

July 1, 2025

Dear Members,

July 4, also known as Independence Day in the United States, is a federal holiday that commemorates the adoption of the Declaration of Independence on July 4, 1776. On this day, the Thirteen American Colonies declared their independence from Great Britain, marking the birth of the United States of America. Our center will be closed in observance of Independence Day so you can spend the time with your friends and family together.

The OATS *Exploring Technology* lectures and workshops will be held every Monday and Wednesday from 10:00 AM to 11:15 AM, running from July 7 to September 15, 2025, over a span of 10 weeks. May To will serve as the technology instructor for the sessions. A sign-up event is scheduled for Tuesday, July 1, from 10:00 AM to 12:00 Noon, where members can register for the classes. The computer lab will be available to all members except during scheduled classes. Members are required to sign in when using the lab. Attendance must be recorded and reported in accordance with DFTA requirements.

Starting in July 2025, some classes will have changes in their days and times due to the center's early closing at 3:00 PM on Fridays. Please note that Friday classes will have slight time adjustments. The Er Hu class will be moved to Mondays from 10:45 AM to 12:45 PM on stage. The Beginner's Spanish class will be on break during July and August and will resume in September.

From July through September 2025, the center will host eight sessions of a nutrition series featuring food demonstration workshops for members. The program is funded by USDA's SNAP initiative in partnership with the DFTA.

The July birthday party will be held on Monday, July 21st at 1:30 pm in the small dining room. Members, volunteers, and staff who have July 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.

The MTA Mobile Bus service will visit the center this month July 29 (Tuesday) to assist seniors with reduced fare card related issues.

There will not be any field trips for the month of July and August due to the heat. Field trips will resume in September.

Remember to renew your membership for the new fiscal year of 2026 which starts in July. Member renewal and new member registrations are open daily from Monday to Saturday from 9-10:45 am in the small dining room. Please bring your membership card to renew your card. You must be a registered member at our center to participate in the field trips.

In accordance with Selfhelp policy, during July and August 2025, the center will close at 3 PM every Friday, except when operating as a cooling center.

As summer begins, please be mindful of the dress code and personal hygiene. The dress code and personal hygiene notice have been posted on the bulletin board outside.

During the season, our center will also function as a cooling center. On extremely hot and humid days, extended hours will be determined by the NYC Department for the Aging.

Beginning in July, lunch tickets at the center will be distributed between 9:30 AM and 12:30 PM. Dinner tickets will be available starting at 12:30 PM until all spots are filled. Each person is limited to one meal per day. Members who receive a lunch ticket will not be eligible for a dinner ticket. Lunch will be served starting at 11:00 am. The kitchen will not be serving grab and go meals so seniors must bring their own containers if they need to pack their food to take back home.

Covid Update:

Last month, Nationally, the infection rate, hospitalizations, emergency visits and death rates have been decreasing from May 31, 2025, to June 14, 2025. In zip code 11354, the hospitalization rates have decreased from 26% to 22.3 % per 100,000 people infected between May 10, 2025, to June 6, 2025. In zip code 11355, the hospitalization rates have increased from 7.6 % to 8.9 % per 100,000 people infected between May 10, 2025, to June 6, 2025. The Omicron LP.8.1 variant decreased to 38 % (decreased 32 % compared to last month). The new variant NB.1.8.1 was next with 37 %, followed by XFG with 8 %, followed by XFC with 7%.

As the weather gets warmer, drink plenty of water and enjoy your summer!

Sincerely,

Karen Chen

Program Director

USA			
WHO label	Lineage #	%Total	%Seq%
Omicron	LP.8.1	38%	23-57%
	NE.10.1	37%	13-68%
	XFG	8%	2-24%
	KFG	7%	2-17%
	LF.7.9	4%	2-8%
	XEG	1%	1-2%
	LF.7	1%	0-2%
	LP.7.2	1%	0-3%
	PA.1	1%	0-1%
	LB.1.3.1	1%	0-1%
	XEG.4	1%	0-1%
	LF.7.1	0%	0-1%
	MC.10.1	0%	0-1%
	KP.3.1.1	0%	0-1%
	KP.3	0%	0-1%
	XEG	0%	0-1%
	XEK	0%	NA
	MC.1	0%	NA

