



Celebrating September as
National Senior Center Month



HEALTHY AGING
never gets old

September 1, 2025

Dear Members,

Welcome to the start of Autumn! Labor Day, observed on the first Monday of September, is a federal holiday in the United States that honors the contributions of American workers and the labor movement. The holiday dates to the late 19th century, a time when workers organized to advocate for fair wages, safer working conditions, and reasonable hours. Today, Labor Day not only celebrates the achievements of workers but is also recognized as the unofficial end of summer. It is widely observed with parades, community gatherings, barbecues, and family celebrations, while also reminding us of the ongoing importance of workers' rights and protections. All Friday programs will then resume their regular schedule in September.

National Senior Center Month is an annual observance held every September in the United States. It is dedicated to celebrating the vital role senior centers play in enhancing the lives of older adults and strengthening communities. These centers offer a wide range of services—from health and wellness programming to social engagement, lifelong learning, and access to essential resources—with the goal of promoting aging with dignity, purpose, and connection. Our Center will host a performance celebration on Saturday, September 6th, in the auditorium from 1:30 to 3:00 p.m. The event will feature the New York Oriental Art Troupe, juice and cookies will be served.

Beginning in September, there will be a few updates to the class schedule. Kevin Chen's Painting class will now be held on Mondays from 12:00–2:00 PM and on Wednesdays from 12:30–2:30 PM. The ESL for Beginners class will meet on Wednesdays from 11:00 AM–12:00 PM, and the ESL for Intermediate class will take place on Thursdays from 1:30–2:30 PM. To help avoid time conflicts between activities, all classes will now end 5-10 minutes before the hour. The next class will begin right at the hour, as shown in the printed program schedule. Please check the monthly program schedule for details.

Field Trip Returns This September! Our center is thrilled to resume field trips with an exciting visit to explore aquatic life. On Thursday, September 25th, we will take 56 participants to the New York Aquarium in Coney Island, Brooklyn. Registration for 52 senior members is on Thursday, September 18th, at 8:30 a.m. The trip fee is \$20, which includes admission, transportation, lunch, snacks, and water.

During the month of September, 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.

The September birthday party will be held on Monday, September 22nd at 1:30 pm in the small dining room. Members, volunteers, and staff who have September 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.

Remember to renew your membership for the new fiscal year of 2026 which started in July. 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. Please note that members must sign the consent form to participate in the Center’s programs, social service assistance, and other special activities. If you choose not to sign the consent form, you must complete the revocation form and will be limited to meal service and information/referral resources only.

Thanks to special funding from New York City Councilwoman Sandra Ung’s office, residents of District 20 who are 60 years or older may be eligible for the Free Senior Transportation Program for Medical Visits. This program is available to non-Medicaid recipients. The service provides three round trips for local medical visits and one round trip for long-distance medical visits per month. For more information, you can visit the Social Services Room for resources or call 718-559-4352 to learn more or make an appointment. If you want to check whether your district provides funding for medical transportation, please call the same number to inquire.

Health tip: Sudden changes in weather can affect your health. Make sure to consult your doctor and get your flu shot to stay protected.

Covid Updated:

Nationally, the infection rate and emergency visits have been increasing from July 19, 2025 to Aug. 02, 2025. But hospitalizations rate has remained the same, the death rate has been decreasing.

In zip code 11354, the hospitalization rates have decreased from 13% to 9.3 % per 100,000 people infected between July 4, 2025 and July 31, 2025. In zip code 11355, the hospitalization rates have decreased from 8.9 % to 7.6 % per 100,000 people infected between July 4, 2025 and July 31, 2025.

The CDC website does not provide variant data because the most recent reporting period had too few cases. To ensure reliable nowcast estimates, the CDC is shifting to longer reporting periods that allow for enough sequences. As a result, no new variant data has been released after August 14, 2025.

