



December 1, 2025,

Dear Members,

Can you believe it is already December? 2025 has truly flown by! From start to finish, it has been an eventful year, and we hope it has been a meaningful one for you. We hope you carry that positive energy into the next year.

As we enter this festive season, we wish warmth and happiness to all our members:

- Hanukkah is the eight-day "Festival of Lights" that celebrates the miracle of the oil and the rededication of the Holy Temple in Jerusalem.
- Christmas is celebrated on December 25th that commemorates the birth of Jesus Christ and highlights the spirit of peace and giving.

✿ Learning & Growth: New Programs ✿

We are excited to close out the year with new programs, including an exciting technology class: Introduction to the iOS System for iPhone and iPad. Starting in December 2025, the center will launch this new technology class led by Ms. Lucy Wang.

- **Schedule:** Every Thursday, 11:00 AM – 12:00 PM in the Computer Room
- **Enrollment Priority:** Participants already on the waiting list with program coordinator Joy Mau will be contacted first to confirm their spot.
- **General Sign-Up:** All other members wishing to attend must contact Joy Mau to be added to the waiting list log.

Hands-on Coaching: Need personalized help? Join Ellen Ng for dedicated iPhone and iPad coaching and practice every Thursday afternoon from 1:00 PM – 2:00 PM.

✿ December Special Events & Opportunities ✿

1. Holiday Meal Giveaway: In partnership with New York State Assemblymember Nily Rozic, the center will be hosting a holiday meal giveaway on Monday, December 11, 2025, starting at 11:00 AM.

2. Member Art Exhibit: Drawing Techniques Beginning on December 6th, stop by the hallway outside the large dining room to view a month-long exhibition of artwork from ChrisTina Anderson's Drawing Technique class.

3. Field Trip: NYC Transit Museum. We are organizing a trip to the New York Transit Museum on Wednesday, December 17th, for 16 participants.

- **Cost: Only \$5! (Includes entrance fee, transportation, lunch, snacks, and water.)**
- **Registration: Sign-up begins Wednesday, December 10th, at 8:30 AM. Space is limited, so please come early to register in the small dining room.**

✿ Holiday Operating Schedule ✿

Please note the following modifications to our schedule for the end of the year

- **Early Closures (2:00 PM):**
 - **Wednesday, December 24 (Christmas Eve)**
 - **Wednesday, December 31 (New Year's Eve)**
- **Full Day Closures:**
 - **Thursday, December 25 (Christmas Day)**
 - **Thursday, January 1 (New Year's Day)**

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. Renewal registration is open Monday, Friday, and 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.

✿ Discontinuation of Old Barcode Cards ✿

The longer barcode cards issued in past years are no longer valid for any DFTA-funded programs. To ensure eligibility for center's meals, please bring one of the following:

- 1. The center's green membership card.**
- 2. A valid ID with Date of Birth (if you are not a member or forgot your card).**

✿ DFTA Meal Service Guidelines ✿

In accordance with DFTA 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 center.**
- **No Take-Out: Members cannot take meals to-go for others (including family relative 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 center 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.**
- **The required contribution will be \$4.00 per person.**

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.

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 ensure that all eligible participants can enjoy the meal.

❀❀Influenza Update: Unanticipated Variant Driving Case Spike❀❀

The current flu season is marked by a rapid escalation in disease severity and transmission, with the number of reported cases increasing by over 100% in the past seven days. Analysis confirms that the circulating virus is an unforeseen variant, presenting potential complications for vulnerable populations, specifically the elderly and those who are immuno-compromised.

Public health recommendations remain focused on mitigation:

- **Vaccination is still highly encouraged, as the shot offers partial protection against the circulating strain.**
- **Following close contact with an infected individual, a prophylactic, low-dose Tamiflu regimen may be prescribed.**
- **The public should reinstate mask-wearing, social distancing, and rigorous hand hygiene to curb the spread.**

Thanks to special funding from New York City Councilwoman Sandra Ung's office, if you are a resident of Queens District 20, 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.

We wish you and your family a wonderful and peaceful holiday season!