COVID-19 Update for the United States

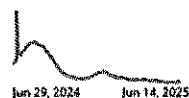
Early Indicators

Test Positivity >

% Test Positivity

2.9%

Week ending June 14, 2025
Previous week 2.9%



Emergency Department Visits >

% Diagnosed as COVID-19

0.3%

Week ending June 14, 2025
Previous week 0.4%



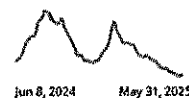
Severity Indicators

Hospitalizations >

Rate per 100,000 population

0.9

Week ending May 31, 2025
Previous week 0.8



Deaths >

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

0.3%

Week ending June 14, 2025
Previous week 0.3%



ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	22.3		May 10-June 6

ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	8.9	0.0	May 10-June 6

亲爱的会员们：

烈日炎炎白昼长，知了声声不停忙。阳极阴生夏至到，心静总能自然凉。

7月4日是美国的独立日，是联邦假日。1776年7月4日《独立宣言》通过的当天，十三个美洲殖民地宣布脱离大不列颠独立，标志着美利坚合众国的诞生。为了纪念这一伟大的节日，本中心将在独立日放假一天，也希望您和家人朋友以自己方式欢度节日。

OATS的“探索科技”课程将于2025年7月7日至9月15日期间，每周一和周三上午10:00至11:15举行，为期10周。May To将担任此次课程的讲师。报名活动定于7月1日（星期二）上午10:00至中午12:00举行，会员可在此期间注册课程。除课程安排时间外，电脑教室将对所有会员开放。中心的电脑室将对所有会员开放，使用时需签到。出勤记录将按照DFTA的要求登记和上报。

从 2025 年 7 月开始，由于中心在每周五下午 3:00 提前关闭，一些课程的上课日期和时间将有所调整。请注意，周五的课程时间将会有小幅更动。二胡课将改为每周一上午 10:45 至下午 12:45，在舞台上进行。初级西班牙语课将在 7 月和 8 月暂停，9 月恢复上课。

2025 年 7 月至 9 月期间，本中心将举办八场营养系列课程，为会员提供食物示范工作坊。该项目由美国农业部 SNAP 计划资助，并与纽约市老龄事务局 (DFTA) 合作展开。

七月份的生日聚会将于 7 月 21 日 (星期一) 下午 1:30 在小饭厅举行。请所有在七月份过生日的会员、义工和工作人员到办公室提前报名参加，以便中心统计人数。中心将为当月过生日的会员们准备蛋糕和茶，并用三种语言唱生日歌 (英语、普通话和粤语) 予以祝贺。

7 月 29 日 (星期二)，MTA 流动巴士服务将来到中心，为您提供优惠交通票卡相关的服务。

由于天气炎热，7 月和 8 月中心没有安排户外郊游活动。该活动将于秋季 9 月恢复。

中心也在此提醒大家，从 7 月开始，中心将进行 2026 财政年度的会员更新。会员更新和新会员注册都将于每天上午 9 点至 十点四十五分在小饭厅进行，请携带您的会员卡进行更新。如若想要参加户外旅行活动，需要先注册成为会员。

随着盛夏到来，请注意您的服装仪容和个人卫生习惯。着装规定和个人卫生须知已张贴在外面的布告栏上。

在极端高温、潮湿期间，本中心将作为防暑降温中心开放。但具体延长开放时间将由纽约市老龄事务局另行决定，请会员们关注中心的通知。同时根据 Selfhelp 政策，2025 年 7 月至 8 月期间，除本中心作为防暑降温中心开放日以外，每周五将于下午 3 点关闭。

从七月开始，中心的午餐票将于上午 9:30 至中午 12:30 发放。晚餐票将从中午 12:30 开始发放，直到名额满为止。每人每天限领一份餐点。已领取午餐票的会员将无法领取晚餐票。中心再次提醒大家：周一至周六，中心每日都将为 60 岁及以上的年长者提供午餐和晚餐。午餐在上午的 11:00 开始供应。厨房不再提供外卖餐，会员如若需要外带午/晚餐，需自带餐盒打包。