Sincerely,

Karen Chen,
Program Director

亲爱的会员们：

“停车坐爱枫林晚，霜叶红于二月花”，唐代诗人杜牧是这样描述灿烂的秋天

每年九月的第一个星期一是联邦假日—劳动节，用以纪念劳动者对国家辛勤的奉献。劳动节起源于 19 世纪末，那时工人们联合起来争取公平的工资、安全的工作环境以及合理的工时。今天，劳动节不仅是劳动者的节日，也意味着如火的夏季正在悄悄离去，凉风习习、硕果累累、层林尽染的秋天慢慢的映入我们的眼帘。在劳动节里，人们通常选择游行、邻里聚会、烧烤和家庭聚餐来度过，同时也提醒我们，劳动者权益和保障与每个人都息息相关。九月起，所有周五的项目将恢复正常时间表。

每年九月是“全国老年中心月”。这一活动旨在纪念“长者活动中心”在提升年长者生活质量、加强社区建设方面所发挥的重要作用。长者活动中心提供多种服务——从健康与保健项目，到社交活动、终身学习，以及各类资源——目标是帮助长者有尊严、有目标、有交流地幸福生活。本中心将于 9 月 6 日（星期六）下午 1 点 30 分至 3 点在礼堂举办庆祝演出活动。届时您将欣赏到纽约东方艺术团高质量的表演，中心也会为大家准备果汁和饼干，欢迎大家前来观看。

从九月份开始，课程时间将有所调整。陈凯文老师的绘画课将改为周一 12:00 - 2:00 PM，以及周三 12:30 - 2:30 PM。初级英文课（ESL for Beginners）将改为周三 11:00 AM - 12:00 PM；中级英文课（ESL for Intermediate）将改为周四 1:30 - 2:30 PM。为避免活动之间时间冲突，所有课程将提前 5 - 10 分钟结束。下一节课程将整点准时开始，具体请参考每月的课程表。

九月，中心也将恢复户外郊游的活动，带领大家探索水生世界。9 月 25 日（星期四），中心将带领 56 名参与者前往位于布鲁克林康尼岛的纽约水族馆参观。我们将在 9 月 18 日（星期四）上午 8:30 开始登记 52 名会员。户外郊游的费用为 20 美元，包括门票、交通、午餐、零食和水。

九月份，中心将提供数量有限的外带餐，时间为下午 1:30 至 2:30。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。如果您需要打包餐食，请自备饭盒。

九月份的生日聚会将于 9 月 22 日（星期一）下午 1:30 在小饭厅举行。请所有在九月份过生日的会员、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。

中心在此提醒大家，2026 财政年度的中心会员更新七月份已经开始，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。请注意，所有会员必须签署同意书，方可参加中心的项目、社会服务及其他特别活动；若您选择不签署同意书，需填写“撤销表”，并仅限于享用餐食服务及信息/转介资源。

感谢纽约市议员黄敏儀（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。该服务提供三次本地医疗往返接送及一次长途医疗往返接送。如果您想确认所在选区是否也提供医疗交通补助，也可拨打同一号码咨询。

健康提示：秋天气候变化可能会影响健康，请记得咨询医生并接种流感疫苗以保护自己。

新冠疫情更新：

全国范围内，从 2025 年 7 月 19 日至 8 月 2 日，感染率和急诊就诊人数呈上升趋势，但住院率保持不变，死亡率下降。邮编 11354 的住院率在 2025 年 7 月 4 日至 7 月 31 日期间由 13% 降至 9.3%（每 10 万人感染者中的比例）；邮编 11355 的住院率在同期由 8.9% 降至 7.6%。由于近期病例数不足，最后，我们关注新冠疫情变化：由于最近一期的数据样本过少，CDC 网站未能提供变异株的数据。为了确保预测结果的可靠性，CDC 正在调整为更长的统计周期，以便获得足够的样本。因此，自 2025 年 8 月 14 日后未再发布新的变异株数据。

顺颂秋安！

项目主任：Karen Chen

翻译者：Emily Zhang



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 – September 2025 二零二五年九月份節目表

