



February 1, 2025

Dear Members,

First and foremost our center wants to wish you a Happy Chinese Lunar New Year as we enter the Year of the Snake!

We are excited to announce that our center will celebrate the Chinese Lunar New Year with a special performance on Thursday, February 13, 2025, from 1:30 pm to 3:00 pm in the auditorium. After a long hiatus due to the pandemic we are thrilled to bring back the talent show where our members can showcase their unique abilities. If you are interested in performing, please sign up with the class instructors. The center will take care of the program arrangements and we warmly invite all members to join us for this joyous occasion. Be sure to enjoy the performances, capture memorable moments with photos, and celebrate the spirit of the Lunar New Year together!

On Friday February 14, 2025, Valentine's Day, the center will close early at 2 pm. Many people mark the occasion with romantic dinners, sending roses, chocolates, or heartfelt greeting cards to their loved ones or admirers. However, it's not about the grand gestures - it's the thought of love that truly counts. Take the time to enjoy this special day with your loved ones and celebrate the spirit of affection and connection.

We will be closed on Monday February 17, 2025, in observance of Presidents' Day to honor the legacy of President George Washington's birthday and commemorate all the presidents who have led this nation. Their leadership has shaped the United States into the country we cherish today. Let us remember the contributions of the forty-five presidents in American history, as well as our current 47th president, Donald Trump, who continues to guide our nation toward a brighter future. Thanks to their dedication, we as American citizens enjoy the liberty and justice that define our country.

Beginning in February 2025, some classes will be changing from Thursday to Wednesday with new time. Er Hu class will change to Wednesday 10 am to 12 noon on the stage. The Wai Dan Kong class instructed by Mr. Albert Chin & Mrs. Sophia Chin will resume on Wednesday from 10:00 am to 11:30 am in the auditorium. Qi Gong class instructed by Mr. Kevin Chen will resume on Wednesday from 11:30 am to 12:30 pm in the auditorium. The ping pong class will be cancelled every Wednesday until further notice.

The February birthday party will be held on Tuesday February 25, 2025, at 1:30 pm in the small dining room. Members, volunteers, and staff who have February 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.

At the Chinese Lunar New Year, members always prepare red envelopes for friends and grandchildren. This is a friendly reminder for everyone to keep an eye on your personal belongings and valuable items throughout the day to prevent loss or theft.

Just a reminder again that our center will be serving both lunch and dinner meals to seniors over 60 years old from Monday through 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.

Currently, the dominant Covid-19 variant nationwide is XEC, with 47% of cases, followed by LP.8.1 with 15%, 4% of KP.3.1.1. Last month, in the zip code of 11355, the data showed the rates for hospital visits had remained the same as last month. In the zip code 11354, the data also showed that the transmission per 100,000 is 0 compared to December 2024 which was very low or non-existent. Covid-19 update for the United States showed the increase of emergency department visits in early January of 2025. The hospitalizations and deaths rates have increased in January 2025 compared to December 2024.

It's the flu season. When coughing or sneezing, cover your mouth and nose with a tissue, dispose of it immediately, and wash your hands thoroughly. Avoid close contact with individuals who are sick or showing flu-like symptoms.

We wish you all a very peaceful, prosperous, and healthy Chinese Lunar New Year of the Snake! We wish every person a happy and prosperous year to come!

Sincerely,

Karen Chen

Interim Director

亲爱的会员们，

龙舞辞旧岁，蛇跃迎新年！

本中心所有员工恭祝大家新年快乐！给您拜年了！

随着新一年的徐徐展开，中心高兴地向各位会员们宣布，2025年2月13日(星期四)的下午1:30至3:00,将在礼堂举办特别表演，以庆祝农历新年。在经历了漫长的疫情后，中心今年终于又重新举办新春庆祝演出，期待会员们可以在这次演出中尽情展示自己才艺。如果您有兴趣要参与演出，请向课程导师报名。中心将负责节目安排，诚挚邀请所有会员，与好友结伴来欣赏精彩的表演，并拍下难忘的瞬间，留下美好的春节记忆。

