



**October 1, 2025**

**Dear Members,**

**This October, we have several meaningful days to observe and celebrate:**

- **October 1 – Yom Kippur:** Known as the Day of Atonement, Yom Kippur is the holiest day in the Jewish calendar. It is observed with fasting, prayer, and reflection, offering a time for spiritual renewal and forgiveness.
- **October 6 – Chinese Moon Festival:** Also called the Mid-Autumn Festival, this holiday celebrates family unity and the beauty of the full moon. Traditions include sharing mooncakes and spending time with loved ones, symbolizing harmony and gratitude.
- **October 13 – Columbus Day:** Columbus Day commemorates the arrival of Christopher Columbus to the Americas in 1492. It is recognized as a federal holiday in the United States and is observed with community events, parades, and cultural activities.

**We look forward to recognizing these important occasions together and honoring the traditions they represent.**

**The OATS Exploring Technology lectures and workshops will take place every Monday and Wednesday from 10:00 AM to 11:15 AM, starting October 6 and running through November 5, 2025, over a 5-week period. May To will be the technology instructor for these sessions. A registration event will be held on Wednesday, October 1, from 10:00 AM to 12:00 PM, where members can sign up for the classes. The computer lab will be open to all members, except during scheduled classes and members must sign in when using the lab. Attendance will be recorded and reported in compliance with DFTA requirements.**

**The 8-week Zumba session, sponsored by City Council member Sandra Ung, will be held at the center every Thursday from 8:45 AM to 9:45 AM. The program runs from October 16th to December 11th.**

The October birthday party will be held on Monday, October 20<sup>th</sup> at 1:30 pm in the small dining room. Members, volunteers, and staff who have October 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.

On Thursday, October 23<sup>rd</sup>, the center will take a group of 52 participants to the Central Park Zoo. The cost of this trip is \$20 which includes the entrance fee, transportation, lunch, snacks, and water. We will register 52 seniors starting on Thursday, October 16<sup>th</sup> beginning at 8:30 am. You must be a registered member of the center to participate in the field trips. If you are interested, please come to the office to read the rules and regulations for the field trip registration. Any member can register for this trip even if they have gone to a zoo earlier this year. The center invites our members to take advantage of the Fall weather before the Winter comes so that our seniors can enjoy the outside fresh air and soak in the sun with their friends at the center.

We're thrilled to share that our center will be celebrating the Mid-Autumn Moon Festival with a special performance! We cordially invite all members to join us for this festive event on Monday, October 27, 2025, from 1:30 PM to 3:00 PM in the auditorium. Come enjoy the performances, create lasting memories, and celebrate the joy and spirit of the festival with fellow members.

The MTA Mobile Bus service will visit the center this month October 29 (Wednesday) from 10:00 A.M. – 2:00 P.M. to assist seniors with reduced fare card & OMNY card related issues.

#### **Auditorium Safety Guidelines**

For your safety and to avoid disrupting classes, please follow these guidelines when using the auditorium:

- **Before Class:** Please wait for a staff member to complete the chair arrangement before entering the auditorium and taking a seat.
- **During Class:** We kindly ask that you open and close the doors quietly to avoid disturbing the class in session.
- **After Class:** For your safety, please do not move chairs. A staff member will return them to their designated storage area.
- **Equipment:** The use of stationary bikes are not permitted in the auditorium while a class is in progress.

**Membership Renewal & New Registrations:** It's time to renew your membership for the new fiscal year of 2026! All registrations and renewals will take place in the small dining room.

- **Current Members:** Please bring your current membership card to renew in October on Mondays, Wednesdays, Fridays, and Saturdays, between 9:00 a.m. and 10:45 a.m.
- **New Members:** Registration is available daily, Monday through Saturday, from 9:00 a.m. to 10:45 a.m.
- Please check your membership card to ensure it has both a 2026 sticker and a "C" sticker. Both are required to participate in all activities.
- If your card is missing the "C" sticker, please visit the office to complete a consent form. Members who have signed the revoke form will only be eligible for congregate meals and information services.

