

June 1, 2026

Dear Members,

June is a special month as we celebrate three meaningful occasions, Father's Day, Juneteenth and Primary Election Day!

👤 Father's Day

Father's Day is a time to honor and appreciate fathers and father figures for the important roles they play in our families and communities. This year, Father's Day will be celebrated on Sunday, June 14. Take a moment to make the fathers in your life feel truly special!

📅 Early Closing Notice

Juneteenth, also known as Juneteenth National Independence Day or Emancipation Day, commemorates the end of slavery in the United States.

- The center will close early at 2:00 PM on Thursday, June 18. Lunch Service ends at 1:00 PM. Afternoon activities conclude at 1:45 PM.**
- The center will be closed on Friday, June 19 for Juneteenth Day.**

🗳️ Primary Election Day

Make your voice heard in the 2026 Primary Election! Early Voting runs from Saturday, June 13 through Sunday, June 21, 2026, and Primary Election Day is Tuesday, June 23. Remember, New York has closed primaries, so you must be registered with a party to vote. Whether you're voting early or on Primary Day, be sure to go to your assigned polling place.

Field Trip Announcement: Brooklyn Botanic Garden Trip – June 25

Departure is at 9:00 AM, registration opens on Monday, June 15, there are 36 available spots, and the fee is \$10, which includes transportation, admission, lunch, and refreshments.

June Birthday Celebration

Our June Birthday Party will take place on Monday, June 22 at 1:30 PM in the small dining room; members, volunteers, and staff with June birthdays are invited to sign up in the office (limited to 20 people so we can plan accordingly), and we will celebrate with cake and tea while singing the birthday song in English, Mandarin, and Cantonese.

Class and Special Events Update:

- Beginning in June, the Keep on Track (Blood Pressure Monitoring) class will be held on Wednesdays from 10:00–11:00 AM in the small dining room.
- SUCASA Chinese Ribbon Arts Workshops: The class will be held every Tuesday in June at 10 AM, except on the third Tuesday.
- SUCASA Mexican Paper Arts Workshop: The class will be held every Thursday in June from 10:00 AM to 11:00 AM.
- New Member Welcome Meeting: If you joined the center in May or June, please join us on June 29 to learn more about our programs and services.
- DFTA provided Medicare Counseling assistance on Monday June 29 from 10 am to 2 pm, to counsel all Medicare insurance recipients.

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.

📄 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

Please note that anyone interested in joining BRP programs and activities must complete the membership registration and sign a consent form. For meal services, kindly follow BRP guidelines and instructions to help prevent conflicts and ensure smooth operations.

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!

Space update:

BRP is currently experiencing space limitations due to the temporary relocation of the Latimer OAC to this site. Latimer OAC will also be conducting programs for their members during this time.

Thank you all for participating in the Selfhelp BRP OAC, and we hope you continue to enjoy your retirement. Hope everyone enjoys the summertime.

Best regards,

Karen Chen
Program Director

亲爱的会员们：

宋代诗人杨万里这样赞美六月：“毕竟西湖六月中，风光不与四时同。接天莲叶无穷碧，映日荷花别样红。”

六月是一个特别的月份，我们将庆祝两个具有重要意义的节日——父亲节（Father's Day），六月节（Juneteenth）以及初选日！

父亲节

父亲节是一个向父亲及承担父亲责任的人表达感激之情的日子，感谢他们在家庭和社区中所做出的贡献。今年的父亲节是6月14日（星期日）。让我们以子女的感恩之心，使父亲们感受到他们的重要与骄傲！

中心关闭通知

六月节（Juneteenth），又称六月节国家独立日（Juneteenth National Independence Day）或解放日（Emancipation Day），它是为了纪念美国奴隶制度的终结。

- 本中心将于6月18日（星期四）下午2:00提前关闭。午餐服务将于下午1:00结束，活动将于下午1:45结束。
- 本中心将于6月19日（星期五）六月节当天关闭。

