



March 2026:

Dear Members,

Spring is Just Around the Corner!

Our upcoming March events feature the SUCASA program, a wonderful collaboration with Flushing Town Hall. We invite you to join us for these fantastic sessions!

1. Vital Dates & Reminders:

- **Daylight Saving Time: Sunday, March 8th at 2:00 AM. (Set clocks forward 1 hour).**
- **First Day of Spring: Friday, March 20th at 10:46 AM EDT.**

2. Limited-Enrollment Programs

- **Evergreen Gardening (March – Nov): Currently Full. See special event page for waitlist instructions and mandatory meeting details for registered members.**
- **Arts & Crafts Workshops: New 10-week series in partnership with Flushing Town Hall (March – June). All materials provided.**

3. Featured Outing: Madame Tussauds Wax Museum

- **Trip Date: Thursday, March 19th.**
- **Sign-up Date: Monday, March 9th at 8:30 AM (Front Desk).**

- **Cost: \$10 (Includes admission, transport, and lunch).**
- **Security: Be aware of checking electrical devices.**

4. Upcoming Events in March 2026

- **Quarterly Ping Pong Tournaments: Mondays & Thursdays, 12:30 PM – 2:30 PM (Auditorium).**
- **Chinese Lunar New Year Meal Giveaway scheduled on March 6, 2026, from 12:30 to 2:00 PM in the auditorium**
- **Mobile Office Service from Assemblywoman Nily Rozic’s office is scheduled from 10 am to 11 am, every 2nd and 4th Tuesday of the month.**
- **March Birthday Party: Monday, March 23rd at 1:30 PM (Small Dining Room).**
- **MTA- OMNY Reduce Fare on Site Services on Monday, 03/30/26 from 10 AM to 2 PM.**

FREE SENIOR TRANSPORTATION: Funding provided by NYC Councilwoman Sandra Ung’s Office

- **Eligibility: Queens residents (60+) living in City Council District 20 (Flushing).**
- **Service: Free rides for Medical Appointments within the 5 boroughs and parts of Nassau County.**
- **How to Book: Call 718-559-4352 (Mon–Fri, 9 AM – 12 PM) at least one day in advance.**
- **For full details, please inquire into the social service department.**

GET INVOLVED: VOLUNTEER OPPORTUNITIES

We are looking for enthusiastic members to help make our center a vibrant place!

- **Ways to Help: Meal service support, event assistance, light office tasks, and field trip chaperoning.**
- **Availability: Flexible shifts Monday through Saturday.**
- **How to Join: Visit the office to meet with Joy Mau (Program Coordinator) to find a role that fits your interests.**

Wishing you all a happy and healthy Spring!

Sincerely,

**Karen Chen
Program Director**

亲爱的会员们，

我们刚刚经历了罕见的暴雪，但春天却没停下她的脚步。唐代诗人贺知章在《咏柳》中写道“不知细叶谁裁出，二月春风似剪刀。”是的，春天到了！

三月份，我们即将举办的活动包括 SUCASA 项目，这是与 Flushing Town Hall 开展的一项精彩合作。我们诚邀您参加这些精彩的活动课程！

重要日期与提醒：

- 夏令时开始：3月8日（星期日）凌晨 2:00。（请将时钟拨快 1 小时）。
- 春季第一天：3月20日（星期五）上午 10:46（美国东部夏令时间）。

名额有限项目：

- 常青园艺课程（3月至11月）：目前名额已满。请查看特别活动页面，了解候补名单登记方式及已注册会员必须参加的会议详情。
- 艺术与手工工作坊：与 Flushing Town Hall 合作推出全新 10 周系列课程（3月至6月）。所有材料均已提供。

户外郊游活动：杜莎夫人蜡像馆

- 出行日期：3月19日（星期四）。
- 报名日期：3月9日（星期一）上午 8:30 开始报名，地点：大饭厅。
- 费用：10 美元，其中包括蜡像馆的门票、交通费用、午餐、水和小零食。
- 安全提醒：参加该活动的会员们请记得带上手机和充电宝，以便与多样名人蜡像拍照留念。请注意，每个人在进入蜡像馆前都需要进行金属安全检测。

2026 年 3 月即将举行的活动：

- 季度乒乓球比赛：每周一及周四，12:30 PM 至 2:30 PM（礼堂）。
- 农历新年餐食派发活动：2026 年 3 月 6 日，12:30 PM 至 2:00 PM（礼堂）。

