



November 1, 2025

Dear Members,

Mark your calendars for these important November dates and details in 2025:

Sunday, November 2nd: Daylight Saving Time Ends. Remember to set your clocks back one hour (from 2:00 AM to 1:00 AM), which will give us more daylight in the morning.

Tuesday, November 4th: Election Day. If you choose to vote early, that period runs from October 25th through November 2nd. Be sure to check your voting location—your early voting site may differ from your Election Day polling place. You can find more information at: <https://elections.ny.gov/early-voting>.

Tuesday, November 11th: Veterans Day. Veterans Day is a federal holiday in the United States, observed annually on November 11th, dedicated to honoring and thanking all American military veterans who have served honorably in the U.S. Armed Forces in both wartime and peacetime.

Thanksgiving Day is an annual national holiday in the United States dedicated to expressing gratitude and celebrating the blessings of the past year, particularly the autumn harvest. For the Thanksgiving holiday, the center will close early at 2:00 PM on Wednesday, November 26th, and will be closed all day on Thursday, November 27th, and Friday, November 28th, reopening on Saturday, November 29th.

Get ready for a star-studded day! On Wednesday, November 12th, the center is taking 52 participants to Madame Tussauds Wax Museum in Times Square, Manhattan. Explore over 200 celebrity wax figures, including Beyoncé, President Trump, Vice President Vance, and interact with stars like Jimmy Fallon, Al Roker, and Michael Strahan. Your ticket also includes the Amazing 4D Cinematic Shorts experience.

- **Registration:** Starts at 8:30 AM on November 5th in the large dining room.
- **Cost:** Just \$10. This covers your admission, round-trip transportation, water, snacks, and lunch (served back at the center).



The November birthday party will be held on Monday, November 17th at 1:30 pm in the small dining room. Members, volunteers, and staff who have November 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.

DFTA Meal Service Guidelines

In accordance with DFTA standard guidelines, please adhere to the following rules regarding meal service at our center.

Meal Priority and Eligibility

- **Senior Priority:** Eligible senior members have priority over all guests and staff under the age of 60.
- **Presence Required:** Meals are only provided to the senior member who is physically present at the OAC.
- **No Take-Out:** Members cannot take meals to-go for others (including family members, neighbors, in-laws, etc.).
- **Home Health Aides:** Home Health Aides may only receive a meal for the senior if the senior is present at the OAC with the aide.
- **Homebound Seniors:** Seniors who are homebound must contact the Case Management Office to arrange for Meals on Wheels service.

Guest and Staff Meals

- **Guests and staff under the age of 60 will only receive meals if there is a surplus of food after all eligible senior participants have been served.**

Guest Meal Contribution Change

- **Effective November 1st, the required contribution for all guest and staff meals (for those under age 60) will be \$4.00 per person.**

Effective in November, 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.

We're looking for enthusiastic volunteers to help at the center Monday through Saturday! We highly encourage our members to get involved and lend a hand with various activities. You can help with dining room Support (meal service), program events and activities, office tasks (light administrative work), field trips, and much more! If you're interested in joining our vibrant volunteer group, please visit the office to meet with Joy Mau (Program Coordinator). She will help you sign up and discuss flexible hours and tasks that fit your schedule and interests. We look forward to working with you and making your time at the center even more rewarding!

Meals are exclusively available to seniors aged 60 and over who reside in the five boroughs and can come to our 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 the meal.

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.

Covid Update:

As the weather begins to change and respiratory illnesses become more common, a highly transmissible strain of COVID-19 is on the rise across the United States.

Stratus is a newer form of the COVID-19 virus that was first detected in January 2025 in Southeast Asia. By June, the variant had spread to 38 countries, leading the World Health Organization (WHO) to designate Stratus as a "SARS-CoV-2 variant under monitoring." WHO is watching the variant carefully to learn more about how it acts and what it might mean for our health.

