



May 1, 2026

Dear Members,

As we welcome the month of May, we take time to reflect on two meaningful occasions that invite us to appreciate, honor, and remember.

🌸 Mother's Day – Sunday, May 10, 2026

Mother's Day is a heartfelt opportunity to recognize the mothers, caregivers, and maternal figures who enrich our lives with love, strength, and dedication. Their guidance, sacrifices, and unwavering support make a lasting difference every day. We encourage everyone to take a moment to show appreciation—through a kind note, a thoughtful gesture, or treasured time together.

Memorial Day – Monday, May 25, 2026

Memorial Day is a solemn occasion to honor the men and women who made the ultimate sacrifice while serving in the United States Armed Forces. As we gather with loved ones, we also pause to reflect on their courage, selflessness, and the freedoms their service has secured.

Center Schedule Updates:

- **The center will be closed on Monday, May 25, 2026. On Friday, May 22, the center will close two hours early.**
- **Lunch service ends at 1:00 PM. Afternoon activities conclude at 1:45 PM.**

Space Update

Due to space capacity limitations, the small dining room will no longer be available for leisure games. This space will now be reserved for special events and meetings as an alternate venue.

New Classes & Workshops: Check the "Special Events" section for full details.

- Mr. Mario will offer a Citizenship Preparation Class every Monday from 12:00 PM to 1:45 PM in the Art Room.
- Er Hu Beginner Class: Starting in May, we are pleased to offer an Er Hu beginner class every Thursday from 2:15 PM to 3:15 PM. This class is perfect for members interested in learning how to play this beautiful traditional instrument.
- SUCASA Chinese Ribbon Arts Workshops: Sponsored by Flushing Town Hall, these workshops will include three sessions in May and three sessions in June. Classes will be held every Tuesday at 10:00 AM, except on the third Tuesday of each month. All members are encouraged to participate in these enriching sessions.
- SUCASA Mexican Paper Arts Workshops: Classes take place every Thursday from 10:00 AM to 11:00 AM throughout the months of May and June.



Field Trip: Old Westbury Gardens:

- Join us for a scenic trip to Old Westbury Gardens in Long Island on Thursday, May 21, departing at 8:30 AM.
- Registration Opens: Monday, May 11 at 8:30 AM
- Available Spots: 44 members
- Fee: \$10 (includes transportation, admission, lunch, and refreshments)
- Please visit the office to review field trip guidelines and sign up. **Reminder: Members may register for a maximum of three trips, limited to one destination per category per year. (one museum, one zoo, and one botanical garden).**

Volunteer Appreciation Celebration

We are delighted to host our Volunteer Appreciation Celebration on Monday, May 18, 2026! Our center thrives because of the incredible volunteers who generously share their time and talents. Your dedication allows us to serve hundreds of members each day, and we are truly grateful. If you have received an invitation, please RSVP by May 8, 2026:

Joy Mau, Program Coordinator; ✉ wmau@selfhelp.net; ☎ 718-886-5777



Volunteer Opportunities

We welcome members who are interested in volunteering in various areas, including dining room support, programs, office tasks, field trips, and special events. If you'd like to join our volunteer group, please stop by the office to meet with Joy Mau and sign up for flexible hours and activities. We look forward to working with you!

May Birthday Celebration

Our May Birthday Party will be held on Tuesday, May 19 at 1:30 PM in the small dining room. Members, volunteers, and staff with May birthdays are invited to sign up in the office so we can plan accordingly. We will enjoy cake and tea and sing the birthday song in three languages: English, Mandarin, and Cantonese.

Important Reminders: Class Attendance & Guidelines

To ensure smooth and enjoyable programs for everyone, please note:

- **Attendance Policy:** Members who miss more than four sessions of a specific class may be asked to attend the next available session.
- **Class Guidelines:** All instructor guidelines are reviewed and approved by the Director before being shared.
- **Open Communication:** Your feedback matters—please feel free to discuss any questions or concerns with the Director.

Our goal is to help you enjoy your retirement with dignity, passion, and, above all, health and safety.

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.

Meal Service Reminder

- The center continues to serve lunch and dinner meals to seniors 60 years and older from Monday through Saturday.
- **Lunch service begins at 11:00 AM. Lunch tickets:** Distributed from 9:30 AM–12:30 PM
- **Dinner tickets:** Available starting at 12:30 PM until capacity is reached
- **Limit:** One meal per person per day
- **Members who receive a lunch ticket are not eligible for a dinner ticket.**

Please note that grab-and-go meals are no longer provided. Seniors who wish to take food home must bring their own containers.

