



**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

September 1, 2026

Dear Members,

Welcome to the start of autumn! Labor Day, celebrated on the first Monday of September, honors the contributions of American workers and the labor movement. Recognized as the unofficial end of summer, the holiday is often marked by parades, gatherings, and family celebrations while reminding us of the importance of workers' rights.

** Early Closing Notice**

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

- **Friday, September 4:** Center will close early at 2:00 pm, lunch service stops at 1 pm, all program activities end at 1:45 pm. Regular Friday programming will resume thereafter.
- **Saturday, September 5:** Center will resume regular operations.
- **Monday, September 7:** Center will be closed to celebrate Labor Day.

** Class and Special Events Update:**

- **Ballroom dance schedule update:** The Wednesday Ballroom Dance class will now be held from 1:30 pm to 3:00 p.m. Following the class, a new instructor will offer a beginner ballroom dance lesson from 3:00 p.m. to 3:45 p.m.
- **Zumba returns this Fall.** Stay active and energized with our 10-week Zumba program, generously sponsored by Council Member Sandra Ung. Classes will be held at the center every Thursday from 9:00 am to 10:00 am, running from September 10 through November 12.
- **The DFTA Medicare Counseling Assistance Program** will be available in September on the 2nd and 4th Mondays of the month, September 14 and September 28, from 10:30 am to 2:30 pm.
- **Mid-Autumn Moon Festival Meal Holiday Giveaway** scheduled on September 24, 2026, from 12:30 pm to 2:30 pm.

- The MTA Mobile Bus service will visit the center this month on Tuesday September 29 from 10:00 am. – 2:00 pm to assist seniors with reduced fare card & OMNY card related issues.

Updated Meal Service Times & Meal Voluntary Contribution Policy

- In the month of September, a limited number of grab and go meals will be served from 1:30-2:30 pm.
- Lunch tickets are available from 9:30 AM to 12:30 PM. Dinner tickets will be distributed beginning at 12:30 PM and are available until all spots are filled. Tickets are distributed on a first-come, first-served basis.
- Members who receive a lunch ticket will not be eligible for a dinner ticket and grab-and-go meal.
- Our center will be serving both lunch and dinner meals to seniors over 60 years old from Monday through Saturday. Lunch will be served starting at 11:30 am. If you need to pack up your meals, you will need to bring your own containers.
- 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. 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.
- Daily meal contributions are voluntary and anonymous. Any contribution made is kept confidential, and the suggested contribution amount is only a guideline. No individual age 60 or older will be denied a meal or services based on the amount of their contribution or their inability to contribute.

Dining Room Policy & Procedures

- To help ensure a smooth, safe, and organized meal service, all participants aged 60 and older must be seated in the dining room before joining the meal line to receive lunch. Please follow the directions of our staff and volunteers, who will assist with seating and assign seats as needed.
- For participants aged 60 and older who prefer take-out meals, please wait in the auditorium beginning at 11:30 a.m. Staff and volunteers will provide instructions when it is time to form a line and proceed to the large dining room to pick up your meal.
- The small dining room is reserved as a priority seating area for older adults with mobility challenges, including those who use a cane, rollator, wheelchair, or receive assistance from a Home Health Aide (HHA).

September Birthday Celebration

The September birthday party will be held on Monday, September 21 at 1:30 pm in the large dining room. Members, volunteers, and staff with September 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 Update:

- Join us for a trip to the New York Aquarium in Coney Island on Thursday, September 17. The bus departs at 8:30 am.
- Registration Opens: Tuesday, September 8 at 8:30 am
- Available Spots: 52 members
- Fee: \$20 (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 (one museum, one zoo, and one botanical garden).

Membership Renewal Regulation Update

Please remember to renew your membership for Fiscal Year 2027, which began in July.

- **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.
- **Membership renewal reminder:** Please bring your membership card when renewing your membership in September 2026. Renewal hours have changed and will now be held on Mondays, Wednesdays, Fridays, and Saturdays from 9:00 a.m. to 10:30 a.m. in the small dining room.
- **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

- **Eligibility:** Queens residents (60+) living in City Council District 20 (zip code 11354 & 11355).
- **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.

Health tip: Sudden changes in weather can affect your health. Make sure to consult your doctor and get your flu shot to stay protected.

