



March 1, 2025

Dear Members,

Welcome to the first month of Spring! Daylight Saving Time begins on Sunday, March 9th at 2:00 am, so don't forget to set your clocks forward one hour to 3:00 am. This year, Spring officially starts on Thursday, March 20th.

Two new classes will begin in March. As the weather warms up, our center will reopen the Evergreen Gardening Program. If you've already registered for one of the limited spots, there will be a mandatory one-time meeting on Thursday, March 6th, from 1:00 pm to 2:00 pm in the library to review the program rules and sign the waiver. This program is already full, but you can join the waiting list at the main office, and the gardening group leader, Mr. Cheung, will contact you if a spot opens. The Evergreen Gardening Program will run until November 2025.

Additionally, our center will offer a technology class titled "Introduction to the IOS System for I-Phone and I-Pad," taught by volunteer Ms. Carmen Lee. The class will take place on Mondays in the Computer Room from 1:30 pm to 3:00 pm during March and April 2025. Pre-registration is required with a limit of 20 participants.

We are excited to partner with Flushing Town Hall to offer a new series of arts programs in March, featuring a combination of arts & crafts and Indian cooking workshops every Tuesday from 9:00 am to 11:00 am, except for the third Tuesday of the month. All materials will be provided, allowing you to focus on being creative and having fun with your projects. The Indian cooking workshops will take place on March 4th, 11th, and 25th, from 9:00 am to 11:00 am in the large dining room. If you're interested in learning more about the cooking workshop, we invite you to join us and participate!

The Ping Pong tournaments will be held throughout March on Mondays and Thursdays from 12:30 pm to 2:30 pm in the auditorium. Feel free to stop by and watch if you're interested.

**On Thursday, March 20, 2025, we'll be visiting Madame Tussauds Wax Museum, located on 42nd Street in Times Square, Manhattan. We're taking 54 members to explore more than 200 celebrity wax figures, including Beyoncé, President Trump, Vice President Vance, and others. You'll also get the chance to interact with wax figures of Jimmy Fallon, Al Roker, and Michael Strahan. The event includes the Amazing 4D Cinematic Shorts experience. If you're interested, sign up at the front desk on Friday, March 7th, starting at 8:30 am. The cost is \$10, covering admission, transportation, lunch, water, and snacks. Lunch will be provided upon returning to the center. Please bring your mobile phone and power bank for photos and note that everyone must pass through a metal detector to enter the museum.**

**The March birthday party will be held on Monday, March 24th, at 1:30 pm in the small dining room. Members, volunteers, and staff with March birthdays, please sign up for our mini party at the office so we can plan accordingly. We'll have cakes, tea, and a birthday song in English, Mandarin, and Cantonese.**

**A reminder that our center serves both lunch and dinner for seniors over 60, Monday through Saturday. Lunch starts at 11:00 am. Please note, grab-and-go meals will not be available, so seniors should bring their own containers if they wish to take food home. Beginning in March, the center plans to provide salmon fish for lunch every week.**

**For COVID-19 updates, infection rates, hospitalizations, emergency visits, and death rates have been decreasing from December 2024 to January 2025. However, in zip code 11354, hospitalization rates have increased to 14.8 compared to last month. In zip code 11355, transmission rates per 100,000 are nearly zero, showing significant improvement.**

**The Omicron XEC variant has decreased from 47% to 43%, while LP.8.1 has increased to 20%. The current flu variants reported by the CDC are Influenza A(H1N1) pdm09 and A(H3N2). According to the NYC Department of Health, 19,338 influenza specimens tested positive during the week ending February 8, 2025, a 14% decrease from the previous week, with 79% positive for influenza A and 20% for influenza B.**

**The PRC member experience study survey will be conducted by Selfhelp in partnership with professional research consultants. The survey aims to gather feedback on the services we offer, and your input is crucial for improving them. Our center will provide contact information for 150 active members to the agency, who will then reach out to gather your suggestions and opinions. The calls will be made randomly, and your information will remain anonymous.**

**Diana Shun is the new social worker providing counseling and presentations for the CAPE program, taking over from Jasper Tam.**

**Message from Roseann:**

**"I'd like to take a moment to introduce myself to the members of the Selfhelp Benjamin Rosenthal Older Adult Center. For those who don't know me, I'm Roseann Rosado, the Managing Director of Selfhelp's five Older Adult Centers.**

**Selfhelp is currently in the process of hiring a new Program Director, and in the meantime, Karen Chen is serving as the interim Program Director, reporting directly to me. During this transition, I've been visiting the center once or twice a week to meet with members and personally introduce myself. At lunchtime, I make it a point to connect with everyone, offering a few words and asking if you have any questions or concerns, while making myself available for private conversations. I'm looking forward to working with all of you!**

If you have any questions, concerns, or comments, feel free to call me at (646) 597-5262; (917)915-5443 or email at [roseann.rosado@selfhelp.net](mailto:roseann.rosado@selfhelp.net). “

Wishing you all a happy and healthy Spring!