**Congregate meals are exclusively available to seniors aged 60 and over who reside in the five boroughs and can attend an Older Adult Center. Please note that tickets cannot be given, transferred, or sold to individuals under the age of 60. We appreciate your understanding and cooperation in ensuring that all eligible participants can enjoy these programs.**

**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.**

**Thanks to special funding from New York City Councilwoman Sandra Ung's office, if you are a resident of Queens, over 60 years old, you may be able to participate in the Free Senior Transportation Program for Medical Visits. You may call 718-559-4352 for more information or to make an appointment.**

**Sincerely,**

**Karen Chen,  
Program Director**

亲爱的会员们：十月金秋，桂花飘香，层林尽染，万山红遍。十月是丰收的季节，十月是秋高气爽的日子。我们期待与大家一起庆祝这些重要节日。

在今年十月，我们将迎来多个值得纪念和庆祝的重要日子：

- 10月1日—赎罪日（Yom Kippur）：赎罪日是犹太历中最神圣的节日。当天通过禁食、祈祷与反思求得心灵的洁净与宽恕。
- 10月6日—中秋节：此节日庆祝家庭团圆和对远方亲人的思念。传统习俗包括赏月和分享可口的月饼，象征和谐与感恩。
- 10月13日—哥伦布日：纪念探险家克里斯托弗·哥伦布于1492年抵达美洲。此日是美国的联邦假日，通常通过社区活动、游行和文化庆典来庆祝。

**OATS 探索科技讲座和工作坊将于 10 月 6 日（星期一）开始至 11 月 5 日（星期三），期间每周一和三上午 10:00 至 11:15 举行，为期 5 周。May To 将担任此次系列课程的科技讲师。报名活动将在 10 月 1 日（星期三）上午 10:00 至中午 12:00 进行。电脑室将继续对所有会员开放（课程进行期间除外），使用电脑室时需签到。出勤记录将按照 DFTA 规定进行报告。**

**本中心将举办为期八周的尊巴（有氧舞蹈健身运动）课程，由市议员 Sandra Ung 赞助。课程时间为 10 月 16 日至 12 月 11 日，每周四上午 8:45 到 9:45。**

**10 月 23 日（星期四），中心将带领 52 名参与者前往中央公园动物园。我们将在 10 月 16 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。参与活动者必须是中心的注册会员。如有兴趣，请到办公室阅读外出活动报名规则。即使您今年已有动物园参观记录，也可以报名参加本次活动。中心鼓励您在冬季来临前尽情欣赏金色的秋季，与您的朋友们一起享受户外阳光与新鲜空气。**

我们非常高兴地宣布，中心将举办中秋节特别演出，诚邀所有会员参加。本次庆祝活动将于10月27日（星期一）下午1:30至3:00在礼堂举行。欢迎大家来观赏，并留下美好的记忆。

MTA 流动巴士服务将于本月10月29日（星期三）上午10:00至下午2:00到访中心，为长者提供有关半价乘车优惠票和 OMNY 卡的服务。

十月份的生日聚会将于10月20日（星期一）下午1:30在小饭厅举行。请所有在十月份过生日的会员、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。

我们提醒您关注礼堂使用安全须知：为确保您的安全并保障课程的顺利进行，请遵守以下规定：

- 课前：请等待工作人员完成椅子摆放后再进入礼堂入座。
- 课中：请轻声开关门，避免干扰正在进行的课程。
- 课后：为保障安全，请勿自行搬动椅子，工作人员将负责将椅子归位。
- 设备：课程进行期间禁止在礼堂内使用固定运动器械锻炼。

中心提醒大家，2026 财政年度的中心会员更新七月份已经开始了！所有续约与新会员的注册将在小餐厅进行。

- 现有会员：请携带当前会员卡，于10月份的每周一、三、五、六上午9:00至10:45前来续约。
- 新会员：每周一至六上午9:00至10:45接受新会员注册。
- 请检查您的会员卡是否贴有2026年贴纸及“C”贴纸，两者皆有方可参加中心的项目、社会服务及其他特别活动的必要条件。
- 若会员卡缺少“C”贴纸，请您到办公室填写同意书。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。

中心的膳食仅限居住于纽约五大区、年满60岁且能亲自到达长者中心的年长者。请注意，餐券不得转让、转交或出售给60岁以下人士。

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或晚餐。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，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。

顺颂秋祺！

项目主任：Karen Chen

翻译者：Emily Zhang



# Selfhelp BRPN 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 – October 2025 二零二五年十月份節目表

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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lC-bWVqNTdpYlA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lC-bWVqNTdpYlA3VlVPTzlnYWluUT09</a> 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 <a href="https://selfhelp.zoom.us/j/98337081842?pwd=VD-B1emVlK3NlVDlhNGVZUWNSUUhNOT09">https://selfhelp.zoom.us/j/98337081842?pwd=VD-B1emVlK3NlVDlhNGVZUWNSUUhNOT09</a> 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 (cancelled on 10/27, 10/27 课程取消)
12:30 -3:30 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂 (cancelled on 10/27, 10/27 课程取消)

