



January 1, 2025

Dear Members,

Happy New Year! I can't believe that another year has passed by in the blink of an eye. There are several days that our center will be closed starting on the New Year on Wednesday, January 1, 2025. Our center will be also closed on Monday, January 20th in observance of Martin Luther King Jr. Day. In celebration of the Lunar New Year, our center will also be closed on Tuesday, Jan 28th and Wednesday, Jan 29th.

In partnership with Older Adult Technology Services (OATS), BRP will host a series of "Explore Tech Lectures" in Mandarin Chinese every Mondays and Wednesdays for a total of 10 sessions. The classes are about how to use our smartphones. Topics include "Getting to Know your Smart Phone", "How to use certain Popular Apps", "General Fraud Protection" and many more related topics. These classes will begin on Monday, January 6th, and last until Feb 10. Class time is from 2-3:15 PM in the Computer Room. Please sign up in the office if you are interested.

The January birthday party will be held on Friday, January 31st at 1:30 pm. Location is to be determined based on registration count. Members, volunteers, and staff who have January birthdays, please sign up for our 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.

Just a reminder again that our center will be serving both lunch and dinner meals to seniors over 60 years old from Monday thru Saturday. Lunch will be served starting at 11:00 am. The kitchen will not be serving grab and go meals so seniors must bring their own containers if they need to pack their food to take back home.

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 52% to 39%. A new variant, a subvariant of Omicron, XEC, has risen from 28% to 44% transmission. As the holidays are coming and people will be spending time with friends and family, it is recommended to get vaccinated.

Respiratory syncytial virus, or RSV, is a common respiratory virus that often causes mild, cold-like symptoms but may result in severe illness in some people. RSV activity is moderate nationally but continues to increase in most areas of the United States, particularly in young children. Emergency department visits and hospitalizations are increasing in children and hospitalizations are increasing among older adults in some areas.

There are two new RSV vaccines available (Arexvy and Abrysvo) for adults ages 60 years and older. Talk to your health care provider about whether RSV vaccination is right for you.

In the zip code 11354, the data also shows that the rates for hospital visits are at 14.8% compared to last month in November which was very low or non-existent. In the zip code 11355, the data also shows that the transmission per 100,000 people is at 10.1 % compared to November which was very low or non-existent.

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.

I would like to thank all the members and staff for your support in my role as Program Director. Friday, January 10th, will be the last day for me at the center. I want to ask our members to support Karen Chen as the new interim Director to help this center thrive for the better of our senior community here in Flushing. I am inspired by the over hundreds of volunteer members who serve our fellow seniors with all their heart. Thank you for making my time here a very great place to work and most importantly to serve the seniors who attend the center. I leave this center with many great memories of these last four years.

Sincerely,

Winnie Hu, LMSW, Program Director

亲爱的会员们,

喜气洋洋辞旧岁, 红红火火迎新年!

各位会员朋友们, 新年好! 时间过得真快, 转眼间又迎来了新的一年。

我们中心将在 2025 年 1 月 1 日 (星期三) 关闭一天, 庆祝新年。此外, 1 月 20 日 (星期一), 中心也将关闭, 纪念马丁·路德·金日。在农历新年期间, 我们中心也将于 1 月 28 日 (星期二) 和 1 月 29 日 (星期三) 关闭。

1 月份的生日聚会将于 1 月 31 日 (星期五) 下午 1:30 在小饭厅举行。请所有在 1 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。

通过与 Older Adult Technology Services (OATS) 合作, 本中心将会提供 10 个 "Smartphone 手机" 主题课程。这些课程是关于如何使用智能手机。主题包括 "了解你的智能手机 Smartphone"、"如何使用最常用的程序"、"一般欺诈保护"

以及其他更多与手机相关的信息。这些课程将从 1 月 6 日（星期一）开始，一直持续到 2 月 10 日。上课时间为每周一和周三下午 2 点至 3:15 分，地点为电脑室。课程将以普通话授课。如果您对此感兴趣请到办公室报名。

再次提醒大家，周一至周六，中心每日都将为 60 岁及以上的年长者提供午餐和晚餐。午餐在上午的 11:00 开始供应。厨房不再提供外卖餐盒，会员如若需要外带午/晚餐，需自带餐盒打包带走。

2025 财政年度的会员注册更新已于 7 月 2024 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。会员更新于每周一和周六上午 9 点至 10:45 点在小饭厅进行。别忘携带您的会员卡进行注册更新。

在过去的一个月里，Covid-19 的 KP.3.1.1 变种从 52% 下降到 39%。一种新的变种——Omicron 的亚变种 XEC 的传播率已从 28% 上升至 44%。假期期间，大家会与朋友和家人共度时光，但别忘记健康，建议大家提前接种疫苗。

呼吸道合胞病毒（RSV）是一种常见的呼吸道病毒，通常引起轻微的感冒样症状，但在某些人群中可能会导致严重的疾病。全国范围内，RSV 的活跃程度属于中等，但在美国大部分地区仍在增加，特别是在幼儿人群中。急诊科就诊和住院人数的儿童在增加，一些地区的老年人住院人数也在增加。

