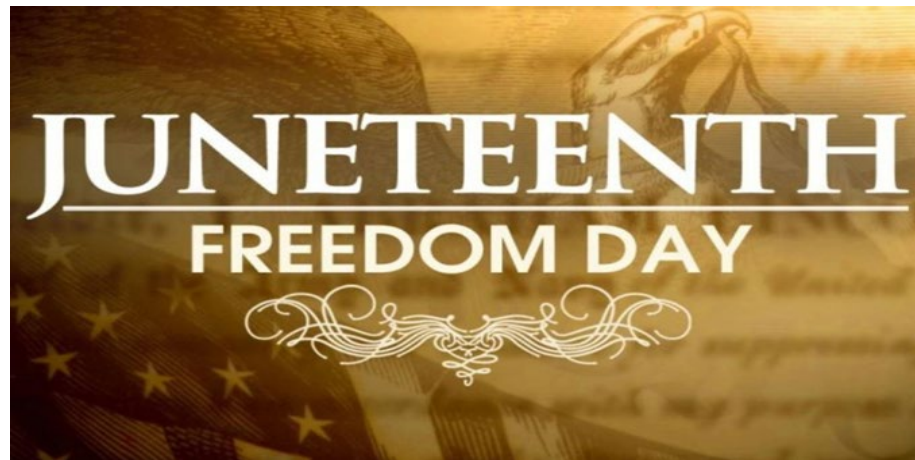




**June 1, 2025**

**Dear Members,**

**The month of June celebrates two national holidays-Father's Day and Juneteenth!**

**Father's Day is a holiday celebrated to honor and recognize fathers, father figures, and the influence of fathers in families and society. It is a day to express appreciation for the love, support, and sacrifices that fathers make. Father's Day falls on Sunday, June 15<sup>th</sup>. How will you make your father feel extra special this year?**

**Juneteenth, also known as Juneteenth National Independence Day or Emancipation Day, is a U.S. federal holiday commemorating the end of slavery in the United States. Our center will be closed on Thursday, June 19<sup>th</sup>, in observance of Juneteenth. On Wednesday, June 11<sup>th</sup>, we will bring a total of 18 participants to The Brooklyn Botanical Garden. We will register 16 senior members on Tuesday, June 3<sup>rd</sup>, beginning 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 it, 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. Each member can register for up to three trips but only once for each type of destination.**

**The June birthday party will be held on Monday, June 23<sup>rd</sup>, at 1:30 pm in the small dining room. Members, volunteers, and staff who have June 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.**

**During the month of June, the center will offer a limited number of "takeout" meals each day, starting at 1:30 PM until all spots are filled. Members who have already registered for lunch and dinner on the same day are not eligible to participate. From Monday to Saturday, the center provides lunch and dinner daily to members aged 60 and above. Lunch service begins at 11:00 AM.**

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

Nationally, the infection rate, hospitalizations, emergency visits and death rates have been decreasing from April 26, 2025, to May 10, 2025. In zip code, 11354, the hospitalization rates have increased from 18.5 % to 26 % per 100,000 people infected between April 4, 2025, and May 1, 2025. In zip code, 11355, the hospitalization rates have remained the same at 7.6 % per 100,000 people infected between April 4, 2025, and May 1, 2025.

The Omicron LP.8.1 variant increased to 70 % (increased 6% compared to last month). The new variant XFC was next with 9 %, followed by XEC with 6 % (decreased 9 % compared to last month), followed by LF.7.7.2 with 4%.

Wishing you all a happy summer season starting June 20th!

