



April 1, 2025

Dear Members,

April showers bring May flowers! You may notice more rain this month, but that's a good thing! April is Stress Awareness Month. A little stress can be helpful for personal growth, but too much stress over time can be harmful to both the mind and body. So, remember to take deep breaths and make time to care for your health and well-being. You could spend some time in nature and engage in eco-friendly activities to help take care of the Earth. Earth Day, or Nature Day is April 22nd this year. Did you know that practicing positive thinking and doing good deeds can help reduce stress? Give it a try and see if it works for you!

This Spring, the center will be introducing several new on-site classes. Starting Thursday, April 3rd, our center will offer a weekly English as a Second Language class focusing on pronunciation and conversation in the small dining room from 1:30 pm to 3:00 pm taught by a volunteer Ms. Wang. Pre-registration is required in the office. The Hybrid ESL class, previously scheduled from 4 pm to 6 pm, will now be held from 9 am to 1 pm every Monday and Tuesday. The Hybrid English Oral Practice class on Mondays, currently held from 7 pm to 9 pm, will be rescheduled to 11 am to 1 pm. The Hybrid Citizenship class will also shift back to its previous time of 11 am to 1 pm every Tuesday.

Additionally, the Story Circle Café workshop led by Marsha Gilden from Teachers & Writers Collaborative will be held for 10 sessions in the center's library and online every Monday from 1 pm to 2:30 pm. We encourage members to participate in the classes and share their personal stories with others.

Our center will be taking members to the New York City Botanical Garden to see the flowers. On Thursday, April 17, we will bring 56 participants to the New York Botanical Garden in The Bronx. The trip includes a 45-minute tram ride to explore the entire garden and a special Orchid Show featuring Mexican Modernism. Registration for 52 senior members will begin on Monday, April 7th at 8:30 am. The cost for this trip is \$20, which covers the entrance fee, transportation, lunch, snacks, and water. If you are interested in any of these trips, please visit the office to review the rules and regulations for field trip registration. Each member may register for one trip to the museum, zoo, or botanical garden, but can sign up for up to three trips, with only one registration per destination type.

The April birthday party will take place on Monday, April 21 at 1:30 pm in the small dining room. Members, volunteers, and staff with birthdays in April are invited to sign up for our mini celebration at the office so we can get an accurate headcount. Our center will provide cakes and tea for the celebration, and we'll sing the birthday song in three languages: English, Mandarin, and Cantonese.

The MTA Mobile Bus service will visit the center this year on April 29 (Tuesday), July 29 (Tuesday), and October 29 (Wednesday) to assist seniors with reduced fare card issues.

Membership card pickup and renewal will be available every Monday, Friday, and Saturday from 9:00 AM to 10:45 AM until the end of June 2025. Members should ensure their cards have the 2025 sticker and a C sticker when entering the center to participate in any activities. If you have not renewed your membership card, please visit during these days. If you do not have the C sticker, please stop by the office to sign either the consent form or revoke form to participate in the center's activities. The consent or revoking form is required by the Department of Aging to allow members to join the center's diverse programs. Members who refuse to sign the form will only be eligible to participate in congregate meals and information referral services.

The PRC survey may be conducted in April 2025. The specific dates and the number of participants from the agency will be determined soon, and members will be notified.

The center encourages members to volunteer and assist with various activities, including dining room support, program events, office tasks, field trips, and more. If you are interested in joining the volunteer group, please visit the office to meet with Joy (Program Coordinator) and sign up for flexible hours and tasks. We look forward to working with you and helping you enjoy your retirement at our center.

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. We have added a salmon entree to our April menu which will be served every week. If you like salmon, look closely at the menu to see when it will be served.

Covid update: in general, the nationwide covid infection rate, hospitalizations, emergency visits and death rates have been decreasing from Jan. 2025 to Mar. 2025. However, in zip code 11354, the hospitalization rates increased to 24.1% compared to last month. In zip code 11355, the hospitalization rates increased to 7.6%. The Omicron LP.8.1 variant increased to 47% (increased 27% compared to last month), XEC with 22 % (decreased 21% compared to last month), follow by LF.7 with 5%.

Seasonal influenza (flu) activity remains elevated nationally but has decreased for four consecutive weeks. The season has peaked; however, flu-related medical visits, hospitalizations, and deaths remain elevated, and CDC expects several more weeks of flu activity.

