



August 1, 2025

Dear Members,

Welcome to the hottest month of the year! Senior Citizens Day is a designated day, typically observed on August 21st, to recognize and honor the achievements and contributions of older adults in society. It serves as a reminder to appreciate the elderly for their wisdom, experience, and the invaluable role they play in communities.

This year, \$25 worth of Farmers Market Coupons will be available at the center, with the date and time posted on the bulletin board. To qualify, participants must meet the following criteria: they must be 60 years or older, a resident of New York State, and meet the income guidelines based on household size. Those who have already received coupons from food pantry programs or other locations are not eligible.

Starting in August 2025, there will be some adjustments to the class schedules. Chen's Style Tai Chi class, taught by Estella Suen on Mondays, will shift from 8:30 AM to 9:30 AM. Chair Yoga will now be held from 9:40 AM to 10:40 AM, while Er Hu will take place from 10:50 AM to 12:50 PM in the auditorium. On Tuesday, Sun's Style Tai Chi will move from 10:35 AM to 11:35 AM, and Folk Song Dance will be rescheduled from 11:45 AM to 12:45 PM. The Singing Chorus will change to 2:10 PM to 3:40 PM. On Wednesdays, the Art Therapy for Mental Health: Craft & Chat session will be replaced by a Craft and Knitting class, instructed by Olive Wong. The class will take place from 11:15 AM to 12:15 PM in the center's library. Please check the program and newsletter for updates about the changes to biking and video exercise times.

Additionally, a new Orchid Workshop will be held on Thursdays in the center's library from August 7th to September 25th, 2025, offering an 8-week course on orchid planting. Early registration is required.

The center will also offer a technology class titled "Introduction to the IOS System for iPhone and iPad," taught by volunteer Ms. Carmen Lee. This class will be held on Mondays from 1:30 PM to 3:00 PM in the Computer Room throughout August and September 2025.

Participants who attended her class in March are not eligible to enroll, but those on the waiting list from March will be contacted when spots become available.

The August birthday party will be held on Monday, August 18th at 1:30 pm in the small dining room. Members, volunteers, and staff who have August 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

There will be no field trips held in August due to the extreme heat. Remember to renew your membership for the new fiscal year of 2026 which started in July. Member renewal and new member registrations are open daily from Monday to Saturday during the summer 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.

There have been continuous discussions with classes concerning PSRL and volunteer instructors, emphasizing the importance of being aware of the schedule and timing. Any proposal to increase the number of class days should also be deliberated and communicated to the Program Director. The staff has convened and explored the possibility of adding more sessions to the center's monthly program; however, we are currently unable to do so. Starting August 4th, the center will modify the time intervals between classes to provide members with adequate time to set up tables prior to class and to exit comfortably after class concludes, thereby establishing a safe plan for everyone involved. To address members' requests for additional classes, all inquiries will be placed on a waiting list and will be accommodated as soon as a spot becomes available.

Thanks to special funding from New York City Councilwoman Sandra Ung's office, Queens residents aged 60 and over who do not have Medicaid may be eligible to join the Free Senior Transportation Program for medical visits starting on August 4, 2025. For more details or to schedule an appointment, please call 718-559-4352.

Please be advised that live classes previously conducted via Zoom are currently being transitioned to the VSC (Virtual Senior Center) platform. While some members may have already participated in training sessions, others may still require support in accessing and navigating the new system. The VSC platform can be accessed at: <https://vsc.enliveo.com>. To participate in virtual programming, members must register for an account using a valid email address and create a personal password.

To facilitate this transition, a VSC Technology Support Specialist will be available in the center's library on the following dates and times: Wednesday, August 6 & August 20 | 10:00 AM – 12:00 PM; Wednesday, August 13 & August 27 | 1:00 PM – 3:00 PM. Please note that assistance will be provided exclusively on members' personal electronic devices (e.g., smartphones, tablets, or laptops). The full support schedule will be displayed on the bulletin board and listed in the center's special events calendar for member reference. Members are encouraged to attend during the scheduled times for personalized assistance in registering and logging into the VSC platform.

