



**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

August 1, 2026

Dear Members,

Welcome to the hottest month of the year! Senior Citizens Day is a designated day, typically observed on August 21st, to recognize and honor the achievements and contributions of older adults in society. It serves as a reminder to appreciate the elderly for their wisdom, experience, and the invaluable role they play in communities.

** Class and Special Events Update:**

- **The center will offer a technology class titled "Introduction to the IOS System for iPhone and iPad," taught by volunteer Ms. Carmen Lee. This class will be held on Tuesday from 1:00 PM to 2:30 PM in the Computer Room throughout August and September 2026. Please contact Joy Mau, Program Coordinator, to add your name to the waiting list if you are interested in participating in this program. Once a spot becomes available and your name reaches the top of the waiting list, the center's volunteer will contact you by phone. Please be sure to respond and confirm your participation in the class at that time.**
- **The Medicare Counseling Assistance program provided by DFTA has been rescheduled to Monday, August 17 and Monday, August 24, from 10:30 AM to 2:30 PM.**
- **New Member Welcome Meeting: If you join the center in July or August, please join us on August 31 to learn more about our programs and services.**
- **Nily Rozic's mobile office service hours will be suspended due to limited staff availability.**

** 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.
- **Restriction:** To ensure equitable access to meal services, adults aged 60 and older may sign up with only one Older Adult Center (OAC), either Latimer Gardens OAC or BRP OAC. Eligible participants may receive one meal per day. Those who receive lunch are not eligible for dinner on the same day. Meals are provided exclusively for eligible older adults and their spouses and are intended for their personal use only. Participants may not pick up or receive meals on behalf of relatives, friends, neighbors, or any other individuals.

August Birthday Celebration

The August birthday party will be held on Monday, August 24 at 1:30 PM in the large dining room. Members, volunteers, and staff with August 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 trip for the month of August due to the heat. Field trips will resume in September.

Membership Renewal Regulation Update

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

- **New Membership:** Appointments are required and may be scheduled at the main office front desk. A maximum of five new member appointments will be accepted per day.
- **Renewal Service:** Update the personal information, sign the release form and fill out the Nutrition Survey completely to get sticker ”27”.

Free Senior Medical Appointment Transportation: Funding provided by NYC Councilwoman Sandra Ung’s Office (Begin on August 10, 2026)

- **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.

Farmers' Market Nutrition Program (FMNP) Coupon Distribution

The New York State Department of Agriculture and Markets has informed NYC Aging that the number of Farmers' Market Nutrition Program (FMNP) coupon booklets available this year has been reduced due to the expiration of federal American Rescue Plan Act (ARPA) funding. Eligible participants may receive \$25 in Farmers' Market coupons to purchase fresh fruits, vegetables, and other eligible products at participating farmers' markets. When purchasing fruits and vegetables, please wash them thoroughly and cook them properly before eating to minimize the risk of cyclosporiasis and other foodborne parasitic infections.

BRP and Latimer OAC will distribute coupons at the same time. Please note that coupon booklets are limited in quantity and will be distributed on a first-come, first-served basis in accordance with NYC Department for the Aging guidelines.

The distribution date and time will be posted on the center bulletin board. Please look forward to upcoming notice.

Eligibility Requirements:

- Must be 60 years of age or older, must be a New York State resident, must meet the income guidelines based on household size.

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.

Please be mindful of the dress code and personal hygiene. The dress code and personal hygiene notices have been posted on the bulletin board outside.

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

Sincerely,

Karen Chen,
Program Director

2026年8月1日

亲爱的会员：

八月盛夏，烈日炎炎，蝉鸣声声，流萤飞舞。

八月是一年中最炎热的月份！长者日（Senior Citizens Day）通常定于8月21日，旨在表彰和感谢无私奉献社会的长者。长者的智慧、经验，以及他们在社区中所发挥的作用都是宝贵的社会财富。

课程及特别活动更新：

• 中心将于2026年8月至9月期间开设科技课程” iPhone 及 iPad iOS 系统入门” (Introduction to the IOS System for iPhone and iPad), 由义工 Carmen Lee 女士授课。课程将于每周二下午 1:00 至 2:30 在电脑室举行. 如有兴趣参加本课程, 请联络项目协调员 (Program Coordinator) 毛小姐 (Joy Mau), 将您的姓名加入候补名单. 当有名额空出且轮到您时, 中心将致电与您联系。