12:30-3:30 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	Chinese	Auditorium 礼堂 (cancelled on 10/27, 10/27 课程取消)
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 (10/20 -下午 2:45 开始, Starts 2:45 pm) (cancelled on 10/27, 10/27 课程取消)
1:00-3:30 PM	Shanghai Opera Practice 越剧练习	Mei Ying Yan	Shanghainese	Stage 舞台 (cancelled on 10/27, 10/27 课程取消)
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅 (cancelled on 10/27, 10/27 课程取消)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <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. 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 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVP1zlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVP1zlnYWluUT09</a> 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 <a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3h0Zmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3h0Zmltc1p2QT09</a> ; 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
10:35-11:35AM	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 (10/28 下午 2:45 开始, Starts 2:45 pm)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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

11:00-12:00 PM	<b>Learning Basic English Pronunciation Practice for Beginners</b> 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	<b>Knitting 编织</b>	Olive Wong	English/Chinese	<b>Library 图书室 (Pre-registration is required with a limit of 6 participants</b> 课程需要提前注册, 名额限制为 6 人)
11:30-12:30 PM	<b>Qi Gong 气功</b>	Kevin Chen	English/Chinese	Auditorium 礼堂
11:45-12:45 PM	<b>Stationary Biking &amp; Elliptical Exercises</b> 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
01:00-3:30 PM	<b>Table Leisure Game</b> 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
12:30-2:30 PM	<b>Watercolor Painting 水彩画</b>	Kevin Chen	Chinese	Arts Room 艺术室
01:30-3:30 PM	<b>English Karaoke</b> 英文卡拉 OK	Benny & David	English	Large Dining Room 大饭厅
01:30-3:30 PM	<b>Ballroom Dancing 交際舞</b>	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	<b>Virtual Karaoke</b> 视频卡拉 OK	Jane Chen & Bao Huang Du	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTBlcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/9533353555?pwd=UXJPQTBlcC9lUm55SEZ4N3pyZldwdz09</a> 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
08:30-10:45 PM	<b>Stationary Biking &amp; Elliptical Exercises</b> 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
09:00 – 11:00AM	<b>Harmonica 口琴班</b>	Ms. Wei Er Li	Chinese	Arts Room 艺术室
10:00 – 11:00AM	<b>Line Dancing 排舞</b>	June Chiu	Chinese	Auditorium 礼堂
11:00-2:00PM	<b>Folk Band 中国民乐队</b>	Nina Tang	Chinese	Stage 舞台
11:00-02:25 PM	<b>Ping Pong 乒乓</b>	Mr. Yip	English/Chinese	Auditorium 礼堂



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
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 (cancelled on 10/23, 10/23 日课程取消)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnlkOG9CQXMvaVllUUxROT0">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnlkOG9CQXMvaVllUUxROT0</a> 9 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
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 (Canceled on 10/11, 10 月 11 日课程取消)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a> 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
10/1/25 - 10/31/25 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
10/4/25 Sat. 星期六 10:00-11:00AM	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 <a href="https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWWY1Sh0pXhtFsUfqBrxIUZfg3.1">https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWWY1Sh0pXhtFsUfqBrxIUZfg3.1</a> Call in 1-646-876-9923 ID: 955 9181 6559; Passcode: 9311967443
10/6/25 -11/5/25 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	Cnatonese & Mandarin	Computer Lab 电脑室
10/7/25 Tue., 星期二 11:00-12:00 PM	Fall Prevention Strategies 预防跌倒的策略	Jasmine Jean, OTR/L from NYC Department for the Aging	English	Join On Zoom <a href="https://us02web.zoom.us/j/88111402777?pwd=amVldk9QDXebYJK5eFJZC7itYWWhQXc.1">https://us02web.zoom.us/j/88111402777?pwd=amVldk9QDXebYJK5eFJZC7itYWWhQXc.1</a> Meeting ID: 881 1140 2777; Enter Code: 727465; Call: 1-929-436-2866
10/9/25 Thu. 星期四 10:00-11:00AM	Medicare's Annual Enrollment Presentation 联 邦医疗保险年度登记说明 会	Christine from NYC Department for the Aging	English /Chinese	Large Dining Room 大饭厅

