



**April 1, 2026**

**Dear Members,**

**April 2026 is a particularly busy month for major religious and secular holidays, as Easter and Passover both fall in early April this year.**

**Major Religious and Cultural Holidays:**

- **Easter Sunday:** Celebrates the resurrection of Jesus Christ, observed with church services, family gatherings, egg hunts, and festive meals (April 5).
- **Passover:** Jewish holiday commemorating the Israelites' liberation from Egypt, celebrated with Seder meals and symbolic foods, from April 1 to April 9 in 2026.

**Secular & Awareness Days:**

- **April Fools' Day:** Wednesday, April 1
- **Tax Day:** Wednesday, April 15
- **Earth Day:** Wednesday, April 22

**Reminder: The center will run a Saturday program on Friday, April 3 (Good Friday) to make up for the December 27, snow day.**

**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 and grab-and-go meal. Lunch will be served starting at 11:00 am.**

**During the month of April, the center will offer a limited number of “takeout” meals each day, starting at 1:30 PM until all spots are filled. Members who have already registered for lunch and dinner on the same day are not eligible to participate.**

**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 a 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.**

**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 9-10:30 am in the small dining room. Please bring your membership card to renew your 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.**

**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!**

#### **Arts, Culture & Education**

**SU-CASA Workshops: In partnership with Flushing Town Hall, our Chinese Paper Cutting and Korean Minhwa Painting classes continue this month. Check the "Special Events" section for full details.**

**OATS Spring Semester: Running from April 15 to June 17. Pre-registration is required; please see Joy Mau in the office to sign up.**

**Computer Class Update: Please note that Lucy Wang's computer class schedule has changed. Refer to the program guide for the updated times.**

 **Field Trip: The Orchid Show**

**When: Thursday, April 16, 2026**

**Where: New York Botanical Garden (Bronx)**

**Details: Tickets go on sale Monday, April 6 (\$20 per person). The price includes admission, transportation, lunch, and snacks. Limited to 52 participants.**

 **Celebrations & Social Events**

- **90th Birthday Milestone: On Monday, April 27 at 1 PM, we are hosting a special celebration for Selfhelp's 90th anniversary. Members born in 1936 are invited to join us as guests of honor. Early registration is required at the office for those born in 1936.**
- **Monthly Birthday Party: Celebrating all April birthdays on Monday, April 20. Please sign up at the office if you were born in this month.**
- **New Member Welcome Meeting: If you became a member of the center in March & April, please join us on April 28 to learn more about the our center.**

**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 at the social service department from our center.**

**Wishing you all a happy and healthy spring.**

**Sincerely,**

**Karen Chen  
Program Director**

2026年4月1日

亲爱的会员们：

草树知春不久归，百般红紫斗芳菲。

随着最美好的季节—四月天的到来，大家会发现降雨量明显增多，因为这正是万物生长的好时节。四月又是一个繁忙的月份，因为它将迎来复活节、逾越节等重要节日。

重要节日时间：

- 复活节主日：为了庆祝耶稣基督的复活，人们通常通过教会礼拜、家庭聚会、寻彩蛋活动和节日餐食来纪念（4月5日周日）。
- 逾越节：犹太节日，纪念以色列人从埃及获得解放，通过逾越节晚餐和具有象征意义的食物来庆祝（2026年4月1日至4月9日）。
- 愚人节：4月1日（星期三）
- 报税日：4月15日（星期三）
- 地球日：4月22日（星期三）

\*提醒：本中心4月3日（耶稣受难日，星期五）将按照周六的项目活动安排运行，以补回12月27日因下雪取消的活动安排。

\*中心的午餐票发放时间为上午9:30至中午12:30。晚餐票将于中午12:30开始，直到餐票发完为止。每人每天限领取一份餐食。领取午餐票的会员将不再有资格领取晚餐票和外带餐。午餐将于上午11:00开始供应。

四月份，中心将提供数量有限的外带餐，时间为下午1:30至2:30。周一至周六，中心每日都将为60岁及以上的年长者提供午餐和晚餐。午餐在上午的11:00开始供应。如果您需要打包餐食，请自备饭盒。

\*二维码会员证更新：如果您是本中心的会员，并且已经持有其他机构发放的二维码会员卡，请前往办公室领取“26”和“C”的验证贴纸。如果您尚未更新会员身份或尚未持有新版二维码会员卡，请尽快办理。会员更新并完成拍照后，一个月后，您将会得到一张的新二维码会员卡。