Membership & QR Code ID Updates

- **Active members who already have a QR code ID card from another agency should visit the office to receive their “26” renewal sticker and “C” verification sticker.**
- **Members who have not yet renewed their membership or do not have a QR code ID card for the new year are encouraged to do so as soon as possible.**
- **Once membership renewal and photo update are complete, new QR code ID cards will be processed and ready for pickup.**

Membership Renewal Reminder

Please remember to renew your membership for Fiscal Year 2026, which began in July. Please bring your membership card when renewing.

- **New member registrations and renewals: Monday–Saturday, 9:00–10: AM in the small dining room**

Consent Form Requirement

To participate fully in the center’s programs and social services, a signed consent form must be on file. Members who choose not to sign may request a revocation form; however, participation will then be limited to meal services and information referrals only. Thank you for your cooperation and continued support!

May this month be filled with appreciation, reflection, and community. We encourage everyone to honor these days in their own meaningful way and wish you a safe, peaceful, and memorable month ahead.

Warm regards,

Karen Chen,

Program Director

2026年5月1日

亲爱的会员们：

唐代诗人韩愈在《榴花》诗里写道：“五月榴花照眼明，枝间时见子初成。可怜此地无车马，颠倒苍苔落绛英。”五月的石榴花是夏天的风铃，是勃勃生机的信使。

在迎来五月之际，我们也借此机会纪念两个富有意义的日子，让我们学会感恩、致敬与缅怀。

母亲节 – 2026年5月10日（星期日）

母亲节是一个温馨的时刻，让我们向母亲、照护者以及所有在我们生命中承担母亲责任的人表达感谢。她们用爱、坚韧与奉献养育了我们，并给了我们如花似锦的生活。她们的引导、付出和始终如一的支持，每一天都对我们产生深远的影响。我们鼓励大家通过不同的方式来表达自己的感恩之情，或许是一张温暖的卡片、一个贴心的举动，或许是一段珍贵的相聚时光。

阵亡将士纪念日 – 2026年5月25日（星期一）

阵亡将士纪念日是一个庄重肃穆的日子，用来缅怀那些在服役期间英勇牺牲的军人们。让我们在与亲友相聚的同时，停下脚步，缅怀将士们的勇气、献身精神，以及他们为我们争取到的自由。


五月中心开放时间更新：中心将于5月22日（星期五）将提前两小时关闭；2026年5月25日（星期一）关闭。午餐供应截止至下午1:00；下午活动于1:45结束。

场地更新：由于空间容量限制，小餐厅将不再用于日常娱乐活动。该空间将作为特殊活动及公司会议的备用场地。


新课程与工作坊：详细信息请查看“特别活动”栏目。


- **Mario** 先生将于每周一中午 12:00 至下午 1:45 在艺术室教导和美国公民入籍准备的练习课。
- 自五月起，每周四下午 2:15 至 3:15 开设二胡初级班，满足对二胡感兴趣，想要接触学习传统乐器的会员们。
- **SUCASA** 中国彩带艺术工作坊由 **Flushing Town Hall** 赞助，5月和6月各有三节课程，课程安排在每周二上午 10:00（每月第三个星期二除外），欢迎会员前来参与。


- **SUCASA 墨西哥纸艺课：** 五月和六月期间，每周四上午 10:00 - 11:00 上课。

 **外出活动： Old Westbury Gardens：** 5月21日（星期四）上午 8:30 出发。报名时间为 5月11日（星期一）上午 8:30，名额 44 人，费用 10 美元（包含交通费用、门票、午餐，水和小零食）。提醒：每位会员一年中最多报名三个外出活动，每类活动仅可报名一次（博物馆、动物园、植物园各限一此）。详细信息请查看“特别活动”栏目。


义工表彰庆祝会： 2026年5月18日（星期一）中心将举办志愿者表彰活动！中心的发展离不开各位志愿者的无私奉献。若您收到邀请，请在 5月8日前回复：Joy Mau（项目协调员），邮箱 wmau@selfhelp.net，电话 718-886-5777。详细信息请查看“特别活动”栏目。


 **志愿者招募：** 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方便的时间安排。


 **五月生日会：** 5月份的生日聚会将于 5月19日（星期二）下午 1:30 在小饭厅举行。请所有在 5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）。详细信息请查看“特别活动”栏目。


 **关于课程出勤与规范的重要提醒：** 会员无故缺席课程超过四次后，将暂时被移除此课程。如想再次参与，则需等待下一期课程开始。所有课程规则均经审核批准后实施。如有疑问或建议，欢迎与主任进行沟通。中心的目标是帮助所有会员以尊严、热情，并在健康与安全前提下愉快生活。