In the U.S., COVID-19 cases have been on the rise throughout the summer, according to the Center for Disease Control (CDC). News reports have linked two recent variants, Nimbus (NB.1.8.1) and Stratus as the causes. Nimbus is highly infectious due to its strong ability to bind to human cells and is sometimes linked to a severe "razor blade" sore throat.

Stratus exhibits "marginal additional immune evasion" over Nimbus, according to the WHO. Meaning, that this latest variant has developed a slightly better ability to avoid being recognized and attacked by the immune system. This could make it harder for the body to fight off the virus, especially if someone hasn't been vaccinated or previously infected. However, as the word "marginal" suggests, this change is small and should not be a major concern for most people.

Most cases of COVID-19 variant Stratus are mild, particularly if you're vaccinated or have received a booster. However, knowing what to watch for can empower you to take the right steps for your health.

Many symptoms of the 2025 Stratus mutation are like previous versions of COVID-19. The most frequent symptoms include:

- Persistent, dry cough
- Tiredness or fatigue
- Fever

If you experience these symptoms, support and treatments are available. It's important to monitor how you feel and reach out to your healthcare provider with any concerns.

Sincerely,

Karen Chen
Program Director

亲爱的会员们：

深秋时节，露重霜深，枫叶也越来越红了。

2025 年 11 月有以下重要日期：

11 月 2 日（星期日）夏令时结束，请将时钟往回拨一小时（从凌晨 2 点调至 1 点），早晨将有更多日光。

11 月 4 日（星期二）为选举日，如需提前投票，时间为 10 月 25 日至 11 月 2 日，请确认您的投票地点，因提前投票站可能与选举日投票点不同，详情请访问：<https://elections.ny.gov/early-voting>。

11 月 11 日（星期二）为退伍军人节，这是美国联邦假日，用以纪念和感谢所有在战争及平时为国家服务的退伍军人。

感恩节假期期间，本中心将于 11 月 26 日（星期三）下午 2 点提前关闭，11 月 27 日（星期四）及 11 月 28 日（星期五）休息两天，并于 11 月 29 日（星期六）恢复开放。

11 月中心将有以下丰富多彩的活动：

11 月 12 日(星期三)，中心会继续带领 52 名会员参观位于曼哈顿时代广场 42 街的纽约杜莎夫人蜡像馆。在蜡像馆里，您可以看到著名歌星碧昂丝，还可以与他们近距离合影。您还可以和吉米·法伦 (Jimmy Fallon) 的蜡像讲笑话，和艾尔·罗克尔 (Al Roker) 的蜡像一起报道天气，或者和迈克尔·斯特拉汉 (Michael Strahan) 的蜡像分享日间突发新闻。除了参观蜡像以外，这次活动还包含惊奇 4D 电影短片体验。这将是一趟奇妙有趣的户外郊游活动，如果您对此感兴趣，请于 11 月 5 日 (星期三) 上午 8:30 开始到大饭厅报名。此次户外郊游的费用为 10 美元，其中包括蜡像馆的门票、交通费、午餐、水和小零食。会员们请记得带上手机和充电宝，以便与各样名人拍照留念。请注意，每个人在进入蜡像馆前都需要通过金属安全检测。

纽约市老人局膳食服务规定：根据纽约市老人局标准指南，请遵守以下用餐规定：

- 中心的膳食仅限居住于纽约五大区、年满 60 岁且能亲自到达中心的年长者本人。
- 符合资格的长者会员享有优先用餐权。
- 禁止会员代他人（包括家人、邻居、姻亲等）外带餐食。
- 陪同的居家护理员（Home Health Aide）只有在长者本人在场时，方可同时用餐。
- 若长者无法亲自到达本中心享用餐食，请联系个案管理办公室申请送餐上门（Meals on Wheels）服务