选举初选日

在2026年初选中发出您的声音！提前投票时间为2026年6月13日（星期六）至6月21日（星期日），初选日为6月23日（星期二）。请注意，纽约州实行封闭式初选，您必须登记所属政党才能投票。无论您选择提前投票还是在初选日当天投票，请务必前往您指定的投票地点。

户外郊游活动通知：布鲁克林植物园之旅 - 6月25日

- 出发时间：请于早上8:30到达中心，报名开始日期：6月15日（星期一），名额：36人
- 费用：10美元（包含交通、门票、午餐及零食）

六月份生日庆祝会

- 日期：6月22日（星期一），时间：下午1:30，地点：小饭厅

请所有在6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（每月限20位参加者）。

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）。📷 现场还将拍摄照片，记录这珍贵的时刻！

课程及特别活动更新

- 自六月起，“Keep on Track（血压监测）”课程将改为每周三上午10:00至11:00在小餐厅举行。
- SUCASA中国丝带艺术工作坊：课程将于每周二上午10:00举行，但六月的第三个星期二除外。

- SUCASA 墨西哥纸艺工作坊：课程将于六月每周四上午 10:00 至 11:00 举行。
- 新会员欢迎会：如果您是在五月或六月加入本中心的新会员，欢迎于 6 月 29 日参加欢迎会，了解更多有关中心课程及服务的信息。
- 由 DFTA 提供的医疗保险 (Medicare) 咨询服务将于 6 月 29 日 (星期一) 上午 10 点至下午 2 点举行，为所有 Medicare 参保者提供咨询与指导。


免费长者交通服务

- 资格：居住于市议会第 20 选区 (法拉盛) 的皇后区居民，年龄 60 岁及以上。
- 服务内容：提供前往纽约市五大行政区及纳苏县 (Nassau) 部分地区医疗预约的免费接送服务。
- 预约方式：请至少提前一天致电 718-559-4352 (周一至周五，上午 9:00 至中午 12:00) 预约。
- 经费由纽约市议员 Sandra Ung 办公室提供，详细信息请向本中心社会服务部门咨询。

餐饮服务提醒

- 本中心为 60 岁及以上长者提供周一至周六的午餐及晚餐服务。
- 午餐供应时间：上午 11:00 开始。
- 午餐餐券发放时间：上午 9:30 至中午 12:30。
- 晚餐餐券发放时间：下午 12:30 开始，直到餐票发完为止。
- 限制：每人每天仅可领取一份餐食。已领取午餐餐券的会员不能再领取晚餐餐券。如需打包餐食，请自备饭盒

会员证及二维码卡更新

-  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”年度更新贴纸及“C”验证贴纸。
- 如果您尚未完成会员续会或尚未领取新年度二维码会员卡的会员，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。

会员续会提醒

- 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。

同意书要求

为了能够完整参与本中心的课程、活动及社会服务，会员必须签署并存档同意书。

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。

如果您选择不签署，请向工作人员申请撤销同意书表格 (Revocation Form)。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

场地使用更新

由于 Latimer OAC 临时迁入本中心场地，BRP 目前面临场地空间有限的问题。Latimer OAC 在此期间也将为其会员开展相关活动。

请注意，任何有意参加 BRP 课程及活动的人士，均须完成会员注册并签署同意书。
如需使用送餐服务，请遵守 BRP 的相关规定及工作人员指引，以帮助避免冲突并确保中心运作顺畅。
感谢大家参与由 DFTA 资助的项目，衷心希望大家继续享受美好的晚年生活！

诚挚地，
项目主任
Karen Chen
2026 年 6 月 1 日



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 – June 2026 二零二六年六月份節目表

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=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09 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=VDBlcmVlK3NlVDlhNGVZUWwNDSUhNQT09 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
12:00 – 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

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 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	Ms. Dina	English	Auditorium 礼堂 and VSC 视频 https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNkO3hOZmltc1p2QT09; Call in: 1-646-876-9923 ID: 975 1991 4122; Passcode: 324 664 5921
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