免费长者交通服务： 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，您将有资格参与免费老年人就医交通计划。如需预约接送服务，请于周一至周五上午 9:00 至 12:00，至少提前一天致电 718-559-4352。该交通服务覆盖纽约市五个行政区及纳苏（Nassau）县部分地区。

 **餐饮服务提醒：** 中心为 60 岁以上长者提供周一至周六的午餐和晚餐服务。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。午餐将于上午 11:00 开始供应。如需打包餐食，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。

 **会员续期提醒**：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。

最后，祝大家度过一个平安、温馨和灿烂的五月！

此致

敬礼

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 – May 2026 二零二六年五月份節目表

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 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=VDBlEmVlK3NlVDlhNGVZUWNSUHNQT09 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
New 新 12:00 – 13:45 PM	Citizenship preparation practice	Mr. Mario Ramon	English	Arts Room 艺术室
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	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(The class is canceled on 5/18, 5月18日课程取消)

2:00-3:30 PM	Acrylic Painting 亚克力画	Kevin Chen	Chinese	Arts Room 艺术室(The class is canceled on 5/18, 5月18日课程取消)
4:00-6:00 PM	Virtual Karaoke 视频卡拉 OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 ID: 977 0732 1021; Passcode: 707 889 9544
6:30 –8:30PM	Virtual Sing Along English Karaoke 视频英文歌卡拉 OK	Felix Leung & Mary Yam	English	VSC 视频 https://selfhelp.zoom.us/j/96474492130?pwd=RFNlOU5aWkRVa1M4c3B0ajhnZVFmUT09; Call in: 1-646-876-9923. ID: 964 7449 2130; Passcode: 739 290 0390

Tuesday 星期二

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-9:30AM	Video Exercise 视频操锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
08:30-9:15 AM	Ping Pong 乒乓	Gui Lin	English/Chinese	Auditorium 礼堂
08:30-09:30 AM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
09:00-11:00 AM	Virtual Beginner's ESL with Mr Situ 视频英语九百句	Mr. Situ	Chinese	VSC 视频 https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 Call in: 1-646-876-9923 ID: 989 5268 4927; Passcode:720 039 9802
11:00-1:00 PM	Virtual Citizenship Preparation 视频入籍预备班			
09:30-10:30 AM	Chair, Music Boogie Dance 摇摆舞	Ms. 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	Keep on Track for Blood Pressure Screening 量血压	Rebecca Wong	English/Chinese	Consultant Room 諮詢室
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
1:30-3:30 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=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09 ID: 977 0732 1021; Passcode: 707 889 9544
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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	Arts Room 艺术室 (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
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 https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pvZldwdz09 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
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 (The class is canceled on 5/21, 5月21日课程取消)
New 新 02:15-3:15 PM	Er Hu (Beginner Class) 二胡入门班	Tong He Wu	Chinese	Arts Room 艺术室
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 (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
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
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=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09 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(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 nd Saturday.) 第二个星期六课程取消。
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
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)
5/4/26 – 5/30/26 Mon., Fri. & Sat. 周一, 周五和周六	FY 2026 Membership Renewal Service 年度会员证更新	PAC & Volunteers	English /Chinese	Small dining room 小饭厅

9:00-10:45 AM				
5/5/26 & 5/19/26 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 nd & 4 th Tuesday of every month 每个月的第二个和第四个星期二)
5/5 /26, 5/12/26, 5/26/26 Wed., 星期二 10:00-11:00 PM	Chinese Ribbon Arts Workshop 中国丝带艺术工作坊	Susana Tam from SUCASA Flushing Town Hall	English /Chinese	Arts Room 艺术室
5/7/26 Thu., 星期四 10:00-11:00 AM	Presentation: Healthy Brain Workouts 讲座: 健康的大脑锻炼	Roy from Sunnyside Community Services, Inc.	English /Chinese	Large Dining Room 大饭厅
5/8/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Food Safety At Home? 营养讲座: 居家食品安全	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
5/9/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts 手工艺: Rose Pen 玫瑰笔	Lily S	English	Arts Room 艺术室 (Every 2 nd Saturday of the month 每个月的第二个星期六)
5/11/26 Mon., 星期一 10:00-11:00AM	Presentation: Emergency Training 讲座: 应急训练	Mr Hector from Citizen Preparedness Corps	English /Chinese	Large Dining Room 大饭厅
5/12/26 Tue., 星期二 10:00-11:00 AM	Presentation: What to know about your Reduced Fare OMNY Card 讲座: 关于减价票 OMNY 卡	Ruby from MTA	English /Chinese	Large Dining Room 大饭厅
5/13/26 Wed., 星期三 10:00-11:00 AM	Presentation: Curbside Composting 讲座: 本市堆肥计划	Sasha from GROW NYC	English /Chinese	Large Dining Room 大饭厅
5/14/26-6/18/26 Thu, 星期四 10:00-11:00 AM	Mexican Paper Arts Workshop 墨西哥纸艺工作坊	SUCASA Flushing Town Hall	English	Small dining room 小饭厅
5/15/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Understanding Dehydration: How to prevent it? 营养讲座: 認識脫水以及如何預防	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