Sincerely,

**Karen Chen
Program Director**

亲爱的会员们：

您能相信现在已经是十二月份了吗？时光如梭，2025 年即将成为历史！回想即将过去的一年，真的让我们感慨万千。希望 2025 年对您来说是有意义的一年，也希望您能将这硕果累累的好心情带入下一年。

在十二月这个令人愉悦的节日季，中心向所有会员致以温馨的祝福：

- 光明节 (**Hanukkah**) 是为了纪念公元前 2 世纪犹太民族反抗希腊塞琉古王朝的压迫, 收复并洁净耶路撒冷的第二圣殿. 根据传说, 圣殿在被收复后, 人们只找到了一罐仅能点燃一天的圣油, 但它却奇迹般地燃烧了八天。**Hanukkah** 是“光明的节日”的意思。庆祝活动包括每晚点燃烛光、特别的祝福并享用美食。
- 12 月 25 日, 我们将迎来圣诞节 (**Christmas**), 这是一个纪念基督耶稣诞生的日子, 以及他将爱、希望和喜乐传递给世界的日子。

❖❖ 学习与成长: 新课程/项目 ❖❖

我们很高兴以新的课程来为这一年结尾, 其中包括被会员们频繁问起的科技课程: **iPhone** 和 **iPad** 的 **iOS** 系统入门。本课程是从 2025 年 12 月开始, 由 **Lucy Wang** 女士教授本次课程。

- 时间表: 每周四上午 **11:00-12:00**, 地点: 电脑室。
- 报名优先: 已经在项目协调员 **Joy Mau** 等候名单上的报名者将被优先联系。
- 所有其他希望参加的会员必须联系 **Joy Mau**, 以加入等候名单的记录当中。

您需要课后辅导和练习吗? 每周四的下午 **1:00 – 2:00** 请加入 **Ellen Ng** 的课程, 参加专门的 **iPhone** 和 **iPad** 辅导和练习。

❖❖ 十二月特别活动 ❖❖

- 节日餐点发放: 在纽约州议员 **Nily Rozic** 合作下, 中心将在 2025 年 12 月 11 日 (星期四) 上午 11 点开始举办节日免费餐点赠送活动。一人一份, 先来先得。如若有天气变化, 中心将另行通知。中心在此邀请大家前来领取免费餐点。
- 会员艺术展: **Chris Tina Anderson** 的“绘画技巧”课程作品展示将从 12 月 6 日开始。这些作品将展示在大餐厅外的走廊上, 为期一个月。欢迎大家前来参观, 欣赏这些优秀的艺术作品。
- 户外郊游: 纽约市交通博物馆。中心将于 12 月 17 日 (星期三) 组织 16 位会员前往纽约交通博物馆进行参观。费用: 仅需 5 美元! (包括门票、交通、午餐、零食和水。) 报名时间: 活动将于 12 月 10 日 (星期三) 上午 8:30 开始。名额有限, 请尽早前往小餐厅报名。

❖❖ 节日时间安排 ❖❖

请注意以下我们在年末的时间调整:

- 提前关闭 (下午 2:00): 12 月 24 日星期三 (平安夜) & 12 月 31 日星期三 (新年前夜)。
- 全天关闭: 12 月 25 日星期四 (圣诞节) & 1 月 1 日星期四 (元旦)。

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, 仅可享用膳食服务及资讯转介服务。

❖❖ 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。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。

❖❖ 停止使用旧条码卡 ❖❖

过去几年发放的较长条码卡已不再适用于任何由 DFTA 资助的项目。为确保您符合中心餐饮服务资格，请携带以下其中一项：
中心的绿色会员卡

或者带有出生日期的有效身份证件（如果您是大于 60 岁但不是中心的会员或忘记携带会员卡）。

再次提醒：餐点仅提供给居住在五个行政区、年龄在 60 岁及以上且能够来到我们中心的老年人。请注意，餐票不能给予、转让或出售给 60 岁以下的个人。感谢您的理解与配合，以确保所有符合资格的参与者都能享用餐点。

❖❖ 流感更新：意外变异株导致病例激增 ❖❖

本流感季的特点是疾病严重程度和传播速度迅速上升，报告病例数量在过去七天内增长了超过 100%。分析确认，目前流行的病毒是一种意料之外的变异株，对弱势族群（特别是老年人和免疫功能低下者）可能造成潜在风险。

公共卫生建议仍以减缓传播为重点：

- 仍强烈鼓励接种疫苗，因为疫苗对流行的病毒株可提供部分保护。
- 与感染者密切接触后，可能会涉及预防性的低剂量 Tamiflu（达菲）疗程。
- 建议公众重新采取戴口罩、保持社交距离和严格手部卫生等措施以减少传播。

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，我们祝愿您和家人度过一个美好而平安的节日季！

此致

Karen Chen
项目主任

Emily Zhang
翻译者



Selfhelp Innovative Older Adult Center

(Benjamin Rosenthal-Prince Street Innovative Older Adult Center)