Our center will be serving both lunch and dinner meals to seniors over 60 years old from Monday through Saturday. Lunch will be served starting at 11:00 am. The kitchen will not be serving grab and go meals so seniors must bring their own containers if they need to pack their food to take back home.

Covid Updated: Nationally, the infection rate, hospitalizations, emergency visits and death rates have been decreasing from June 28, 2025 to July 12, 2025.

In zip code 11354, the hospitalization rates have decreased from 22.3% to 13 % per 100,000 people infected between June 6, 2025 and July 3, 2025.

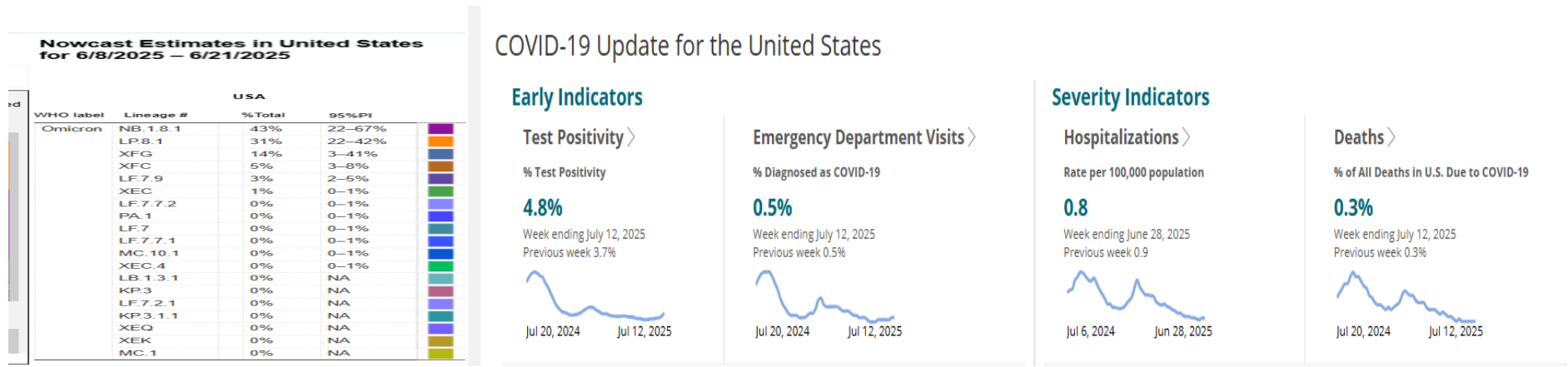
In zip code 11355, the hospitalization rates have decreased from 8.9 % to 7.6 % per 100,000 people infected between June 6, 2025 and July 3, 2025.


The Omicron variant NB.1.8.1 increased to 43% (increased 6 % compared to last month), followed by LP.8.1 variant decreased to 31 % (decreased 7 % compared to last month), followed by XFG with 14 %, followed by XFC with 5 %.


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

Sincerely,

Karen Chen, Program Director



ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11354	Flushing/Murray Hill	 13.0		June 6-July 3

ZIP	Neighborhood	Hospitalizations per 100,000 ▼	Deaths per 100,000	Dates
11355	Flushing/Murray Hill/Queensboro Hill	 7.6	0.0	June 6-July 3

亲爱的会员们：

八月，骄阳似火，是一年当中最炎热的月份！在这火热的日子里，21日，我们将迎来全国长者日。这个节日是为了表达年长者对家庭和社会的贡献。这一天提醒我们要感恩长者们的智慧、经验，以及对社区的无私帮助。