最后，我们了解一下新冠疫情的更新信息：

上个月，全国范围内感染率、住院率、急诊就诊率和死亡率均有所下降 (2025 年 5 月 31 日至 6 月 14 日)。在邮编为 11354 的区域，住院率从每 10 万人感染者 26% 下降至 22.3% (2025 年 5 月 10 日至 6 月 6 日)。在邮编为 11355 的区域，住院率则从 7.6% 上升至 8.9%。Omicron LP.8.1 变异株下降至 38% (比上月下降 32%)，新变异株 NB.1.8.1 占 37%，其次是 XFG (8%) 和 XFC (7%)。

七月骄阳似火，在享受盛夏的同时，请您注意防暑降温，多喝水！

Karen Chen

翻译者：Yalun Zhang

项目主任



Selfhelp Innovative Senior Center
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本杰民-王子街自助老人中心, 纽约市创新型老人中心

PROGRAM – July 2025 二零二五年七月份節目表

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
08:30-9:45 AM	Chen's Style Tai Chi 陈氏太极	Ms. Estella Suen	Chinese	Auditorium 礼堂
09:00-11:00 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
11:00-1:00PM	Virtual English Oral Practice 视频英语口语练习			
09:45-10:45 AM	Zhuang Yuan Calligraphy Class 状元书法班	Thomson Chou	Chinese	Arts Room 艺术室
09:45-10:45 AM	Chair Yoga 瑜伽	Indira P.	English	Auditorium 礼堂
Time Change 时间改变 10:45-12:45 PM	Er Hu Practice 二胡练习	Tong He Wu	Chinese	Stage 舞台
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=VDBlcmVlK3NlVDlhNGVZUWNSUHNQT09 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 (7/21 - 下午 2:45 开始, Starts 2:45 pm) (7/28 Canceled - 取消 7/28)
1:00-3:30 PM	Shanghai Opera Practice 越剧练习	Mei Ying Yan	Shanghainese	Stage 舞台
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
1:30-3:45 PM	Acrylic Painting 亚克力画	Kevin Chen	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
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
08:30-9:30AM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
08:30-9:15AM	Ping Pong 乒乓	Gui Lin	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
09:00-11:00 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			

09:30-10:30 AM	Chair, Music Boogie Dance 摇摆舞	Dina	English	Auditorium 礼堂 and VSC 视频 https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2OT09 ; 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	Sun' Style Tai Chi 孫氏太极	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
1:00-2:00 PM	LG Tablet Coaching LG 平板电脑	Ellen Ng	Chinese	Computer Lab 电脑室
1:00-2:00 PM	Catwalk 旗袍秀	Yanhua Xiao & Xiang Ping Zeng	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
1:30-3:30 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	Consultant Office 办公室
09:00- 11:00AM	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 – 11:30 AM	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)
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	Learning Basic English Pronunciation Practice for Beginners 初级班基础英语发音练习	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
01:00-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
01:00-3:30 PM	Watercolor Painting 水彩画	Kevin Chen	Chinese	Arts Room 艺术室
01:30-3:30 PM	English Karaoke 英文卡拉 OK	Benny & David	English	Large Dining Room 大饭厅
01:30-3:30 PM	Ballroom Dancing 交際舞	Janet Fou & Helen Ha	Chinese	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)
06:30-8:30 PM	Virtual Karaoke 视频卡拉 OK	Jane Chen & Bao Huang Du	Chinese	VSC 视频 https://selfhelp.zoom.us/j/95333535555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09 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. 08:30-10:00 AM 2. 11:00-02:15 PM	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