更新2026财年的会员资格时间（该财年已于2025年7月开始）是每周一，五，六的早上9点到10点半，请携带您的会员卡到小饭厅办理。新会员注册时间为周一至周六上午9:00至10:30于小饭厅登记注册。

为了享受中心的全部项目和社会服务，请确保您已签署并提交同意书。如您选择不签署，请向工作人员索取撤销书，请注意：这将限制您的权利，仅能在本中心参与餐食服务和信息转介服务。


**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！我们鼓励会员们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，让您在中心的时间更有光彩！

**艺术、文化与教育课程信息：**

**SU-CASA 工作坊：**与 **Flushing Town Hall** 合作，本月继续开展中国剪纸和韩国民画课程。详细信息请查看“特别活动”栏目。

**OATS 春季学期：**时间为 4 月 15 日至 6 月 17 日。需提前注册；请前往办公室联系 **Joy Mau** 报名。


**电脑课程更新：**请注意 **Lucy Wang** 的电脑课程时间有所调整，请参阅课程指南了解最新安排。

 **外出活动：兰花展**

**时间：**2026 年 4 月 16 日（星期四）

**地点：**纽约植物园（布朗克斯）

**详情：**门票将于 4 月 6 日（星期一）开始发售（每人 20 美元）。费用包含门票、交通、午餐和零食。名额限 52 人。

 **庆祝与社交活动：**

• **Selfhelp90 周年生日庆典：**4 月 27 日（星期一）下午 1 点，我们将举办 **Selfhelp** 成立 90 周年庆祝活动。1936 年出生的会员将作为荣誉嘉宾受邀参加。请符合条件的会员提前到办公室登记。

• **每月生日会：**4 月 20 日（星期一）庆祝所有四月生日的会员。如您出生于本月，请到办公室报名。

• **新会员欢迎会：**如果您在 3 月或 4 月加入本中心，请于 4 月 28 日参加会议，了解更多中心信息。

**免费长者交通服务：**由纽约市议员 **Sandra Ung** 办公室提供资金支持

• **资格：**居住在皇后区、年满 60 岁并居住在市议会第 20 选区（法拉盛）的居民

• **服务：**提供前往五大区及纳苏郡部分地区的医疗预约免费接送服务

• **预约方式：**请至少提前一天致电 718-559-4352（周一至周五，上午 9 点至中午 12 点）

• **详情请向中心社会服务部门咨询**

祝大家拥有一个快乐健康的春天。

此致

项目主任

**Karen Chen**

翻译者

**Emily Zhang**



## 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](http://www.selfhelp.net)

纽约市本杰民-王子街创新型自强社区老人中心

PROGRAM – April 2026 二零二六年四月份節目表

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. H.Y. Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYIA3VlVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYIA3VlVPTzlnYWluUT09</a> Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00PM	Virtual English Oral Practice 视频英语口语练习			
09:40-10:40 AM	Chair Yoga 瑜伽	Indira P.	English	Auditorium 礼堂
09:45-10:45AM	Zhuang Yuan Calligraphy Class 状元书法班	Thomson Chou	Chinese	Arts Room 艺术室
10:50-12:50 PM	Er Hu Practice 二胡练习	Tong He Wu	Chinese	Stage 舞台 (The class is canceled on 4/27, 4月27日课程取消)
11:00-11:45 AM	Reading Current Events 阅读时事新闻	David & Anita Lam	Cantonese 广东话	Arts Room and VSC 视频和艺术室 <a href="https://selfhelp.zoom.us/j/98337081842?pwd=VDBlcmVlK3NlVDlhNGVZUWNSUUhNQT09">https://selfhelp.zoom.us/j/98337081842?pwd=VDBlcmVlK3NlVDlhNGVZUWNSUUhNQT09</a> Call in: 1-646-876-9923 ID: 983 3708 1842 Passcode: 7145136147

11:00-3:45 PM	Ping Pong 乒乓	Mr. Yip	English/Chinese	Auditorium 礼堂 (The class is canceled on 4/27, 4月27日课程取消)
12:30 -3:30 PM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂 (The class is canceled on 4/27, 4月27日课程取消)
12:30-3:30 PM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	Chinese	Auditorium 礼堂 (The class is canceled on 4/27, 4月27日课程取消)
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 (4/20 Starts 2:45 pm, 4月20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 (The class is canceled on 4/27, 4月27日课程取消)
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
**Time Change 时间改变** 2:00-3:30 PM	Acrylic Painting 亚克力画	Kevin Chen	Chinese	Arts Room 艺术室
4:00-6:00 PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544
6:30 -8:30PM	Virtual Sing Along English Karaoke 视频英文歌卡拉 OK	Felix Leung & Mary Yam	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09">https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09</a> ; Call in: 1-646-876-9923. ID: 964 7449 2130; Passcode: 739 290 0390