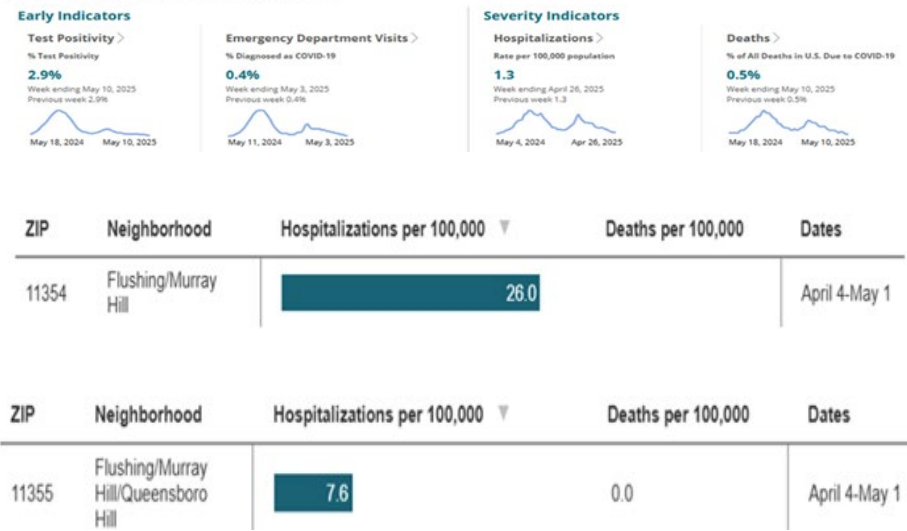
Sincerely,

Karen Chen,  
Program Director

Nowcast Estimates in United States  
for 4/27/2025 – 5/10/2025

| USA       |           |        |        |
|-----------|-----------|--------|--------|
| WHO label | Lineage # | %Total | 95%PI  |
| Omicron   | LP.8.1    | 70%    | 64–75% |
|           | XFC       | 9%     | 4–19%  |
|           | XEC       | 6%     | 4–8%   |
|           | LF.7.7.2  | 3%     | 0–16%  |
|           | LF.7      | 2%     | 1–3%   |
|           | MC.10.1   | 2%     | 1–3%   |
|           | LB.1.3.1  | 2%     | 1–3%   |
|           | KP.3.1.1  | 1%     | 1–2%   |
|           | XEC.4     | 1%     | 1–2%   |
|           | PA.1      | 1%     | 0–3%   |
|           | LF.7.7.1  | 1%     | 1–2%   |
|           | XEQ       | 0%     | 0–1%   |
|           | LF.7.2.1  | 0%     | 0–1%   |
|           | KP.3      | 0%     | 0–1%   |
|           | XEK       | 0%     | 0–1%   |
|           | MC.1      | 0%     | NA     |
|           | JN.1.16   | 0%     | NA     |
|           | MC.19     | 0%     | NA     |
|           | JN.1      | 0%     | NA     |

COVID-19 Update for the United States



亲爱的会员们：

六月荷花香满湖，红衣绿扇映清波。

六月，有两个重要的节日——父亲节和六月节！

父亲节是一个对父亲表达感激之情的节日。感恩他们在家庭与社会中所发挥的重要影响力，以及他们的爱、默默的付出与支持。今年的父亲节是在 6 月 15 日（星期日）。您会特别为您的父亲做些什么呢？

六月节，也被称为“六月独立日”或“解放日”，是为了纪念美国奴隶制度终结的重要节日。本中心将于 6 月 19 日（星期四）关闭一天，与您一起纪念这个不平凡的节日。

我们将于 6 月 11 日（星期三）上午 8:30 带领 16 名会员前往布鲁克林植物园参观。中心将于 6 月 3 日（星期二）上午 8:30 开始为 16 位会员登记报名。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并登记。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）。

6 月份的生日聚会将于 6 月 23 日（星期一）下午 1:30 在小饭厅举行。请所有在 6 月份过生日的寿星会员、义工和工作人员到办公室报名，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 6 月份期间，中心每天将供应限量的“外带”餐点，供应时间为下午 1:30 开始，直到名额登记完为止。当天已登记过午餐和晚餐的会员将无法参与。每周一至周六，中心每天为 60 岁及以上的会员提供午餐和晚餐服务。午餐供应时间为上午 11:00 开始。

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。

最后，我们说一下新冠疫情。在全国范围内，从 2025 年 4 月 26 日到 2025 年 5 月 10 日，新冠病毒感染率、住院率、急诊就诊率和死亡率均呈下降趋势。然而，在邮政编码为 11354 的地区，住院率在 2025 年 4 月 4 日至 2025 年 5 月 1 日期间却从每 10 万人感染者中 18.5% 上升至 26%，是值得关注的。相比之下，邮政编码为 11355 的地区的住院率在同一时间段内保持不变，仍为每 10 万人感染者中 7.6%。

在变异株方面，Omicron LP.8.1 变异株的占比上升至 70%（比上个月增加了 6%）。其次是新变异株 XFC，占比为 9%；再次是 XEC，占比为 6%（比上个月下降了 9%）；LF.7.7.2 的占比为 24%。

祝大家夏季愉快！

此致

Karen Chen 项目主任

翻译者：Yalun Zhang



**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 – June 2025 二零二五年六月份節目表**

**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**

| <b>Time<br/>时间</b>    | <b>Class<br/>活动项目</b>                                          | <b>Instructor<br/>指导老师</b>   | <b>Language<br/>语言</b>   | <b>Location<br/>地点</b>                                                                                                                                                                                                                                                                    |
|-----------------------|----------------------------------------------------------------|------------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>8:30-9:45 AM</b>   | <b>Chen's Style Tai Chi 陈氏太极</b>                               | <b>Ms. Estella Suen</b>      | <b>Chinese</b>           | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                                      |
| <b>9:00-11:00 AM</b>  | <b>Virtual Beginner's ESL with<br/>Mr Situ 视频英语九百句</b>         | <b>Mr. Situ</b>              | <b>Chinese</b>           | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYlA3VlVPTzlnYWluUT09</a><br><b>Call in: 1-646-876-9923</b><br><b>ID: 989 5268 4927; Passcode:720 039 9802</b>               |
| <b>11:00-1:00PM</b>   | <b>Virtual English Oral Practice<br/>视频英语口语练习</b>              |                              |                          |                                                                                                                                                                                                                                                                                           |
| <b>9:45-10:45 AM</b>  | <b>Zhuang Yuan Calligraphy<br/>Class 状元书法班</b>                 | <b>Thomson Chou</b>          | <b>Chinese</b>           | <b>Arts Room 艺术室</b>                                                                                                                                                                                                                                                                      |
| <b>9:45-10:45 AM</b>  | <b>Chair Yoga 瑜伽</b>                                           | <b>Indira P.</b>             | <b>English</b>           | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                                      |
| <b>10:45-3:30 PM</b>  | <b>Stationary Biking &amp; Elliptical<br/>Exercises 固定器械锻炼</b> | <b>Staff 工作人员</b>            | <b>Chinese</b>           | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                                      |
| <b>11:00-11:45 AM</b> | <b>Reading Current Events<br/>阅读时事新闻</b>                       | <b>David &amp; Anita Lam</b> | <b>Cantonese<br/>广东话</b> | <b>Arts Room and VSC 视频和艺术室</b><br><a href="https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVlK3NlVDlhNGVZUWNSUUhNQ09">https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVlK3NlVDlhNGVZUWNSUUhNQ09</a><br><b>Call in: 1-646-876-9923</b><br><b>ID: 983 3708 1842 Passcode: 7145136147</b> |
| <b>11:00-3:45 PM</b>  | <b>Ping Pong 乒乓</b>                                            | <b>Mr. Yip</b>               | <b>English/Chinese</b>   | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                                      |
| <b>11:00-3:45 PM</b>  | <b>Video Exercise 视频操锻炼</b>                                    | <b>Staff 工作人员</b>            | <b>English/Chinese</b>   | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                                      |