09:00 – 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 Chiu	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 Andersen	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
01:00-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
01:30-3:00 PM	Learning English Conversation- Intermediate 学习英语会话 -中级班	Ms. Wang	English/Chinese	Small Dining Room 小饭厅
01:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
02:30-3:30 PM	Latin Dance 拉丁舞	Mr. Chen	Chinese	Auditorium 礼堂
04:00-6:00 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
Time Change 时间更改 08:30-2:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
Time Change 时间更改 08:30-2:45 PM	Mental Health Counseling by appointment 心理健康咨询	Diana Shum, LMSW 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
Time Change 时间更改 09:00 - 11:30 PM	Oil Painting (Advanced) 油画(高级班)	ChrisTina Andersen	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

Time Change 时间更改 12:30- 1:30 PM	Walking Dance 学习秧歌舞	Nina Zhou	Chinese	Auditorium 礼堂
Time Change 时间更改 12:00- 2:30 PM	Oil Painting (Beginner) 油画 (初级班)	ChrisTina Andersen	English	Arts Room 艺术室
Time Change 时间更改 01:30- 2:45 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
Time Change 时间更改 01:30- 2:45 PM	Waist Drum Practice 腰鼓练习	Xiu Feng Wang	Chinese	Auditorium 礼堂
06:30-8:30PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWROSnhkOG9COXMyaVIIUUXRQT09_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
10:00-03:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
10:00-03:45 PM	Stationary biking & elliptical exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
12:15-01:15 PM	Ping Pong 乒乓	David & Jane Chan	English/Chinese	Auditorium 礼堂
01:00 – 03:00PM	Vocal Techniques (Intermediate)声乐技术中学	Xiao Qing He	Chinese	Arts Room 艺术室 (Class is canceled on 7/12, 7/12 的课程取消)
01:00-03:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
01:30-03:30 PM	Learning Basic Ballroom Dancing Steps 学习交际舞的基本舞步	Stanley & Emmy	Chinese	Auditorium 礼堂
01:30-03:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅

04:00-06:00 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
7/1/25 - 7/31/25 Mon. to Sat. 星期一至星期六 9:00-10:45 AM	FY 2026 Membership Renewal Service 年度会员证更新	PAC & Volunteers	English /Chinese	Small dining room 小饭厅
7/7/25 -9/15/25 Mon. & Wed. 星期一和星期三 (10:00-11:15 AM)	Explore Tech Lectures & Workshops 技术探索课程	Mei To From OATS	Mandarin/ Cantonese	Computer Lab 电脑室
7/12/25 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺: American Flag 美国国旗	Lily R.	English	Arts Room 艺术室 (Every 2 nd Saturday of the month 每个月的第二个星期六)
7/14/25,7/21/25 & 7/28/25 Mon., 星期一 10:00-11:00 AM	<u>Nutrition Education</u> <u>Workshops 营养教育讲座</u> 7/14: Introduction to My Plate 我的餐盘简介 7/21: Make 1/2 Your Plate Fruits & Veggies 让一半的餐盘装满水果和蔬菜 7/28: Make 1/2 Your Grains Whole Grains 让一半的谷物成为全谷物	NYC Department of Aging	English /Chinese	Large Dining Room 大饭厅

7/15/25 Tue., 星期二 9:30-2:00 PM	Food Pantry 老人營養補充袋發放日	Staff 工作人員	English /Chinese	Rear Door 中心后门
7/16/25 Wed., 星期三 10:00 – 11:00 AM	Medicare Saving Program 老人醫療保險費用減免計劃	Alice Chong from Health First	English /Chinese	Large Dining Room 大饭厅
7/18/25 Fri., 星期五 10:00-11:00 AM	Leg Cramps and Nutrition 腿抽筋與營養	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
7/21/25 Mon., 星期一 1:30- 2:30PM	July Birthday Party 7 月份生日会	Staff 工作人員	English /Chinese	Small Dining Room 小饭厅 (Please sign up in the main office if your birthday is in July. 如果您的生日是在 7 月份, 请到总办公室报名。)
7/23/25 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会会议	Bernic/ Cynthia	English	Selfhelp Zoom, Access info to be provided and Library
7/25/25 Fri., 星期五 10-11:00 AM	Gaming Mental Health – Play as Therapy 遊戲與心理健康	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
7/28/25 Mon., 星期一 1:30-3:30 PM	Welcome New Members Meeting 欢迎新会员聚会	Staff 工作人員	English /Chinese	Small Dining Room 小饭厅
7/29/25 Tue., 星期二 10:00-2:00 PM	MTA On-site Services 老人半价乘车服务	Staff 工作人員	English /Chinese	In front of center 中心大门口
7/2025–11/2025, Mon. – Sat. 星期一至星期六	Evergreen Community Gardening 户外园艺	Staff 工作人員	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
2:30-3:30 PM	Learn How to Play Piano for Seniors 学习如何弹钢琴	Penny Zhao	Chinese	Zoom ID: 892 9404 5671; Passcode: 816724