## Tuesday 星期二

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-9:30AM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
08:30-9:15 AM	Ping Pong 乒乓	Gui Lin	English/Chinese	Auditorium 礼堂
08:30-09:30 AM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
09:00-11:00 AM	Virtual Beginner's ESL with Mr Situ 视频英语九百句	Mr. Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b21CbWVqNTdpYIA3VIVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b21CbWVqNTdpYIA3VIVPTzlnYWluUT09</a> Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode: 720 039 9802
11:00-1:00 PM	Virtual Citizenship Preparation 视频入籍预备班			

09:30-10:30 AM	Chair, Music Boogie Dance 摇摆舞	Ms. Dina	English	Auditorium 礼堂 and VSC 视频 <a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pybDNkQ3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pybDNkQ3hOZmltc1p2QT09</a> ; Call in: 1-646-876-9923 ID: 975 1991 4122; Passcode: 324 664 5921
10:00-11:00 AM	Blood Pressure Screening 量血压	Rebecca Wong	English/Chinese	Library 图书室
10:35-11:35AM	Sun' Style Tai Chi 孫氏太极	Kevin Chen	English/Chinese	Auditorium 礼堂
11:40-12:45 PM	Chinese Folk Song Dance 民族舞	Daisy Du	Chinese	Auditorium 礼堂
1:00-2:00 PM	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(4/28 Starts 2:45 pm, 4月28日下午2:45开始)
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544

## Wednesday 星期三

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00 AM	Chen's Style Tai Chi 陈氏太极	Ms Estella Suen	Chinese	Auditorium 礼堂
09:00- 11:00AM	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Arts Room 艺术室
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert & Sophia Chin	Chinese	Auditorium 礼堂
11:15-12:15 PM	Knitting 编织	Olive Wong	English/Chinese	Library 图书室 (Pre-registration is required 需要预先登记)

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 Chan	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 <a href="https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBJcC9lUm55SEZAN3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBJcC9lUm55SEZAN3pyZldwdz09</a> ID: 953 3353 5555; Passcode: 742 160 3568

## Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00AM 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
**Time Change 时间改变** 9:30-10:30 AM	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
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, Terry Zhao & Xiu Q. 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
01:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅 (Cancelled on April 16, 4/16 的课程取消.)
02:30-3:30 PM	Latin Dance 拉丁舞	Mr. Chen	Chinese	Auditorium 礼堂
04:00-6:00 PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544

## Friday 星期五

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-12:15 PM	Ping Pong 乒乓	David & Jane	English/Chinese	Auditorium 礼堂 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于 4 月 3 日按周六课表执行, 周五的课程将取消。)
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 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于 4 月 3 日按周六课表执行, 周五的课程将取消。)
09:00-12:00 PM	Cantonese Opera 粤剧练习	Helen Chin	Cantonese	Stage 舞台 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于 4 月 3 日按周六课表执行, 周五的课程将取消。)
10:00 - 12:30 PM	Oil Painting (102) 油画 (102)	ChrisTina Andersen	English	Arts Room 艺术室 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于 4 月 3 日按周六课表执行, 周五的课程将取消。)
10:00-10:45 AM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于 4 月 3 日按周六课表执行, 周五的课程将取消。)
12:30- 2:00PM	Walking Dance 学习秧歌舞	Nina Zhou	Chinese	Auditorium 礼堂 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于 4 月 3 日按周六课表执行, 周五的课程将取消。)

01:00- 3:30 PM	Oil Painting (101) 油画 (101)	ChrisTina Andersen	English	Arts Room 艺术室 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于4月3日按周六课表执行, 周五的课程将取消。)
01:30- 3:30 PM	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于4月3日按周六课表执行, 周五的课程将取消。)
02:15- 3:30 PM	Waist Drum Practice 腰鼓练习	Xiu Feng Wang	Chinese	Auditorium 礼堂 (Because April 3 follows a Saturday schedule, Friday's class will be canceled. 由于4月3日按周六课表执行, 周五的课程将取消。)
06:30-8:30PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUUXRQT09</a> ID: 923 4362 9304; Passcode: 229 716 6017