此外, 2025年2月14日(星期五)情人节当天, 中心将在下午2点提前关闭. 许多人在情人节这一天会选择与相爱的人共进晚餐, 或者给爱的人送上鲜花或者礼物来表达自己的心意. 无论大家采取哪种表达方式, 这一天都是我们对于爱的思考和传达, 希望大家在这一天可以与相爱的人尽情共度幸福时光。

2月17日(星期一)是总统日, 中心将关闭一天, 以纪念纪念乔治·华盛顿总统的生日, 并向所有曾经领导国家的总统致敬, 是他们的领导力塑造了今天的美国。让我们一同铭记美国历史上四十六位总统的贡献以及现任第四十七届总统唐纳德·特朗普, 希望他继续引领我们的国家迈向更加光明的未来。正是因为他们卓越的奉献和带领, 美国才可以成为一个拥有自由和民主的国家。

从2月开始, 部分课程的时间略有调整: 二胡课程将改为每周三上午10:00至12:00在舞台上进行; 由 Albert Chin 先生和 Sophia Chin 女士教授的外丹功课程将恢复至每周三上午10:00至11:30在礼堂进行; 由 Kevin Chen 先生教授的气功课程也将恢复至每周三上午11:30至12:30在礼堂进行; 每周三的乒乓球课程将暂时取消, 直至另行通知。

2月份的生日聚会将于2月25日(星期二)下午1:30在小饭厅举行。请所有在2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。

在农历新年期间, 很多会员也许会为亲友和孙子孙女准备红包. 在此提醒大家, 请务必注意保管好个人物品和贵重物品, 以防丢失或被盗再次提醒大家, 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。

关于疫情的更新, 目前全国主流的病毒变异株为 XEC, 占比47%, 其次为 LP.8.1, 占比15%, KP.3.1.1 占比14%. 根据上个月的数据, 邮编为11355的区域显示住院访问率与上月持平; 而邮编为11354的区域显示每100,000人群体中的传染率为0, 与2024年12月的情况相比, 几乎没有传播. 美国的 Covid-19 数据显示, 2025年1月初急诊就诊人数有所上升, 住院率和死亡率相比2024年12月有所增加。

现在是流感季节, 当您咳嗽或打喷嚏时, 请用纸巾捂住口鼻, 并及时将纸巾投入垃圾桶, 并洗手。同时, 也应尽量避免与有流感症状的人员亲密接触。最后, 中心祝愿每一位会员在新的一年里平安、健康和喜乐! 在农历蛇年里, 都能事事如意、幸福安康!

中文翻译: Emily Zhang

Nowcast Estimates in United States for 1/5/2025 – 1/18/2025

USA

WHO label	Lineage #	%Total	95%PI
Omicron	XEC	47%	44–49%
	LP.8.1	15%	12–19%
	KP.3.1.1	14%	12–16%
	MC.10.1	5%	3–7%
	MC.1	4%	3–5%
	LF.7	4%	3–6%
	XEK	4%	3–5%
	XEC.4	3%	1–5%
	LB.1.3.1	2%	1–4%
	KP.3	1%	1–2%
	JN.1.18.6	1%	0–3%
	MC.19	1%	0–1%
	KP.1.1.3	0%	NA
	KP.2.3	0%	NA
	LB.1	0%	NA
	JN.1	0%	NA
	KP.2	0%	NA
	LP.1	0%	NA