今年，中心将提供价值 25 美元的蔬果券，具体领取日期和时间将张贴在公告栏上。领取者应符合以下条件：1、年龄在 60 岁或以上 2、本人为纽约州居民；3、符合该福利规定的家庭成员收入标准；4、没有在任何其他地点领取过蔬果券。已经从食品补充营养袋单位获取或其他地点领取过优惠券的人将不符合资格。

同时需要提醒大家的是，从 2025 年 8 月开始，部分课程时间将做出调整：由 Estella Suen 老师在周一教授的陈氏太极课，将调整为上午 8:30 至 09:30；椅子瑜伽调整为 9:40 至 10:40；二胡课调整为 10:50 至 12:50（大礼堂）；星期二孙氏太极调整为 10:35 至 11:35；民族舞调整为 11:45 至 12:45。合唱练习的时间调整为 2:10 开始到 3:40 结束。每周三的“心理健康艺术治疗：手工每周三的“课程将由 Olive Wong 老师的编织与手工课替代，时间为 11:15 至 12:15，地点在中心图书馆。请查看节目表活动安排更新时段，以了解每天的固定器械锻炼和视频锻炼时间已变动的信息。

此外，中心将在 8 月 7 日至 9 月 25 日期间的每周四，在图书馆开设兰花工作坊，总共为期 8 周的课程。课程内容为兰花种植课程，感兴趣的会员需要去前台提前报名。

中心还将提供 iPhone 和 I-Pad 的 IOS 系统入门课程，由志愿者 Carmen Lee 女士授课，时间是 8 月和 9 月的每周一下午 1:30 至 3:00，地点在电脑教室。3 月份已经参加过该课程的学员不能再报名，但 3 月份登记在候补名单上的学员将会被优先安排。

8 月份的生日聚会将于 8 月 18 日 (星期一) 下午 1:30 在小饭厅举行。请所有在 8 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。

由于天气炎热, 8 月份中心没有户外郊游活动, 该活动将于秋季 9 月恢复。中心也在此提醒大家, 2026 财政年度的中心会员更新 7 月份已经开始, 会员更新和新会员注册都将于每天上午 9:00 至 10:45 于小饭厅进行, 请携带您的会员卡进行更新。您如果想参加户外旅行活动, 需要先注册成为会员。同时需提醒的是, 随着盛夏到来, 请会员朋友们注意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布告栏上。

目前, 中心正在就课程的安排与教师志工进行沟通, 强调遵守课程的时间安排。任何增加课程天数的提案须经项目主管讨论与批准。工作人员已在讨论增加课程的可行性, 但目前暂无法新增课程。自 8 月 4 日起, 中心将调整课程间隔时间, 方便会员们在课前布置桌椅及课后有序离场, 确保大家安全。有新增课程需求的会员将列入等候名单, 一旦有空位将会及时通知。

感谢纽约市议员 Sandra Ung 办公室的特别资助, 60 岁以上、没有 Medicaid (低收入医疗白卡) 的皇后区 20 选区居住的会员可自 8 月 4 日起申请免费老年人就医交通, 详情或预约请致电 718-559-4352。

請注意, 原先透過 Zoom 舉辦的直播課程, 目前正逐步轉移至 VSC (虛擬長者中心) 平台。一些會員可能已參加過相關培訓課程, 但仍有部分會員可能需要協助, 以順利使用及操作這一新系統。您可透過以下網址造訪 VSC 平台: <https://vsc.enliveo.com>。若要參與虛擬課程, 會員需使用有效的電子郵件地址註冊帳戶, 並自行設定密碼。

為協助完成此次轉移, VSC 技術支援專員將於以下日期與時間, 在本中心圖書室提供現場協助: 8 月 6 日 (星期三) 與 8 月 20 日 (星期三) | 上午 10:00 至中午 12:00. 8 月 13 日 (星期三) 與 8 月 27 日 (星期三) | 下午 1:00 至 3:00. 請注意: 技術支援僅限使用會員的個人電子設備 (例如智慧型手機、平板電腦或筆記型電腦) 進行。完整的指導課程將張貼於公告欄, 並列入中心的特別活動月曆, 供會員參考。我們鼓勵有興趣參與 VSC 課程的會員於指定時間到中心, 獲得一對一協助, 以完成註冊並順利登入平台。