|                     |                                                         |                                    |                     |                                                                                                                                                                                                                                                                  |
|---------------------|---------------------------------------------------------|------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1:00-3:30 PM</b> | <b>Table Leisure Games</b><br>桌上休闲游戏时间                  | <b>Staff 工作人员</b>                  | <b>Chinese</b>      | <b>Small Dining Room 小饭厅</b><br>(6/23/2025 -下午 2:45 开始, Starts 2:45 pm)<br>(6/30/2025 Canceled - 取消 6/30)                                                                                                                                                        |
| <b>1:00-3:30 PM</b> | <b>Shanghai Opera Practice</b><br>越剧练习                  | <b>Mei Ying Yan</b>                | <b>Shanghainese</b> | <b>Stage 舞台</b>                                                                                                                                                                                                                                                  |
| <b>1:30-3:30 PM</b> | <b>Acrylic Painting 亚克力画</b>                            | <b>Kevin Chen</b>                  | <b>Chinese</b>      | <b>Arts Room 艺术室</b>                                                                                                                                                                                                                                             |
| <b>1:30-3:30 PM</b> | <b>Karaoke 卡拉 OK</b>                                    | <b>Jane Chen</b>                   | <b>Chinese</b>      | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                                                                                     |
| <b>4:00-6:00 PM</b> | <b>Virtual Karaoke</b><br>视频卡拉 OK                       | <b>Bao Huang Du &amp; Mary Yam</b> | <b>Chinese</b>      | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a><br>ID: 977 0732 1021; Passcode: 707 889 9544                              |
| <b>6:30 –8:30PM</b> | <b>Virtual Sing Along English Karaoke</b><br>视频英文歌卡拉 OK | <b>Felix Leung &amp; Mary Yam</b>  | <b>English</b>      | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFN EOUsaWkRVa1M4c3B0ajhnZVFmUT09">https://selfhelp.zoom.us/j/96474492130?pwd=RFN EOUsaWkRVa1M4c3B0ajhnZVFmUT09</a> ; Call in: 1-646-876-9923.<br>ID: 964 7449 2130; Passcode: 739 290 0390 |

## **Tuesday 星期二**

| <b>Time</b><br>时间    | <b>Class</b><br>活动项目                                       | <b>Instructor</b><br>指导老师 | <b>Language</b><br>语言  | <b>Location</b><br>地点                                                                                                                                                                                                                                                              |
|----------------------|------------------------------------------------------------|---------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>8:30-9:30AM</b>   | <b>Video Exercise</b><br>视频操锻炼                             | <b>Staff 工作人员</b>         | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                               |
| <b>8:30-9:15AM</b>   | <b>Ping Pong 乒乓</b>                                        | <b>Gui Lin</b>            | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                               |
| <b>8:30-1:00 PM</b>  | <b>Stationary Biking &amp; Elliptical Exercises 固定器械锻炼</b> | <b>Staff 工作人员</b>         | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                                               |
| <b>9:00-11:00 AM</b> | <b>Virtual Beginner's ESL with Mr Situ 视频英语九百句</b>         | <b>Mr. Situ</b>           | <b>Chinese</b>         | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/98952684927?pwd=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09</a><br>Call in: 1-646-876-9923<br>ID: 989 5268 4927; Passcode: 720 039 9802                     |
| <b>11:00-1:00 PM</b> | <b>Virtual Citizenship Preparation</b><br>视频入籍预备班          |                           |                        |                                                                                                                                                                                                                                                                                    |
| <b>9:30-10:30 AM</b> | <b>Chair, Music Boogie Dance</b><br>摇摆舞                    | <b>Dina</b>               | <b>English</b>         | <b>Auditorium 礼堂 and VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pnbDNKQ3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pnbDNKQ3hOZmltc1p2QT09</a> ;<br>Call in: 1-646-876-9923<br>ID: 975 1991 4122; Passcode: 324 664 5921 |