• 纽约市老人局 (DFTA) 提供的 Medicare (红蓝卡) 医疗保险咨询服务已改期至 8 月 17 日 (星期一) 及 8 月 24 日 (星期一), 服务时间为上午 10:30 至下午 2:30, 为 Medicare 受益人提供一对一保险咨询服务。

• 新会员欢迎会: 如果您是于 7 月或 8 月加入本中心的新会员, 请在 8 月 31 日来参加新会员欢迎会, 以便进一步了解本中心提供的各项课程及服务。

• 由于工作人员配备有限, Assemblywomen Nily Rozic 纽约州众议员李罗莎的流动办公室办公时间将暂时停止服务。

餐食服务时间更新 (2026年7月起生效)：

• 中心从星期一至星期六每天为 60 岁或以上的长者提供餐食。

• 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 开始派发餐券, 派完即止。

• 限制规定: 为确保所有参加者都能公平享用餐食服务, 凡 60 岁及以上长者 只能在一个长者活动中心 (OAC) 登记领取餐食, 即 Latimer Gardens 长者活动中心 或 BRP 长者活动中心二选一。每位符合资格的参加者每天仅限领取一份餐食。已领取午餐者, 当天不得领取晚餐。餐食仅提供给符合资格的长者及其配偶本人享用。请注意, 参加者不得代亲属、朋友、邻居或其他任何人士领取餐食, 餐食仅限本人或配偶领取。

八月份生日庆祝会:

八月份生日会将于 8 月 24 日 (星期一) 下午 1:30 在大饭堂举行。凡八月份生日的会员、义工及员工, 请到办公室登记, 以便中心统计人数并做好安排。中心将提供蛋糕及茶点, 并以英语、普通话及粤语一同欢唱《生日快乐》歌。

户外郊游活动更新:

由于天气炎热, 八月份将不安排户外郊游活动 (Field Trip)。活动将于九月份恢复。

会员续会规定更新:

请各位会员记得办理 2027 财政年度 (FY2027) 的会员续期。新财政年度已于 7 月开始, 办理续期时, 请携带您的会员证。办理时间: 星期一至星期六 上午 9:00 – 上午 10:30 (小饭厅)

• 新会员登记: 须提前预约, 可到中心前台办理预约。每天最多接受 5 位新会员注册。

- 会员续会: 更新个人资料、签署同意书 (**Release Form**)，并完整填写营养调查问卷 (**Nutrition Survey**)，即可领取“27”年度贴纸。

长者医疗预约免费交通服务:

由纽约市议员 **Sandra Ung** 办公室资助 (2026 年 8 月 10 日起开始提供服务)

- 服务对象：居住于皇后区 (**Queens**) 纽约市议会第 20 选区 (法拉盛) 的 60 岁或以上居民。
- 服务内容：提供前往纽约市五大行政区及纳苏 (**Nassau County**) 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** (星期一至星期五，上午 9:00 至中午 12:00) 预约。
- 如需了解详细信息，请向本中心社会服务部查询。

农夫市场营养补助计划 (**FMNP**) 优惠券发放:

纽约州农业及市场厅 (**New York State Department of Agriculture and Markets**) 已通知纽约市老人局 (**NYC DFTA**)，由于联邦《美国救援计划法案》(**American Rescue Plan Act, ARPA**) 资金已到期，今年可发放的农夫市场营养补助计划 (**FMNP**) 优惠券数量将有所减少。

符合资格者可领取价值 **25** 美元的农夫市场优惠券，用于在指定农夫市场购买新鲜水果、蔬菜及其他符合资格的农产品。购买水果及蔬菜后，请务必彻底清洗，并充分煮熟后食用，以降低感染环孢子虫病 (**Cyclosporiasis**) 及其他食源性寄生虫疾病的风险。

BRP 长者活动中心及 **Latimer** 长者活动中心将同时发放此优惠券。请注意，优惠券数量有限，活动将按照纽约市老人局 (**NYC DFTA**) 的规定，先到先得，发完即止。

