



January 1, 2026

Dear Members,

We are excited to welcome 2026 and look forward to another wonderful year of growing and achieving our goals together. There are several days that our center will be closed starting on the New Year on Thursday, January 1, 2026. Our center will be also closed on Monday, January 19th in observance of Martin Luther King Jr. Day.

The January birthday party will be held on Monday, January 26 at 1:30 pm. Location is to be determined based on registration count. Members, volunteers, and staff who have January birthdays, please sign up for our 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.

※ OATS Exploring Technology Winter 2026 Session:※

Computer Lab Policy: The lab remains open to all members except during scheduled class times. Please remember to sign upon entry, as all attendance must be recorded and reported by DFTA requirements.

We are pleased to announce our upcoming 10-week lecture and workshop series running from January 7 to March 11 led by technology instructor May To. Sessions will be held as follows:

Wednesdays (Mandarin): 01:00 PM – 2:15 PM & Wednesdays (Cantonese): 2:30 PM – 3:45 PM

※Important Update※

New Check-in Process Starting in January 2026, the Center will begin scanning new QR Code ID Cards for meal service and activity attendance. What do you need to do:

Get your photo taken: If you don't have a QR ID card, visit the main office Mon–Fri, 9:00 AM – 10:45 AM.

Stay Connected: 2026 Membership Updates: Don't forget to renew your membership for the 2026 fiscal year! Whether you are a long-time member or joining us for the first time, please visit us in the Small Dining Room between 9:00 AM and 10:45 AM to get registered.

New Members: Join us any day from Monday to Saturday.

Renewals: We are available on Mondays, Fridays, and Saturdays. (Don't forget to bring your membership card!)

To enjoy the full range of our Center's programs and social services, please ensure your consent form is signed and on file. If you prefer not to sign, please ask for a revocation form; please note that this will limit participation to meal services and information referrals.

Membership Updates for QR code ID: If you are an active member and already have a QR code ID card from another agency, please visit the office to receive your "26" renewal sticker and "C" verification sticker. If you have not yet renewed your membership and do not have QR code ID card for the new year, please do so as soon as possible. Once your membership is updated and photo taken, your new QR code ID card will be processed and ready for pickup shortly.

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), front desk lunch ticket sign up, 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!

There will not be any field trips for the month of January & February due to the cold weather and holidays. Field trips will resume in March 2026.

⌘ Health Alert: Staying Safe During Flu Season⌘

As we celebrate the holiday season, health officials have reported a significant increase in flu cases across New York City. To keep our community healthy and our Center safe, please review the following updates and reminders:

Current Update

High Activity: Flu activity is currently at "High" levels in our area, with Influenza A being the most common strain.

Cases are expected to continue rising through the New Year due to increased travel and indoor gatherings.

How to Protect Yourself & Others

Vaccination: It is not too late! The flu shot remains the best way to prevent severe illness and hospitalization.

Hand Hygiene: Wash your hands frequently with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

Masking: While optional, wearing a mask in crowded indoor spaces provides an extra layer of protection for you and your neighbors.

Monitor Symptoms: Common symptoms include fever, cough, sore throat, body aches, and fatigue.

※Important Center Policy※

If you feel unwell or are experiencing any symptoms, please stay home. By resting and recovering at home, you help protect our most vulnerable members and staff.

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**

尊敬的会员们：

爆竹声中辞旧岁，祝福声中迎新年。在 2026 年到来之际，我们祝愿您日日明，事事顺，岁岁安。

以下是中心在 2026 年一月份中关闭的时间。1 月 1 日（星期四），中心将关闭一天。1 月 19 日—马丁·路德·金纪念日（Martin Luther King Jr. Day），本中心也将关闭一天。

