



May 1, 2025

Dear Members,

The month of May celebrates two national holidays-Mother's Day and Memorial Day! May is also Older Americans Month so we want to begin by wishing all the senior citizens a happy and healthy season!

Mother's Day is on Sunday, May 11, 2025. We celebrate the strength, love, and endless dedication of mothers everywhere. Whether by birth, choice, or role, mothers shape our lives in the most profound ways. Their sacrifices, wisdom, and compassion are the foundation of families and communities. To all the mothers, grandmothers, mother figures, and caregivers—thank you for everything you do, seen and unseen. Happy Mother's Day!

Another day for us to remember the sacrifices of others falls on Memorial Day, Monday, May 26th when we honor and remember the brave men and women who made the ultimate sacrifice in service to our country. Their courage, dedication, and selflessness have preserved the freedoms we hold dearly. As we enjoy the blessings of peace and liberty, let us take a moment to reflect on the cost of that freedom and express our deepest gratitude to those who gave their lives for it. We remember. We honor. We are forever grateful. Our center will be closed in observance of Memorial Day.

Beginning in May 2025, there will be a few changes to class date and time. Sun's Style Tai Chi class taught by Mr. Kevin Chen will be on Tuesdays from 10:30 AM to 11:30 AM in the auditorium. The Spanish class on Wednesdays will change to 9 AM to 11 AM in the Arts Room. The basic ESL class will move to Wednesdays from 11 AM to 1 PM in the Arts Room. A new intermediate ESL class focusing on conversation will be taught by a volunteer Ms. Wong on Thursdays from 1:30 PM to 3:00 PM in the small dining room.

Our center will take 16 members to Queens Zoo on Tuesday, May 27th at 8:30 AM. Registration for 16 members will begin on Monday, May 19, 2025, at 8:30 AM. The cost of the trip is \$5 which includes the entrance fee, transportation, lunch, snacks, and water. If you are interested in, please come to the office to read the rules and regulations for the field trip registration. You may register to go one time to a museum, zoo, and a botanical garden. One member can register for up to three trips but only once for each kind of destination.

Our center is excited to host our May Volunteer Appreciation Celebration on Monday, May 19, 2025. If you have received an invitation to attend, please reserve your seat by May 9, 2025, with our Program Coordinator, Joy Mau, via e-mail: wmau@selfhelp.net or by calling the center at 718-886-5777. Without our volunteers contributing to their talents and work, this center would not have been able to serve hundreds of members daily. Our center thrives thanks to the many volunteers who contribute their time. We will recognize their dedication to our center on this special day.

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 Mau (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.

The May birthday party will be held on Tuesday, May 27th at 1:30 PM in the small dining room. Members, volunteers, and staff who have May birthdays, please sign up 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.

If the instructor informs the office that he/she is unable to attend a class, the office will post the cancellation on the bulletin board. Once a class is officially canceled, it cannot resume without the instructor's presence. Neither group leaders nor students are permitted to resume the class without the instructor present.

Furthermore, any new class intended for inclusion in the monthly schedule must be discussed with the director in advance. Official updates and changes will be communicated through the bulletin board, monthly newsletter, and announcements made during lunchtime. Please note that messaging apps such as WeChat, WhatsApp, Line, and similar platforms are not considered official communication channels and do not reflect the center's decisions.

In May, the computer technology class will be temporarily suspended to allow the center time to reorganize the class schedule and topics. We also plan to offer additional classes with lengths of either one hour or one and a half hours. The new class schedule will be announced at future notice.

In general, the nationwide infection rate, hospitalizations, emergency visits and death rates have been decreasing from March 30, 2025 to April 12, 2025. In zip code, 11354, the hospitalization rates have dropped from 24.1% to 18.5% per 100,000 people infected. In zip code, 11355, the hospitalization rates increased from 7.6% to 12.7 % per 100,000 people infected both from March 7, 2025, to April 3, 2025. The Omicron LP.8.1 variant increased to 64% (increased 17% compared to last month), XEC with 15 % (decreased 7 % compared to last month), followed by MC.10.1 with 4%.

Wishing you all a happy Spring season!