Sincerely,

Karen Chen, Interim Director

**Nowcast Estimates in United States for 1/19/2025 – 2/1/2025**

**COVID-19 Update for the United States**

USA			
WHO label	Lineage #	% Total	95%PI
Omicron	XEC	43%	40–46%
	LP.6.1	20%	16–25%
	KP.3.1.1	11%	9–12%
	MC.10.1	5%	4–6%
	MC.1	4%	3–5%
	XEC.4	4%	2–9%
	LF.7	4%	3–5%
	LB.1.3.1	2%	2–4%
	JN.1.18.6	2%	1–5%
	XEK	2%	1–3%
	KP.3	1%	1–1%
	MC.19	1%	1–2%
	JN.1.16	0%	0–1%
	BA.2.86	0%	0–1%
	KS.1	0%	NA
	KR.1.1.3	0%	NA
	KP.2.3	0%	NA
	LB.1	0%	NA
	KP.2	0%	NA

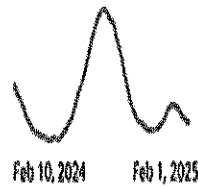
**Early Indicators**

**Test Positivity >**

% Test Positivity

**4.9%**

Week ending February 1, 2025  
Previous week 5.3%

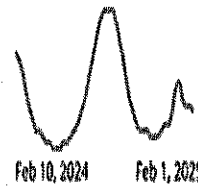


**Emergency Department Visits >**

% Diagnosed as COVID-19

**0.9%**

Week ending February 1, 2025  
Previous week 1.0%



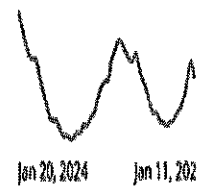
**Severity Indicators**

**Hospitalizations >**

Rate per 100,000 population

**3.4**

Week ending January 11, 2025  
Previous week 4.1

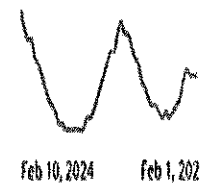


**Deaths >**

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

**1.5%**

Week ending February 1, 2025  
Previous week 1.5%



ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	14.8	0.0	December 27 - January 23
ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill		0.0	December 27 - January 23

亲爱的会员们：

绿杨烟外晓寒轻，红杏枝头春意闹。

随着春天的脚步，我们缓缓走进了三月。今年的夏令时将在3月9日(星期日)凌晨2点开始，请别忘了把时钟拨快一个小时，变为凌晨3点。今年春分是从3月20日(星期四)开始。

3月随着天气逐渐回暖，中心将会开设两个新的课程。首先，中心将重启“常青园艺”项目。此项目有名额限制，如果您已经报名参加了这个活动，请于3月6日(星期四)下午1点至2点在图书馆举行第一次会议。在这次会议中，您将了解到活动的基本规则并签署免责声明。由于此项目的名额已满，但如果您有兴趣加入，请到办公室登记候补名单。如出现多余名额，园艺组负责人张老师会与您联系。“常青园艺”项目将持续到今年的11月份。

此外，中心还将开设一门短期电脑课程，为期两个月，课程名为“苹果手机和苹果的平板电脑的IOS系统入门”，由志愿者李嘉敏女士指导教授。课程将在3月和4月的每个星期一(下午1:30-3:00在计算机室)进行。课程需要提前注册，名额限制为20人。

在3月，我们还将与法拉盛市政厅(Flushing Town Hall)合作，推出一系列新的艺术项目，其中包括混合艺术与手工艺以及印度烹饪料理工作坊。该项目将于每周二上午9:00至11:00进行，但每个月的第三个星期二除外。所有材料将由中心提供，您可以专注于发挥创意，尽情享受艺术带来的乐趣。三月份的课程安排是印度美食料理，地点安排在中心的大饭厅，日期是三月四日，三月十一日和三月二十五日。欢迎会员踊跃参与活动。