中心将在周一至周六为 60 岁及以上的长者提供午餐与晚餐, 午餐供应时间从上午 11 点开始。厨房不再提供外卖餐, 会员如若需要外带午/晚餐, 需自帶餐盒打包帶走。

最后, 让我们关系最新新冠疫情信息: 在全国范围内 6 月 28 日至 7 月 12 日期间, 感染率、住院率、急诊率及死亡率均有所下降。在邮编为 11354 的区域, 住院率由 22.3% 降至 13% (每 10 万人中感染者住院率, 6 月 6 日至 7 月 3 日)。在邮编为 11355 的区域, 住院率由 8.9% 降至 7.6%。病毒株占比方面, Omicron NB.1.8.1 上升至 43% (较上月增加 6%), LP.8.1 降至 31% (较上月下降 7%), XFG 为 14%, XFC 为 5%。

天气炎热, 为预防中暑, 请多补充水份。让我们共同享受这接近尾声的夏日时光吧!

Karen Chen

翻译者: Yalun Zhang

项目主任



Selfhelp Innovative Senior Center
(Benjamin Rosenthal-Prince Street Innovative 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 – August 2025 二零二五年八月份節目表

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://vsc.enliveo.com/home> 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
Time Change 时间改变 08:30-9:30 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=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			
Time Change 时间改变 09:40-10:40 AM	Chair Yoga 瑜伽	Indira P.	English	Auditorium 礼堂
09:45-10:45AM	Zhuang Yuan Calligraphy Class 状元书法班	Thomson Chou	Chinese	Arts Room 艺术室
Time Change 时间改变 10:50-12:50 PM	Er Hu Practice 二胡练习	Tong He Wu	Chinese	Stage 舞台
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=VDB1emVlK3NlVDlhNGVZUWNSUUhNQT09 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

Time Change 时间改变 12:30 -3:30 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
Time Change 时间改变 12:30-3:30 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	Chinese	Auditorium 礼堂 (Canceled on 8/4, 在 8 月 4 日取消)
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 (8/18 -下午 2:45 开始, Starts 2:45 pm) (8/25 Canceled - 取消 8/25)
1:00-3:30 PM	Shanghai Opera Practice 越剧练习	Mei Ying Yan	Shanghainese	Stage 舞台
1:30-3:00 PM **New Class** 短期新课程 August & September only 只限八月和九月	Introduction of the IOS System for I Phone & I Pad 苹果手机和平板电脑的 IOS 系统介绍和操作使用	Carmen Lee	Chinese	Computer Lab 电脑室
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=RFN EOUsaWkRVa1M4c3B0ajhnZVFmUT09; 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
08:30-9:15 AM	Ping Pong 乒乓	Gui Lin	English/Chinese	Auditorium 礼堂

Time Change 时间改变 08:30-09:30 AM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂 (Canceled on 8/5, 在 8 月 5 日取消)
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=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09 ; 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
Time Change 时间改变 10:35-11:35AM	Sun' Style Tai Chi 孫氏太极	Kevin Chen	English/Chinese	Auditorium 礼堂
Time Change 时间改变 11:40-12:45 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
Time Change 时间改变 2:10-3:40PM	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
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
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
New Class 新课程 11:15-12:15 PM	Knitting 编织	Olive Wong	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)
11:30-12:30 PM	Qi Gong 气功	Kevin Chen	English/Chinese	Auditorium 礼堂
Time Change 时间改变 11:45-12:45 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	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=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. 08:30-10:00 AM 2. 11:00-02:15 PM	Ping Pong 乒乓	Mr. Yip	English/Chinese	Auditorium 礼堂
Time Change 时间改变 08:30-10:45 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
New Class 短期新课程 8/7 – 9/25 10:30-12:00 PM	Orchid Workshop 兰花工作坊	John Gee	Chinese/English	Library 图书室 (Pre-registration is required. Registration is available at the office. 课程需要 提前注册, 请在办公室办理注册。)
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
Time Change 时间更改 12:00 -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 08:30-10:45 AM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
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
Time Change 时间更改 10:00-10:45 AM	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=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09 ID: 923 4362 9304; Passcode: 229 716 6017

Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00 AM	Chen's Style Tai Chi 陈氏太极	Ms Estella Suen	Chinese	Auditorium 礼堂
10:00-12:00 PM	Yuan Ji Dance 元極舞	Anna Cheung, Yun Li & Mable Tang	Chinese Mandarin	Auditorium 礼堂
10:00-12:00 PM	Calligraphy 书法练习	Mr. Daeyoung Kim	Korean/Chinese	Arts Room 艺术室
Time Change 时间更改 10:00-10:45 PM 12:45 -03:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
Time Change 时间更改 10:00-10:45 PM 12:45 -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 8/9, 8/9 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

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
8/1/25 - 8/30/25 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
8/4/25 Mon., 星期一 10:00-11:00 AM	<u>Nutrition Education Workshops</u> 营养教育讲座: Vary Your Protein Routine 多样化蛋白質的選擇	NYC Department of Aging	English /Chinese	Large Dining Room 大饭厅
8/4/25 -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	May To From OATS	Mandarin/ Cantonese	Computer Lab 电脑室

8/4/25-8/28/25 Mon., 星期一 &Thu., 星期四 12:30-2:30 PM	August Semi-Annual Ping Pong Tournament 八月份的乒乓球比赛	Mr Yip	English /Chinese	Auditorium 礼堂 (BRPN members only: register with Mr. Yip or Joy. 仅限纽约市创新型老人中心会员, 请向叶先生或 Joy 报名参加)
8/6 & 8/20 Wed. 10 Am to 12 PM 8/13 & 8/27 1:00 PM to 3:00 PM (每个星期三)	VSC member Sign Up procedures Assistance 协助会员注册账号以及如何登入平台上网课	George Li	English/ Cantonese/ Fuzhouese	Main Office 总办公室
8/9/25 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺: Fish Keychain 鱼钥匙扣	Lily R.	English	Arts Room 艺术室 (Every 2nd Saturday of the month 每个月的第二个星期六)
8/14/25 Thu. 星期四 10:00-11:00AM	Osteoporosis and Bone Health 骨质疏松症与骨骼健康	Ms Shanshan from HSS Education Institute	English /Chinese	Large Dining Room 大饭厅
8/15/25 Fri., 星期五 10:00-11:00 AM	Preventing Osteoporosis: Eating For Healthy Bones (1) 預防骨質疏鬆症：吃出健康的骨骼 (1)	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
8/18/25 Mon., 星期一 1:30- 2:30PM	August Birthday Party 8 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 August. 如果您的生日是在 8 月份, 请到总办公室报名。)
8/19/25 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
8/20/25 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
8/25/25 Mon., 星期一 1:30-3:30 PM	Welcome New Members Meeting 欢迎新会员聚会	Staff 工作人员	English /Chinese	Small Dining Room 小饭厅