Best Regards,

Karen Chen, interim director

Nowcast Estimates in United States
for 3/30/2025 – 4/12/2025

USA				
WHO label	Lineage #	%Total	95%PI	
Omicron	LP.8.1	64%	59–70%	
	XEC	15%	12–18%	
	MC.10.1	4%	1–9%	
	LF.7	4%	2–7%	
	LB.1.3.1	2%	1–4%	
	KP.3.1.1	2%	1–3%	
	XEC.4	2%	1–3%	
	MC.28.1	1%	1–3%	
	MC.19	1%	1–2%	
	KP.3	1%	1–2%	
	XEQ	1%	0–2%	
	MC.1	1%	1–1%	
	LF.7.2.1	1%	0–2%	
	XEK	1%	0–1%	
	JN.1.16	0%	0–1%	
	JN.1	0%	NA	

COVID-19 Update for the United States



ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	18.5		March 7-April 3

ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	12.7		March 7-April 3

亲爱的会员们：

日出江花红似火，春来江水绿如蓝。

五月，我们将迎来两个重要的全国性节日——母亲节和阵亡将士纪念日！五月也是“美国长者月”，我们在此祝愿所有的年长者有一个快乐和健康的五月。

母亲节是5月11日（星期日），我们向所有母亲致敬，她们的坚强、爱心和无私奉献像光一样照亮了世界。无论她们是以何种方式成为母亲，都以最深刻的方式塑造了我们的生活。她们的牺牲、智慧与慈爱，是家庭和社区的基石。感谢所有母亲——你们所做的一切，无论是显而易见的，还是默默无闻的，我们都要对你们说：母亲节快乐！

另一个值得我们铭记的日子是阵亡将士纪念日，5月26日（星期一）。这一天，我们将缅怀那些为国捐躯的英勇男女。他们的勇气、奉献和无私保护了我们珍视的自由。在享受和平与自由的同时，让我们缅怀这份来之不易的自由，并向那些为之献出生命的人表达最深切的感激之情。我们对他们说，我们将永远铭记、致敬和感恩。中心将在阵亡将士纪念日关闭。

从2025年5月起，Kevin Chen老师指导的“孙氏太极”课程，将于每周二上午10:30至11:30在礼堂进行。西班牙语课的时间将由调整为上午9点至11点，在艺术教室进行。基础英语课程将改为每周三上午11点至下午1点，地点在艺术教室；新的中级ESL课程将每周一次，在小饭厅进行，时间为下午1:30至3:00，由志愿者王女士授课，课程重点为英语会话练习。

户外郊游是会员们最喜欢的活动之一。5月27日（星期二）上午8:30，中心将带领16名会员前往皇后区动物园。中心将于5月19日（星期一）上午8:30开始登记。此次户外郊游的费用为5美元，包括门票、交通、午餐、零食和水。如果您对这次户外旅行感兴趣，请到办公室阅读户外旅行的报名规则和登记。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）

中心将于2025年5月19日（星期一）举办年度义工表彰大会。正是由于众多义工们无偿奉献精力和时间，中心才有今日的蓬勃发展；正是这些卓越义工们的辛勤付出，中心才得以每日为数百名会员提供优质的服务。为此，中心将在这个特别的日子对他们进行表彰和致敬。如果您收到了邀请，请于5月9日之前通过我们的项目协调员 Joy Mau（电子邮件：wmou@selfhelp.net，电话：718-886-5777）预订您的座位。

中心鼓励会员们积极参与义工活动，一起参与中心的各种服务，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，请到办公室联系项目协调员 Joy Mau，并填写登记表。我们期待与您一起，更好地享受中心丰富多彩的生活。

5 月份的生日聚会将于 5 月 27 日（星期二）下午 1:30 在小饭厅举行。请所有在 5 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。

请大家留意关于课程取消、代课、课程恢复、新课程安排、时间调整及活动延长时间等方面的中心规定：若老师无法找到代课老师并希望取消课程，需通知办公室，办公室将会在公告栏张贴取消通知。一旦课程被正式取消，除非原课程老师回来教授课程，否则不得恢复。无论是小组负责人或者学生，都不能继续课程，除非原授课老师已通知办公室并获得批准。

另外，所有的新课程必须提前与中心负责人进行沟通讨论确认，才能被纳入每月的课程表中。中心课程更新与变更将通过公告栏、每月课程表及午餐时间的广播通知三个官方方式向会员们传达。微信、WhatsApp、Line 等通讯软件并非中心的官方沟通渠道，不能作为课程变更依据。

由于中心需要重新安排课程时间表和教学内容，计算机技术课程将在五月暂时停课。我们也计划增设一些课程，课程时长为一小时或一小时三十分钟。新课程目前正在规划和安排中，开课日期将会另行通知。

最后，我们关注一下疫情的变化情况：截至 2025 年 4 月 12 日，全国感染率、住院率、急诊就诊率及死亡率自 3 月 29 日起持续下降。在邮编为 11354 的区域，每 10 万人中因感染住院的比率从 24.1% 降至 18.5%。而邮编为 11355 区域的住院率则由 3 月 7 日的 7.6% 上升至 12.7%。Omicron LP.8.1 变异株上升至 64%（比上月增长 17%），XEC 为 15%（下降 7%），其次是 MC.10.1，占比 4%。

祝大家春季愉快！

翻译：Emily Zhang

Karen Chen, Interim Director

2025 年 5 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 – May 2025 二零二五年五月份節目表