Friday 星期五

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

Special Event 特别活动	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
7/7/25 -9/15/25 Mon. & Wed. 星期一和星期三 (10:00-11:15 AM Explore Tech Lectures & Workshops 技术探索课程 Sign up on 07/1/25 10 AM to 12 Noon 七月一日登记报名	7/1 Baked chicken wings, baked potato, green cabbage, banana, fruit juice 烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁。	7/2 Baked salmon fillet, sweet corn, broccoli, apple, fruit juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁。	7/3 BBQ chicken, mashed potato, mustard green, kiwi, fruit juice 烤鸡腿, 土豆泥, 大芥 菜, 猕猴桃, 果汁 The kitchen stops serving meals at exactly 1:00 PM. 厨房餐食供应截止时 间为下午一点。 The center is Closing at 2 PM 下午 2 点关门	7/4 Center is Closed 中心休息一天 Independence Day 独立日	7/5 Turkey burger, broccoli, orange, fruit juice 火鸡肉饼, 西兰花, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati / chapati, cauliflower w/ tomato, raita yogurt. 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
7/7 Eggplant parmesan, napa cabbage, baked potato, orange, fruit juice. 烤茄饼, 烤土豆, 大 白菜, 橙, 果汁	7/8 Baked salmon fillet, macaroni, green cabbage, banana, fruit juice 烤三文鱼, 高丽菜, 通心粉, 香蕉, 果汁	7/9 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, fruit juice 鹹魚肉餅, 玉米, 西 兰花, 苹果, 果汁	7/10 Beef meatball, baked bean, mustard green, kiwi, fruit juice. 牛肉丸, 炖豆, 大芥菜, 猕猴桃, 果汁	7/11 Pork chops, sweet corn, sliced carrots w/ green bean, orange, fruit juice . 烤猪扒, 甜玉米 , 四季豆, 橙, 果汁。	7/12 Baked breaded fish, broccoli/cauliflower, orange, fruit juice 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 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

7/14 Mix vegetable stew, baked sweet potato, napa cabbage, orange, fruit juice. 炖素菜, 烤地瓜, 大 白菜, 橙, 果汁	7/15 Baked mushroom chicken, baked potato, green cabbage, banana, fruit juice. 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果 汁。	7/16 Baked salmon fillet, sweet corn, broccoli, apple, fruit juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	7/17 Baked chicken wings, mashed potato, mustard green, kiwi, fruit juice 烤鸡翅, 土豆泥, 大芥 菜, 猕猴桃, 果汁	7/18 Baked marinade fish, baked bean, sliced carrots w/green bean, orange, fruit juice 烤鱼排, 炖豆, 胡罗 卜四季豆, 橙, 果 汁	7/19 Baked chicken patty, broccoli/cauliflower, orange, fruit juice 烤鸡肉饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 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
7/21 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, fruit juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁。	7/22 BBQ chicken, baked potato, green cabbage, banana, fruit juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	7/23 Beef meatball, spaghetti, broccoli, apple, fruit juice. 牛肉丸, 炒意面, 西 兰花, 苹果, 果汁	7/24 Baked chicken wing, baked bean, shanghai green, kiwi, fruit juice 烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果	7/25 Baked salmon fillet, sweet corn, carrots with green bean, orange, fruit juice 烤三文鱼, 甜玉 米, 胡萝卜四季豆, 橙, 果汁。	7/26 Tuna fish salad, broccoli, orange, fruit juice 金枪鱼沙拉, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt, 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