乒乓球季度比赛将在3月的每个星期一和星期四中午12:30至下午2:30在大礼堂举行。如果您对此感兴趣，欢迎前来观赛。

3月20日(星期四)，中心将带领54名会员前往位于曼哈顿时代广场42街的杜莎夫人蜡像馆参观。蜡像馆陈列了200多个名人蜡像，您可以看到著名歌星碧昂丝(Beyoncé)，还可以与前总统拜登和副总统哈里斯副蜡像近距离合影，并亲身感受美国电视节目台。在里面，您可以和吉米-法伦(Jimmy Fallon)的蜡像讲笑话，和艾尔-罗克尔(Al Roker)的蜡像一起报道天气，以及和迈克尔-斯特拉汉的蜡像(Michael Strahan)分享日间突发新闻。除了参观蜡像以外，这次活动还包含4D电影短片体验。这将是一次奇妙有趣的户外活动，如果您对此感兴趣，请于3月7日(星期五)上午8:30报名。此次户外郊游的费用为10美元，其中包括蜡像馆的门票、交通费用、午餐、水和小零食。午餐将在参观者返回到中心后提供。会员们请记得带上手机和充电宝，以便与您心仪的名人拍照留念。请注意，每个人在进入博物馆前都需要通过金属的安全检测。

3月份的生日聚会将于3月24日(星期一)下午1:30在小饭厅举行。请所有在3月份过生日的会员、义工和工作人员到办公室提前报名参加，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。

在这里，中心再次提醒大家：从周一至周六，中心每日都为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，会员如若需要外带午/晚餐，需自带餐盒打包带回家。

关于COVID-19的最新情况。

2024年12月至2025年1月期间，感染率、住院人数、急诊就诊率和死亡率均有所下降。然而，在邮政编码为11354的区域，住院率较上个月增加至14.8%。而在邮政编码为11355的区域，每10万人口的传播率几乎为零。

Omicron XEC 变异株已从 47%降至 43%，而 LP.8.1 变异株已增加至 20%。美国疾病控制与预防中心（CDC）的报告显示，目前流感变异株包括甲型流感 A(H1N1) pdm09 和 A(H3N2)。根据纽约市卫生局的数据，截止 2025 年 2 月 8 日的一周，共有 19,338 份流感样本检测为阳性，比前一周下降了 14%，其中 79%的样本为甲型流感 A, 20%为乙型流感 B。

PRC 会员体验调查将由 Selfhelp 与专业研究顾问合作进行，调查的重点是在收集中心所提供的服务。我们重视您的反馈，这将帮助我们改进服务。中心将向该机构提供 150 名活跃会员的联系信息，工作人员将会联系您征求意见和建议。为保护您的隐私，所有电话都匿名进行。

**Diana Shun** 将接替 **Jasper Tam** 的工作成为新的社工，为 CAPE 项目提供咨询，心理辅导和讲座。

最后，**Roseann Rosado**（自助犹太公司里管理皇后区五个老年人中心的常务董事）想在这里向 **Selfhelp Benjamin Rosenthal** 老年人中心的所有会员们做个自我介绍并给大家传递一些信息。她说：“在中心目前寻找新项目主任的同时，**Karen Chen** 将暂时担任代理主任的职务，并向我汇报工作。在此期间，我每周都会在中心待上一两天，四处走走，并向所有会员介绍自己。在午餐时间，我也会与大家交流，询问是否有任何问题或关注的事项，并随时准备与大家单独交谈。如果会员们有任何问题、关注或意见，欢迎随时拨打我的电话：646-597-5262 或是 917-915-5443，或通过电子邮件联系我：[roseann.rosado@selfhelp.net](mailto:roseann.rosado@selfhelp.net)。期待与大家合作。”

最后祝大家春天愉快，身体健康！

**Karen Chen, Interim Director**

翻译：EmilyZhang

2025 年 3 月 1 日



**Innovative Senior Center**  
**(Benjamin Rosenthal-Prince Street Older Adult Center)**  
**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 – March 2025 二零二五年三月份節目表**