一月份的生日聚会将于 1 月 26 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。

OATS 探索科技 2026 冬季课程：

电脑教室使用规定：除预定的上课时间外，电脑教室对所有会员开放。请会员进入时签到，因为所有出勤记录必须按照老人局（DFTA）的要求进行记录和上报。

由科技指导员 May To 老师带领的为期 10 周的讲座及工作坊系列将于 1 月 7 日至 3 月 11 日举行。课程安排如下：

周三（国语）：下午 1:00 – 2:15；& 周三（粤语）：下午 2:30 – 3:45。

重要更新

全新会员签到流程将从 2026 年 1 月开始，中心将开始扫描全新的 QR 码（二维码）ID 卡，用于中心用餐和活动的签到。那您会需要做什么呢？

拍摄照片：如果您还没有二维码的会员卡，请于周一至周五上午 9:00 – 10:45 之间前往主办公室办理

已拥有二维码卡的会员：如果您是本中心的会员但已持有其他机构发放的二维码 ID 卡，请前往办公室领取本中心的“26”年度续期贴纸和“C”贴纸。

如果您尚未更新会员且没有新的二维码 ID 卡，请尽快办理。完成会员更新和拍照后，您的新 QR 码会员 ID 卡将会被尽快制作并可供领取。

会员更新：如果您还没有贴 26 年度续期贴纸，请不要忘记来更新您的 2026 财政年度的会员资格。

新会员：周一至周六每天上午 9:00 至 10:45 之前前往小餐厅（Small Dining Room）登记。

会员更新：周一、周五及周六的上午 9:00 至 10:45 之前前往小餐厅（Small Dining Room）办理，请务必携带您的会员卡！

为了能享受中心提供的全方位计划和社会服务，请确保您已签署并提交了同意书。如果您选择不签署，请签署撤销表；但这将使您的参与范围仅局限于用餐服务和信息转介。

招募志愿者：我们正在寻找热心的志愿者在周一至周六期间为本中心提供帮助！我们鼓励会员积极参与并伸出援手。您可以参与的工作包括：餐厅协助（配餐）、项目活动、办公室事务（简单的行政工作）、前台午餐券登记、实地考察活动等。如果您有兴趣加入我们充满活力的志愿者团队，请前往办公室咨询项目协调员 Joy Mau。她将协助您报名，并讨论您兴趣的项目和合适的工作时间及任务。我们期待您的合作，您的奉献对于中心的发展意义重大！

由于天气寒冷及假期原因，一月及二月，中心将不安排户外郊游的活动。此活动将于 2026 年 3 月春季恢复。

健康提示：在我们庆祝节日之际，卫生官员报告纽约市的流感病例显著增加。为了保持社区健康和中心安全，请查看以下疫情通报和健康提醒：

高活跃度：目前本地区的流感活跃程度处于“高”水平，其中甲型流感（Influenza A）是最常见的菌株。

由于旅行和室内聚会的增加，预计病例在元旦期间将继续上升。

健康提醒：如何保护自己和他人？

接种疫苗：现在还不晚！接种流感疫苗仍然是预防重症和住院的最佳方式。

手部卫生：经常用肥皂和水洗手至少 20 秒，或使用含酒精的免洗手液。

佩戴口罩：虽然是自愿的，但在拥挤的室内空间佩戴口罩可为您提供额外保护。

监测症状：常见症状包括发烧、咳嗽、喉咙痛、身体酸痛和疲劳。

中心重要规定：如果您感到不适或出现任何症状，请居家休息。通过在家休息和康复，您可以帮助保护我们最易受感染的会员和员工。

感谢纽约市议员 Sandra Ung 办公室的特别资助，如果您是居住在皇后区第 20 选区、60 岁以上的居民，您可能有资格参与免费老年人就医交通计划。您可致电 718-559-4352 获取更多信息或预约。

诚挚地，

项目主任 Karen Chen



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

PROGRAM – January 2026 二零二六年一月份節目表

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=b2ICbWVqNTdpYIA3VIVPTzlnYWluUT09 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=VDBl1emVIK3NIVDlhNGVZUWNDSUhNQT09 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 (Jan 12: No class after 2:15 PM. 1月 12 日下午两点十五以后课程取消)
12:30 -3:30 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂 (Jan 12: No class after 2:15 PM. 1月 12 日下午两点十五以后课程取消)
12:30-3:30 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	Chinese	Auditorium 礼堂 (Jan 12: No class after 2:15 PM. 1月 12 日下午两点十五以后课程取消)

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 (1/26 & 1/27 Starts 2:45 pm, 1月 26 日和 1月 27 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 (Jan 12: No class after 2:15 PM. 1月 12 日下午两点十五以后课程取消)
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=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09 ; 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=b21CbWVqNTdpYIA3VIVPTzlnYWluUT09 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	Clerical Script 曹全碑隶书 Regular Script 欧阳询的楷书	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
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. (需要出示本中心会员證)
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
08:30-10:00AM 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
11:00-12:00PM	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 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	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
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 & Ms Xu	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 (Cancelled on 1/10, 1月 10 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	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
1/26 - 1/31/26 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

1/3/26 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
**New Class 新课程 1/7/26 -3/11/26 (10 weeks) Wed.星期三 1:00-2:15PM (Mandarin 国语) 2:30-3:45PM (Cantonese 广东话)	Explore Tech Lectures & Workshops 技术探索课程 1. AI Image Generators (AI 图像生成器) 2. Everyday Uses of AI (人工智能的日常应用) 3. Intro to AI (人工智能简介) 4. Intro to Chatting with AI (与 AI 聊天入门) 5. Is that AI? (那是 AI 吗?) 6. All Things Zoom (Zoom 全面介绍) 7. Intro to Managing Your Privacy (隐私管理入门) 8. Google Maps (谷歌地图) 9. Protecting Your Personal Information Online (保护你的个人在线信息) 10. Staying Safe Online (在线安全指南)	May To From OATS	Chinese	Computer Lab 电脑室 (Pre-registration is required 需要提前报名)
1/8/26 Thur. 星期四 10:00 – 11:00 AM	Winter Preparedness & Fire Safety 冬季应急准备与消防安全	Ion Ho from NYCEM	English /Chinese	Large Dining Room 大饭厅
1/9/26 Fri., 星期五 10:00-11:00 AM	Nutrition Concern With Elderly (1) 長者的營養問題 (1)	Eva Lau, Nutritionist 营养师	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 https://selfhelp.zoom.us/j/99581928506 Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
1/14/26 Wed., 星期三 1:00 – 2:00 PM	How To Help Someone With Memory Loss 如何帮助记忆力减退的人	Roy from Sunnyside Community Services, Inc.	English/Chinese	Large Dining Room 大饭厅
1/16/26 Fri., 星期五 10:00-11:00 AM	Nutrition Concern With Elderly (2) 長者的營養問題 (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
1/20/26 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	Arts Room 艺术室
1/21/26 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