自 11 月 1 日起，60 岁以下访客及员工的用餐建议捐款为每人 \$4。60 岁以下的访客及员工须在所有长者用餐后且有多余餐食时方可领取。

从十一月一日起，中心的午餐票发放时间为上午 9:30 至 12:30，晚餐票从 12:30 起发放，额满为止。每人每日限领一餐，领取过午餐票者不可再领当日晚餐票。午餐于上午 11:00 开始供应。中心不提供外带餐，如需打包，请自备饭盒。

我们诚邀热心的志愿者周一至周六协助中心开展各类活动。我们也鼓励会员积极参与其中。志愿工作的内容包括：餐厅协助（膳食服务）、活动与节目支持、办公室行政协助、外出活动陪同等。若您有兴趣加入我们的志愿者团队，请前往办公室联系项目协调员 Joy Mau，她将协助您登记报名，并根据您的时间与兴趣安排合适的工作内容与时段。我们期待与您携手合作，让您在中心的生活更加充实有意义！

十一月份的生日聚会将于 11 月 17 日（星期一）下午 1:30 在小饭厅举行。请所有在十一月份过生日的会员、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。

中心提醒大家，2026 财政年度（自七月起）更新会员资格已经开始。新会员登记时间为每周一至周六上午 9:00 至 10:45，在小餐厅办理。老会员续会时请携带会员卡。请注意，会员需签署同意书方可参加中心的各项活动、社会服务及特别项目；若选择不签署同意书，须填写撤销表格，并仅可享用膳食服务及资讯转介服务。

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。

最后，我们关注新冠病毒最新消息：

随着天气变化及呼吸道疾病的增多，一种传播力极强的新冠病毒变异株正在全美范围内上升。名为“Stratus”的新变种最早于 2025 年 1 月在东南亚被发现，并于 6 月已传播至 38 个国家，世界卫生组织（WHO）将其列为“需监测的 SARS-CoV-2 新冠病毒变异株”。WHO 正密切观察此变种的特性及其对健康的潜在影响。

根据美国疾病控制与预防中心（CDC）的数据，美国的新冠病例在整个夏季持续上升，主要由两种新变异株引起：Nimbus（NB.1.8.1）与 Stratus。Nimbus 具有极强的细胞结合能力，传染性高，有时伴随严重的喉咙痛（俗称“刀割喉”症状）。WHO 指出，Stratus 相较于 Nimbus 具有“轻微更强的免疫逃避能力”，也就是说，它稍微更能躲避免疫系统的识别与攻击，因此对于未接种疫苗或未感染过病毒的人来说，可能更难抵御。但这种差异非常有限，对大多数人来说并不需要过度担忧。

目前，大多数感染 Stratus 变异株的病例症状较轻，尤其是已经接种疫苗或加强针的人。了解症状有助于您及时采取正确的健康措施。Stratus 的主要症状与先前的新冠病毒类似，包括：持续干咳、疲倦乏力及发烧。

如出现上述症状，请及时寻求医疗支持与治疗，密切关注自身状况，并在有任何疑虑时联系您的医疗服务提供者。

此致

Karen Chen

项目主任

2025 年 11 月 1 日

Emily Zhang

翻译者



Selfhelp Innovative Older Adult 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-王子街自强老人中心, 纽约市创新型老人中心

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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=VDl1emVlK3NlVDlhNGVZUWNSUUhNQ09 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 (11/17 & 11/24 - 下午 2:45 开始, Starts 2:45 pm)
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
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=RFNlOU5aWkRVa1M4c3B0ajhnZVFmUT09 ; 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

10:35-11:35AM	Sun' Style Tai Chi 孫氏太極	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=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 陈氏太極	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	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
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=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
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 – 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
12:00 -1:00 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
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
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Friday 星期五

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
11/7/2025 Time Change 时间变更 08:30-10:45 AM	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 (canceled on 11/7, 11/7 课程取消)
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 (canceled on 11/7, 11/7 课程取消)
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 (canceled on 11/7, 11/7 课程取消)
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=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09 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
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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
10:00-10:45 AM 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 AM 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 11/8, 11 月 8 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
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
11/1/25 - 11/29/25 Mon., Fri. & Sat. 周一, 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