Sincerely,

Karen Chen,
Program Director

亲爱的会员们：

“停车坐爱枫林晚，霜叶红于二月花”，唐代诗人杜牧这样描述色彩缤纷的秋色。

每年九月的第一个星期一是联邦假日--劳动节 (Labor Day)，用以纪念劳动者对国家辛勤的奉献。劳动节也被视为夏季的非正式结束，人们通常通过游行、聚会和家庭庆祝活动来纪念这个节日，同时也提醒我们维护劳动者权益的重要性。

中心时间安排变化通知

请注意以下时间安排的变化：

- 9月4日（星期五）：中心将于下午 2:00 提前关闭，午餐服务于下午 1:00 结束，所有课程及活动将于下午 1:45 结束。此后，周五活动安排将恢复正常
- 星期六（9月5日）：中心恢复正常运作。
- 星期一（9月7日）：中心将关闭一天，以庆祝劳动节。



课程及特别活动更新:

- 舞厅舞蹈课程时间更新：星期三的舞厅舞蹈课程现在将于下午 1:30 至 3:00 举行。舞厅舞蹈课程结束后，中心将安排教授初级舞厅舞蹈课程，新课程将从下午 3:00 至 3:45 进行。
- 尊巴舞 (Zumba) 今年秋季回归：保持活跃、充满活力！感谢市议员 Sandra Ung 的慷慨赞助，本中心将举办为期 10 周的尊巴舞课程。课程将在中心每星期四上午 9:00 至 10:00 举行，时间为 9 月 10 日至 11 月 12 日。
- DFTA Medicare 医疗保险咨询援助计划：将于 9 月份的第二和第四个星期一提供咨询服务，日期为 9 月 14 日和 9 月 28 日，时间为上午 10:30 至下午 2:30。
- 中秋节节日餐食赠送活动：将于 2026 年 9 月 24 日下午 12:30 至 2:30 举行。
- MTA 流动巴士服务：将于星期二 9 月 29 日上午 10:00 至下午 2:00 在中心进行，为长者提供半价地铁卡 (Reduced Fare Card) 及 OMNY 卡相关问题的协助。



餐食服务时间更新及自愿捐献政策:

- 九月份，中心将提供数量有限的外带餐 (Grab and Go)，领取时间为下午 1:30 至 2:30。
- 中心的午餐票发放时间为上午 9:30 至中午 12:30。晚餐餐券將於下午 12:30 開始發放，直至額滿為止。所有餐券均採取先到先得方式發放。

- 领取午餐票的会员将不再有资格领取晚餐票和外带餐。
- 本中心将于周一至周六为 60 岁及以上长者提供午餐和晚餐服务。午餐供应时间为上午 11:30 开始。如果您需要将餐食打包带走，请自备餐盒。
- 限制规定：为确保餐食服务公平地提供给所有会员，60 岁及以上的长者只能在一个老人中心（OAC）登记，即 Latimer Gardens OAC 或 BRP OAC，二者只能选择一个。符合资格的参加者每天可领取一份餐食。餐食仅提供给符合资格的长者及其配偶，可在中心享用。参加者不得代替亲属、朋友、邻居或任何其他人士领取或享用餐食。
- 每日餐食捐献：每日餐食捐献是自愿、匿名的。任何捐献都会被保密，建议捐献金额仅作为参考。任何 60 岁及以上的长者，都不会因为捐献金额或无法捐献而被拒绝提供餐食或服务。

餐厅政策及程序

- 为确保每日餐食服务能够顺利、安全、有秩序地进行，午餐开放前，所有 60 岁及以上的参加者在排队领取餐食之前，必须先餐厅内就座。如果餐厅座位已满，请在礼堂等候工作人员和志愿者的安排。请大家配合工作人员和志愿者的指示，并按照安排就座。如有特殊需要，请提前告知工作人员或志愿者，以便我们为您提供适当的协助。
- 对于需要领取外带餐的 60 岁及以上参加者，请于上午 11:30 开始在礼堂等候。请耐心等待工作人员和志愿者的指示和安排，他们会在适当的时候引导大家前往大餐厅领取餐食。
- 小餐厅是优先座位区，专门为行动不便的长者保留，包括使用手杖、助行器（rollator）、轮椅，或接受家庭健康护理（HHA）帮助的长者。

🍰 9 月份生日庆祝会:

九月份生日会将于 9 月 21 日（星期一）下午 1:30 在大饭堂举行。凡九月份生日的会员、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，并用三种语言唱生日歌（英语、普通话和粤语）予以祝贺。

🚌 外出活动更新:

欢迎参加户外郊游活动。中心将于 9 月 17 日（星期四）前往康尼岛纽约水族馆（New York Aquarium）。巴士将于当天上午 8:30 准时从中心出发。

- 报名时间：9 月 8 日（星期二）上午 8:30；
- 名额：52 位会员；
- 费用：\$20（包括交通费用、门票、午餐，水和小零食）。

- 请到办公室查看外出活动规定并报名。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、植物园各限一次）。详细信息请查看“特别活动”。

会员续期规定更新:

请各位会员办理 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，星期三，星期五和星期六上午 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。
- 会员续期: 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。

免费长者医疗预约交通服务: 由纽约市议员 Sandra Ung 办公室提供资金支持的长者医疗预约免费交通服务

- 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 (邮政编码: 11354 & 11355)。
- 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。

健康小贴士：秋天天气变化可能会造成您身体的不适，请务必咨询您的医生，并接种流感疫苗，以保护自己的健康。

顺颂秋安！

项目主任：
Karen Chen

翻译者：
Emily Zhang



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(Benjamin Rosenthal-Prince Street Innovative Older Adult Center)

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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 – September 2026 二零二六年九月份節目表

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
10:30-2:30PM (9/14 & 9/28)	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=VDl1emVlK3NlVDlhNGVZUWNSUUhNQ09 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 9/21, 9月21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=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09; 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
10:00-11:30 AM	Wai Dan Gong 外丹功	Albert & Sophia Chin	Chinese	Auditorium 礼堂
10:30-11:30 AM	Keep On Track Program: Blood Pressure Monitoring 量血压	Rebecca Wong	English/Chinese	Arts Room 艺术室
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 (Canceled on 9/9, 9月9日取消)
01:30-3:00 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)
New 新课程 03:00-3:45 PM	Learn Basic Ballroom Dancing 学习交际舞的基本舞步	Xiangze Huang & Man Lai Chan	Chinese	Auditorium 礼堂 (Cancelled on 09/16, 9月16日取消)

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/9533353555?pwd=UXJPOTBjcC9lUm55SEZ4N3pyZldwdz09 ID: 953 3353 5555; Passcode: 742 160 3568
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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 (Canceled from 9/10/26 to 11/12/26) 9/10 – 11/12 取消 Time Change 时间更改 11:05-02:15 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) (Canceled on 9/24, 9 月 24 日取消)
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) (Canceled on 9/24, 9 月 24 日取消)
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 (Canceled on 9/17, 9 月 17 日取消)
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	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	Chinese Classic Dance 中国古典舞	Nina Zhou	Chinese	Auditorium 礼堂
12:30- 3:00 PM	Oil Painting (101) 油画 (101)	ChrisTina Andersen	English	Arts Room 艺术室
02:00- 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=M2R3VWRQSnhkOG9CQXMyaVIIUxRQT09_ID:92343629304;Passcode:2297166017

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 (Canceled on 9/5, 9月5日取消)
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
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)
8/4/26-9/29/26 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)
9/1/26 – 9/30/26 Mon., Wed., Fri., & Sat. 周一, 周三, 周五和 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
9/10/26-11/12/26 Thu., 星期四 9:00-10:00 AM 10 Week sessions	Zumba Exercise 有氧舞蹈健身运动	Rueben Edwards	English	Auditorium 礼堂
9/12/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Memory Bracelet 手工艺: 制作纪念手链	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)
9/15/26 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