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	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	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=VDB1emVlK3NlVDlhNGVZUWNSUUhNQ09 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	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=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09 ; 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
9:00-11:00 AM	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=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode: 720 039 9802
11:00-1:00 PM	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 *New Class 新课程*	Sun' Style Tai Chi 孫氏太極	Kevin Chen	English/Chinese	Auditorium 礼堂

11:30-12:45 PM	Chinese Folk Song Dance 民族舞	Daisy Du	Chinese	Auditorium 礼堂
1:00-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅 (start at 2:45pm on 5/27, 5 月 27 日下午 2:45 开始)
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	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
09:00- 11:00AM *Time & Location Change 时间和地点改变*	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Arts Room 艺术室
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert & Sophia Chin	Chinese	Auditorium 礼堂
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

11:00-1:00 PM *New Class 新课程*	Learning Basic English (Pronunciation and Conversation)- Beginners 学习基本英语(发音和会话) - 初班	Ms. Wang	English/Chinese	Arts Room 艺术室
11:30-12:30 PM	Qi Gong 气功	Kevin Chen	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 (5/28 cancelled 取消)
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 & David	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)
2:00 – 3:00 PM	Art therapy for mental health: Craft & Chat 心理健康藝術治療: 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)
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=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	Chinese	Auditorium 礼堂

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 (Class is cancelled on 5/1 & 5/8, 5月1日和5月8日课程取消)
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	Learning Intermediate English 学习英语-中级班	Ms. Wang	English/Chinese	Small Dining Room 小饭厅
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	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 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	Nina Zhou	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 (No class 5/23, 5月23日没有课)
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅 (No class 5/23, 5月23日没有课)
2:15-3:30 PM	Waist Drum Practice 腰鼓练习	Xiu Feng Wang	Chinese	Auditorium 礼堂 (No class 5/23, 5月23日没有课)
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=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09_ID:92343629304;Passcode:2297166017

Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00 AM	Chen's Style Tai Chi 陈氏太极	Ms Estella Suen	Chinese	Auditorium 礼堂
10:00-12:00 PM	Yuan Ji Dance 元极舞	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
10:00-3:45 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 5/10, 5/10 的课程取消)
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
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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
5/1/25 - 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
05/01/25 – 05/30/25 Mon., Thur. Sat. 星期一, 星期四, 星期六	Computer Practice 电脑练习	Staff	English/Chinese	Computer Lab 电脑教室
5/5/25, 5/12/25 & 5/19/25 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 5/26)
5/6/25 Tue., 星期二 10:00-11:00 AM	Presentation: Hepatitis B 讲座: 乙型肝炎	Wallace Wang, MD	Chinese	Large Dining Room 大饭厅
5/9/25 Fri., 星期五 10:00-11:00 AM	Nutrition Workshop: The Best Drinks for Dehydration 营养讲座: 治疗脱水的最佳饮品	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

5/10/25 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺: Lucky star in a bottle 瓶中幸运星的制作	Lily R.	English	Arts Room 艺术室 (Every 2nd Saturday of the month 每个月的第二个星期六)
5/13/25 & 5/27/25 Tue., 星期二 9:00-11:00 AM	Chinese Paper Art Workshop 中国纸艺工作坊	Ms. Tang Ling from SU-CASA	English	Arts Room 艺术室
5/19/25 Mon., 星期一 12:00 – 2:00PM	Volunteer Recognition Celebration 义工表扬大会	Staff 工作人员	English /Chinese	Good Fortune Restaurant 皇朝豪庭
5/20/25 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
5/21/25 Wed., 星期三 10:00 – 11:00 AM	Transfer On Death DEED Presentation 死亡转移地契说明会	New York Legal Assistance Group sponsored by City Council Sandra Ung	English/Chinese	Large Dining Room 大饭厅
5/21/25 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
5/22/25 Thu., 星期四 10:00-11:00 AM	Hybrid Webiner and in person Presentation: Exercising in the Community 视频和现场讲座:社区锻炼	Natalie from HSS Education Institute	English /Chinese	Large Dining Room 大饭厅 https://selfhelp.zoom.us/j/96553841062?pwd=IT6JobwsarOAuM8rqG8OM7jf4X8EkS.1 Zoom Meeting ID: 965 5384 1062 Passcode: 5078532905
5/27/25 Tue., 星期二 8:30-2:00 PM	Field Trip: Queens Zoo 户外旅游: 皇后区动物园	Staff 工作人员	English /Chinese	Queens Zoo 皇后区动物园 (Please sign up in main office on Monday 5/19 until sold out, 请在星期 一, 5/ 19 到办公室登记 报名, 直到售完为止)
5/27/25 Tue., 星期二 1:30- 2:30PM	May Birthday Party 5 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 May. 如果您的生日是在 5 月份, 请到总办公室报名。
5/28/25 Wed., 星期三 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

