



Selfhelp Innovative Older Adult Center

(Benjamin Rosenthal-Prince Street Innovative Older Adult Center)

纽约市本杰民-王子街创新型自强社区老人中心

45-25 Kissena Blvd., Flushing, NY 11355

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

July 1, 2026

Dear Members,

As we welcome the month of July, we would like to take a moment to recognize Independence Day (July 4th) and wish everyone a safe and enjoyable holiday.

July 4, also known as Independence Day in the United States, is a federal holiday that commemorates the adoption of the Declaration of Independence on July 4, 1776. On this day, the Thirteen American Colonies declared their independence from Great Britain, marking the birth of the United States of America. This year will celebrate 250th anniversary of this event.

Early Closing Notice

Please note the following changes to the center's schedule:

- **Thursday, July 2:** Center will close early at 2:00 PM , lunch service stops at 1 PM, all program activities end at 1:45 PM.
- **Friday, July 3:** Center will be closed to celebrate the Independence Day.
- **Saturday, July 4:** Center will resume regular operations

In accordance with Selfhelp policy, during July and August 2026, the center will close at 3 PM every Friday, except when operating as a cooling center.

Starting in July 2026, some classes will have adjusted days and times due to the center's early closing at 3:00 PM on Fridays. Please note that Friday classes will have slight schedule changes (see program session details).

Class and Special Events Update:

- **OATS Summer Quarter** – “Explore Tech” lectures in Mandarin and Cantonese are held every Wednesday from July 6 through September 14. Please see the weekly program for details.

- Monday Ping Pong will end at 1:25 PM and be held on the 1st and 3rd Mondays of each month.
- There has been a change in the time and location for Monday ER practice and Wednesday Blood Pressure Monitoring. In addition, the Wednesday Learning Spanish and Knitting classes will have updated times. Please refer to the weekly program for complete details.
- The mobile office of Assemblywoman Nily Rozic's team will be moved to the arts room. Please refer to the special events schedule for more details.
- Effective July 2026, the monthly birthday party will be held in the large dining room, and the karaoke class will begin at 2:30 PM.
- Starting in July 2026, lunch service will begin at 11:30 AM. All scheduled classes held in both the large and small dining rooms will be delayed by 30 minutes.

July Birthday Celebration

The July birthday party will be held on Monday, July 20 at 1:30 PM in the large dining room. Members, volunteers, and staff with July birthdays are encouraged to sign up in the office so we can have an accurate headcount and plan accordingly. The center will provide cake and tea, and we will celebrate by singing "Happy Birthday" in English, Mandarin, and Cantonese.

Field Trip Updated:

There will not be any field trips for the month of July and August due to the heat. Field trips will resume in September.

Updated Meal Service Times (Effective July 2026)

- Lunch and dinner are served Monday–Saturday for adults 60+.
- Lunch: Served at 11:30 AM; tickets available 9:30 AM–12:30 PM.
- Dinner: Tickets are available starting at 12:30 PM until full.
- Limit: One meal per person per day. Lunch ticket holders are not eligible for dinner.

Membership Renewal Regulation Update

Please remember to renew your membership for Fiscal Year 2027, which begins in July. Please bring your membership card when renewing. Monday–Saturday, 9:00 AM – 10:30 AM in the small dining room

- New membership: Requires making an appointment up to 5 people per day.
- Renewal Service: Update the personal information, sign the release form and fill out the Nutrition Survey completely to get sticker "27".

As summer begins, please be mindful of the dress code and personal hygiene. The dress code and personal hygiene notice have been posted on the bulletin board outside.

During the season, our center will also function as a cooling center. On extremely hot and humid days, extended hours will be determined by the NYC Department for the Aging. Please stay tuned to the center's bulletin board and listen for announcements during lunch time.

As the weather gets warmer, drink plenty of water and enjoy your summer!