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 <a href="https://selfhelp.zoom.us/j/98337081842?pwd=VDBlcmVlK3NlVDlhNGVZUWNSUhhNQT09">https://selfhelp.zoom.us/j/98337081842?pwd=VDBlcmVlK3NlVDlhNGVZUWNSUhhNQT09</a> 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 (start at 2:45 pm on 3/24, 3/24 下午 2:45 开始; 3/30 class cancel, 3/30 的活动取消)
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
1:30-3:00 PM **New Class 短期 新课程** (March & April only)	Introduction of the IOS System for I Phone & I Pad 苹果手机和平板电脑的 IOS 系 统的介绍和操作使用	Carmen	Chinese	Computer Lab 电脑室 (Pre-registration is required with a limit of 20 participants.) 课程需 要提前注册, 名额限制为 20 人
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> 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 <a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09">https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09</a> ; 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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> 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 <a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKO3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKO3hOZmltc1p2QT09</a> ; 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
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 旗袍秀	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 (Class is cancelled on 3/4/25, 3/4/25 的课程取消)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09</a> 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	Diana Shum, 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 <a href="https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMIhBdDNnK2lIcGlxVnArUT09;">https://selfhelp.zoom.us/j/98706955835?pwd=NW50ZmpzMIhBdDNnK2lIcGlxVnArUT09</a> ; Call in: 1-646-876-9923 ID: 987 0695 5835; Passcode: 667 123 2126
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert and Sophia Chin	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	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	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 Jaso	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 <a href="https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a> 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
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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	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 & Ms. Ying	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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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	Diana Shum, 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 Anderson	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 (初级班)	Christina Anderson	English	Arts Room 艺术室
1:30-3:30 PM	Spanish (Beginner) 西班牙语 (初级班)	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 <a href="https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUxROt09_ID:92343629304;Passcode:2297166017">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUxROt09_ID:92343629304;Passcode:2297166017</a>

## 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 元极舞	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 is cancelled on 3/8/25, 3/8/25 的课程取消)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/9533353555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/9533353555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09</a> 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
3/1/25 - 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

3/1/25 Sat. 星期六 10:00-11:00 AM	<b>Brief Introduction of Health Preservation in Traditional Chinese Medicine “中医养生简介:穴位,食疗,节气”</b>	<b>Dr. Helen Zhang</b>	<b>Chinese 普通话</b>	<b>Large Dining Room 大饭厅 and VSC 视频</b> <a href="https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09;">https://selfhelp.zoom.us/j/95339946345?pwd=cTY5SVJYYXo2YSStVM2loTEtvZnpadz09;</a> Call in 1-646-876-9923 ID: 953 3994 6345; Passcode: 3260637715
Mon., & Thu., 星期一 & 星期四 12:30-2:30PM	<b>March Semi-Annual Ping Pong Tournament</b> 三月份的乒乓球比赛	<b>Mr. Yip</b>	<b>English /Chinese</b>	<b>Auditorium 礼堂</b>
3/4/25, 3/11/25 & 3/25/25 Tue., 星期二 9:00-11:00 AM	<b>Indian Cooking Workshops</b> 印度美食料理工作坊	<b>Nupur from SU-CASA</b>	<b>English</b>	<b>Large Dining Room 大饭厅 (Class is cancelled on 3/18/25, 3/18/25 的课程取消)</b>
3/8/25 Sat. 星期六 12:30-2:30PM	<b>Arts and Crafts: Cute Umbrellas</b> 手工艺: 可爱的雨伞	<b>Lily R.</b>	<b>English</b>	<b>Arts Room 艺术室</b> (Every 2 <sup>nd</sup> Saturday of the month 每个月的第二个星期六)
3/14/25 Fri., 星期五 10:00-11:00 AM	<b>(I) Peptic Ulcer and diet</b> 消化性溃疡和相关饮食	<b>Eva Lau, Nutritionist</b> 营养师	<b>English /Chinese</b>	<b>Large Dining Room 大饭厅 and VSC 视频</b> <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
3/18/25 Tue., 星期二 9:30-2:00 PM	<b>Food Pantry</b> 老人营养补充袋发放日	<b>Staff 工作人员</b>	<b>English /Chinese</b>	<b>Rear Door 中心后门</b>
3/19/25 Wed., 星期三 10:00 – 11:00 AM	<b>Introductory of Story Circle Café Presentation</b> 介绍分享个人故事	<b>Marsha</b>	<b>English</b>	<b>Large Dining Room 大饭厅 and VSC 视频</b> <a href="https://selfhelp.zoom.us/j/95515555143?pwd=baRyVKHBcGPajhrAKg08e0KBRtTbjw.1">https://selfhelp.zoom.us/j/95515555143?pwd=baRyVKHBcGPajhrAKg08e0KBRtTbjw.1</a> Call in: 1-646-876-9923 ID: 955 1555 5143; Passcode: 6406121195
3/19/25 Wed., 星期三 1:00 – 2:00 PM	<b>PAC Meeting</b> 行政委员会议	<b>Bernie/ Cynthia</b>	<b>English</b>	<b>Selfhelp Zoom, Access info to be provided and Library</b>
3/20/25 Thu., 星期四 8:30-2:00 PM	<b>Field Trip: Madame Tussauds</b> 户外旅游: 纽约杜莎夫人蜡像馆	<b>Staff 工作人员</b>	<b>English /Chinese</b>	<b>Madame Tussauds in New York 纽约杜莎夫人蜡像馆 (Please sign up in main office on Friday, 3/7/25 until sold out, 请在星期五, 3/7/25 到办公室登记报名, 直到售完为止)</b>