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
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=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			
09:40-10:40 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
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=VDBlcmVlK3NlVDlhNGVZUWNSUUhNQ09 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
12:30 -3:30 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
12:30-3:30 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	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 (9/22 -下午 2:45 开始, Starts 2:45 pm) (9/29 Canceled - 9 月 29 日取消)
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 Aug. & Sep. 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
Time Change 时间改变 12:00-2:00 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
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
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 (Canceled 9/2, 9月2日取消)
10:35-11:35AM	Sun' Style Tai Chi 孫氏太极	Kevin Chen	English/Chinese	Auditorium 礼堂
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
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=d0JgN2VWNk8wcUpwb2x1NS8vV081dz09 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

Time Change 时间改变 11:00-12:00 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
11:15-12:15 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
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
Time Change 时间改变 12:30-2:30 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=UXJPQTBjcC9lUm55SEZ4N3pvZldwdz09 ID: 953 3353 5555 Passcode: 742 160 3568

Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
1. 08:30-10:00 AM 2. 11:00-02:15 PM	Ping Pong 乒乓	Mr. Yip	English/Chinese	Auditorium 礼堂
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

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
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
Time Change 时间改变 01:30-2:30 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
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
10:00 - 12:30 PM	Oil Painting (Advanced) 油画(高级班)	ChrisTina Andersen	English	Arts Room 艺术室
10:00-10:45 AM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
12:30- 2:00PM	Walking Dance 学习秧歌舞	Nina Zhou	Chinese	Auditorium 礼堂
01:00- 3:30 PM	Oil Painting (Beginner) 油画 (初级班)	ChrisTina Andersen	English	Arts Room 艺术室

01:30- 3:30 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
01:30-3:30 PM	Spanish (Beginner) 西班牙语 (初级班)	Mario Ramon	Spanish/English	Small Dining Room 小饭厅
02:15- 3:30 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=M2R3VWRQSnhkOG9CQXMyaVIIUxRQT09 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
10:00-10:45 PM 12:45 -03:45 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂 (Canceled on 9/6, 9月6日取消)
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 (Canceled on 9/6, 9月6日取消)
12:15-01:15 PM	Ping Pong 乒乓	David & Jane Chan	English/Chinese	Auditorium 礼堂 (Canceled on 9/6, 9月6日取消)
01:00 – 03:00PM	Vocal Techniques (Intermediate) 声乐技术中学	Xiao Qing He	Chinese	Arts Room 艺术室 (Canceled on 9/6 & 9/13, 9/6 和 9月13日取消)
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 (Canceled on 9/6, 9月6日取消)
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
9/3/25 - 9/30/25 Mon.,Wed.,Fri.& Sat. 周一,周三,周五和周六 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
9/3/25 -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
9/3 & 9/17 Wed. 10 AM to 12 PM 9/10 & 9/24 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 (9/3) Computer Lab 电脑室 (9/10, 9/17 & 9/24)
9/6/25 Sat. 星期六 1:30-3:00PM	Bailing: Song of Autumn Elegance 秋之韵歌舞表演	New York Eastern Bailing Art Troupe 纽约东方百灵艺术团	Chinese	Auditorium 礼堂
9/8/9/15/9/22& 9/29 Mon., 星期一 10:00-11:00 AM	Nutrition Education Workshops 营养教育讲座: Eating Better on a Budget 节省预算, 健康饮食	SNAP-ED New York	English /Chinese	Large Dining Room 大饭厅