11/1/25 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 https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWYY1Sh0pXhtFsUfqBrxIUZfg3.1 Call in 1-646-876-9923 ID: 955 9181 6559; Passcode: 9311967443
11/3/25 -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	Chinese	Computer Lab 电脑室
(New) 新 11/12/25 & 11/26/25 Wed., 星期三 10:00-11:00AM	Peer Support Group 同伴互助小组	Yuchen	English /Chinese	Library 图书室 (Once every two weeks 每两星期一次)
11/6/25-12/11/25 Thur. 星期四 08:45- 09:45 AM	Zumba Exercise 有氧舞蹈健身运动	Rueben Edwards	English	Auditorium 礼堂
11/8/25 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Thanksgiving Wreath Ornament 手工艺: 感恩节花环装饰	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)
11/12/25 Wed., 星期三 8:30-2:00PM	Field Trip: Madame Tussauds 户外旅游: 纽约杜莎夫人蜡像馆	Margaret, Yuchen, Yvonne & Mr Cheung	English /Chinese	Madame Tussauds 纽约杜莎夫人蜡像馆 (Please sign up in main office on Wednesday, 11/5 until sold out, 请在星期三, 11/5 到办公室登记报名, 直到售完为止)
11/17/25 Mon., 星期一 1:30- 2:30PM	November Birthday Party 11 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 November. 如果您的生日是在 11 月份, 请到总办公室报名。)
11/18/25 Tue., 星期二 9:30-2:00 PM	Food Pantry 老人营养补充袋发放日	Staff 工作人员	English /Chinese	Rear Door 中心后门
11/19/25 Wed., 星期三 10:00 – 11:00 AM	How To Sleep Better? 如何改善睡眠	Roy Capps MPS from Sunnyside Community Services, Inc.	English /Chinese	Large Dining Room 大饭厅
11/19/25 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

11/21/25 Fri., 星期五 10:00-11:00 AM	Diet to help with better sleep 有助於改善睡眠的飲食	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
11/24/25 Mon., 星期一 01:00 PM	Thanksgiving Raffle 感恩节抽奖	Staff 工作人员	English/Chinese	Large Dining Room 大饭厅
11/24/25 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
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

Monday 星期一

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
2:30–4:30 PM	Do You Have Concerns About Falling?	NYU Langone Hospital Suffolk & Long Island	English	For more info: InjuryPrevention@nyulangone.org
11/10/2025 10:00 AM	Understanding Alzheimer’s And Dementia	Alzheimer’s Association	English	Zoom: bit.ly/NOV10UAD Meeting ID: 935 5161 2123; Passcode: 570422

Wednesday 星期三

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
10:00-11:00 AM	Towards Self-Acceptance & Growth 接受自我笑对人生	Deirdre	English	VSC 视频 https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTKVWJIZz09; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506

11/5/2025 10:30 AM	Understanding the Link Between Hearing Loss and Your Health	Center for Hearing and Communication	English	Zoom https://us02web.zoom.us/j/85412341929?pwd=TE44YWRRpWllrbkFycXhCTlg5Y1ppdz09 Meeting ID: 854 1234 1929; Passcode: 778886; Call: 929-436-2866
11/12/2025 10:30 AM	Your Heart, Your Health: Every Day Choices That Matter	Dr. Lorena Hernandez Eissa from NYC Health + Hospitals	English	Zoom https://us02web.zoom.us/j/85412341929?pwd=TE44YWRRpWllrbkFycXhCTlg5Y1ppdz09 Meeting ID: 854 1234 1929; Passcode: 778886; Call: 929-436-2866
11/19/2025 10:30 AM	Taking Care of Your Hearing Health	Center for Hearing and Communication	English	Zoom https://us02web.zoom.us/j/85412341929?pwd=TE44YWRRpWllrbkFycXhCTlg5Y1ppdz09 Meeting ID: 854 1234 1929; Passcode: 778886; Call: 929-436-2866
11/12/2025 2:00-4:00 PM	Medicare Advantage Panel	HHICAP	English	**Registration Required** For more info: HHICAP@AGING.NYC.GOV AGING CONNECT 212-244-6469
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

Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
11/6/2025 10:30-12:00PM	Medicare 2026: Know Your Rights	Gil Kunken from NYC Department for the Aging	English	Webinar Register Online at: bit.ly/hss-medicare-2026 For more info: call 212-774-7622 or email at communitved@hss.edu
11/13/2025 10:00-11:00 AM	Raising Awareness About Stress and Anxiety	St. John's University College of Pharmacy and Health Sciences	English	Zoom https://us02web.zoom.us/j/85143516721?pwd=qQYco6lkeACbGRVL5kpIbOnKtadRIIs.1 Meeting ID: 851 4351 6721; Passcode: 300095
11/20/2025 10:00 AM	Caring for Me While Caring for Others	NYC Department for the Aging	English	Zoom Link: Caregiver Webinar: Caring for me while caring for others Meeting-Join Microsoft Teams Meeting ID: 243 262 817 738; Passcode: EE2UZ2wz; Call: 646-893-7101, Phone Conference ID: 540 187 773

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	Special Event 特别活动	Saturday 星期六
Field Trip: Madame Tussauds 户外旅游: 纽约 杜莎夫人蜡像馆 11/12/25 Wed., 星期三 8:30-2:00PM	November Birthday Party 11 月份生日会 11/17/25 Mon., 星期一 1:30- 2:30PM	Food Pantry 老人營養補充袋發 放日 11/18/25 Tue., 星期二 9:30-2:00 PM	Welcome New Members Meeting 欢迎新会员聚会 11/24/25 Mon., 星期一 1:30 - 2:30 PM	Thanksgiving Raffle 感恩节抽奖 11/24/25 Mon., 星期一 1:00-1:30 PM	11/1 Baked chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/3 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白 菜, 烤地瓜, 橙, 果 汁	11/4 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤土豆, 香蕉果 汁	11/5 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 炖豆, 西 兰花, 苹果, 果汁	11/6 BBQ chicken, sweet corn, shanghai greens, kiwi, juice 烤鸡腿, 甜玉米, 上海菜, 猕猴桃, 果汁	11/7 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	11/8 Turkey burger, broccoli, orange, juice 中餐: 烤火鸡肉饼, 橙, 果汁 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/10 Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	11/11 Baked salmon fillet, baked beans, green cabbage, banana, juice 烤三文鱼, 高丽 菜, 炖豆, 香蕉, 果汁	11/12 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西 兰花, 平果, 果汁	11/13 Beef meatball, spaghetti, mustard greens, kiwi, juice 牛肉丸, 炒意面, 大芥菜, 猕猴桃, 果汁	11/14 Pork chops, mashed potato, sliced carrots w/ green beans, orange, juice 烤猪扒, 土豆泥 , 四季豆, 橙, 果汁	11/15 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐: 烤鱼饼, 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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/17 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	11/18 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	11/19 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	11/20 Baked chicken wing, mashed potato, mustard greens, kiwi, juice 烤鸡翅, 土豆泥, 大芥菜, 猕猴桃, 果汁	11/21 Baked marinade fish, baked beans, sliced carrots w/green beans, orange, juice 烤鱼排, 炖豆, 胡萝卜四季豆, 橙, 果汁	11/22 Baked chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
11/24 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	11/25 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	11/26 Beef meatball, macaroni, broccoli, apple, juice 牛肉丸, 通心粉, 西兰花, 苹果, 果汁 The meal service ends at 1 PM 厨房供餐至下午 1 点整 Center is Closing at 2 PM 下午 2 点关门	11/27 Center is Closed 中心休息一天 Thanksgiving Day 感恩节	11/28 Center is Closed 中心休息一天 Thanksgiving Day 感恩节	11/29 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 橙, 果汁 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
12/1 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁					

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