目前有两种新的 RSV 疫苗（Arexvy 和 Abrysvo）可供 60 岁及以上的成人使用。请与您的健康代表进行咨询，以了解 RSV 疫苗是否适合您

在邮政编码为 11354 的区域，数据显示医院就诊率为 14.8%，相比于 11 月的医院就诊率，是非常低或几乎没有。在邮政编码为 11355 的区域，数据显示每 10 万人中的传播率为 10.1%，相比 11 月的传播率，也是微乎其微。

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就医。

最后，我真诚地感谢所有会员和工作人员在过去两年中对我工作的支持。1 月 10 日（星期五）将是我在中心任职的最后一天。Karen Chen 将作为新的临时主任接替我的工作，希望会员们继续支持她，共同促进中心的蓬勃发展，更好地服务法拉盛的老年社区。在这两年的就职时间里，我曾被数百名全心全意为老年人服务的志愿者们鼓舞，促使我以饱满的激情为所有来到中心的老年人们提供服务，也给我留下了珍贵的、难以忘却的美好记忆。最后，我要再次感谢大家，我将带着过去四年沉甸甸的回忆离开这个美丽温馨的地方。

中文翻译: Emily Zhang

Nowcast Estimates in United States for 11/24/2024 – 12/7/2024

USA				
WHO label	Lineage #	%Total	95%PI	
Omicron	XEC	44%	39–49%	
	KP.3.1.1	39%	34–43%	
	MC.1	6%	5–8%	
	LF.7	3%	1–6%	
	LB.1.3.1	2%	1–5%	
	KP.3	1%	1–2%	
	KP.2.3	1%	1–1%	
	LB.1	1%	1–1%	
	KP.1.1.3	0%	0–1%	
	KP.2	0%	0–1%	
	JN.1.18	0%	0–1%	
	JN.1	0%	NA	
	JN.1.11.1	0%	0–1%	
	JN.1.16.1	0%	NA	
	KS.1	0%	NA	
	JN.1.16	0%	NA	
	LP.1	0%	NA	
	KP.1.1	0%	NA	
	KP.2.15	0%	NA	
	LF.3.1	0%	NA	

COVID-19 Update for the United States

Early Indicators

Test Positivity >

% Test Positivity

5.4%

Week ending December 7, 2024
Previous week 4.5%



Emergency Department Visits >

% Diagnosed as COVID-19

0.6%

Week ending December 7, 2024
Previous week 0.6%



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

Severity Indicators

Hospitalizations >

Rate per 100,000 population

1.6

Week ending November 23, 2024
Previous week 1.6



Deaths >

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

0.9%

Week ending December 7, 2024
Previous week 0.9%



CDC | Test Positivity data through: December 7, 2024; Emergency Department Visit data through: December 7, 2024; Hospitalization data through: November 23, 2024; Death data through: December 7, 2024. Posted: December 16, 2024 2:41 PM ET

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	14.8		November 1- November 28

ZIP	Neighborhood	Hospitalizations per 100,000 ▾	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	10.1	0.0	November 1- November 28

Emergency department visits in the United States

COVID-19

Flu

RSV

Low
Increasing ↗

Low
Increasing ↗

Moderate
Increasing ↗



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 – January 2025 二零二五年一月份節目表

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
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 B1emVIK3NlVDlhNGVZUWNSUhhNQOT09 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

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	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
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	Blood Pressure Screening 量血压	Rebecca Wong	English/Chinese	Library 图书室
10:30-11:30AM	Ping Pong 乒乓	Gui Lin	English/Chinese	Auditorium 礼堂
11:30-12:45 PM	Chinese Folk Song Dance 民族舞	Daisy Du	Chinese	Auditorium 礼堂
12:00-2:00 PM *新* *new*	Lunar New Year Song Practice Class 新年歌曲练习班	Mr Wu	Chinese	Arts Room 艺术室 *1/7 and 1/14 only*
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=NW50ZmpzMIhBdDNnK2lIcGlxVnArUT09; 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	June & Helen Ha	Chinese	Auditorium 礼堂
10:00-12:00 PM *新* *new*	Video + Photography AM 早上视频+摄影	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	Chris Tina	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 *新* *new*	Video + Photography PM 下午视频+摄影	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 (1/2 & 1/16) (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	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
1:30-3:30 PM	Spanish (Beginner) 西班牙语 (初班)	Mario Ramon	Spanish/English	Small Dining Room 小饭厅 Except 1/31/25 class will be in library
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=M2R3VWRQSnhkOG9CQXMyaVIIUUXRQT09 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 *新* *new*	Weekend Intermediate Video + Photography 中级班视频+摄影	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 1/11)
1:00 – 3:00PM *新* *new*	Weekend Photoshop + Computer 摄影专业软件+电脑	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
1/2/25 - 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
1/4/25 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
1/6/25 - 2/10/25 Mon & Wed 周一和周三 2:00-3:15 PM	Explore Tech Lecture 技术探索课程	from OATS	Mandarin	Computer Lab 电脑室
1/8/25 Wed. 星期三 10:00-11:00 AM	Cooking Oil: The Good, Bad and Toxic 食用油: 好、坏和有毒	Rainbow Wong, Nutritionist 营养师 from New Elite Event Services	English /Chinese	Large Dining Room 大饭厅