## Saturday 星期六

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00 AM	Chen's Style Tai Chi 陈氏太极	Ms Estella Suen	Chinese	Auditorium 礼堂
10:00-12:00 PM	Yuan Ji Dance 元极舞	Anna Cheung, Yun Li & Mable Tang	Chinese Mandarin	Auditorium 礼堂
10:00-12:00 PM	Calligraphy 书法练习	Mr. Daeyoung Kim	Korean/Chinese	Arts Room 艺术室 (Pre-registration is required 需要预先登记)
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 <sup>nd</sup> 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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> ID: 977 0732 1021; Passcode: 707 889 9544

## Sunday 星期日

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
6:30-8:30 PM	Karaoke Practice 卡拉 OK 练习	Jane Chen & Bao Huang Du	English/Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a> ID: 953 3353 5555; Passcode: 742 160 3568

## Special Events 特别活动

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
3/18/26, 3/25/26 & 4/1/26 Wed., 星期三 10:00-11:00 AM	Chinese Paper Cutting 中国剪纸	Ms Ling from SUCASA Flushing Town Hall	English /Chinese	Small Dining Room 小饭厅
3/26/26, 4/2/26,4/9/26, 4/16/26,4/23/26 & 4/30/26 Thu, 星期四 10:00-11:00 AM	Korean Minhua Painting 韩国民画工作坊	Ms Stephanie Lee from SUCASA Flushing Town Hall	English /Chinese	Library 图书室
4/3/26 – 4/27/26 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

4/4/26 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 <a href="https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWYY1Sh0pXhtFsUfqBrxIUZfg3.1">https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWYY1Sh0pXhtFsUfqBrxIUZfg3.1</a> Call in: 1-646-876-9923 ID: 955 9181 6559; Passcode: 9311967443
4/7/26 & 4/21/26 Tue., 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 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of every month 每个月的第二个和第四个星期二)
4/9/26 Thu., 星期四 10:00 – 11:00 AM	Winter Preparedness with Bingo Games 冬季应急准备-Bingo Games	Ion Ho from NYCEM	English /Chinese	Large Dining Room 大饭厅
4/10/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: How Much Calcium Do We Need? 营养讲座: 我们需要摄取多少钙?	Eva Lau, Nutritionist 营养师	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
4/11/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺: Easter Bunny Friends 学习制作复活节小兔主题的手工艺品	Lily S	English	Arts Room 艺术室 (Every 2 <sup>nd</sup> Saturday of the month 每个月的第二个星期六)
4/13/26 Mon., 星期一 10:00-11:00 AM	Presentation: Coping with Chronic Stress 讲座: 如何缓解长期压力	Roy from Sunnyside Community Services, Inc.	English /Chinese	Large Dining Room 大饭厅
4/14/26 Tue., 星期二 10:00 – 11:00 AM	Special Enrollment Period & Medicare Savings Program 讲座: 特殊注册期和红蓝卡月费减免计划	Harry Fan from Health First 第一保健 范先生	English /Chinese	Large Dining Room 大饭厅
4/15/26-6/17/26 Wed. 星期三 1:00-2:15PM (Cantonese 广东话) 2:30-3:45PM (Mandarin 国语)	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)
4/16/26 Thu., 星期四 8:30-2:00 PM	Field Trip: Bronx NYC Botanic Garden 户外旅游: 布朗士植物园	Matthew, Ivanka, Doris & Yvonne	English /Chinese	Bronx NYC Botanic Garden 布朗士植物园 (Please sign up in main office on Monday 4/6/26 until sold out, 请在星期一, 4/6/26 到办公室登记报名, 直到售完为止)