10/11/25 Sat. 星期六 12:30-2:30 PM	Arts and Crafts: Macramé bracelets 手工艺: 编织手链	Lily R.	English	Arts Room 艺术室 (Every 2 <sup>nd</sup> Saturday of the month 每个月的第二个星期六)
10/15/25 Wed., 星期三 10:00-12:00 PM	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
(NEW) 新课程 10/16/25-12/11/25 Thur. 星期四 08:45 AM- 09:45 AM	Zumba Exercise 有氧舞蹈健身運動	Rueben Edwards	English	Auditorium 礼堂
10/17/25 Fri., 星期五 10:00-11:00 AM	LDL-Cholesterol And Diet 低密度脂蛋白膽固醇和飲食	Eva Lau, Nutritionist 营养师	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
10/20/25 Mon., 星期一 1:30- 2:30PM	October Birthday Party 10 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 October. 如果您的生日是在 10 月 份, 请到总办公室报名。)
10/21/25 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
10/22/25 Wed., 星期三 10:00 – 11:00AM	2026 Medicare Annual Election Period 2026 年老人醫療保險計劃講座	Harry Fan from Health First 第一保健 范先生	English /Chinese	Large Dining Room 大饭厅
10/22/25 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
10/23/25 Thu. 星期四 8:30-2:00PM	Field Trip: Central Park Zoo 户外旅游: 中央公园动物园	Ann, Mr Cheung, Margo and Margaret	English /Chinese	Central Park Zoo 中央公园动物园 (Please sign up in main office on Thursday, 10/16 until sold out, 请在星期四, 10/16 到办公室 登记报名, 直到售完为止)

10/23/25 Thu. 星期四 10:00-11:00AM	Meet and Greet the Harmony Road Family 与 Harmony Road 见面	Shlomo Stahl from Harmony Road	English /Chinese	Large Dining Room 大饭厅
10/27/25 Mon., 星期一 1:30- 3:00PM	Mid-Autum Festival Performance Celebration 中秋节表演庆祝会	Staff 工作人员	English /Chinese	Auditorium 礼堂
10/28/25 Tue., 星期二 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
10/29/25 Wed., 星期三 10:00 – 2:00 PM	MTA On-site Services 老人半价乘车服务	Staff 工作人员	English /Chinese	In front of center 中心大门口
10/2025–11/2025, Mon. – Sat. 星期一至星期六	Evergreen Community Gardening 户外园艺	Staff 工作人员	Chinese	Evergreen Community Gardening 户外园艺; 8 AM– 8 PM. 上午八点至下午八点 Please go to the office to report on attendance once a week for gardening participants only. (一个星期到办公室报到一次)

### VSC – You Might Like Wednesday 星期三

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
10:00-11:00AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09</a> ; 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 <a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjI0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjI0UT09</a> Call in: 1-646-876-9923; ID: 963 0027 6377
2:30–3:30 PM	Learn How to Play Piano for Seniors 学习如何弹钢琴	Penny Zhao	Chinese	Zoom ID: 892 9404 5671; Passcode: 816724