5/16/26 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
5/18/26 Mon., 星期一 2:00-3:45PM	Volunteer Recognition Celebration Party 义工表彰庆祝会	Volunteers 义工	English /Chinese	Grand Jade Banquet 翡翠名宴
5/19/26 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
5/19/26 Tue., 星期二 1:30- 2:30PM	May Birthday Party 5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 May. 如果您的生日是在5月份, 请到总办公室报名。)
5/20/26 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
5/21/26 Thu., 星期四 8:30-2:00 PM	Field Trip: Old Westbury Gardens 户外旅游: 旧韦斯特伯里花园	Emily, Matthew, Margo & Mr Cheung	English /Chinese	Old Westbury Gardens 旧韦斯特伯里花园 (Please sign up in main office on Monday 5/11/26 until sold out, 请在星期一, 5/11/26到办公室登记报名, 直到售完为止)
5/29/26 Fri., 星期五 10:00-11:00 AM	Mental Health Presentation: Elder Abuse 身心灵健康讲座: 老人虐待	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
5/2026–11/2026 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)

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=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	Microsoft Teams Meeting ID 253 478 790 235 7; Passcode: 2Br6F2YW

Friday 星期五

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
1:00-3:00PM	We Speak New York 生活在紐約	Mary from City Hall	English	Phone conference Selfhelp Conference Call: 1-800-719-7514 Code: 679247

Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Friday 星期五	Saturday 星期六
Volunteer Recognition Celebration Party 义工表彰庆祝会 5/18/26 Mon., 星期一 2:00-3:45PM	Food Pantry 老人營養補充袋 發放日 5/19/26 Tue., 星期二 9:30-2:00 PM	May Birthday Party 5 月份生日会 5/19/26 Tue., 星期二 1:30- 2:30PM	Field Trip: Old Westbury Gardens 户外旅游: 旧韦斯特伯里花园 5/21/26 Thu., 星期四 8:30-2:00 PM	5/1 Pork chops, mashed potato, sliced carrots w/ green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橙, 果汁	5/2 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
5/4 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	5/5 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	5/6 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	5/7 Baked chicken wings, French fries, mustard greens, kiwi, juice 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁	5/8 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	5/9 Baked chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 橙, 果汁 Alternative: Lentil/masoor dal soup, basmati/chapati, mustard greed with tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 芥菜烧西红柿, 酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
5/11 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	5/12 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	5/13 Beef meatballs, spaghetti, broccoli, apple, juice 牛肉丸, 炒意面, 西兰花, 苹果, 果汁	5/14 Baked chicken wings, baked beans, shanghai greens, kiwi, juice 烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果汁	5/15 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	5/16 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 橙, 果汁 Alternative: Lentil/masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt 印度餐: 豆蔬浓汤, 糙米饭, 全麦饼, 花菜烧西红柿, 酸奶切片黄瓜
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六

5/18 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	5/19 Baked mushroom chicken, macaroni, green cabbage, banana, juice 香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	5/20 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	5/21 Baked salmon fillet, baked beans, mustard greens, kiwi, juice 烤三文鱼, 炖豆, 大芥菜, 猕猴桃, 果汁	5/22 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, Center is Closing at 2 PM 厨房供餐至下午1点整, 下午2点关门	5/23 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	Special Events 特别活动
5/25 Center is Closed 中心休息一天 Memorial Day 国殇日	5/26 Tofu with mixed vegetables, baked potato, bok choy, orange, juice 豆腐蔬菜, 烤土豆, 大白菜, 橙, 果汁	5/27 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	5/28 Turkey burger, mashed potato, mustard greens, kiwi, juice 火鸡肉饼, 土豆泥, 大芥菜, 猕猴桃, 果汁	5/29 BBQ chicken, baked beans, green beans, orange, juice 烤鸡腿, 炖豆, 四季豆, 橙, 果汁	5/30 Chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, mustard green 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	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动
6/1 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁					

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