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
Time Change 更改时间 10:00-11:00 AM	Blood Pressure Screening 量血压	Rebecca Wong	English/Chinese	Small dining room 小饭厅
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 (The class is canceled on 6/3, 6月3日课程取消)
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=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09 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
02:15-3:30 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=0JqN2VWNk8wcUpwb2x1NS8vV081dz09 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=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	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)
6/2/26, 6/9/26, 6/23/26 Tue., 星期 二 10:00-11:00 AM	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

6/4/26-6/25/26 Thu, 星期四 10:00-11:00 AM	Mexican Paper Arts Workshop 墨西哥纸艺工作坊	Alberto Lopez SUCASA Flushing Town Hall	English/ Spanish	Small dining room 小饭厅
6/1/26 – 6/29/26 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
6/2/26, 6/16/26 & 6/30/26 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	Small dining room 小饭厅 (Every 2 nd & 4 th Tuesday of every month 每个月的第二个和第四个星期二)
6/6/26 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
6/8/26 Mon., 星期一 10:00-11:00 AM	Presentation: Solutions to Social Isolation 讲座: 如何应对和处理社交障碍	Roy from Sunnyside Community Services, Inc.	English /Chinese	Large Dining Room 大饭厅
6/12/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Are You Getting Enough Fiber? 营养讲座: 如何攝取足夠的膳食 纖維嗎?	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
6/13/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Paint & Design Your Own Fan 手工艺: 彩绘并设计你自己的扇子	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)
6/16/26 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
6/17/26 Wed.星期三 10:00-11:00 AM	Presentation: Emergency Training 讲座: 应急处理培训	Mr Hector from Citizen Preparedness Corps	English /Chinese	Large Dining Room 大饭厅
6/17/26 Wed., 星期三 1:00 – 2:00 PM	PAC Meeting 行政委员会会议	Bernie/ Cynthia	English	Selfhelp Zoom, Access info to be provided in Small Dining Room
6/22/26 Mon., 星期一 1:30- 2:30PM	June Birthday Party 6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 June. 如果您的生日是在6月份, 请到总办 公室报名。)
6/23/26 Tue., 星期二 10:00-11:00AM	Presentation: Scam Awareness 讲座: 警惕诈骗的宣讲	Cindy from DFTA	Chinese	Large Dining Room 大饭厅

6/25/26 Thu., 星期四 8:30-2:00 PM	Field Trip: Brooklyn Botanic Garden 户外旅游: 布碌仑植物园	Margaret, Ivanka, Ngan Cheung & Yvone	English /Chinese	Brooklyn Botanic Garden 布碌仑植物园 (Please sign up in main office on Monday 6/15 /26 until sold out,请在 6/15/26 到办公室登记报名,直到售完为止)
6/25/26 Thu., 星期四 10:00 – 11:00 AM	Presentation: HIICAP Federal Medicare Plan related questions 讲座: 联邦医疗保险 (红蓝卡) 咨询协助计划介绍	Ms. Annie from DFTA	English/Chinese	Large Dining Room 大饭厅
6 /26 /26 Fri., 星期五 10:00-11:00 AM	Mental Health Presentation: Introduction to yoga and body- based techniques for mood regulation 身心灵健康讲座: 瑜珈,氣功和冥 想對心理健康的益處	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=bPWLaAqOX9hlVTKF2ZL8srBVU1a82g.1 Call in: 1 646 876 9923. Meeting ID: 937 1734 1725; Passcode: 8051878011
6/29/26 Mon., 星期一 10:00 AM-2:00 PM	DFTA provided for the Medicare Counseling assistance 老人局义工提供咨询协助和解答 任何红蓝卡医疗健康保险问题	Ms. Annie from DFTA	English/Chinese	Computer Lab. 电脑教室
6/29/26 Mon., 星期一 1:30- 2:30PM	Welcome New Members Meeting 欢迎新会员聚会	Staff 工作人员	English/Chinese	Small Dining Room 小饭厅
6/2026-11/2026 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=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	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