优惠券发放日期及时间将张贴于中心的公告栏，敬请留意最新通知。

领取资格：

- 必须年满 **60** 岁或以上，
- 必须为纽约州五大区的居民，
- 家庭收入须符合规定标准

夏季期间，本中心亦将作为避暑中心 (**Cooling Center**) 开放。在天气特别炎热及潮湿的日子，中心是否延长开放时间将由纽约市老人局 (**NYC DFTA**) 决定。请留意中心公告栏及午餐时间广播通知。

请留意并遵守中心的服装规定及个人卫生要求。相关通知已张贴于中心外公告栏。

天气炎热，请您多补充水分，祝大家度过一个愉快的夏天！

此致
敬礼！

Karen Chen
Program Director 中心主任



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纽约市本杰民-王子街创新型自强社区老人中心

PROGRAM – August 2026 二零二六年八月份節目表

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=b2ICbWVqNTdpYlA3VlVPTzlnYWluUT09 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
10:30-2:30PM (8/17 & 8/24)	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) (Canceled on 8/10 ,8月10日取消)
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 https://selfhelp.zoom.us/j/98337081842?pwd=VDB1emVlK3NlVDlhNGVZUWNSUHNQT09 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
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 8/24, 8月24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=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 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=b3lUWjNGd2pvbDNKQ3h0Zmltc1p2QT09; Call in: 1-646-876-9923 ID: 975 1991 4122; Passcode: 324 664 5921

10:35-11:35AM	Sun' Style Tai Chi 孫氏太極	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 陈氏太極	Ms Estella Suen	Chinese	Auditorium 礼堂
09:00- 10:30AM	Learning Spanish 学习西班牙语	Mario Ramon	Spanish/English	Arts Room 艺术室
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
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)
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=UJXPQTBjcC9lUm55SEZ4N3pyZldwdz09 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
08:30-10:00 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 (Pre-registration is required 需要提前报名)
10:00 – 11:00AM	Dance Exercise Class 舞蹈健身课	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 (Pre-registration is required 需要提前报名)
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
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
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=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
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

Sunday 星期日

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
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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=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09 ID: 953 3353 5555; Passcode: 742 160 3568
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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
7/8/26-9/16/26 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)
8/1/26 – 8/31/26 Mon. to Sat. 星期一至星期六 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
8/1/26 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
8/3/26-8/27/26 Mon., 星期一 11:30AM-1:25PM Thu., 星期四 12:30PM-2:30PM	August Semi-Annual Ping Pong Tournament 八月份的乒乓球比赛	Mr. Yip	English /Chinese	Auditorium 礼堂 (Pre-registration is required 需要提前报名)
8/4/26-9/29/26 Tue., 星期二 1:00-2:30PM	Introduction to the IOS System for iPhone and iPad iPhone 和 iPad 的 IOS 操作系统 简介	Ms. Carmen Lee	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)
8/6/26 Thu., 星期四 10:00-11:00AM	Nutrition Presentation: Understanding the Difference Between Good Fats and Bad Fats 营养讲座: 了解好脂肪与坏脂肪 的区别	Elderplan Home First	English /Chinese	Large Dining Room 大饭厅
8/8/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Lily Flower 手工艺: 制作百合花	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)
8/11/26 Tue., 星期二 10:00 – 11:00 AM	Presentation: Senior Housing Benefits 讲座: 老年人住房福利	Mr. Bai from ABI Health Care	English /Chinese	Large Dining Room 大饭厅

8/12/26 Wed., 星期三 10:00-11:00AM	Presentation: Elder Abuse 讲座: 老人虐待	Ms Deepa from Met Council	English/Chinese	Large Dining Room 大饭厅
8/18/26 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
8/18 /26 Tue., 星期二 10:00-11:00AM	Presentation: Oral Hygiene 健康讲座: 口腔卫生	Elena Chen	English/Chinese	Large Dining Room 大饭厅
8/19/26 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
8/21/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Eat Healthy to avoid Constipation 营养健康讲座: 健康饮食, 预防便秘	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
8/24/26 Mon., 星期一 1:30- 2:30PM	August Birthday Party 8 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 August. 如果您的生日是在 8 月份, 请到总办公室报名。)
8/26/26 Wed., 星期三 10:00-11:00 AM	Navigating Grief and Loss 走過悲傷與失落	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
8/31/26 Mon., 星期一 1:30- 2:30PM	Welcome New Members Meeting 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 July or August or earlier, 七月、八月或更早前注册的新会员)
8/2026–11/2026 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=SkpFR052NmNPRzN0RWlSYTJKVWJIZz09; 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