From CDC Flu view report: this season is classified as a high severity season overall and for all age groups (children, adults, older adults) and is the first high severity season since 2017-2018. No new influenza A(H5) cases were reported to CDC this week. To date, human-to-human transmission of avian influenza A(H5) virus (H5 bird flu) has not been identified in the United States.

Wishing you all a happy Spring season in April!

Sincerely,

Karen Chen

Interim Director

**Nowcast Estimates in HHS Region 2
for 3/2/2025 – 3/15/2025**

Region 2 - New Jersey, New York, Puerto Rico, and the Virgin Islands

VHO label	Lineage #	%Total	95%PI
Omicron			
LP.8.1		47%	41–53%
XEC		22%	18–26%
LF.7		5%	2–11%
LB.1.3.1		5%	4–7%
KP.3.1.1		4%	2–6%
XEC.4		4%	1–12%
MC.19		3%	1–8%
MC.10.1		3%	2–5%
MC.28.1		3%	1–7%
MC.1		2%	1–2%
JN.1.16		1%	0–1%
KP.3		1%	0–1%
XEQ		0%	0–1%
XEK		0%	0–1%
JN.1		0%	NA
KS.1		0%	NA
KP.1.1.3		0%	NA
LB.1		0%	NA
KP.2.3		0%	NA

COVID-19 Update for the United States

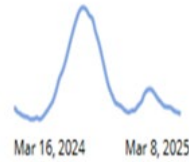
Early Indicators

Test Positivity >

% Test Positivity

3.8%

Week ending March 8, 2025
Previous week 4%

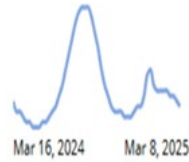


Emergency Department Visits >

% Diagnosed as COVID-19

0.7%

Week ending March 8, 2025
Previous week 0.8%



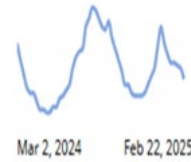
Severity Indicators

Hospitalizations >

Rate per 100,000 population

2.3

Week ending February 22, 2025
Previous week 2.7



Deaths >

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

1.0%

Week ending March 8, 2025
Previous week 1.1%



ZIP	Neighborhood	Hospitalizations per 100,000	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	24.1		January 31-February 27
11355	Flushing/Murray Hill/Queensboro Hill	7.6	0.0	January 31-February 27

亲爱的会员

们：

唐代诗人杜甫这样描绘美丽的四月天“好雨知时节，当春乃发生。随风潜入夜，润物细无声。

在四月，我们会发现降雨量明显增多，因为这正是万物生长的时节。同样，四月也被人们称之为“压力提醒月”。生活中适度的压力或许是有益的，但过大的压力则会对身心造成损害。因此，建议大家可以多做深呼吸来舒缓压力，并通过其他多种方式来提升身心健康。您可以到户外欣赏大自然的美丽和它的蓬勃生机。同时，可以参与一些关爱地球的环保活动，因为每年的4月22日，是“地球日”，也被称为“自然日”。我们鼓励大家，在美好的四月天，尝试用不同的方式来提升心理健康，如正向思维模式和行善举都是不错的方式。

四月，中心将推出几门新的线下课程。从4月3日（星期四）开始，中心每周四将在小饭厅提供专注于发音和会话的基础英语课程，时间是下午的1:30至3:00，由Ms. Wang授课。课程需要提前在办公室报名。原定于下午4点至6点的视频英语九百句课程将改为每周一和每周二上午9点至下午1点；每周一晚上7点至9点的视频英语口语课程也将重新安排至上午11点至下午1点。视频入籍预备班的课程将更改至每周二上午11点至下午1点。

此外，由教师与作家合作组织（T&W）举办、Marsha Gilden主讲的故事圈咖啡馆将在中心的图书馆和线上同时进行，这是一个为期10次的课程，每周一下午1点至2:30进行，课程在四月七日开始。我们鼓励会员们参加该课程，与他人分享您的个人故事。

四月的户外郊游是会员们最喜欢的活动之一。4月17日（星期四），中心将带领56名会员前往布朗克斯的纽约市植物园，欣赏美丽的春节花卉。这次旅行中，会员们将乘坐有轨电车，可以在45分钟内游览整个植物园。除此之外，中心还将带领大家观看一场特别的以墨西哥现代主义主题的兰花展。中心将于4月7日（星期一）上午8:30开始登记，名额为52名会员，剩下4个名额将留给领队。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。若您对这些旅行感兴趣，请到办公室阅读户外旅行的报名规则 and 规定。会员一年最多可参加三种类别的户外旅游。每一个类别可参加一次。（例如：您已参加纽约市植物园就不能再参加任何其他植物园游览）