|                       |                                                       |                                              |                        |                                                                                                                                                                                                                                            |
|-----------------------|-------------------------------------------------------|----------------------------------------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10:00-11:00 AM</b> | <b>Blood Pressure Screening</b><br>量血压                | <b>Rebecca Wong</b>                          | <b>English/Chinese</b> | <b>Library 图书室</b>                                                                                                                                                                                                                         |
| <b>10:30-11:30AM</b>  | <b>Sun' Style Tai Chi</b><br>孫氏太极                     | <b>Kevin Chen</b>                            | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                       |
| <b>11:30-12:45 PM</b> | <b>Chinese Folk Song Dance</b><br>民族舞                 | <b>Daisy Du</b>                              | <b>Chinese</b>         | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                       |
| <b>1:00-3:30 PM</b>   | <b>Table Leisure Games</b><br>桌上休闲游戏时间                | <b>Staff 工作人员</b>                            | <b>Chinese</b>         | <b>Small Dining Room 小饭厅</b>                                                                                                                                                                                                               |
| <b>1:00-2:00 PM</b>   | <b>LG Tablet Coaching</b><br>LG 平板电脑                  | <b>Ellen Ng</b>                              | <b>广东话</b>             | <b>Computer Lab 电脑室</b>                                                                                                                                                                                                                    |
| <b>1:00-2:00 PM</b>   | <b>Catwalk 旗袍秀</b>                                    | <b>Yanhua Xiao &amp;<br/>Xiang Ping Zong</b> | <b>Chinese</b>         | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                       |
| <b>1:30-3:30 PM</b>   | <b>Karaoke 卡拉 OK</b>                                  | <b>Jane Chen</b>                             | <b>Chinese</b>         | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                                                               |
| <b>2:00-3:30PM</b>    | <b>Singing Chorus 合唱练习</b>                            | <b>William Hao</b>                           | <b>Chinese</b>         | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                       |
| <b>2:15-3:45PM</b>    | <b>Learning Chinese Calligraphy<br/>Class 中国书法学习班</b> | <b>Kevin Du</b>                              | <b>Chinese</b>         | <b>Arts Room 艺术室</b>                                                                                                                                                                                                                       |
| <b>4:00-6:00 PM</b>   | <b>Virtual Karaoke</b><br>视频卡拉 OK                     | <b>Bao Huang Du &amp;<br/>Mary Yam</b>       | <b>Chinese</b>         | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a><br><b>ID: 977 0732 1021; Passcode: 707 889 9544</b> |

## Wednesday 星期三

| <b>Time</b><br>时间                                       | <b>Class</b><br>活动项目                                                              | <b>Instructor</b><br>指导老师             | <b>Language</b><br>语言  | <b>Location</b><br>地点                                                                                        |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------|------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>08:30-10:00 AM</b>                                   | <b>Chen's Style Tai Chi</b><br>陈氏太极                                               | <b>Ms Estella Suen</b>                | <b>Chinese</b>         | <b>Auditorium 礼堂</b>                                                                                         |
| <b>08:30- 3:45 PM</b>                                   | <b>Mental Health Counseling<br/>appointment 心理健康咨询</b>                            | <b>Diana Shum, LMSW<br/>from CAPE</b> | <b>English/Chinese</b> | <b>Consultant Office 办公室</b>                                                                                 |
| <b>09:00- 11:00AM</b>                                   | <b>Learning Spanish</b><br>学习西班牙语                                                 | <b>Mario Ramon</b>                    | <b>Spanish/English</b> | <b>Arts Room 艺术室</b>                                                                                         |
| <b>10:00-11:30 AM</b>                                   | <b>Wai Dan Gong 外丹功</b>                                                           | <b>Albert &amp; Sophia Chin</b>       | <b>Chinese</b>         | <b>Auditorium 礼堂</b>                                                                                         |
| <b>10:00 – 11:30 AM</b><br><b>*Time Change</b><br>时间改变* | <b>Art therapy for mental<br/>health: Craft &amp; Chat</b><br>心理健康藝術治療:<br>繡花, 談話 | <b>Diana Shum, LMSW<br/>from CAPE</b> | <b>English/Chinese</b> | <b>Library 图书室 (Pre-registration is required<br/>with a limit of 6 participants 课程需要提前注册,<br/>名额限制为 6 人)</b> |

|                       |                                                                                   |                                     |                        |                                                                                                                                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------|-------------------------------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10:00-12:00 PM</b> | <b>Er Hu Practice</b><br>二胡练习                                                     | <b>Tong He Wu</b>                   | <b>Chinese</b>         | <b>Stage 舞台</b>                                                                                                                                                                                                                             |
| <b>11:00-12:45 PM</b> | <b>Stationary Biking &amp; Elliptical Exercises</b><br>固定器械锻炼                     | <b>Staff 工作人员</b>                   | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                        |
| <b>11:00-1:00 PM</b>  | <b>Learning Basic English Pronunciation Practice for Beginners</b><br>初级班基础英语发音练习 | <b>Ms Wang</b>                      | <b>English/Chinese</b> | <b>Arts Room 艺术室 (6/11/25 class cancelled)</b><br>(六月十一日当天课程取消)                                                                                                                                                                             |
| <b>11:30-12:30 PM</b> | <b>Qi Gong 气功</b>                                                                 | <b>Kevin Chen</b>                   | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                        |
| <b>11:30-12:30 PM</b> | <b>Video Exercise</b><br>视频操锻炼                                                    | <b>Staff 工作人员</b>                   | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                        |
| <b>1:00-3:30 PM</b>   | <b>Table Leisure Game</b><br>桌上休闲游戏时间                                             | <b>Staff 工作人员</b>                   | <b>Chinese</b>         | <b>Small Dining Room 小饭厅</b>                                                                                                                                                                                                                |
| <b>1:00-3:30 PM</b>   | <b>Watercolor Painting 水彩画</b>                                                    | <b>Kevin Chen</b>                   | <b>Chinese</b>         | <b>Arts Room 艺术室</b>                                                                                                                                                                                                                        |
| <b>1:30-3:30 PM</b>   | <b>English Karaoke</b><br>英文卡拉 OK                                                 | <b>Benny &amp; David</b>            | <b>English</b>         | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                                                                |
| <b>1:30-3:30 PM</b>   | <b>Ballroom Dancing 交際舞</b>                                                       | <b>Janet Fou &amp; Helen Ha</b>     | <b>Chinese</b>         | <b>Auditorium, limited to 60 seats for center's members only from BRPN OAC. Membership cards and tickets are required. (需要出示本中心會員證)</b>                                                                                                     |
| <b>6:30-8:30 PM</b>   | <b>Virtual Karaoke</b><br>视频卡拉 OK                                                 | <b>Jane Chen &amp; Bao Huang Du</b> | <b>Chinese</b>         | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/95333535555?pwd=U_XJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=U_XJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a><br><b>ID: 953 3353 5555 Passcode: 742 160 3568</b> |