Sincerely,

Karen Chen

Program Director

2026年7月1日

亲爱的会员们：

7月，我们将迎来一个伟大的节日--美国独立日，并祝愿大家共度这个改变历史的日子。

7月4日是美国的联邦法定假日，用于纪念1776年7月4日《独立宣言》的发布。在这一天，美国十三个殖民地正式宣布脱离英国统治，标志着美利坚合众国的诞生。今年将庆祝这一历史事件的250周年。

 **提前关门通知**

请注意中心开放时间的调整：

- **7月2日（星期四）：**下午2:00将提前关闭，午餐供应至下午1:00，所有课程及活动于下午1:45结束。
- **7月3日（星期五）：**庆祝美国独立日全天关闭。
- **7月4日（星期六）：**中心恢复正常开放。

根据Selfhelp公司政策，在2026年7月和8月期间，中心除了作为高温避暑中心（Cooling Center）开放外，也将在每周五下午3:00提前关闭。

自2026年7月起，由于中心每周五下午3:00提前关闭，部分课程的上课日期及时间将有所调整。请会员们仔细查看当月课程安排。

 **课程及特别活动更新**

- **OATS夏季季度课程——国语及粤语 Explore Tech（探索科技）课程时间表将于7月6日至9月14日期间的每周三举行。详情请参阅每周项目安排。**
- **周一乒乓球活动将于下午1:25结束，并改为每月第1周和第3周的星期一举行。**
- **周一的二胡练习以及周三量血压的时间和地点已有变更。此外，周三的西班牙语学习和编织课程时间也将有所调整。请查阅每周课程表以了解完整详情。**
- **州议员 Nily Rozic 团队的流动办公室将迁至艺术室。详情请参阅特别活动安排。**
- **自2026年7月起，每月生日聚会将在大餐厅举行，卡拉OK课程将于下午2:30开始。**

- 自 2026 年 7 月起，午餐供应时间将提前至上午 11:30。原定在大、小餐厅举行的所有课程将统一延后 30 分钟开始。

七月生日庆祝会

七月份生日会将于 7 月 20 日（星期一）下午 1:30 在大餐厅举行。欢迎七月份生日的会员、义工及员工到办公室报名，以便我们统计人数并做好安排。中心将提供蛋糕及茶点，并一起用英语、普通话及粤语演唱《生日快乐》。

外出活动更新

由于天气炎热，7 月及 8 月将暂停所有户外郊游活动（Field Trips）。户外郊游活动将于 9 月份恢复。

餐食服务时间更新（2026 年 7 月起生效）

- 午餐及晚餐于星期一至星期六供应，仅限 60 岁及以上长者。
- 午餐：上午 11:30 开始供应；餐券领取时间为上午 9:30 至下午 12:30。
- 晚餐：下午 12:30 开始发放餐券，派完即止。
- 每人每天限领取一份餐食。已领取午餐餐券者，不可领取晚餐。

会员续会通知（2027 财政年度）

新的财政年度已于 7 月份开始，请会员们记得办理“2027 财政年度”的会员续期。续期时，请麻烦携带您的会员卡。

每周星期一至星期六：上午 9:00--10:30，小餐厅办理。

- 新会员申请：需到前台办公室预约办理，每天仅限 5 位。
- 会员续期：需完成更新个人资料、签署授权同意书，并填写营养调查问卷（Nutrition Survey），完成后将获取"27"年度会员贴纸。

随着夏季来临，请大家注意衣着规范及个人卫生。相关通知已张贴于中心外公告栏，请会员们留意。

夏季期间，本中心也将作为“高温避暑中心”（Cooling Center）开放。如遇极端高温及高湿天气，中心是否延长开放时间将根据纽约市老人事务局（NYC Department for the Aging）的通知来进行变更。请随时关注中心布告栏的更新通知，并留意午餐服务期间的广播更新。

天气渐渐炎热，请会员们多喝水，保持良好心态，注意防暑，祝大家度过一个健康愉快的夏天！

此致

Karen Chen

项目主任

Emily Zhang 翻译者



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PROGRAM – July 2026 二零二六年七月份節目表

Lunch is served from 11:30AM- 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=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09 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	Cynthia Chou & Billy Lee	Chinese	Arts Room 艺术室
10:00-2:00PM (7/13 & 7/27)	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 电脑室 (Every other week 每隔一星期)
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=VDl1emVlK3NlVDlhNGVZUWNSUhhNQ09 Call in: 1-646-876-9923 ID: 983 3708 1842 Passcode: 7145136147