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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 (12/22 & 12/29 Starts 2:45 pm, 12 月 22 日和 12 月 29 日下午 2:45 开始)
1:00-3:30 PM	Shanghai Opera Practice 越剧练习	Xiao Hui Xu	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=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=b3lUWjNGd2pybDNkQ3hOZmltc1p2QT09 ; 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	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
11:10-12:10 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
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
New Class 新课程 11:00-12:00PM	Introduction of the IOS System for I Phone & I Pad -(Beginner) 苹果手机和平板电脑的 IOS 系统介绍和操作使用 (初级班)	Lucy Wang	Chinese	Computer Lab 电脑室 (start on 12/4, 12 月 4 日开始) No pre-registration is available; waiting list sign-ups will be contacted first. 不开放注册:将首先联系候补名单上的报名者
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
1:00-2:00 PM	I-phone, I-Pad Coaching and Practice 苹果手机和平板电脑操作练习	Ellen Ng	Chinese	Computer Lab 电脑室

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=M2R3VWRQSnhkOG9CQXMyaVIIUUXRQT09 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
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 on 12/13, 12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 12/6, 12月6日取消)
01:30-03:30 PM	Karaoke 卡拉 OK	David & Jane Chan	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
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12/1/25 - 12/31/25 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
12/3/25 & 12/17/25 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)
12/4/25 - 12/18/25 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
12/6/25 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
12/6/25 Sat. 星期六 12:15-3:30PM & 12/8/25 Mon. 星期一 11:00-3:30PM	2025 Ping Pong Tournament Final 2025 年乒乓球决赛	Mr Yip	English /Chinese	Auditorium 礼堂
12/11/25 Thu., 星期四 11:00AM	Holiday Meal Giveaway 节日餐点赠送	Sponsored by Assemblywoman Nily Rozic	English /Chinese	Auditorium 礼堂
12/12/25 Fri., 星期五 10-11:00 AM	Art and Music Therapy 艺术与音乐治疗	Diana Shum, LMSW from CAPE	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/96340661086?pwd=BITjK0t28ttwea6Z3dNjaZte1sQJLp.1 Call in: 1 646 876 9923; ID: 963 4066 1086 Passcode: 9594389477
12/16/25 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	Arts Room 艺术室
12/17/25 Wed., 星期三 8:30-2:00PM	Field Trip: NY Transit Museum 户外旅游: 纽约交通博物馆	Matthew & Yvonne	English /Chinese	NY Transit Museum 纽约交通博物馆 (Please sign up in main office on Wednesday, 12/10 until sold out, 请在星期三, 12/10 到办公室登记报名, 直到售完为止)
12/18/25, Thur. 星期四 10:00 – 11:00 AM	Estate Planning Seminar with NYLAG 遗产规划讲座	NYLAG, sponsored by Sandra Ung office	English	Large Dining Room

12/19/25 Fri., 星期五 10:00-11:00 AM	Alcohol and Nutrition 酒精和營養	Eva Lau, Nutritionist 营养师	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/99581928506 Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
12/22/25 Mon., 星期一 1:30- 2:30PM	December Birthday Party 12 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 December. 如果您的生日是在 12 月份, 请到总办公室报名。)
12/24/25 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
12/29/25 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

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
10:00-11:00 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
11:00 – 12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjI0UT09
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
12/1 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	12/2 Baked mushroom chicken, macaroni, green cabbage, banana, juice 香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	12/3 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	12/4 Baked salmon fillet , baked beans, mustard greens, kiwi, juice 烤三文鱼, 炖豆, 大芥菜, 猕猴桃, 果汁	12/5 Pork chops, mashed potato, green beans, orange, juice 烤猪扒, 土豆泥 , 四季豆, 橘, 果汁	12/6 Baked breaded fish, broccoli/cauliflower, orange, juice 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, 花椰菜烧西红柿, 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
12/8 Tofu with mixed vegetables, baked potato, bok choy, orange, juice 豆腐 蔬菜, 烤土豆, 大白菜, 橙, 果汁	12/9 Baked chicken wing, baked sweet potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤地瓜, 香蕉, 果汁	12/10 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	12/11 Turkey burger, mashed potato, mustard greens, kiwi, juice 火鸡肉饼, 土豆泥, 大芥菜, 猕猴桃, 果汁	12/12 BBQ chicken, baked beans, green beans, orange, juice 烤鸡腿, 炖豆, 四季豆, 橙, 果汁	12/13 Chicken patty, broccoli/cauliflower, orange, juice 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
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
12/15 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	12/16 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁	12/17 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 炖豆, 西兰花, 苹果, 果汁	12/18 BBQ chicken, sweet corn, shanghai greens, kiwi, juice 烤鸡腿, 甜玉米 , 上海菜, 猕猴桃, 果汁	12/19 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	12/20 Turkey burger , broccoli, 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