8/2025–11/2025, 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)
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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	Special Event 特别活动	Special Event 特别活动	Special Event 特别活动	Friday 星期五	Saturday 星期六
August Semi-Annual Ping Pong Tournament 八月份的乒乓球比赛 8/4/25-8/28/25 Mon., 星期一 & Thu., 星期四 12:30-2:30 PM	August Birthday Party 8 月份生日会 8/18/25 Mon., 星期一 1:30- 2:30PM	Food Pantry 老人營養補充袋發放日 8/19/25 Tue., 星期二 9:30-2:00 PM	Welcome New Members Meeting 欢迎新会员聚会 8/25/25 Mon., 星期一 1:30-3:30 PM	8/1 Pork chops, sweet potato, green beans, orange, juice 烤猪扒,烤地瓜, 四季豆, 橘, 果汁	8/2 Baked breaded fish, broccoli/cauliflower, orange, juice 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower with tomato, raita yogurt 豆蔬浓汤, 糙米饭, 全麦饼, 花烧西红柿, 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
8/4 Tofu with mixed vegetables, baked potato, bok choy, orange, juice 豆腐 蔬菜, 烤土豆, 大白菜, 橙, 果汁	8/5 Baked chicken wing, baked sweet potato, green cabbage, banana, juice 烤鸡翅,高丽菜, 烤地瓜, 香蕉, 果汁	8/6 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	8/7 Turkey burger, mashed potato, green cabbage, kiwi, juice 火鸡肉饼, 土豆泥, 高丽菜, 猕猴桃, 果汁	8/8 BBQ chicken, baked beans, green beans, orange, juice 烤鸡腿, 炖豆, 四季豆, 橙, 果汁	8/9 Chicken patty, broccoli/cauliflower, orange, juice 烤鸡饼, 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
8/11 Baked vegetable burger baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	8/12 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁	8/13 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 炖豆, 西兰花, 苹果, 果汁	8/14 BBQ chicken, sweet corn, Shanghai greens, kiwi, juice 烤鸡腿, 甜玉米, 上海菜, 猕猴桃, 果汁	8/15 Baked breaded fish, spaghetti, sliced carrots w/green beans, orange, juice 烤鱼饼, 炒意面, 胡萝卜四季豆, 橙, 果汁	8/16 Turkey burger, broccoli, juice 火鸡肉饼, 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

8/18 Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	8/19 Baked salmon fillet, sweet potato, green cabbage, banana, juice 烤三文鱼,高丽菜 烤地瓜, 香蕉, 果汁	8/20 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	8/21 Beef meatballs, macaroni, mustard greens, kiwi, juice 牛肉丸, 通心粉, 大芥菜, 猕猴桃, 果汁	8/22 Pork chops, baked beans, sliced carrots w/ green beans, orange, juice 烤猪扒,炖豆, 四季 豆,橙, 果汁	8/23 Baked breaded fish, broccoli/cauliflower, orange, 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
8/25 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜,烤地瓜, 大 白菜,橙, 果汁	8/26 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿,烤土豆, 高丽菜,香蕉,果汁	8/27 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	8/28 Chicken wings, mashed potato, mustard greens, kiwi, juice 烤鸡翅, 土豆泥, 大 芥菜, 猕猴桃, 果 汁	8/29 Baked marinated fish, baked beans, sliced carrots w/green beans, orange, juice 烤鱼排, 炖豆, 胡 萝卜四季豆, 橙, 果汁	8/30 Baked chicken patty, broccoli/cauliflower, orange, juice 烤鸡饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower with 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	<u>New Class 新课程</u>	<u>New Class 新课程</u>	Friday 星期五	<u>New Class 新课程</u>
9/1 Center is Closed 中心休息一天 Labor Day 劳动节	9/2 Tofu with mixed vegetables, baked potato, bok choy, orange, juice 豆腐 蔬菜, 烤土豆, 大白菜, 橙, 果汁	08/07/25 to 09/25/25 Orchid Workshop 兰花工作坊 10:30-12:00 PM Thu., 星期四	Knitting 针织 11:15-12:15 PM Wed., 星期三	8/29 The kitchen stops serving meals at exactly 1:00 PM. 厨房餐食供应截止 时间为下午 1 点。 The center is Closing at 2 PM 下午 2 点关门	Introduction of the IOS System for I Phone & I Pad 苹果手机和平板电脑的 IOS 系统介绍和操作使用 1:30-3:00 PM Mon., 星期一 August & September only 只限八月和九月 (8/4/25 to 09/29/25)

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