COVID-19 Update for the United States

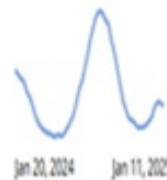
Early Indicators

Test Positivity >

% Test Positivity

6.6%

Week ending January 11, 2025
Previous week 7%

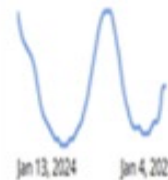


Emergency Department Visits >

% Diagnosed as COVID-19

1.3%

Week ending January 4, 2025
Previous week 1.3%



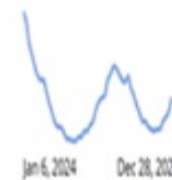
Severity Indicators

Hospitalizations >

Rate per 100,000 population

3.3

Week ending December 28, 2024
Previous week 2.6

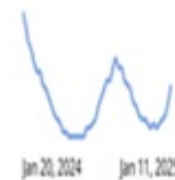


Deaths >

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

1.8%

Week ending January 11, 2025
Previous week 1.4%



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

ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	10.1		December 6-January 2
11354	Flushing/Murray Hill		0.0	December 6-January 2



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 – February 2025 二零二五年二月份節目表

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 Lam	Cantonese 广东话	Arts Room and VSC 视频和艺术室 https://selfhelp.zoom.us/j/98337081842?pwd=VD B1emVIK3NlVDlhNGVZUWNDSUhhNQ09 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	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=b2ICbWVqNTdpYIA3VIVPTzlnYWluUT09 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 Leung & Mary Yam	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=b2ICbWVqNTdpYIA3VIVPTzlnYWluUT09 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=b3lUWjNGd2pybDNKQ3hOZmltc1p2QT09 ; 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
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 (2/25 starts 开始 2:45 pm)
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	Current Events 时事新闻	David & Anita Lam	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
10:00-11:30 AM *New 新*	Wai Dan Gong 外丹功	Albert and Sophia	Chinese	Auditorium 礼堂
10:00-12:00 PM	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Library 图书室
10:00-12:00 PM **Time Change 时间改变**	Er Hu Practice 二胡练习	Tong He Wu	Chinese	Stage 舞台
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 *New 新*	Qi Gong 气功	Kevin Chen	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 Fou 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	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	Christina Anderson	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 + 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
2:30-3:30 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
08:30-3:30 PM	Nutrition Counseling 营养咨询	Eva Lau, Nutritionist 营养师	English/Chinese	Office 办公室
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(高级班)	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 Anderson	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=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09_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
08:30-3:30 PM	Nutrition Counseling 营养咨询	Eva Lau, Nutritionist 营养师	English/Chinese	Office 办公室
10:00-12:00 PM	Yuan Ji Dance 元極舞	Anna Cheung, Yun Li and Mable Tang	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	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 (Class cancelled on 2/8, 2/8 课程取消)
1:00 – 3:00PM	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/95333535555?pwd=UXJPQTBJcC9lUm55SEZ4N3pvZldwdz09 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
2/1/25 - 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
2/1/25 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
2/3/25 - 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
2/7/25 Fri., 星期五 10:00-11:00 AM	Acid Reflux and Nutrition Guide 胃酸倒流和营养指南	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
2/8/25 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 the month 每个月的第二个星期六)
2/13/25 Thu., 星期四 1:30-3:00 PM	Chinese Lunar New Year Performance Celebration 农历新年表演	Staff 工作人员	Chinese	Auditorium 礼堂
2/18/25 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