9/9/25 Tue., 星期二 10:00-11:00 AM	How to Use Herbs in Cooking 轻松学会用香草，提升料理 风味	SNAP-ED New York	Chinese 普通话	Large Dining Room 大饭厅 and VSC 视频 https://us02web.zoom.us/j/81680851328?pwd=yumfLCzBfYm2xOI03axGuFrR0au8m1.1 Meeting ID: 816 8085 1328 Passcode: 403875
9/13/25 Sat. 星期六 10:00-11:00 AM	Brief Introduction of Health Preservation in Traditional Chinese Medicine “中医养生 简介:穴位,食疗,节气”	Dr. Helen Zhang	Chinese 普通话	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/94212914708?pwd=Im89qFlxjIKcDdlThxPcFMegMxveZr.1 ID: 942 1291 4708; Passcode: 5812452662
9/13/25 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺: Paracord Bracelet 伞绳手环	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)
9/16/25 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
9/17/25 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided and Library
9/18/25 Thu. 星期四 10:00-11:00AM	Caregiver Support Program 照护者关怀计划	Deepa Singh from Met Council	English /Chinese	Large Dining Room 大饭厅
9/19/25 Fri., 星期五 10:00-11:00 AM	Preventing Osteoporosis: Eating For Healthy Bones (2) 預防骨質疏鬆症： 吃出健康的骨骼 (2)	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
9/22/25 Mon., 星期一 1:30- 2:30PM	September Birthday Party 9 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 September. 如果您的生日是在 9 月份, 请到总办公室报名。)
9/25/25 Thu. 星期四 8:30-2:00PM	Field Trip: Coney Island Aquarium 户外旅游:康尼岛水族馆	Matthew, Annie, Margo & Yvonne	English /Chinese	Coney Island Aquarium 康尼岛水族馆 (Please sign up in main office on Thursday, 9/18 until sold out, 请在星期四, 9/18 到办公室登记报 名, 直到售完为止)
9/29/25 Mon., 星期一 1:30-2:30 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

9/2025–11/2025, 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
11:00-12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 https://selfhelp.zoom.us/j/97507593304?pwd=b9J2eeIOKsgpuoa4wtX79rYc43cmdO.1 ID: 975 0759 3304; passcode: 4923908275
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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
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	9/3 Beef meatballs, spaghetti, broccoli, apple, juice 牛肉丸, 炒意面, 西兰花, 苹果, 果汁	9/4 Baked chicken wings, baked beans, shanghai greens, kiwi, juice 烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果汁	9/5 Baked salmon fillet, sweet corn, carrots with green beans, orange, juice 烤三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁	9/6 Tuna fish salad, broccoli, orange, 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	Friday 星期五	Saturday 星期六
9/8 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	9/9 Baked mushroom chicken, macaroni, green cabbage, banana, juice 香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	9/10 Steamed ground pork meat flavored w/dried fish, sweet corn, mustard greens, apple, juice 鹹魚肉餅, 玉米, 大芥菜, 苹果, 果汁	9/11 Baked salmon fillet, baked beans, napa cabbage, kiwi, juice 烤三文鱼, 炖豆, 大白菜, 猕猴桃, 果汁	9/12 Pork chops, mashed potato, green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橘, 果汁	9/13 Baked fish patty, 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
9/15 Tofu with mixed vegetables, baked sweet potato, bok choy, orange, juice 豆腐 蔬菜, 烤地瓜, 大白菜, 橙, 果汁	9/16 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁	9/17 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	9/18 Turkey burger, mashed potato, green cabbage, kiwi, juice 火鸡肉饼, 土豆泥, 高丽菜, 猕猴桃, 果汁	9/19 BBQ chicken, baked beans, green beans, orange, juice 烤鸡腿, 炖豆, 四季豆, 橙, 果汁	9/20 Chicken atty, 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
9/22 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	9/23 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁	9/24 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 炖豆, 西兰花, 苹果, 果汁	9/25 BBQ chicken, sweet corns, shanghai greens, kiwi, juice 烤鸡腿, 甜玉米, 上海菜, 猕猴桃, 果汁	9/26 Baked fish patty, macaroni, sliced carrots w/green beans, orange, juice 烤鱼饼, 通心粉, 胡萝卜四季豆, 橙, 果汁	9/27 Turkey burger, broccoli, juice 烤火鸡肉饼, 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	Special Event 特别活动	Special Event 特别活动	Special Event 特别活动
9/29 Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	9/30 Baked salmon fillet, baked beans, green cabbage, banana, juice 烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁	10/1 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	Food Pantry 老人營養補充袋 發放日 9/16/25 Tue., 星期二 9:30-2:00 PM	September Birthday Party 9 月份生日会 9/22/25 Mon., 星期一 1:30- 2:30PM	Field Trip: Coney Island Aquarium 户外旅游: 康尼岛水族馆 9/25/25 Thu. 星期四 8:30-2:00PM

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