5/30/25 Fri., 星期五 10-11:00 AM	Nutritional Psychiatry 讲座:營養精神病學	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
5/2025–11/2025, 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
10:00-11:00AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09 ; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506
11:00-12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjl0UT09 Call in: 1-646-876-9923; ID: 963 0027 6377
2:30–3:30 PM	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	Thursday 星期四	Friday 星期五	Saturday 星期六
Volunteer Recognition Celebration 义工表扬大会 5/19/25 Mon., 星期一 12:00 – 2:00PM	Food Pantry 老人營養補充袋 發放日 5/20/25 Tue., 星期二 9:30-2:00 PM	Field Trip: Queens Zoo 户外旅游: 皇后区动物园 5/27/25 Tue., 星期二 8:30-2:00 PM 5/19/25, Mon. tickets available 五月十九日, 星期一售票	5/1 Baked mushroom chicken, baked beans, mustard greens, kiwi, juice 香菇鸡腿, 炖豆, 大芥菜, 猕猴桃, 果汁	5/2 Baked salmon fillet, green beans, sweet corn, orange, juice 烤三文鱼, 四季豆, 甜玉米, 橙, 果汁	5/3 Baked breaded fish, broccoli, orange, 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
5/5 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice, 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	5/6 Soy sauce chicken, baked potato, green cabbage, banana, juice 酱油鸡, 烤土豆, 高 丽菜, 香蕉, 果汁	5/7 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	5/8 Roast pork, mashed potato, mustard greens, kiwi, juice 叉烧, 土豆泥, 大芥 菜, 猕猴桃, 果汁	5/9 Beef tendon with daikon, baked beans, sliced carrots w/green beans, orange juice 牛筋萝卜, 炖豆, 胡 萝卜, 四季豆, 橙, 果 汁	5/10 Baked turkey patty, broccoli/cauliflower, orange, juice 中餐: 烤火鸡肉饼, 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
5/12 Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	5/13 Baked salmon fillet, macaroni, green cabbage, banana, juice 烤三文鱼, 高丽菜, 通心粉, 香蕉, 果汁	5/14 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西 兰花, 苹果, 果汁	5/15 Baked chicken wings, sweet potato, mustard greens, kiwi juice 烤鸡翅, 烤地瓜, 大 芥菜, 猕猴桃, 果汁	5/16 Pork chops, baked beans, sliced carrots w/ green beans, orange, juice 烤猪扒, 炖豆, 四季 豆, 橙, 果汁	5/17 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

5/19 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	5/20 Beef meatballs, baked potato, green cabbage, banana, juice 牛肉丸, 高丽菜, 烤土豆, 香蕉, 果汁	5/21 Roast pork, spaghetti, broccoli, apple, juice 叉烧, 炒意面, 西兰花, 苹果, 果汁	5/22 Steamed ground turkey with bean threads & eggs, baked beans, shanghai greens, kiwi, juice 火鸡蒸蛋饼, 炖豆, 上海菜, 猕猴桃, 果汁	5/23 Baked salmon fillet, sweet corn, carrots with green beans, orange juice 烤三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁 <hr/> Close at 2pm 下午 2 点关门	5/24 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	Special Event 特别活动	Special Event 特别活动
5/26 Closed 休息 Memorial Day 国殇日	5/27 Soy sauce chicken, baked sweet potato, green cabbage, banana, juice 酱油鸡, 烤地瓜, 高丽菜, 香蕉, 果汁	5/28 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 土豆泥, 西兰花, 苹果, 果汁	5/29 Baked chicken wings, baked potato, mustard greens, kiwi, juice 烤鸡翅, 烤土豆, 芥菜, 猕猴桃, 果汁	5/30 Pork chops, green beans, sweet corn, orange, juice 烤猪扒, 甜玉米, 烤地瓜, 橙, 果汁	5/31 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	Special Event 特别活动	Special Event 特别活动	New Class 新课程	New Class 新课程	Time & Location Change 更改时间和地点
6/2 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	May Birthday Party 5 月份生日会 5/27/25 Tue., 星期二 1:30- 2:30PM	Welcome New Members Meeting 欢迎新会员聚会 5/28/25 Wed., 星期三 1:30-3:30 PM	Sun' Style Tai Chi 孫氏太极 5/6/25 Tue., 星期二 10:30-11:30AM	Learning Intermediate English 学习英语-中级班 5/8/25 Thur., 星期四 1:30-3 :00PM 下午一点半至三点。	In Arts Room 艺术教室 Learning Spanish 学习西班牙语 5/7/25; Wed., 星期三 9:00-11:00AM ☼☼☼☼☼☼☼☼☼ Learning Basic English-Beginners 学习基本英语-初级班 5/7/25Wed., 星期三 11:00-1:00 PM; 十一点至一点

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