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	Special Events 特别活动	Special Events 特别活动	Friday 星期五	Saturday 星期六
August Semi-Annual Ping Pong Tournament 八月份的乒乓球比赛 8/3/26-8/27/26 Mon., 星期一 11:30AM-01:25PM Thu., 星期四 12:30PM-2:30PM	Food Pantry 老人營養補充袋發放日 8/18/26 Tue., 星期二 9:30-2:00 PM	August Birthday Party 8 月份生日会 8/24/26 Mon., 星期一 1:30- 2:30PM	Welcome New Members Meeting 新会员欢迎聚会 8/31/26 Mon., 星期一 1:30- 2:30PM		8/1 Turkey burger, broccoli, orange, juice 中餐:烤火鸡肉饼,西兰花,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
8/3 Eggplant parmesan baked sweet potato, Bok Choy, orange, juice 烤茄饼,烤地瓜,大白菜,橙,果汁	8/4 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿,高丽菜,烤土豆,香蕉,果汁	8/5 Whole wheat cheese pizza, baked bean, broccoli, apple, juice 全麦芝士披萨,炖豆,西兰花,苹果,果汁	8/6 Baked vegetable burger or beef meatball, French fires, mustard green, kiwi, juice 烤蔬菜饼或是牛肉丸,大芥菜,猕猴桃,果汁	8/7 Baked breaded shrimp, sweet corn, carrots with green beans, orange, juice 烤虾,甜玉米,胡萝卜四季豆,橙,果汁	8/8 Chicken patty, broccoli / cauliflower, orange, juice 中餐:烤鸡饼,西兰花/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
8/10 Baked vegetable burger, tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼,豆腐蔬菜,大白菜,烤地瓜,橙,果汁	8/11 Baked chicken wing, baked potato, green cabbage, banana, juice 烤鸡翅,高丽菜,烤土豆,香蕉,果汁	8/12 Tofu with mix vegetable or baked breaded fish, French fries, broccoli, apple, juice 豆腐蔬菜或是烤鱼饼,薯条,西兰花,苹果,果汁	8/13 Baked salmon fillet, baked bean, mustard green, kiwi, juice 烤三文鱼,炖豆,大芥菜,猕猴桃,果汁	8/14 Pork chops, sweet corn, sliced carrots w/ green bean, orange, juice 烤猪扒,甜玉米,四季豆,橙,果汁	8/15 Turkey burger, broccoli, orange, juice 中餐:烤火鸡肉饼,西兰花,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
8/17 Cheesy whole wheat quesadillas with black beans, sweet potato, napa cabbage, orange, juice 黑豆芝士饼,烤地瓜,大白菜,橙,果汁	8/18 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿,高丽菜,烤土豆,香蕉,果汁	8/19 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	8/20 Bean with mixed vegetable or beef meatball, French fries, mustard green, kiwi, juice 蔬菜杂豆或是牛肉丸,薯条,大芥菜,猕猴桃,果汁	8/21 Cooked shrimp, baked bean, sliced carrots w/green bean, orange, juice 烤虾,炖豆,胡萝卜四季豆,橙,果汁	8/22 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐:烤鱼饼,西兰花/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,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
8/24 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜,大白菜,烤地瓜,橙,果汁	8/25 BBQ pulled pork, baked potato, green cabbage, banana, juice 西式烤肉,高丽菜,烤土豆,香蕉,果汁	8/26 Oven fried chicken wing, baked bean, broccoli, apple, juice 烤鸡翅,炖豆,西兰花,苹果,果汁	8/27 Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard green, kiwi, juice 金枪鱼鹰嘴豆沙拉或是烤鸡排,薯条,大芥菜,猕猴桃,果汁	8/28 Baked salmon fillet, sweet corn, carrots with green bean, orange, juice 三文鱼,甜玉米,胡萝卜四季豆,橙,果汁	8/29 Baked chicken patty, broccoli / cauliflower, orange, juice 中餐:烤鸡饼,西兰花/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
8/31 Baked vegetable burger or tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼或豆腐蔬菜,大白菜,烤地瓜,橙,果汁	9/1 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿,烤土豆,高丽菜,香蕉,果汁				

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