1/10/25 Fri., 星期五 10:00-11:00 AM	Gastroenteritis and Diet 腸胃炎和飲食	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
1/11/25 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)
1/13/25 Mon., 星期一 10:00-11:00 AM	Emergency Preparedness Workshop 应急准备讲坐	Ion Ho from NYC Emergency Management	English /Chinese	Large Dining Room 大饭厅
1/17/25 Fri., 星期五 10-11:00 AM	Stress Management Techniques for a Balanced Life 压力管理技巧	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
1/21/25 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
1/22/25 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
1/24/25 Fri., 星期五 10:00-11:00 AM	Eat Healthy to Avoid Constipation 健康飲食能預防便秘	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
1/27 /25 Mon., 星期一 12:30-1:00 PM *Change 时间改变*	Welcome New Members Meeting 欢迎新会员聚会	Staff 工作人员	English /Chinese	Small Dining Room 小饭厅
1/31/25 Fri., 星期五 10-11:00 AM	Healthy Minds, Happy Lives: Brain Health for Older Adults 健康的心灵，快乐的生活： 老年人脑健康指南	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
1/31/25 Fri., 星期五 1:30- 2:30PM **Change 时间改变*	January Birthday Party 1 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 January. 如果您的生日是在 1 月 份, 请到总办公室报名。)

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

Special Event 特别活动	Special Event 特别活动	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 1/21/25 Tue., 星期二 9:30-2:00 PM	January Birthday Party 1 月份生日會 1/31/25 Fri., 星期五 1:30- 2:30PM	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	1/3 Fish patty, sweet potato, sliced carrots w/green beans , orange, fruit juice 鱼排, 烤 地瓜, 胡萝卜, 四 季豆, 橙, 果汁	1/4 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
1/6 Tofu with mix vegetable , baked potato, bok choy, orange, fruit juice 豆腐蔬菜, 烤 土豆, 大白菜, 橙, 果汁	1/7 Fish patties, macaroni, green cabbage, banana, fruit juice 烤鱼饼, 芥菜, 通心粉, 香蕉, 果汁	1/8 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	1/9 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	1/10 Pork chops, baked beans, green beans, orange, fruit juice 烤猪扒, 炖豆, 四季豆, 橘, 果汁	1/11 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
1/13 Baked vegetable burger, baked sweet potato, napa cabbage, orange, fruit juice 烤蔬菜 饼, 大白菜, 烤地 瓜, 橙, 果汁	1/14 Baked salmon fillet , baked beans, green cabbage, banana, fruit juice 烤三文鱼, 炖豆, 高丽菜, 香蕉, 果汁	1/15 Roast pork , spaghetti ,broccoli, apple, fruit juice 叉烧, 炒意面, 西兰 花, 苹果, 果汁	1/16 Turkey meat loaf , baked beans, mustard greens, kiwi, fruit juice 火鸡羹蛋饼, 炖豆, 大芥菜, 猕猴桃, 果汁	1/17 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 Closes at 2pm 下午 2 点关门	1/18 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	Saturday 星期六
1/20 Martin Luther King Jr. Day 马丁·路德·金纪念日 Center is closed 休息一天	1/21 Fish patty , baked beans, mustard greens, banana, fruit juice 烤鱼饼, 炖豆, 大芥菜, 香蕉, 果汁	1/22 Baked fish fillets, sweet corns, broccoli,banana, fruit juice 烤鱼排, 芥菜, 甜玉米, 香蕉, 果汁	1/23 Turkey burger , macaroni, green cabbage, apple, fruit juice 火鸡肉饼, 通心粉, 高丽菜, 苹果, 果汁	1/24 Braised lean pork with carrots, green beans, baked potato, kiwi, fruit juice 胡萝卜炖肉, 四季豆, 烤土豆, 猕猴桃, 果汁	1/25 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
1/27 Baked vegetable burger, baked sweet potato, napa cabbage,orange, fruit juice 烤蔬菜饼,大白菜, 烤地瓜, 橙, 果汁 <hr/> Closes at 2pm 下午 2 点关门	1/28 Lunar New Year's Eve 年三十 Center is closed 休息一天	1/29 Lunar New Year 农历新年 Center is closed 休息一天	1/30 Beef meatballs, sweet corns, mustard greens, kiwi, fruit juice 牛肉丸, 甜玉米, 大芥菜, 猕猴桃, 果汁	1/31 Soy sauce chicken, baked beans, green beans, orange, fruit juice 酱油鸡, 炖豆, 四季豆, 橙, 果汁	2/1 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

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