## **Thursday 星期四**

| <b>Time</b><br>时间                                 | <b>Class</b><br>活动项目                                          | <b>Instructor</b><br>指导老师 | <b>Language</b><br>语言  | <b>Location</b><br>地点 |
|---------------------------------------------------|---------------------------------------------------------------|---------------------------|------------------------|-----------------------|
| <b>1. 8:30-10:00 AM</b><br><b>2. 11:00-2:15PM</b> | <b>Ping Pong 乒乓</b>                                           | <b>Mr. Yip</b>            | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>  |
| <b>08:30-1:00 PM</b>                              | <b>Stationary Biking &amp; Elliptical Exercises</b><br>固定器械锻炼 | <b>Staff 工作人员</b>         | <b>English/Chinese</b> | <b>Auditorium 礼堂</b>  |
| <b>9:00 – 11:00AM</b>                             | <b>Harmonica 口琴班</b>                                          | <b>Ms. Wei Er Li</b>      | <b>Chinese</b>         | <b>Arts Room 艺术室</b>  |
| <b>10:00 – 11:00AM</b>                            | <b>Line Dancing 排舞</b>                                        | <b>June Chiu</b>          | <b>Chinese</b>         | <b>Auditorium 礼堂</b>  |

|               |                                                               |                         |                 |                                                                                                                                                                                                                              |
|---------------|---------------------------------------------------------------|-------------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00-2:00PM  | Folk Band 中国民乐队                                               | Nina Tang               | Chinese         | Stage 舞台                                                                                                                                                                                                                     |
| 11:00-2:00PM  | Drawing Techniques<br>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<br>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 English<br>Conversation- Intermediate<br>学习英语会话 -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<br>视频卡拉 OK                                    | Bao Huang Du & Mary Yam | Chinese         | VSC 视频<br><a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a><br>ID: 977 0732 1021; Passcode: 707 889 9544 |

## Friday 星期五

| Time<br>时间     | Class<br>活动项目                                         | Instructor<br>指导老师            | Language<br>语言  | Location<br>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 &<br>Elliptical Exercises<br>固定器械锻炼 | Staff 工作人员                    | English/Chinese | Auditorium 礼堂         |
| 08:30- 3:45 PM | Mental Health Counseling<br>by appointment<br>心理健康咨询  | Diana Shum, LMSW<br>from CAPE | English/Chinese | Consultant Office 办公室 |
| 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)<br>油画(高级班)                    | ChrisTina Anderson            | English         | Arts Room 艺术室         |
| 10:00-12:45 PM | Video Exercise<br>视频操锻炼                               | Staff 工作人员                    | English/Chinese | Auditorium 礼堂         |
| 12:30-2:00PM   | Walking Dance<br>学习秧歌舞                                | Nina Zhou                     | Chinese         | Auditorium 礼堂         |
| 1:00-3:30 PM   | Oil Painting (Beginner)<br>油画 (初级班)                   | ChrisTina Anderson            | English         | Arts Room 艺术室         |

|                     |                                         |                                    |                        |                                                                                                                                                                                                                                                              |
|---------------------|-----------------------------------------|------------------------------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1:30-3:30 PM</b> | <b>Spanish (Beginner)</b><br>西班牙语 (初级班) | <b>Mario Ramon</b>                 | <b>Spanish/English</b> | <b>Small Dining Room 小饭厅</b>                                                                                                                                                                                                                                 |
| <b>1:30-3:30 PM</b> | <b>Karaoke 卡拉 OK</b>                    | <b>Jane Chen</b>                   | <b>English/Chinese</b> | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                                                                                 |
| <b>2:15-3:30 PM</b> | <b>Waist Drum Practice</b><br>腰鼓练习      | <b>Xiu Feng Wang</b>               | <b>Chinese</b>         | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>6:30-8:30PM</b>  | <b>Virtual Karaoke</b><br>视频卡拉 OK       | <b>Bao Huang Du &amp; Mary Yam</b> | <b>Chinese</b>         | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09_ID:92343629304;Passcode:2297166017">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09_ID:92343629304;Passcode:2297166017</a> |