3/21/25 Fri., 星期五 10:00-11:00 AM	(2) Peptic Ulcer and diet: Helicobacter Pylori 消化性潰瘍和飲食: 认识幽門 螺桿旋菌	Eva Lau, Nutritionist 营养师	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
3/24/25 Mon., 星期一 1:30- 2:30PM	March Birthday Party 3 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 March. 如果您的生日是在 3 月份 , 请到总办公室报名。
3/27/25 Thu., 星期四 10:00-11:00 AM	The high risk of cardiovascular disease (CVD) 心血管疾病的高风险	Emily Lee, RN from NYC Queens Center Hospital	English /Chinese	Large Dining Room 大饭厅
3/28/25 Fri., 星期五 10-11:00 AM	Mindfulness-based Stress Reduction 正念减压	Diana Shum, LMSW from CAPE	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99355005556?pwd=K3GfeBEs5cEjcS7gUtUjPB5NPmdxeM.1">https://selfhelp.zoom.us/j/99355005556?pwd=K3GfeBEs5cEjcS7gUtUjPB5NPmdxeM.1</a> Call in: 1 646 876 9923 ; ID: 993 5500 5556 Passcode: 8335464100
3/31/25 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
3/2025-11/2025, Mon. – Sat. 星期一至星期六	Evergreen Community Gardening 户外园艺	Staff 工作人员	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) (Start on Monday, 3/17. 从 3/17 星期一开始)

## 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 <a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTKJKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTKJKVWJIZz09;</a> Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506

<b>11:00-12:00 PM</b>	<b>Current Events</b> 时事讨论	<b>Bernie A.</b>	<b>English</b>	<b>VSC 视频</b> <a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09</a> Call in: 1-646-876-9923; ID: 963 0027 6377
<b>2:30-3:30 PM</b>	<b>Learn How to Play Piano for Seniors</b> 学习如何弹钢琴	<b>Penny Zhao</b>	<b>Chinese</b>	<b>Zoom ID: 784 890 5892; Passcode: 644762</b>

## Friday 星期五

<b>Time</b> 时间	<b>Class</b> 活动项目	<b>Instructor</b> 指导老师	<b>Language</b> 语言	<b>Location</b> 地点
<b>1:00-3:00PM</b>	<b>We Speak New York</b> 生活在紐約	<b>Mary from City Hall</b>	<b>English</b>	<b>Phone conference</b> <b>Selfhelp Conference Call: 1-800-719-7514</b> <b>Code: 679247</b>