4/17/26 Fri., 星期五 10:00-11:00 AM	<b>Nutrition Presentation: How can seniors keep a healthy BMI?</b> 营养讲座: 年長者如何維持健康的體重指數?	Eva Lau, Nutritionist 营养师	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
4/20/26 Mon., 星期一 1:30- 2:30PM	<b>April Birthday Party</b> 4 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 April. 如果您的生日是在 4 月份, 请到总办公室报名。)
4/21/26 Tue., 星期二 9:30-2:00 PM	<b>Food Pantry</b> 老人營養補充袋發放日	Staff 工作人员	English /Chinese	Arts Room 艺术室
4/21/26 Tue., 星期二 10:00 – 11:00 AM	<b>Presentation: Introduction population health programs, social care network &amp; The Guiding an Improved Dementia Experience (GUIDE)</b> 讲座内容: 社区健康计划和社会照护网络介绍, 以及“改善失智症体验指南”(GUIDE)	Selfhelp Staff from Clinical Services	English /Chinese	Large Dining Room 大饭厅
4/22/26 Wed., 星期三 1:00 – 2:00 PM	<b>PAC Meeting</b> 行政委员会会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided and Library
4/24/26 Fri., 星期五 10:00-11:00 AM	<b>Mental Health Presentation: Life After Grief and Loss</b> 身心灵健康讲座: 走出悲傷與失落之後的生活	Diana Shum, LMSW from CAPE	English/Chinese	Large Dining Room 大饭厅 and VSC 视频 Join Zoom Meeting <a href="https://selfhelp.zoom.us/j/93717341725?pwd=bPWLaAqOX9hIVTKF2ZL8srbVU1a82g.1">https://selfhelp.zoom.us/j/93717341725?pwd=bPWLaAqOX9hIVTKF2ZL8srbVU1a82g.1</a> Call in: 1 646 876 9923; Meeting ID: 937 1734 1725 Passcode: 8051878011
4/27/26 Mon., 星期一 1:00PM	<b>Selfhelp 90<sup>th</sup> Anniversary</b> 自强社区服务公司: 九十载辉煌庆典	Staff 工作人员	English/Chinese	Auditorium 礼堂
4/28/26 Tue., 星期二 1:30-2:30 PM	<b>Welcome New Members Meeting</b> 新会员欢迎聚会	Staff 工作人员	English /Chinese	Small Dining Room 小饭厅 (Any new registered members joined in March or April or earlier, 三月、四月或更早前注册的新会员)

4/2026-11/2026 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)
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## 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 <a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09;">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09</a> ; Call in: 1-646-876-9923. ID: 986 5548 1500; Passcode: 871 178 0506
11:00-12:00 PM	Current Events 时事讨论	Bernie A.	English	VSC 视频 <a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYZFzMWxKVHVyZjl0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYZFzMWxKVHVyZjl0UT09</a> Call in: 1-646-876-9923; ID: 963 0027 6377
2:30-3:30 PM	Learn How to Play Piano for Seniors 学习如何弹钢琴	Penny Zhao	Chinese	Zoom ID: 892 9404 5671; Passcode: 816724

## Friday 星期五

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 生活在纽约	Mary from City Hall	English	Phone conference Selfhelp Conference Call: 1-800-719-7514 Code: 679247

Special Events 特别活动	Special Events 特别活动	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<b>April Birthday Party</b> <b>4 月份生日会</b>  <b>4/20/26</b> <b>Mon., 星期一</b> <b>1:30- 2:30PM</b>	<b>Food Pantry</b> <b>老人營養補充袋發</b> <b>放日</b>  <b>4/21/26</b> <b>Tue., 星期二</b> <b>9:30-2:00PM</b>	<b>4/1</b> <b>Beef meatballs,</b> <b>spaghetti, broccoli,</b> <b>apple, juice</b>  牛肉丸, 炒意面, 西 兰花, 苹果, 果汁	<b>4/2</b> <b>Baked chicken</b> <b>wings, baked</b> <b>beans, shanghai</b> <b>greens, kiwi, juice</b>  烤鸡翅, 炖豆, 上海 菜, 猕猴桃, 果汁	<b>4/3</b> <b>Baked breaded fish,</b> <b>broccoli/cauliflower,</b> <b>orange, juice 中餐: 烤</b> <b>鱼饼, 橙, 果汁</b> <b>Alternative: Lentil</b> <b>/masoor dal soup,</b> <b>basmati/chapati,</b> <b>mustard greed with</b> <b>tomato, raita yogurt</b> <b>印度餐: 豆蔬浓汤, 糙</b> <b>米饭, 全麦饼, 芥菜烧</b> <b>西红柿, 酸奶切片黄瓜</b>	<b>4/4</b> <b>Tuna fish salad, broccoli,</b> <b>orange, juice</b> <b>中餐: 金枪鱼沙拉, 橙, 果汁</b> <b>Alternative: Lentil /masoor</b> <b>dal soup, basmati/chapati,</b> <b>cauliflower w/ tomato, raita</b> <b>yogurt 印度餐: 豆蔬浓汤, 糙</b> <b>米饭, 全麦饼, 花菜烧西</b> <b>红柿, 酸奶切片黄瓜</b>
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>
<b>4/6</b> <b>Eggplant</b> <b>parmesan, baked</b> <b>potato, bok choy,</b> <b>orange, juice</b>  烤茄饼, 烤土豆, 大白菜, 橙, 果汁	<b>4/7</b> <b>Baked mushroom</b> <b>chicken, macaroni,</b> <b>green cabbage,</b> <b>banana, juice</b>  香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	<b>4/8</b> <b>Steamed ground</b> <b>pork meat</b> <b>flavored w/dried</b> <b>fish, sweet corn,</b> <b>broccoli, apple,</b> <b>juice</b>  鹹魚肉餅, 玉米, 西 兰花, 苹果, 果汁	<b>4/9</b> <b>Baked salmon</b> <b>fillet, baked beans,</b> <b>mustard greens,</b> <b>kiwi, juice</b>  烤三文鱼, 炖豆, 大 芥菜, 猕猴桃, 果汁	<b>4/10</b> <b>Pork chops, mashed</b> <b>potato, green beans,</b> <b>orange, juice</b>  烤猪扒, 土豆泥, 四 季豆, 橘, 果汁	<b>4/11</b> <b>Baked breaded fish,</b> <b>broccoli/cauliflower, orange,</b> <b>juice</b> <b>中餐: 烤鱼饼, 橙, 果汁</b> <b>Alternative: Lentil /masoor</b> <b>dal soup, basmati/chapati,</b> <b>cauliflower with tomato,</b> <b>raita yogurt 印度餐: 豆蔬浓</b> <b>汤, 糙米饭, 全麦饼, 花菜烧西</b> <b>红柿, 酸奶切片黄瓜</b>
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>