## **Saturday 星期六**

| <b>Time</b><br>时间      | <b>Class</b><br>活动项目                                       | <b>Instructor</b><br>指导老师                   | <b>Language</b><br>语言   | <b>Location</b><br>地点                                                                                                                                                                                                                                        |
|------------------------|------------------------------------------------------------|---------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>08:30-10:00 AM</b>  | <b>Chen's Style Tai Chi</b><br>陈氏太极                        | <b>Ms Estella Suen</b>                      | <b>Chinese</b>          | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>10:00-12:00 PM</b>  | <b>Yuan Ji Dance 元極舞</b>                                   | <b>Anna Cheung, Yun Li &amp; Mable Tang</b> | <b>Chinese Mandarin</b> | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>10:00-12:00 PM</b>  | <b>Calligraphy 书法练习</b>                                    | <b>Mr. Daeyoung Kim</b>                     | <b>Korean/Chinese</b>   | <b>Arts Room 艺术室</b>                                                                                                                                                                                                                                         |
| <b>10:00-03:45 PM</b>  | <b>Video Exercise 视频操锻炼</b>                                | <b>Staff 工作人员</b>                           | <b>English/Chinese</b>  | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>10:00-03:45 PM</b>  | <b>Stationary biking &amp; elliptical exercises 固定器械锻炼</b> | <b>Staff 工作人员</b>                           | <b>English/Chinese</b>  | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>12:15-01:15 PM</b>  | <b>Ping Pong 乒乓</b>                                        | <b>David &amp; Jane Chan</b>                | <b>English/Chinese</b>  | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>01:00 – 03:00PM</b> | <b>Vocal Techniques (Intermediate)声乐技术中学</b>               | <b>Xiao Qing He</b>                         | <b>Chinese</b>          | <b>Arts Room 艺术室 (Class is canceled on 6/14, 6/14 的课程取消)</b>                                                                                                                                                                                                 |
| <b>01:00-03:30 PM</b>  | <b>Table Leisure Game</b><br>桌上休闲游戏时间                      | <b>Staff 工作人员</b>                           | <b>Chinese</b>          | <b>Small Dining Room 小饭厅</b>                                                                                                                                                                                                                                 |
| <b>01:30-03:30 PM</b>  | <b>Learning Basic Ballroom Dancing Steps</b><br>学习交际舞的基本舞步 | <b>Stanley &amp; Emmy</b>                   | <b>Chinese</b>          | <b>Auditorium 礼堂</b>                                                                                                                                                                                                                                         |
| <b>01:30-03:30 PM</b>  | <b>Karaoke 卡拉 OK</b>                                       | <b>Jane Chen</b>                            | <b>Chinese</b>          | <b>Large Dining Room 大饭厅</b>                                                                                                                                                                                                                                 |
| <b>04:00-06:00 PM</b>  | <b>Virtual Karaoke</b><br>视频卡拉 OK                          | <b>Bao Huang Du &amp; Mary Yam</b>          | <b>Chinese</b>          | <b>VSC 视频</b><br><a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09_ID:97707321021;Passcode:7078899544">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09_ID:97707321021;Passcode:7078899544</a> |

## Sunday 星期日

| Time<br>时间   | Class<br>活动项目                | Instructor<br>指导老师          | Language<br>语言  | Location<br>地点                                                                                                                                                                                                             |
|--------------|------------------------------|-----------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:30-8:30 PM | Karaoke Practice<br>卡拉 OK 练习 | Jane Chen & Bao<br>Huang Du | English/Chinese | VSC 视频<br><a href="https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTBJcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTBJcC9lUm55SEZ4N3pyZldwdz09</a><br>ID: 953 3353 5555; Passcode: 742 160 3568 |

## Special Events 特别活动

| Time<br>时间                                                         | Class<br>活动项目                                          | Instructor<br>指导老师                                 | Language<br>语言   | Location<br>地点                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6/2/25 - 6/30/25<br>Mon., Fri & Sat.<br>周一, 周五和周六<br>9:00-10:45 AM | FY2025 Membership<br>Renewal Service<br>年度会员证更新        | PAC & Volunteers                                   | English /Chinese | Small dining room 小饭厅                                                                                                                                                                                                                                                 |
| 6/2, 6/9, 6/16, 6/23<br>& 6/30<br>Mon., 星期一<br>1:00 – 2:30 PM      | Story Circle Café<br>分享个人故事                            | Marsha                                             | English          | Library 图书室 and VSC 视频<br><a href="https://selfhelp.zoom.us/j/95515555143?pwd=baRyVKHBcGPajhrAKg08e0KBRtTbjw.1">https://selfhelp.zoom.us/j/95515555143?pwd=baRyVKHBcGPajhrAKg08e0KBRtTbjw.1</a><br>Call in: 1-646-876-9923<br>ID: 955 1555 5143; Passcode: 6406121195 |
| 6/3/25 & 6/10/25<br>Tue., 星期二<br>9:00-11:00 AM                     | Mosaics Arts Workshop<br>马赛克艺术工作坊                      | Ms Lonai from<br>SU-CASA                           | English          | Arts Room 艺术室                                                                                                                                                                                                                                                         |
| 6/9/25<br>Mon., 星期一<br>10:00-11:00 AM                              | Fire Safety Workshop<br>消防安全讲座                         | Sponsored by FDNY<br>Fire Safety Education<br>Unit | English /Chinese | Large Dining Room 大饭厅                                                                                                                                                                                                                                                 |
| 6/11/25<br>Wed., 星期三<br>8:30-2:00 PM                               | Field Trip: Brooklyn Botanic<br>Garden<br>户外旅游: 布碌仑植物园 | Staff 工作人员                                         | English /Chinese | Brooklyn Botanic Garden 布碌仑植物园<br>(Please sign up in the main office on Tuesday 6/3<br>until sold out, 请在星期二, 6/3 到办公室登记报<br>名, 直到售完为止)                                                                                                                               |
| 6/14/25<br>Sat. 星期六<br>12:30-2:30PM                                | Arts and Crafts 手工艺<br>Mini coil basket 迷你线圈篮          | Lily R.                                            | English          | Arts Room 艺术室<br>(Every 2 <sup>nd</sup> Saturday of the month<br>每个月的第二个星期六)                                                                                                                                                                                          |