4月份的生日聚会将于4月21日（星期一）下午1:30在小饭厅举行。请所有在4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。

2025年MTA移动巴士服务将于今年以下三个时间段来中心协助会员们办理半价乘车卡：4月29日（星期二）、7月29日（星期二）和10月29日（星期三）。

另外，会员卡领取和更新服务将在每周的一、五、六上午9:00至10:45进行，持续到6月底。会员在进入中心参加活动时，需确保自己的会员卡上贴有2025和C标志的贴纸。如果您的会员卡上没有C标志的贴纸，请到办公室签署同意书或撤销书。根据老人局的要求，会员须签署同意书才能参与中心的各种课程和服务。拒绝签署表格的会员，将仅能参与饭食和信息咨询服务。

PRC的调查活动将在2025年4月进行，具体日期和参与人数将另行通知。

中心鼓励会员们积极参与义工活动，一起协助中心的各种服务，其中包括：餐厅、课程活动、办公室前台、户外郊游活动等。如果您有兴趣加入义工团队，请到办公室与项目协调员 Joy 填写登记表。我们期待与您一起，更好地享受中心丰富多彩的退休生活。

中心再次提醒大家：周一至周六，中心每天都为 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，会员如若要外带午/晚餐，需自带餐盒打包。我们在四月份的菜单中增加了三文鱼主菜，每周都会提供，请关注菜单，查看何时供应时间。

最后，我们说说新冠疫情：总体而言，从 2025 年 1 月到 3 月，全国的新冠感染率、住院率、急诊就诊率和死亡率均有所下降。然而，在邮政编码为 11354 区域，住院率相比上个月增加了 24.1%。在邮政编码为 11355 区域，住院率增加了 7.6%。Omicron 变异株 LP.8.1 的感染率为 47%（较上月增加了 27%），XEC 变异株为 22%（较上月下降了 21%），LF.7 为 5%。

季节性流感（流感）在全国范围内持续处于较高水平，但已连续四周下降。流感季节已达到高峰，但流感引发的医疗就诊、住院和死亡率仍然较高，CDC 预计流感将持续数周。

根据 CDC 流感监测报告：本季被归类为流感高严重性季节，所有年龄组（儿童、成人、老年人）都很高，这是自 2017-2018 年以来的首次高严重性季节。本周 CDC 未报告新的 A 型流感（H5）病例。截至目前，全国尚未发现禽流感 A 型（H5）病毒的人际传播。

翻译：Emily Zhang

祝大家春季愉快，四月快乐！

Karen Chen, Interim Director

2025 年 4 月 1 日



Selfhelp 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

PROGRAM – April 2025 二零二五年四月份節目表

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	Chen's Style Tai Chi 陈氏太极	Ms. Estella Suen	Chinese	Auditorium 礼堂
9:00-11:00 AM **Time Change** 更改时间	Virtual Beginner's ESL with Mr Situ 视频英语九百句	Mr. Situ	Chinese	VSC 视频 https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYlA3VlVPTzlnYWluUT09 Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00PM **Time Change** 更改时间	Virtual English Oral Practice 视频英语口语练习			
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=VDBIemVlK3NlVDlhNGVZUWNSUUhNQT09 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 4/21, 4/21 下午 2:45 开始; 4/28 class is canceled, 4/28 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 只限三月和四月	Introduction of the IOS System for I Phone & I Pad 苹果手机和平板电脑的 IOS 系 统介绍和操作使用	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	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 ID: 977 0732 1021; Passcode: 707 889 9544
6:30 -8:30PM	Virtual Sing Along English Karaoke 视频英文歌卡拉 OK	Felix Leung & Mary Yam	English	VSC 视频 https://selfhelp.zoom.us/j/96474492130?pwd=RFNlOU5aWkRVa1M4c3B0ajhnZVFmUT09 ; Call in: 1-646-876-9923. ID: 964 7449 2130; Passcode: 739 290 0390

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
9:00-11:00 AM **Time Change**	Virtual Beginner's ESL with Mr Situ			VSC 视频