- 纽约州女众议员 Nily Rozic 提供流动办公室服务：每月第二及第四个星期二上午 10:00 至 11:00
- 三月生日聚会：3 月 23 日（星期一）下午 1:30（小餐厅）。
- MTA OMNY 优惠票现场办理服务：2026 年 3 月 30 日（星期一）上午 10:00 至 下午 2:00。

免费长者接送服务：资金由 Sandra Ung 议员办公室提供。

- 资格：居住在皇后区第 20 市议会选区（法拉盛）的 60 岁及以上居民。
- 服务内容：为前往纽约市五大行政区及纳苏郡部分地区的医疗预约提供免费接送服务。
- 预约方式：请致电 718 559 4352（周一至周五，上午 9:00 至 中午 12:00），至少提前一天预约。
- 详情请咨询社会服务部。

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中心提供帮助！我们鼓励会员积极参与并奉献爱心。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、户外郊游活动等。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，并讨论适合您兴趣的工作和灵活的时间安排。

我们期待与您合作，让您在中心的时光更有光彩！

祝大家拥有一个快乐、健康的春天！

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)

45-25 Kissena Blvd., Flushing, NY 11355

Tel: 718-886-5777 www.selfhelp.net

纽约市本杰民-王子街创新型自强社区老人中心

PROGRAM – March 2026 二零二六年三月份節目表

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=b2Ic bWVqNTdpYlA3VlVPTzlnYWluUT09 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=VD B1emVIK3NlVDlhNGVZUWNSUhhNQT09 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 (3/23 Starts 2:45 pm, 3月23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
1:30-3:00PM	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)	Ms Carmen	Chinese	Computer Lab 电脑室 (No pre-registration is available; waiting list sign-ups will be contacted first. 不开放注册: 补名单上登记的报名者优先联系)
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=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	Chinese Calligraphy: Learn to write Clerical Script & Regular Script 书法班：学习书写曹全碑隶书和欧阳询的楷书	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=d0JqN2VWNk8wcUpwb2x1NS8yV081dz09 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
11:15-12:15 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/9533353555?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 (Class is canceled on March 5, 课程于 3 月 5 日取消)
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, Terry Zhao & Xiu Qin Wang	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 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
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 (March 6: The class must end at 11:45 a.m., 3月6日课程必须在上午11:45结束。)
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 (March 6: The class must end at 11:45 a.m., 3月6日课程必须在上午11:45结束。)
10:00 - 12:30 PM	Oil Painting (102) 油画 (102)	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(March 6: The class will be canceled, 3月6日课程取消)
01:00- 3:30 PM	Oil Painting (101) 油画 (101)	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=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
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 (Class cancelled on 2 nd Saturday.) 第二个星期六课程取消。
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	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
3/2/26 – 3/30/26 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

3/2/26 – 3/26/26 Mon., & Thu., 星期一 & 星期四 12:30-2:30PM	March Semi-Annual Ping Pong Tournament 三月份的乒乓球比赛	Mr Yip	English /Chinese	Auditorium 礼堂 (Members only from BRPN, register with Mr Yip or Joy 请向叶先生或者 Joy 登记, 需要出示本中心会员证)
3/4/26-3/18/26 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	May To From OATS	Chinese	Computer Lab 电脑室 (Pre-registration is required 需要提前报名)
3/6/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Healthy Snacks Ideas 营养讲座：健康的零食建议	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
3/6/26 Fri., 星期五 12:30 PM until meals last (中午 12:30 直至送完为止)	Lunar New Year Free Meal Grab & Go 农历新年免费午餐外带	Assemblywoman Nily Rozic	English /Chinese	Auditorium 礼堂
3/7/26 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
3/10/26 & 03/24 Mon., 星期二 10:00 – 11:00 AM	Assemblywoman Nily Rozic’s Mobile Office 纽约州众议员李诺莎的流动办公室	Kevin Zhou	English /Chinese	Consultant Room 顾问室 (Every 2 nd & 4 th Tuesday of every month 每个月的第二个和第四个星期二)
3/11/26 Wed., 星期三 10:00 – 11:00 AM	Health Presentation: How to manage knee pain? 健康讲座：如何管理膝盖疼痛？	Dr Celia Mak from Energize Physical Therapy	English /Chinese	Large Dining Room 大饭厅
3/12/26 Thu., 星期四 **9:30-11:00 AM**	Fraud Prevention Seminar 讲座: 防诈骗讲座暨宣导	NYS Senator John Liu	English /Chinese	Large Dining Room 大饭厅