|                                           |                                           |                               |                  |                                                                                                                                                                                                                                                                                 |
|-------------------------------------------|-------------------------------------------|-------------------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6/17/25<br>Tue., 星期二<br>9:30-2:00 PM      | Food Pantry<br>老人營養補充袋發放日                 | Staff 工作人员                    | English /Chinese | Rear Door 中心后门                                                                                                                                                                                                                                                                  |
| 6/18/25<br>Wed., 星期三<br>1:00 – 2:00 PM    | PAC Meeting<br>行政委员会会议                    | Bernie/ Cynthia               | English          | Selfhelp Zoom, Access info to be provided and Library                                                                                                                                                                                                                           |
| 6/20/25<br>Fri., 星期五<br>10:00-11:00 AM    | Gout and Diet<br>痛風症與飲食                   | Eva Lau, Nutritionist<br>营养师  | English /Chinese | Large Dining Room 大饭厅 and VSC 视频<br><a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a><br>Call in: 1-646-876-9923.<br>ID: 995 8192 8506; Passcode: 4901895252                                                                          |
| 6/23/25<br>Mon., 星期一<br>1:30- 2:30PM      | June Birthday Party<br>6 月份生日会            | Staff 工作人员                    | English /Chinese | Small Dining Room 小饭厅<br>(Please sign up in the main office if your birthday is in June. 如果您的生日是在 6 月份, 请到总办公室报名。)                                                                                                                                                              |
| 6/24/25<br>Tue., 星期二<br>9:00-11:00 AM     | Mexican Pinatas Workshop<br>墨西哥彩纸锤子工作坊    | SU-CASA                       | Enlish           | Arts Room 艺术室                                                                                                                                                                                                                                                                   |
| 6/27/25<br>Fri., 星期五<br>10-11:00 AM       | Elder Abuse 老人虐待                          | Diana Shum, LMSW<br>from CAPE | English /Chinese | Large Dining Room 大饭厅 and VSC 视频<br><a href="https://selfhelp.zoom.us/j/99355005556?pwd=K3GfeBEs5cEjcS7gUtUjPB5NPmdxeM.1">https://selfhelp.zoom.us/j/99355005556?pwd=K3GfeBEs5cEjcS7gUtUjPB5NPmdxeM.1</a><br>Call in: 1 646 876 9923; ID: 993 5500 5556<br>Passcode: 8335464100 |
| 6/30/25<br>Mon., 星期一<br>1:30-3:30 PM      | Welcome New Members<br>Meeting<br>欢迎新会员聚会 | Staff 工作人员                    | English /Chinese | Small Dining Room 小饭厅                                                                                                                                                                                                                                                           |
| 6/2025–11/2025,<br>Mon. – Sat.<br>星期一至星期六 | Evergreen Community<br>Gardening<br>户外园艺  | Staff 工作人员                    | Chinese          | Evergreen Community Gardening<br>户外园艺; 8 AM– 8 PM. 上午八点至下午八点<br>Please go to the office to report on attendance once a week for gardening participants only.<br>(一个星期到办公室报到一次)                                                                                                  |

## **VSC – You Might Like**

### **Wednesday 星期三**

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|------------|---------------|--------------------|----------------|----------------|
|------------|---------------|--------------------|----------------|----------------|

|                       |                                                         |                   |                |                                                                                                                                                                                                                                                             |
|-----------------------|---------------------------------------------------------|-------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10:00-11:00AM</b>  | <b>Towards Self-Acceptance &amp; Growth</b><br>接受自我笑对人生 | <b>Deirdre</b>    | <b>English</b> | VSC 视频<br><a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJlZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJlZz09</a> ;<br>Call in: 1-646-876-9923.<br>ID: 986 5548 1500; Passcode: 871 178 0506 |
| <b>11:00-12:00 PM</b> | <b>Current Events</b><br>时事讨论                           | <b>Bernie A.</b>  | <b>English</b> | VSC 视频<br><a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09</a><br>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> | Zoom ID: 892 9404 5671; Passcode: 816724                                                                                                                                                                                                                    |

## **Friday 星期五**

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

| 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>6/2</b><br><b>Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice</b><br><br>烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁 | <b>6/3</b><br><b>Baked mushroom chicken, macaroni, green, cabbage, banana juice</b><br><br>香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁  | <b>6/4</b><br><b>Baked salmon fillet, sweet corn, mustard greens, apple, juice</b><br><br>烤三文鱼, 芥菜, 甜玉米, 苹果, 果汁                            | <b>6/5</b><br><b>Curry chicken, baked beans, mustard greens, kiwi, juice</b><br><br>咖喱鸡, 炖豆, 大芥菜, 猕猴桃, 果汁    | <b>6/6</b><br><b>Roast pork, mashed potato, green beans, orange, juice</b><br><br>叉烧, 土豆泥, 四季豆, 橙, 果汁   | <b>6/7</b><br><b>Baked Turkey patty, broccoli/cauliflower, orange, juice</b><br>中餐: 烤火鸡肉饼, 橙, 果汁<br><b>Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt</b><br>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>6/9</b><br><b>Eggplant parmesan, napa cabbage, baked sweet potato, orange, juice</b><br><br>烤茄饼, 烤地瓜, 大白菜, 橙, 果汁       | <b>6/10</b><br><b>Baked salmon fillets, baked beans, green cabbage, banana, juice</b><br><br>烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁 | <b>6/11</b><br><b>Steamed ground pork meat flavored w/dried fish, sweet corn, mustard green, apple, juice</b><br><br>鹹魚肉餅, 玉米, 大芥菜, 苹果, 果汁 | <b>6/12</b><br><b>Baked chicken wings, baked potato, broccoli, kiwi, juice</b><br><br>烤鸡翅, 烤土豆, 西兰花, 猕猴桃, 果汁 | <b>6/13</b><br><b>Pork chops, mashed potato, green beans, orange, juice</b><br><br>烤猪扒, 土豆泥, 四季豆, 橘, 果汁 | <b>6/14</b><br><b>Baked breaded fish, broccoli, juice</b><br>中餐: 烤鱼饼, 橙, 果汁<br><b>Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt</b><br>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>6/16</b><br><b>Mix vegetable stew, napa cabbage, baked sweet potato, orange, juice</b>                                 | <b>6/17</b><br><b>BBQ chicken, baked potato, green cabbage, banana, juice</b>                                      | <b>6/18</b><br><b>Baked salmon fillet, sweet corn, broccoli, apple, juice</b>                                                              | <b>6/19</b><br><b>Center is Closed</b><br>中心休息一天<br><br><b>Juneteenth Day</b><br>六月节                         | <b>6/20</b><br><b>Beef meatballs, baked beans, shanghai greens, kiwi, juice</b>                         | <b>6/21</b><br><b>Baked chicken patty, broccoli/cauliflower, orange, juice</b><br>中餐: 烤鸡饼, 橙, 果汁                                                                                                                                                 |