更改时间	视频英语九百句	Mr. Situ	Chinese	https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM **Time Change** 更改时间	Virtual Citizenship Preparation 视频入籍预备班			
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
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
2:15-3:45PM	Learning Chinese Calligraphy Class 中国书法学习班	Ying Bao Xiao & Kevin Du	Chinese	Arts Room 艺术室
4:00-6:00 PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 ID: 977 0732 1021; Passcode: 707 889 9544

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	Chen's Style Tai Chi 陈氏太极	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	Hybrid 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=NW50ZmpzMIhBdDNnK2IicGlxVnArUT09 ; 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 & 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 & Kay	English	Large Dining Room 大饭厅
1:30-3:30 PM	Ballroom Dancing 交際舞	Janet Fou & Helen Ha	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	Virtual Karaoke 视频卡拉 OK	Jane Chen & Bao Huang Du	Chinese	VSC 视频 https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTbjcC9lUm55SEZ4N3pvZldwdz09 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	Sophia	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
1:30-3:00 PM **New Class** ※ 新课程 ※	Learning Basic English (Pronunciation and Conversation) 学习基本英语(发音和会话)	Ms Wang	English/Chinese	Small Dining Room 小饭厅 (Pre-registration is required with a limit of 25 participants 课程需要提前注册, 名额限制为 25 人)
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 (Class is cancelled on 4/17, 4/17 的课程取消)
2:30-3:30 PM	Latin Dance 拉丁舞	Mr. Chen & Ms. Ying	Chinese	Auditorium 礼堂
4:00-6:00 PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & 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 & 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	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	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	Nina Zhou	Chinese	Auditorium 礼堂
1:00-3:30 PM	Oil Painting (Beginner) 油画 (初级班)	ChrisTina	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	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWROSnhkOG9CQXMvaVIIUxRQT09_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	Chen's Style Tai Chi 陈氏太极	Ms Estella Suen	Chinese	Auditorium 礼堂
10:00-12:00 PM	Yuan Ji Dance 元極舞	Anna Cheung, Yun Li & 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 & 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 4/12, 4/12 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	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & 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=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
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4/1/25 - 6/30/25 Mon., Fri & Sat. 周一, 周五和周六 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
4/1/25 & 4/8/25 Tue., 星期二 9:00-11:00 AM **4/22 make up class,4/22 补课**	Chinese Ribbon Arts 丝带手 工艺的制作 Indian Cooking Workshops (make up class on 4/22) 印度美食料理工作坊 (4/22 补课)	Susana Tam from SU-CASA	English	Arts Room 艺术室(Class is cancelled on 4/15, 4/15 的课程取消) Large Dining Room 大饭厅 Indian Cooking Workshops (make up class on 4/22) 印度美食料理工作坊补课 4/22
4/2/25 Wed., 星期三 2:00 – 3:00 PM	Craft & Chat 繡花, 談話	Diana Shum, LMSW from CAPE	English /Chinese	Library 图书室 (Pre-registration is required with a limit of 6 participants 课程需要提前注册, 名额限制为 6 人)
4/5/25 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
4/7/25,4/14/25 & 4/21/25 Mon., 星期一 1:00 – 2:30 PM	Story Circle Café 分享个人故事	Marsha	English	Library 图书室 and VSC 视频 https://selfhelp.zoom.us/j/95515555143?pwd=baRyVKHBcGPajhrAKg08e0KBRtTbjw.1 Call in: 1-646-876-9923 ID: 955 1555 5143; Passcode: 6406121195 (Class is cancelled on 4/28)
4/11/25 Fri., 星期五 10:00-11:00 AM	Diet for Preventing Gas 預防氣體的飲食	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
4/12/25 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺 Paper Quilling Card 纸艺卡的制作	Lily R.	English	Arts Room 艺术室 (Every 2nd Saturday of the month 每个月的第二个星期六)
4/15/25 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