3/14/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Learned to create the Bangle Bracelets with European Beads 手工艺:学习制作欧式串珠手镯	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)
3/16/26 Mon., 星期一 10:00 – 11:00 AM	Presentation: Elder Abuse 专题讲座：虐待老人问题	Korean Community Services	English /Chinese	Large Dining Room 大饭厅
3/16/2026–11/2026 Mon. – Sat. 星期一至星期六	Evergreen Community Gardening 户外园艺	Staff 工作人员	English /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)
3/17/26 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
3/18/26, 3/25/26& 4/1/26 Wed., 星期三 10 AM – 11 AM	Chinese Paper Cutting 手工艺: 中国剪纸	Ms Ling from SUCASA Flushing Town Hall	English /Chinese	Small Dining Room 小饭厅
3/19/26 Thu., 星期四 8:30-2:00 PM	Field Trip: Madame Tussauds 户外旅游: 纽约杜莎夫人蜡像馆	Margaret, Chor Mun Lam, Steve & Helen	English /Chinese	Madame Tussauds in New York 纽约杜莎夫人蜡像馆 (Please sign up in main office on Monday 3/9/26 until sold out, 请在星期一, 3/9/26 到办公室登记报名, 直到售完为止)
3/23/26 Mon., 星期一 1:30- 2:30PM	March Birthday Party 3 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 March. 如果您的生日是在 3 月份, 请到总办公室报名。)
3/24/26 Tue., 星期二 10:00-11:00 AM	Understanding Hepatitis B 了解乙型肝炎	Dr. Wallace Wang	English /Chinese	Large Dining Room 大饭厅
3/25/26 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会议	Bernie/ Cynthia	English	Selfhelp Zoom and Center's library. Access info to be provided

3/27/26 Fri., 星期五 10:00-11:00 AM	Money Matters & Mental Health Connection 讲座：財務狀況與心理健康之間的聯繫	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=bPWLaAqOX9hVTKF2ZL8srbVU1a82g.1 Call in: 1 646 876 9923; Meeting ID: 937 1734 1725 Passcode: 8051878011
3/30/26 Mon., 星期一 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

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=QTVQb21JeFZYzFzMWxKVHVyZjl0UT09 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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
3/2 Tofu with mixed vegetables, baked potato, bok choy, orange, juice 豆腐 蔬菜, 烤土豆, 大白菜, 橙, 果汁	3/3 Baked chicken wings, baked sweet potato, green cabbage, banana, juice 烤鸡翅, 高丽菜, 烤地瓜, 香蕉, 果汁	3/4 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	3/5 Turkey burger, mashed potato, mustard greens, kiwi, juice 火鸡肉饼, 土豆泥, 大芥菜, 猕猴桃, 果汁	3/6 BBQ chicken, baked beans, green beans, orange, juice 烤鸡腿, 炖豆, 四季豆, 橙, 果汁	3/7 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
3/9 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	3/10 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	3/11 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 炖豆, 西兰花, 苹果, 果汁	3/12 Baked chicken wings, sweet corn, shanghai greens, kiwi, juice 烤鸡翅, 甜玉米, 上海菜, 猕猴桃, 果汁	3/13 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	3/14 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
3/16 Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	3/17 Beef meatballs, baked beans, green cabbage, banana, juice 牛肉丸, 高丽菜, 炖豆, 香蕉, 果汁	3/18 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	3/19 Baked salmon fillet, spaghetti, mustard greens, kiwi, juice 烤三文鱼, 意大利面, 大芥菜, 猕猴桃, 果汁	3/20 Pork chops, mashed potato, sliced carrots w/ green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橙, 果汁	3/21 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
3/23 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	3/24 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	3/25 Baked salmon fillet, sweet corn, broccoli, apple , juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	3/26 Baked chicken wings, mashed potato, mustard greens, kiwi, juice 烤鸡翅, 土豆泥, 大芥菜, 猕猴桃, 果汁	3/27 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	3/28 Baked chicken patty, mustard greens, orange, juice 中餐: 烤鸡肉饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, steamed broccoli and cauliflower, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 西芥兰和花椰菜, 酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动
3/30 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	3/31 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	4/1 Beef meatballs, macaroni, broccoli, apple, juice 牛肉丸, 通心粉, 西兰花, 苹果, 果汁	Food Pantry 老人營養補充袋 發放日 3/17/26 Tue., 星期二 9:30-2:00 PM	March Birthday Party 3 月份生日会 3/23/26 Mon., 星期一 1:30- 2:30PM	MTA On-site Services 老人半价乘车服务 3/30/26 Mon., 星期一 10:00 – 2:00 PM

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