1/23/26 Fri., 星期五 10-11:00 AM	Good Sleep, Good Health 良好的睡眠，良好的健康	Diana Shum, LMSW from CAPE	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 Join Zoom Meeting https://selfhelp.zoom.us/j/93717341725?pwd=bPVLaAqOX9hlVTKF2ZL8srVU1a82g.1 Call in: 1 646 876 9923; Meeting ID: 937 1734 1725 Passcode: 8051878011
1/26/26 Mon., 星期一 1:30- 2:30PM	January Birthday Party 1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 January. 如果您的生日是在1月份, 请到总办公室报名。)
1/27/26 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

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=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/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjl0UT09 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

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 (Cancelled on 1/2, 1月 2 日取消)

Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Thursday 星期四	Friday 星期五	Saturday 星期六
Food Pantry 老人營養補充袋 發放日 1/20/26 Tue., 星期二 9:30-2:00 PM	January Birthday Party 1 月份生日会 1/26/26 Mon., 星期一 1:30- 2:30PM	Welcome New Members Meeting 欢迎新会员聚会 1/27/26 Tue., 星期二 1:30-2:30 PM	1/1 Center is Closed 中心休息一天 New Year's Day 元旦	1/2 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	1/3 Baked chicken patty, broccoli/cauliflower, orange, juice 烤鸡肉饼, 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 1/5 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	Tuesday 星期二 1/6 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿,高丽菜, 烤土豆,香蕉,果汁	Wednesday 星期三 1/7 Beef meatballs, spaghetti, broccoli, apple, juice 牛肉丸, 炒意面, 西兰花, 苹果, 果汁	Thursday 星期四 1/8 Baked chicken wing, baked beans, shanghai greens, kiwi, juice 烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果汁	Friday 星期五 1/9 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	Saturday 星期六 1/10 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, 芥菜烧西红柿, 酸奶切片黄瓜
Monday 星期一 1/12 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	Tuesday 星期二 1/13 Baked mushroom chicken, macaroni, green cabbage, banana, juice 香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	Wednesday 星期三 1/14 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	Thursday 星期四 1/15 Baked salmon fillet, baked beans, mustard greens, kiwi, juice 烤三文鱼,炖豆, 大芥菜, 猕猴桃, 果汁	Friday 星期五 1/16 Pork chops, mashed potato, green beans, orange, juice 烤猪扒,土豆泥,四季豆,橘, 果汁 ※※※※※※※※ The meal service ends at 1 PM 厨房供餐至下午 1 点 Center is Closing at 2 PM 下午 2 点关门	Saturday 星期六 1/17 Baked breaded fish, broccoli/cauliflower, orange, juice 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower with tomato, raita yogurt 豆蔬浓汤,糙米饭,全麦饼, 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
1/19 Center is Closed 中心休息一天 Martin Luther King, Jr. Day 马丁·路德·金纪念日	1/20 Baked chicken wings, baked sweet potato, green cabbage, banana, juice 烤鸡翅,高丽菜,烤地瓜,香蕉,果汁	1/21 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼,甜玉米,西兰花,苹果,果汁	1/22 Turkey burger, mashed potato, mustard greens, kiwi, juice 火鸡肉饼,土豆泥,大芥菜,猕猴桃,果汁	1/23 BBQ chicken, baked beans, green beans, orange, juice 烤鸡腿, 炖豆,四季豆, 橙, 果汁	1/24 Chicken patty, broccoli/cauliflower, orange, juice 烤鸡饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 豆蔬浓汤,糙米饭, 全麦饼,芥菜烧西红柿,酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
1/26 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼,大白菜,烤地瓜,橙,果汁	1/27 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅,高丽菜,烤土豆,香蕉,果汁	1/28 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼,炖豆,西兰花,苹果,果汁	1/29 BBQ chicken, sweet corn, shanghai greens, kiwi, juice 烤鸡腿,甜玉米,上海菜,猕猴桃,果汁	1/30 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	1/31 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	Thursday 星期四	Friday 星期五	Saturday 星期六
2/2 Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼,烤土豆,大白菜,橙,果汁				✿ 01/16/26 ✿ 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	

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