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
<b>March Semi-Annual Ping Pong Tournament</b> 三月份的乒乓球比赛  <b>Mon., &amp; Thu.,</b> 周一 & 周四 <b>12:30-2:30PM</b>	<b>Food Pantry</b> 老人营养补充袋发放日  <b>3/18/2025</b> <b>Tue., 星期二</b> <b>9:30-2:00 PM</b>	<b>Field Trip:</b> <b>Madame Tussauds</b> 户外旅游: 纽约杜莎夫人蜡像馆  <b>3/20/2025</b> <b>Thu., 星期四</b> <b>8:30-2:00 PM</b>	<b>March Birthday Party</b> 3月份生日会  <b>3/24/2025</b> <b>Mon., 星期一</b> <b>1:30- 2:30PM</b>	<b>Welcome New Members Meeting</b> 欢迎新会员聚会  <b>3/31/2025</b> <b>Mon., 星期一</b> <b>1:30-3:30 PM</b>	<b>3/1</b> <b>Baked breaded fish, broccoli, juice</b> 中餐: 烤鱼饼, 橙, 果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/tomato, raita yogurt</b> 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
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>
<b>3/3</b> <b>Tofu with mixed vegetables, baked potato, Bok choy, orange, juice</b> 豆腐蔬菜, 烤土豆, 大白菜, 橙, 果汁	<b>3/4</b> <b>Baked mushroom chicken, spaghetti, green cabbage, banana, juice</b> 香菇鸡腿, 炒意面, 高丽菜, 香蕉, 果汁	<b>3/5</b> <b>Baked salmon fillet, mashed potato, broccoli, apple, juice</b> 烤三文鱼, 土豆泥, 西兰花, 苹果, 果汁	<b>3/6</b> <b>Turkey burger, baked beans, green cabbage, apple, juice</b> 火鸡肉饼, 炖豆, 高丽菜, 苹果, 果汁	<b>3/7</b> <b>Braised lean pork with carrots, green beans, baked sweet potato, orange, juice</b> 胡萝卜炖肉, 四季豆, 烤地瓜, 橙, 果汁	<b>3/8</b> <b>BBQ chicken, broccoli, orange, juice</b> 中餐: 烤鸡腿, 橙, 果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt</b> 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
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>
<b>3/10</b> <b>Eggplant lasagna, napa cabbage, baked potato, orange, juice</b> 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	<b>3/11</b> <b>Soy sauce chicken, baked sweet potato, green cabbage, banana, juice</b> 酱油鸡, 烤地瓜, 高丽菜, 香蕉, 果汁	<b>3/12</b> <b>Roast pork, baked beans, broccoli, apple, juice</b> 叉烧, 炖豆, 西兰花, 甜玉米, 苹果, 果汁	<b>3/13</b> <b>Curry chicken, macaroni, mustard greens, kiwi, juice</b> 咖喱鸡, 通心粉, 大芥菜, 猕猴桃, 果汁	<b>3/14</b> <b>Baked salmon fillet, sweet corn, green beans, orange, juice</b> 烤三文鱼, 甜玉米, 四季豆, 橙, 果汁	<b>3/15</b> <b>Baked breaded fish, broccoli, fruit juice</b> 中餐: 烤鱼饼, 橙, 果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt</b> 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
<b>3/17</b> <b>Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice</b> 炖素菜,烤地瓜,大白菜,橙,果汁	<b>3/18</b> <b>Baked salmon fillet, mashed potato, green cabbage, banana, juice</b> 烤三文鱼,高丽菜,土豆泥,香蕉,果汁	<b>3/19</b> <b>Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, tangerine, juice</b> 鹹魚肉餅,玉米,西兰花,橘,果汁	<b>3/20</b> <b>BBQ chicken, baked beans, mustard greens, kiwi, juice</b> 烤鸡腿,炖豆,大芥菜,猕猴桃,果汁	<b>3/21</b> <b>Pork chops, green beans, baked potato, orange, juice</b> 烤猪扒,四季豆,烤土豆,橙,果汁	<b>3/22</b> <b>Baked chicken patty, broccoli/cauliflower, orange, juice</b> 中餐:烤鸡饼,橙,果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt</b> 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
<b>3/24</b> <b>Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice</b> 烤蔬菜饼,大白菜,烤地瓜,橙,果汁	<b>3/25</b> <b>Baked mushroom chicken, baked beans, green cabbage, banana, juice</b> 香菇鸡腿,炖豆,高丽菜,香蕉,果汁	<b>3/26</b> <b>Baked fish fillet, spaghetti, broccoli, orange, juice</b> 烤鱼排,炒意面,西兰花,橙,果汁	<b>3/27</b> <b>Roast pork, mashed potato, mustard greens, kiwi, juice</b> 叉烧,土豆泥,大芥菜,猕猴桃,果汁	<b>3/28</b> <b>Baked salmon fillet, sweet corn, green beans/sliced carrots, apple, juice</b> 烤三文鱼,甜玉米,四季豆,苹果,果汁	<b>3/29</b> <b>Tuna fish salad, broccoli, juice</b> 中餐:金枪鱼沙拉,橙,果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt.</b> 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				
<b>3/31</b> <b>Tofu with mixed vegetables, baked potato, bok choy, orange, juice</b> 豆腐蔬菜,烤土豆,大白菜,橙,果汁	<b>4/1</b> <b>Soy sauce chicken, baked beans, green cabbage, banana, juice</b> 酱油鸡,炖豆,高丽菜,香蕉,果汁				

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