Time Change 时间更改 11:00-1:25 PM (Every 1st & 3rd Monday of every month 第一个和第三个星期一)	Ping Pong 乒乓 11:00-3:45 PM (Every 2nd & 4th Monday of every month 第二个和第四个星期一)	Mr. Yip	English/Chinese	Auditorium 礼堂
Time Change 时间更改 12:00 -1:45 PM	Er Hu Practice 二胡练习	Tong He Wu	Chinese	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
02:00-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅 (start 2:30pm on 7/20, 7 月 20 日下午 2:30 开始)
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 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
2:00-3:30 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
Time Change 时间更改 09:00- 10:30AM	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Arts Room 艺术室
Time Change 时间更改 10:30-11:30 AM	Keep On Track Program Blood Pressure Monitoring 量血压	Rebecca Wong	English/Chinese	Arts Room 艺术室
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert & Sophia Chin	Chinese	Auditorium 礼堂
Time Change 时间更改 11:30-12:30 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
02:00-3:30 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)
Time Change 时间更改 06:30-8:30 PM	Virtual Karaoke 视频卡拉 OK	Jane Chen & Bao Huang Du	Chinese	VSC 视频 https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09 ID: 953 3353 5555; Passcode: 742 160 3568

Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00AM 11:00-02:15 PM	Ping Pong 乒乓	Mr. Yip	English/Chinese	Auditorium 礼堂
08:30-10:45 AM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
09:00 – 11:00AM	Harmonica 口琴班	Ms. Wei Er Li	Chinese	Arts Room 艺术室
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	Elizabeth Tan	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	Chris Tina 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
02:00-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
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
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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
9:30 - 12:00 PM Time Change 时间更改	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- 1:30PM	Walking Dance 学习秧歌舞	Nina Zhou	Chinese	Auditorium 礼堂
12:30- 3:00 PM Time Change 时间更改	Oil Painting (101) 油画 (101)	ChrisTina Andersen	English	Arts Room 艺术室
02:00- 2:45 PM Time Change 时间更改	Karaoke 卡拉 OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
01:35-2:45 PM Time Change 时间更改	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=M2R3VWROSnhkOG9CQXMyaVIIUxRQT09 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 (Class cancelled on July 4). 七月四日, 课程取消。
02:00-03:30 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
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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/9533353555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09 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
7/1/26 – 7/31/26 Mon. to Sat. 周一至周六 9:00-10:30 AM	FY 2027 Membership Renewal Service 年度会员证更新	PAC & Volunteers	English /Chinese	Small dining room 小饭厅
7/4/26 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 https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGYY1Sh0pXhtFsUfqBrxIUZfg3.1 Call in: 1-646-876-9923 ID: 955 9181 6559; Passcode: 9311967443
7/8/26-9/16/26 Wed. 星期三 10:45-12:00PM (Mandarin 国语) 1:00-2:15PM (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)
7/11/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Butterfly Wind Chime 手工艺: 学习制作蝴蝶风铃	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)
7/14/26 & 7/28/26 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	Arts Room 艺术室 (Every 2 nd & 4 th Tuesday of every month 每个月的第二个和第四个星期二)
7/15/26 Wed., 星期三 10:00-11:00AM	Presentation: Fire Safety Workshop 讲座: 消防安全知識分享	FDNY Fire Safety Education Unit	English/Chinese	Large Dining Room 大饭厅
7/16/26 Thu., 星期四 10:00-11:00AM	Presentation: Fall Prevention and Wellness Workshop 讲座: 预防跌倒与健康	Frederick Perez	English/Chinese	Large Dining Room 大饭厅

7/17/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Gout and Diet 营养讲座: 痛風與飲食之關聯	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
7/20/26 Mon., 星期一 1:30- 2:30PM	July Birthday Party 7 月份生日会	Staff 工作人员	English /Chinese	Large Dining Room 大饭厅 (Please sign up in the main office if your birthday is in July. 如果您的生日是在 7 月份, 请到总办公室报名。)
7/21/26 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
7/21/26 Tue., 星期二 10:00-11:00AM	Presentation: NYC Bins 讲座: 宣讲纽约市卫生局垃圾桶强制规定政策	Jason Chen from NYC Department of Sanitation	English/Chinese	Large Dining Room 大饭厅
7/22/26 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 and Small Dining Room
7/31 /26 Fri., 星期五 10:00-11:00 AM	Mental Health Presentation: Finding Peace During Trying Times: Caring for our mental health while keeping up with the news 心理健康講座: 在艱難時期尋求 內心平靜—在關注新聞的同時維 護心理健康	Diana Shum, LMSW from CAPE	English/Chinese	Large Dining Room 大饭厅 and VSC 视频 Join Zoom Meeting https://selfhelp.zoom.us/j/93717341725?pwd=bPWLaAqOX9hIVTKF2ZL8srbVU1a82g.1 Call in: 1 646 876 9923; Meeting ID: 937 1734 1725 Passcode: 8051878011
7/2026–11/2026 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=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09 Call in: 1-646-876-9923; ID: 963 0027 6377 (Last day of this semester will be on July 1 st and will return in September)