### Friday 星期五

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

Special Event 特别活动	Special Event 特别活动	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<b>October Birthday Party</b>  <b>10 月份生日会</b>  <b>10/20/25 Mon., 星期一 1:30- 2:30PM</b>	<b>Food Pantry</b>  <b>老人營養補充袋 發放日</b>  <b>10/21/25 Tue., 星期二 9:30-2:00 PM</b>	<b>10/1</b> <b>Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice</b> 鹹魚肉餅, 玉米, 西 兰花, 苹果, 果汁	<b>10/2</b> <b>Beef meatballs, baked beans, mustard greens, kiwi, juice</b>  牛肉丸, 炖豆, 大芥 菜, 猕猴桃, 果汁	<b>10/3</b> <b>Pork chops, sweet corn, sliced carrots w/ green beans, orange, juice</b>  烤猪扒, 甜玉米 , 四季豆, 橙, 果汁	<b>10/4</b> <b>Baked breaded fish, broccoli/cauliflower, orange, juice</b> 中餐: 烤鱼饼, 橙, 果汁 <b>Alternative; Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓 汤, 糙米饭, 全麦饼, 芥菜烧西 红柿, 酸奶切片黄瓜</b>
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>10/6</b> <b>Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice</b> 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	<b>10/7</b> <b>Baked mushroom chicken, baked potato, green cabbage, banana, juice</b> 香菇鸡腿, 烤土 豆, 高丽菜, 香蕉, 果汁	<b>10/8</b> <b>Baked salmon fillet, sweet corn, broccoli, apple, juice</b>  烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	<b>10/9</b> <b>Baked chicken wings, mashed potato, mustard greens, kiwi, juice</b>  烤鸡翅, 土豆泥, 大 芥菜, 猕猴桃, 果汁	<b>10/10</b> <b>Baked marinade fish, baked beans, sliced carrots w/green beans, orange, juice</b> 烤鱼排, 炖豆, 胡萝 卜, 四季豆, 橙, 果 汁.	<b>10/11</b> <b>Baked chicken patty, broccoli/cauliflower, orange, juice</b> 中餐: 烤鸡肉饼, 橙, 果汁 <b>Alternative; Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓 汤, 糙米饭, 全麦饼, 芥菜烧西 红柿, 酸奶切片黄瓜</b>
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>10/13</b> <b>Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice</b> 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	<b>10/14</b> <b>BBQ chicken, baked potato, green cabbage, banana, juice</b>  烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果 汁	<b>10/15</b> <b>Beef meatballs, spaghetti, broccoli, apple, juice</b>  牛肉丸, 炒意面, 西 兰花, 苹果, 果汁	<b>10/16</b> <b>Baked chicken wing, baked beans, shanghai greens, kiwi, juice</b>  烤鸡翅, 炖豆, 上海 菜, 猕猴桃, 果汁	<b>10/17</b> <b>Baked salmon fillet, sweet corn, carrots with green beans, orange, juice</b> 烤三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁	<b>10/18</b> <b>Tuna fish salad, broccoli, orange, juice</b> 中餐: 金枪鱼沙拉, 橙, 果汁 <b>Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙 米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜</b>

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>10/20</b> <b>Eggplant</b> <b>parmesan, baked</b> <b>potato, bok choy,</b> <b>orange, juice</b>  烤茄饼, 烤土豆, 大白菜, 橙, 果汁	<b>10/21</b> <b>Baked mushroom</b> <b>chicken,</b> <b>macaroni, green</b> <b>cabbage, banana,</b> <b>juice</b> 香菇鸡腿, 通心 粉, 高丽菜, 香蕉, 果汁	<b>10/22</b> <b>Steamed ground</b> <b>pork meat</b> <b>flavored w/dried</b> <b>fish, sweet corn,</b> <b>broccoli, apple,</b> <b>juice</b> 鹹魚肉餅, 玉米, 西兰花, 苹 果, 果汁	<b>10/23</b> <b>Baked salmon</b> <b>fillet, baked beans,</b> <b>mustard greens,</b> <b>kiwi, juice</b>  烤三文鱼, 炖豆, 大芥菜, 猕猴桃, 果汁	<b>10/24</b> <b>Pork chops,</b> <b>mashed potato,</b> <b>green beans,</b> <b>orange, juice</b>  烤猪扒, 土豆泥 , 四季豆, 橘, 果汁	<b>10/25</b> <b>Baked breaded fish,</b> <b>broccoli/cauliflower, orange,</b> <b>juice</b> 中餐: 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower with tomato, raita yogurt 印度餐: 豆蔬浓 汤, 糙米饭, 全麦饼, 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>10/27</b> <b>Tofu with mixed</b> <b>vegetables,</b> <b>baked potato,</b> <b>bok choy,</b> <b>orange, juice</b> 豆腐蔬菜, 烤土 豆, 大白菜, 橙, 果汁	<b>10/28</b> <b>Baked chicken</b> <b>wings, baked</b> <b>sweet potato,</b> <b>green cabbage,</b> <b>banana, juice</b> 烤鸡翅, 高丽菜, 烤地瓜, 香蕉, 果 汁	<b>10/29</b> <b>Baked salmon</b> <b>fillet, sweet corn,</b> <b>broccoli, apple,</b> <b>juice</b>  烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	<b>10/30</b> <b>Turkey burger,</b> <b>mashed potato,</b> <b>mustard greens,</b> <b>kiwi, juice</b>  火鸡肉饼, 土豆泥, 大芥菜, 猕猴桃, 果 汁	<b>10/31</b> <b>BBQ chicken,</b> <b>baked beans,</b> <b>green beans,</b> <b>orange, juice</b>  烤鸡腿, 炖豆, 四季 豆, 橙, 果汁	<b>11/1</b> <b>Chicken patty,</b> <b>broccoli/cauliflower, orange,</b> <b>juice</b> 中餐: 烤鸡饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全 麦饼, 芥菜烧西红柿, 酸奶切 片黄瓜

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