4/17/25 Thu., 星期四 8:30-2:00 PM	Field Trip: Bronx NYC Botanic Garden 户外旅游: 布朗士植物园	Staff 工作人员	English /Chinese	Bronx NYC Botanic Garden 布朗士植物园 (Please sign up in main office on Monday, 4/7 until sold out, 请在星期一, 4/7 到办公室登记报 名, 直到售完为止)
4/21/25 Mon., 星期一 1:30- 2:30PM	April Birthday Party 4 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 April. 如果您的生日是在 4 月份, 请到总办公室报名。
4/23/25 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
4/25/25 Fri., 星期五 10-11:00 AM	How to Cope with Current Events 如何應對新聞的壓力	Diana Shum, LMSW from CAPE	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/99355005556?pwd=K3GfeBEs5cEjcS7gUtUjPB5NPmdxeM.1 Call in: 1 646 876 9923; ID: 993 5500 5556 Passcode: 8335464100
4/28/25 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
4/29/25 Tue., 星期二 10:00-2:00 PM	MTA On-site Services 老人半价乘车服务	Staff 工作人员	English /Chinese	In front of center 中心大门口
4/2025–11/2025, 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 on 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
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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	Tuesday 星期二	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 4/15/25 Tue., 星期二 9:30-2:00 PM	4/1 Soy sauce chicken, baked sweet potato, mustard greens, banana, juice 酱油鸡, 烤地瓜, 大芥菜, 香蕉, 果汁	4/2 Steamed ground pork meat flavored w/dried fish, sweet corn, mustard greens, apple, juice 鹹魚肉餅, 玉米, 大 芥菜, 苹果, 果汁	4/3 Baked salmon fillet, baked beans, napa cabbage, kiwi, juice 烤三文鱼, 炖豆, 大白菜, 猕猴桃, 果汁	4/4 Pork chops, mashed potato, green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橘, 果汁	4/5 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
4/7 Eggplant parmesan, napa cabbage, baked sweet potato, orange, juice 烤茄饼, 烤地瓜, 大白菜, 橙, 果汁	4/8 Baked salmon fillets, sweet corn, green cabbage, banana, juice 烤三文鱼, 高丽 菜, 甜玉米, 香蕉, 果汁	4/9 Steamed ground turkey with bean threads & eggs, baked beans, broccoli, apple, juice 火鸡蒸蛋饼, 炖豆, 西兰花, 苹果, 果汁	4/10 Roast pork, spaghetti, shanghai greens, kiwi, juice 叉烧, 炒意面, 上海 菜, 猕猴桃, 果汁	4/11 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	4/12 Baked chicken patty, 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

4/14 Baked vegetable patties, baked sweet potato, napa cabbage, orange juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	4/15 Baked mushroom chicken, macaroni, green cabbage, banana, juice 香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	4/16 Baked fish fillets, sweet corn, mustard greens, apple, juice 烤鱼排, 芥菜, 甜玉米, 苹果, 果汁	4/17 Turkey burger, mashed potato, green cabbage, kiwi, juice 火鸡肉饼, 土豆泥, 高丽菜, 猕猴桃, 果汁	4/18 Baked salmon fillet, green beans, baked beans, orange, juice 烤三文鱼, 炖豆, 四季豆, 烤土豆, 橙, 果汁	4/19 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
4/21 Mix vegetable stew, napa cabbage, baked potato, orange, juice 炖素菜, 烤土豆, 大白菜, 橙, 果汁	4/22 Soy sauce chicken, baked potato, mustard greens, banana, juice 酱油鸡, 烤土豆, 大芥菜, 香蕉, 果汁	4/23 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	4/24 Curry chicken, baked beans, mustard greens, kiwi, juice 咖喱鸡, 炖豆, 大芥菜, 猕猴桃, 果汁	4/25 Roast pork, mashed potato, green beans, orange, juice 叉烧, 土豆泥, 四季豆, 橙, 果汁	4/26 Tuna fish salad, broccoli, juice 中餐: 金枪鱼沙拉, 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	Special Event 特别活动	Special Event 特别活动
4/28 Baked vegetable patties, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	4/29 Beef meatballs, baked potato, green cabbage, banana, juice 牛肉丸, 高丽菜, 烤土豆, 香蕉, 果汁	4/30 Steamed ground pork meat flavored w/dried fish, sweet corn, mustard greens, apple, juice 鹹魚肉餅, 玉米, 大芥菜, 苹果, 果汁	5/1 Baked mushroom chicken, macaroni, broccoli, kiwi, juice 香菇鸡腿, 通心粉, 西兰花, 猕猴桃, 果汁	Field Trip: Bronx NYC Botanic Garden 户外旅游: 布朗士植物园 4/17/25 Thu., 星期四 8:30-2:00 PM	April Birthday Party 4 月份生日会 4/21/25 Mon., 星期一 1:30- 2:30PM ☀☀☀☀☀☀☀☀☀☀☀☀☀☀☀☀ MTA Onsite Service 4/29/25 Tues. 10 am to 2 pm 四月二十九日, 星期二 十点至两点, 老人半价乘车服务

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