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
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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 (class cancelled for summer break from 06/26/26 to 08/21/26) (6 月 26 日至 8 月 21 日, 课程因暑假而暂停。

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
July Birthday Party 7 月份生日会 7/20/26 Mon., 星期一 1:30- 2:30PM	Food Pantry 老人營養補充袋發 放日 7/21/26 Tue., 星期二 9:30-2:00 PM	7/1 Baked salmon fillet, baked beans, broccoli, apple, juice 烤三文鱼, 炖豆, 西 兰花, 苹果, 果汁	7/2 Tofu with mixed vegetable or baked breaded fish, mustard greens, French fries, kiwi, juice 豆腐蔬菜或烤鱼 饼, 大芥菜, 薯条, 猕猴桃, 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	7/3 Center is closed 中心关闭一天 Independence Day 美国国庆日	7/4 Turkey burger, broccoli, orange, juice 中餐: 烤火鸡肉饼, 西芥兰, 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
7/6 Cheesy whole wheat quesadillas with black beans, sweet potato, napa cabbage, orange, juice 全麦芝士玉米饼 配黑豆, 烤地瓜, 大白菜, 橙, 果汁	7/7 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果 汁	7/8 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	7/9 Beans with mixed vegetable or beef meatballs, French fries, mustard green, kiwi juice 豆类配杂蔬或牛肉 丸, 薯条, 大芥菜, 猕猴桃, 果汁	7/10 Cooked shrimp, baked beans, sliced carrots w/green beans, orange, juice 烤虾, 炖豆, 胡萝卜 四季豆, 橙, 果汁	7/11 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐: 烤鱼饼, 西芥兰/花椰 菜, 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

7/13 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	7/14 Baked salmon fillet, baked beans, green cabbage, banana, juice 烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁	7/15 Oven fried chicken wing, baked beans, broccoli, apple, juice 烤鸡翅, 炖豆, 西兰花, 苹果, 果汁	7/16 Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard green, kiwi, juice 鹰嘴豆金枪鱼沙拉或韩式烤鸡翅薯条, 大芥菜, 猕猴桃, 果汁	7/17 BBQ pulled pork, sweet corn, carrots with green beans, orange, juice 西式烤肉, 甜玉米, 胡萝卜四季豆, 橙, 果汁	7/18 Baked chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 西芥兰/花椰菜, 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
7/20 Baked vegetable burger or tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 烤蔬菜汉堡或豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	7/21 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	7/22 Chinese style roast pork, baked beans, broccoli, apple, juice 叉烧, 炖豆, 西兰花, 苹果, 果汁	7/23 Cheesy whole wheat quesadillas with black beans or Turkey burger, mustard greens, French fries, kiwi, juice 全麦芝士玉米饼配黑豆或火鸡肉饼, 大芥菜, 薯条, 猕猴桃, 果汁	7/24 Baked fish fillet, sweet corn, carrots with green beans, orange, juice 烤鱼排, 甜玉米, 胡萝卜四季豆, 橙, 果汁	7/25 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 西芥兰, 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
7/27 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	7/28 Baked salmon fillet, baked beans, green cabbage, banana, juice 烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁	7/29 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	7/30 Chickpea of the sea tuna salad or baked Korean chicken wing, French fries mustard greens, kiwi, juice 鹰嘴豆金枪鱼沙拉或韩式烤鸡翅薯条, 大芥菜, 猕猴桃, 果汁	7/31 Pork chops, baked potatoes, green beans, orange, juice 烤猪扒, 烤土豆, 四季豆, 橘, 果汁	8/1 Turkey burger, broccoli, orange, juice 中餐: 烤火鸡肉饼, 西芥兰, 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

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