9/16/26 Wed., 星期三 10:00-11:00 AM	Mental Health Presentation: Mental Health Bingo Game 身心健康讲座: 心理健康賓果遊戲	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
9/17/26 Thu., 星期四 8:30-2:00 PM	Field Trip: NY Aquarium in Brooklyn 户外旅游: 布鲁克林纽约水族馆	Margaret, Galilee, Yvonne & Mr. Cheung,	English /Chinese	Please sign up in main office on 9/8 until sold out, 请在 9/8 到办公室报名, 直到售完为止。
9/18/26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Diet and Kidney Stones 营养健康讲座: 飲食和腎結石	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
9/21/26 Mon., 星期一 10:00-11:00AM	Nutrition Presentation: Diabetes is Not Scary Anymore 营养健康讲座: 正确认识糖尿病, 不再害怕糖尿病	Ms Tan, Certified Diabetes Educator Specialist	English /Chinese	Large Dining Room 大饭厅
9/21/26 Mon., 星期一 1:30- 2:30PM	September Birthday Party 9 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 September. 如果您的生日是在 9 月份, 请到总办公室报名。
9/23/26 Wed., 星期三 10:00-11:00 AM	Presentation: High Blood Pressure 讲座: 高血压	John Yang Lee MD from Health First	English /Chinese	Large Dining Room 大饭厅
9/23/26 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
9/24/26 Thu., 星期四 12:30 PM to 02:30 PM	Mid-Autumn Moon Festival Meal Giveaway 中秋节免费午餐	Assemblywoman Nily Rozic	English /Chinese	Auditorium 礼堂
9/26/26 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=uzVHGWWY1Sh0pXhtFsUfqBrxIUZfg3.1 Call in: 1-646-876-9923 ID: 955 9181 6559; Passcode: 9311967443
9/28/26 Mon., 星期一 10:00-11:00AM	Presentation: Seven Steps To Improve Your Memory 讲座: 改善记忆力的 7 个步骤	Roy from Sunnyside Community Services	English /Chinese	Large Dining Room 大饭厅
9/29/26 Tue., 星期二 10:00 – 2:00 PM	MTA On-site Services 老人半价乘车服务	Staff 工作人员	English /Chinese	In front of center 中心大门口

9/30/26 Wed., 星期三 10:00-11:00 AM	Mental Health Presentation: Healthy Sleep 身心灵健康讲座:睡眠健康	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
9/2026-11/2026 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
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	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Food Pantry 老人營養補充袋 發放日 9/15/26 Tue., 星期二 9:30-2:00 PM	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	9/2 Chinese style roast pork, baked bean, broccoli, apple, juice 叉烧, 炖豆, 西芥兰, 苹果, 果汁	9/3 Cheesy whole wheat quesadillas with black bean or Turkey burger, mustard green, mashed potato, kiwi, juice 黑豆芝士饼 或 火鸡肉饼, 大芥菜, 土豆泥, 猕猴桃, 果汁	9/4 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 ❀❀❀❀❀❀❀ 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	9/5 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
9/7 Center is Closed 中心休息一天 Labor Day 国定假日 劳动节	9/8 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	9/9 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西芥兰, 苹果, 果汁	9/10 Chickpea of the sea tuna salad or baked chicken wing, French fries mustard green, kiwi, juice. 鷹嘴豆素金枪鱼沙拉或 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁	9/11 Pork chops, macaroni, green bean, orange, juice 烤猪扒, 通心粉, 四季豆, 橘, 果汁	9/12 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

9/14 Eggplant parmesan, baked potato, Bok Choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	9/15 BBQ chicken, baked sweet potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤地瓜, 香蕉, 果汁	9/16 Whole wheat cheese pizza, baked bean, broccoli, apple, juice 全麦奶酪披萨, 炖 豆, 西芥兰, 苹果, 果汁	9/17 Baked vegetable burger or beef meatball, French fries, mustard green, kiwi, juice 烤蔬菜饼 或 牛肉 丸, 大芥菜, 猕猴桃, 果汁	9/18 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	9/19 Chicken patty, broccoli / cauliflower, orange, juice 中餐: 烤鸡饼, 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
9/21 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	9/22 Baked chicken wing, spaghetti, green cabbage, banana, juice 烤鸡翅, 高丽菜, 炒意面, 香蕉, 果汁	9/23 Baked salmon fillet, mustard green, baked bean, kiwi, juice 烤三文鱼, 大芥菜, 炖豆, 猕猴桃, 果汁	9/24 Tofu with mixed vegetable or baked breaded fish, French fries, broccoli, apple, juice 豆腐蔬菜 或 烤鱼 饼, 薯条, 西芥兰, 苹果, 果汁	9/25 Roast pork, sweet corn, sliced carrots w / green bean, orange, juice 叉烧, 甜玉米, 四季 豆, 橙, 果汁	9/26 Turkey burger, broccoli, 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	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动
9/28 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	9/29 BBQ chicken, mashed potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 土豆泥, 香蕉, 果汁	9/30 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西 芥兰, 苹果, 果汁	10/1 Bean with mixed vegetable or beef meatball, French fries, mustard green, kiwi, juice 蔬菜杂豆 或 牛肉 丸, 薯条, 大芥菜, 猕猴桃, 果汁	Field Trip: NY Aquarium in Brooklyn 户外旅游: 布鲁克林 纽约水族馆 9/17/26 Thu., 星期四 8:30-2:00 PM	September Birthday Party 9 月份生日会 9/21/26 Mon., 星期一 1:30- 2:30PM

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