|                                                                                                                                   |                                                                                                                           |                                                                                                                                                                            |                                                                                                                                |                                                                                                                                              |                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 炖素菜, 烤地瓜,<br>大白菜, 橙, 果汁                                                                                                           | 烤鸡腿, 烤土豆, 高<br>丽菜, 香蕉, 果汁                                                                                                 | 烤三文鱼, 甜玉米,<br>西兰花, 苹果, 果汁<br><b>06/18</b><br>The kitchen stops<br>serving meals at<br>exactly 1:00 PM.<br>厨房餐食供应截止<br>时间为下午一点。<br>Center is<br>Closing at 2 PM<br>下午 2 点关门 |                                                                                                                                | 牛肉丸, 炖豆, 上<br>海菜, 猕猴桃, 果<br>汁                                                                                                                | <b>6/21</b><br><b>Alternative: Lentil /masoor<br/>dal soup, basmati/chapati,<br/>mustard greed with tomato,<br/>raita yogurt</b><br>印度餐: 豆蔬浓汤, 糙米饭,<br>全麦饼, 芥菜烧西红柿, 酸<br>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>6/23</b><br>Tofu with mixed<br>vegetables, baked<br>potato, bok choy,<br>orange, juice<br><br>豆腐蔬菜, 烤土豆,<br>大白菜, 橙, 果汁         | <b>6/24</b><br>Baked salmon<br>fillet, spaghetti,<br>green cabbage,<br>banana, juice<br><br>烤三文鱼, 高丽菜,<br>炒意面, 香蕉, 果汁     | <b>6/25</b><br>Steamed ground<br>pork meat<br>flavored w/dried<br>fish, sweet corn,<br>mustard greens,<br>apple, juice<br><br>鹹魚肉餅, 玉米, 大<br>芥菜, 苹果, 果汁                    | <b>6/26</b><br>Baked chicken<br>breast, sweet<br>potato, napa<br>cabbage, kiwi,<br>juice<br><br>烤鸡胸肉, 烤地<br>瓜, 大白菜, 猕猴桃,<br>果汁 | <b>6/27</b><br>Baked fish fillets,<br>baked beans,<br>sliced carrots<br>w/green beans,<br>orange, juice<br><br>烤鱼排, 炖豆, 胡<br>萝卜四季豆, 橙,<br>果汁 | <b>6/28</b><br>Tuna fish salad, broccoli,<br>juice<br>中餐: 金枪鱼沙拉, 橙, 果汁<br><b>Alternative: Lentil /masoor<br/>dal soup, basmati/chapati,<br/>cauliflower w/ tomato, raita<br/>yogurt</b><br>印度餐: 豆蔬浓汤, 糙米饭,<br>全麦饼, 花菜烧西红柿, 酸<br>奶切片黄瓜 |
| <b>Monday 星期一</b>                                                                                                                 | <b>Tuesday 星期二</b>                                                                                                        | <b>Special Event<br/>特别活动</b>                                                                                                                                              | <b>Special Event<br/>特别活动</b>                                                                                                  | <b>Special Event<br/>特别活动</b>                                                                                                                | <b>Special Event<br/>特别活动</b>                                                                                                                                                                                                         |
| <b>6/30</b><br>Baked vegetable<br>burger baked<br>sweet potato, napa<br>cabbage, orange,<br>juice<br><br>烤蔬菜饼, 大白菜,<br>烤地瓜, 橙, 果汁 | <b>7/1</b><br>Baked chicken<br>wings, baked<br>potato, green<br>cabbage, banana,<br>juice<br><br>烤鸡翅, 高丽菜,<br>烤土豆, 香蕉, 果汁 | <b>6/11/25</b><br><b>Wed., 星期三</b><br><b>8:30-2:00 PM</b><br><br><b>Field Trip:</b><br><b>Brooklyn Botanic</b><br><b>Garden</b><br><b>户外旅游:</b><br><b>布碌仑植物园</b>           | <b>6/17/25</b><br><b>Tue., 星期二</b><br><b>9:30-2:00 PM</b><br><br><b>Food Pantry</b><br><b>老人營養補充袋</b><br><b>發放日</b>            | <b>6/23/25</b><br><b>Mon., 星期一</b><br><b>1:30- 2:30 PM</b><br><br><b>June Birthday</b><br><b>Party</b><br><b>6 月份生日会</b>                     | <b>6/30/25</b><br><b>Mon., 星期一</b><br><b>1:30-3:30 PM</b><br><br><b>Welcome New Members</b><br><b>Meeting</b><br><b>欢迎新会员聚会</b>                                                                                                       |

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