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>6/1 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>6/2 Baked chicken wings, baked potato, green cabbage, banana juice</p> <p>烤鸡翅, 高丽菜, 烤土豆, 香蕉, 果汁</p>	<p>6/3 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>6/4 BBQ chicken, sweet corn, shanghai greens, kiwi, juice</p> <p>烤鸡腿, 甜玉米, 上海菜, 猕猴桃, 果汁</p>	<p>6/5 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>6/6 Turkey burger, broccoli, juice 中餐: 烤火鸡肉饼, 西芥兰橙, 果汁</p> <p>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>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>6/8 Eggplant lasagna, napa cabbage, baked potato, orange, juice</p> <p>烤茄饼, 烤土豆, 大白菜, 橙, 果汁</p>	<p>6/9 Baked salmon fillet, baked beans, green cabbage, banana, juice</p> <p>烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁</p>	<p>6/10 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice</p> <p>鹹魚肉餅, 玉米, 西兰花, 苹果, 果汁</p>	<p>6/11 Beef meatballs, macaroni, mustard greens, kiwi, juice</p> <p>牛肉丸, 通心粉, 大芥菜, 猕猴桃, 果汁</p>	<p>6/12 Pork chops, mashed potato, sliced carrots w/ green beans, orange, juice</p> <p>烤猪扒, 土豆泥, 四季豆, 橙, 果汁</p>	<p>6/13 Baked breaded fish, broccoli /cauliflower, orange, juice 中餐: 烤鱼饼, 西芥兰/花椰菜, 橙, 果汁</p> <p>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>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六

<p>6/15 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice</p> <p>炖素菜, 烤地瓜, 大白菜, 橙, 果汁</p>	<p>6/16 Baked mushroom chicken, baked potato, green cabbage, banana, juice</p> <p>香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁</p>	<p>6/17 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>6/18 Baked chicken wings, French fries, mustard greens, kiwi, juice 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁</p> <p>☺☺☺☺☺☺☺☺ 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</p>	<p>6/19 Center is closed 中心关闭一天</p> <p>Juneteenth Day 废奴纪念日</p>	<p>6/20 Baked chicken patty, broccoli / cauliflower, orange, juice 中餐: 烤鸡肉饼, 西芥兰/花椰菜, 橙, 果汁</p> <p>Alternative: Lentil / masoor dal soup, basmati /c hapati, 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>
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
<p>6/22 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>6/23 BBQ chicken, baked potato, green cabbage, banana, juice</p> <p>烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁</p>	<p>6/24 Beef meatballs, macaroni, broccoli, apple, juice</p> <p>牛肉丸, 通心粉, 西兰花, 苹果, 果汁</p>	<p>6/25 Baked chicken wings, baked beans, shanghai greens, kiwi, juice</p> <p>烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果汁</p>	<p>6/26 Baked salmon fillet, sweet corn, carrots with green beans, orange, juice</p> <p>烤三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁</p>	<p>6/27 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 西芥兰, 橙, 果汁</p> <p>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>
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
<p>6/29 Eggplant parmesan, baked potato, bok choy, orange, juice</p> <p>烤茄饼, 烤土豆, 大白菜, 橙, 果汁</p>	<p>6/30 Baked mushroom chicken, macaroni, green cabbage, banana, juice</p> <p>香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁</p>	<p>7/1 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice</p> <p>鹹魚肉餅, 玉米, 西兰花, 苹果, 果汁</p>	<p>6/16/26 Tue., 星期二 9:30-2:00 PM</p> <p>Food Pantry 老人營養補充袋發放日</p>	<p>6/22/26 Mon., 星期一 1:30- 2:30PM</p> <p>June Birthday Party 6月份生日会</p>	<p>6/25/26 Thu., 星期四 8:30-2:00 PM</p> <p>Field Trip: Brooklyn Botanic Garden 户外旅游: 布碌仑植物</p>

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