期二 1:30- 2:00PM	November Birthday Party 11 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 November. 如果您的生日是在 11 月份, 请到总办公室报名。)
Anytime 任何时间	DAKIM	Staff	English	Register with the office or call 718-886-5777
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 https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjl0UT09 Call in: 1-646-876-9923; ID: 963 0027 6377
2:30-3:30 PM	Piano	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

Special Event 特别活动	Special Event 特别活动	Special Event 特别活动	Special Event 特别活动	Friday 星期五	Saturday 星期六
Ping Pong Tournament 乒乓球比赛 11/2/24 Sat. 星期六 11:30-3:30PM	Food Pantry 老人營養補充袋 發放日 11/19/24 Tue., 星期二 9:30-2:00 PM	Field Trip: NY Botanical Garden 戶外旅游: 纽约植 物园 11/21/24 Thu., 星期四 8:30-2:00 PM	Field Trip: Queens Zoo 戶外旅游: 皇后区 动物园 11/22/24 Fri., 星期五 8:30-2:00 PM	11/1 Pork chops, mashed potato, green beans, orange, fruit juice 烤猪扒, 土豆 泥, 四季豆, 橘, 果 汁	11/2 Baked chicken patty, broccoli, orange, fruit juice 烤鸡饼, 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
11/4 Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜 饼, 大白菜, 烤地 瓜, 橙, 果汁	11/5 Soy sauce chicken, baked potato, green cabbage, banana, fruit juice 酱油鸡, 烤 土豆, 高丽菜, 香蕉, 果汁	11/6 Roast pork, mashed potato, mustard greens, apple, fruit juice 叉烧, 芥菜, 土豆 泥, 苹果, 果汁	11/7 Curry chicken, sweet corns, mustard greens, kiwi, fruit juice 咖喱鸡, 甜玉米, 大芥菜, 猕猴桃, 果汁	11/8 Baked fish fillet, baked beans, green beans, orange, fruit juice 烤鱼排, 炖 豆, 四季豆, 橙, 果汁	11/9 Bbq chicken, broccoli, orange. fruit juice 烤鸡腿, 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/11 Baked falafel, baked sweet potato, broccoli, orange, fruit juice 烤豆丸子, 烤地瓜, 西芥兰, 橙, 果汁	11/12 Fish patties, macaroni, green cabbage, banana, fruit juice 烤鱼饼, 芥菜, 通心粉, 香蕉, 果汁	11/13 Steamed ground pork meat flavored w/dried fish, sweet corns, mustard greens, tangerine, fruit juice 鹹魚肉餅, 玉 米, 大芥菜, 橘, 果汁	11/14 Bbq chicken, baked beans, broccoli, kiwi, fruit juice 烤鸡 腿, 炖豆, 西兰 花, 猕猴桃, 果汁	11/15 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	11/16 Fish patties, broccoli, 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
11/18 Mix vegetable stew, baked potato, broccoli, orange, fruit juice 炖素菜, 烤土豆, 西兰花, 橙, 果汁	11/19 Baked mushroom chicken, baked beans, mustard greens, banana, fruit juice 香菇鸡腿, 炖豆, 大芥菜, 香蕉, 果汁	11/20 Baked Turkey patty, sweet potato, broccoli, apple, fruit juice 火鸡肉饼, 烤地瓜, 苹果, 西兰花, 果汁	11/21 Roast pork, mashed potato, mustard greens, kiwi, fruit juice 叉烧, 土豆泥, 大芥菜, 猕猴桃, 果汁	11/22 Baked salmon fillet, sweet corns, sliced carrots w/green beans, orange, fruit juice 烤三文鱼, 甜玉米, 胡萝卜, 四季豆, 橙, 果汁	11/23 Baked chicken patty, broccoli, orange, fruit juice 烤鸡饼, 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
11/25 Baked black bean burger, macaroni, bok choy, orange, fruit juice 烤豆饼, 通心粉, 大白菜, 橙, 果汁	11/26 Baked fish fillets, mashed potato, green cabbage, banana, fruit juice 烤鱼排, 高丽菜, 土豆泥, 香蕉, 果汁	11/27 Steamed ground pork meat flavored w/dried fish, sweet corns, mustard greens, apple, fruit juice 鹹魚肉餅, 玉米, 大芥菜, 苹果, 果汁 Closes at 2pm 下午 2 点关门	11/28 Thanksgiving Day 感恩节 Center is closed 休息一天	11/29 Soy sauce chicken, baked potato, sliced carrots w/ green beans, plum, fruit juice 酱油鸡, 烤土豆, 胡萝卜, 四季豆, 李子, 果汁	11/30 Fish patties, broccoli, orange, fruit juice 烤鱼饼, 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	Special Event 特别活动	Special Event 特别活动			
12/2 Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	Welcome New Member Meeting 欢迎新会员聚会 11/25/24 Mon., 星期一 1:30-3:30 PM	November Birthday Party 11 月份生日会 11/26/24 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