<p><b>4/13</b> Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice</p> <p>豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁</p>	<p><b>4/14</b> Baked chicken wing, baked potato, green cabbage, banana, juice</p> <p>烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁</p>	<p><b>4/15</b> Baked salmon fillet, sweet corn, broccoli, apple, juice</p> <p>烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁</p>	<p><b>4/16</b> Turkey burger, mashed potato, mustard greens, kiwi, juice</p> <p>火鸡肉饼, 土豆泥, 大芥菜, 猕猴桃, 果汁</p>	<p><b>4/17</b> BBQ chicken, baked beans, green beans, orange, juice</p> <p>烤鸡腿, 炖豆, 四季豆, 橙, 果汁</p>	<p><b>4/18</b> 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</p>
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Saturday 星期六</b>
<p><b>4/20</b> Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice</p> <p>烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁</p>	<p><b>4/21</b> Baked chicken wing, baked potato, green cabbage, banana, juice</p> <p>烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁</p>	<p><b>4/22</b> Baked salmon fillet, baked beans, broccoli, apple, juice</p> <p>烤三文鱼, 炖豆, 西兰花, 苹果, 果汁</p>	<p><b>4/23</b> BBQ chicken, macaroni, shanghai greens, kiwi, juice</p> <p>烤鸡腿, 通心粉, 上海菜, 猕猴桃, 果汁</p>	<p><b>4/24</b> Baked fish patty, macaroni, sliced carrots w/green beans, orange, juice</p> <p>烤鱼饼, 通心粉, 胡萝卜四季豆, 橙, 果汁</p>	<p><b>4/25</b> 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</p>
<b>Monday 星期一</b>	<b>Tuesday 星期二</b>	<b>Wednesday 星期三</b>	<b>Thursday 星期四</b>	<b>Friday 星期五</b>	<b>Special Events 特别活动</b>
<p><b>4/27</b></p> <p>Eggplant lasagna, napa cabbage, baked potato, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁</p>	<p><b>4/28</b></p> <p>Baked salmon fillet, baked beans, green cabbage, banana, juice 烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁</p>	<p><b>4/29</b></p> <p>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</p>	<p><b>4/30</b></p> <p>Beef meatballs, spaghetti, mustard greens, kiwi, juice 牛肉丸, 炒意面, 大芥菜, 猕猴桃, 果汁</p>	<p><b>5/1</b></p> <p>Pork chops, mashed potato, sliced carrots w/ green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橙, 果汁</p>	<p><b>Welcome New Members Meeting 欢迎新会员聚会</b></p> <p><b>4/28/26 Tue., 星期二 1:30-2:30 PM</b></p>

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