2/19/25 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
2/21/25 Fri., 星期五 10-11:00 AM	Understanding Signs of Elder Abuse and Creating a Supportive Community 認識老年虐待, 建设關懷社區	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
2/24/25 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
2/25/25 Tue., 星期二 1:30- 2:30PM	February Birthday Party 2 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 February. 如果您的生日是在 2 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=SkpFR052NmNPRzN0RWISYTKVWJIZz09 ; 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	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	Special Event 特别活动	Special Event 特别活动	Special Event 特别活动	Saturday 星期六
Chinese Lunar New Year Performance Celebration 农历新年表演 2/13/25 Thu., 星期四 1:30-3:00 PM	02/14/2025 Fri., 星期五 Close at 2pm 下午 2 点关门	Food Pantry 老人營養補充袋發 放日 2/18/25 Tue., 星期二 9:30-2:00 PM	Welcome New Members Meeting 欢迎新会员聚会 2/24/25 Mon., 星期一 1:30-3:30 PM	February Birthday Party 2 月份生日会 2/25/25 Tue., 星期二 1:30- 2:30PM	2/1 Baked breaded fish, broccoli, juice 中餐: 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 印度餐: 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
2/3 Tofu with mixed vegetables, baked potato, Bok choy, orange, juice 豆腐蔬菜, 烤土豆, 大白菜, 橙, 果汁	2/4 Baked fish fillets, macaroni, green cabbage, banana, juice 烤鱼排, 高丽菜, 通心粉, 香蕉, 果汁	2/5 Steamed ground pork meat flavored w/dried fish, sweet corns, mustard greens, tangerine, juice 鹹魚肉餅, 玉米, 大芥菜, 橘, 果汁	2/6 BBQ chicken, baked beans, broccoli, kiwi, juice 烤鸡腿, 炖豆, 西兰花, 猕猴桃, 果汁	2/7 Braised lean pork with carrots, green beans, sweet potato, orange, juice 胡萝卜炖肉, 四季豆, 烤地瓜, 橙, 果汁	2/8 Baked chicken patties, broccoli/cauliflower, orange, juice 中餐: 烤鸡饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 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
2/10 Eggplant parmesan, napa cabbage, baked sweet potato, orange, juice 烤茄饼, 烤地瓜, 大白菜, 橙, 果汁	2/11 Soy sauce chicken, baked potato, mustard greens, banana, juice 酱油鸡, 烤土豆, 大芥菜, 香蕉, 果汁	2/12 Baked salmon fillet, sweet corn, broccoli / cauliflower, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	2/13 Roast pork, mashed potato, mustard greens, kiwi, juice 叉烧, 土豆泥, 大芥菜, 猕猴桃, 果汁	2/14 Baked fish fillets, baked beans, sliced carrots w/green beans, orange, juice 烤鱼排, 炖豆, 胡萝卜, 四季豆, 橙, 果汁	2/15 BBQ chicken, broccoli, orange, juice 中餐: 烤鸡腿, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt. 印度餐: 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
<p>2/17</p> <p>Presidents Day 总统日</p> <p>Center is closed 休息一天</p>	<p>2/18</p> <p>Baked fish patties, macaroni, green cabbage, banana, juice 烤鱼饼, 芥菜, 通心粉, 香蕉, 果汁</p>	<p>2/19</p> <p>Steamed ground pork meat flavored w/dried fish, sweet corn, mustard greens, tangerine, juice 鹹魚肉餅, 玉米, 大芥菜, 橘, 果汁</p>	<p>2/20</p> <p>Baked chicken breast, sweet potato, napa cabbage, kiwi, juice 烤鸡胸肉, 烤地瓜, 大白菜, 猕猴桃, 果汁</p>	<p>2/21</p> <p>Pork chops, baked beans, green beans, orange, juice 烤猪扒, 炖豆, 四季豆, 橘, 果汁</p>	<p>2/22</p> <p>Baked chicken patties, broccoli/cauliflower, orange. fruit juice 中餐: 烤鸡饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓汤 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜</p>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>2/24</p> <p>Mix vegetable stew, napa cabbage, baked sweet potato, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁</p>	<p>2/25</p> <p>Baked salmon fillets, mashed potato, green cabbage, banana, juice 烤三文鱼, 高丽菜土豆泥, 香蕉, 果汁</p>	<p>2/26</p> <p>Roast pork, spaghetti, broccoli, apple, juice 叉烧, 炒意面, 西兰花, 苹果, 果汁</p>	<p>2/27</p> <p>Steamed ground turkey with bean threads & eggs, baked beans, shanghai greens, apple, juice 火鸡簋蛋饼, 炖豆, 上海菜, 苹果, 果汁</p>	<p>2/28</p> <p>Beef plate stewed with daikon, baked sweet potato, carrots with green beans, orange, juice 牛腩炖萝卜, 烤地瓜, 胡萝卜四季豆, 橙, 果汁</p>	<p>3/1</p> <p>Baked breaded fish, broccoli, fruit juice 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜</p>

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