



**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

October 1, 2026

Dear Members,

Time flies so quickly, and the holiday season will soon be here. As the weather continues to become cooler, please remember to stay warm and take good care of your health.

** Class and Special Events Update:**

- **The new OATS Exploring Technology lectures and workshops will take place every Monday and Wednesday from 2:00 PM to 3:15 PM, starting October 5 and running through December 9, 2026. Stephanie Poon will be the technology instructor for these sessions. The computer lab will be open to all members, except during scheduled classes and members must sign in when using the lab. Attendance will be recorded and reported in compliance with DFTA requirements.**
- **The DFTA Medicare Counseling Assistance Program will be available on October 7 & October 21 from 10:45 am to 1:45 pm.**
- **The Wednesday Beginner Ballroom Dance class (3:00 PM to 3:45 PM) is canceled until further notice. The regular ballroom session will be held from 1:30 PM to 3:30 PM.**
- **New Member Welcome Meeting: If you joined the center in September or October, please join us on October 26 to learn more about our programs and services.**

** October Birthday Celebration**

The October birthday party will be held on Tuesday, October 20 at 1:30 pm in the large dining room. Members, volunteers, and staff with October 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 Old Westbury Gardens on Thursday, October 15, 2026. The bus departs at 9:00 am.
- Registration Opens: Monday, October 5, at 8:30 am
- Available Spots: 52 members
- Fee: \$10 (includes transportation, admission, lunch, and refreshments)
- Please visit the office to review field trip guidelines and sign up. Reminder: Members may register for a maximum of three trips, limited to one destination per category (one museum, one zoo, and one botanical garden).

Meal Service Times & Meal Voluntary Contribution Policy

- 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.
- 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).

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. 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.

Friendly Reminder: As flu season arrives, please take a moment to schedule your flu shot if you haven't already. If you're feeling under the weather or not quite yourself, don't hesitate to reach out to your family doctor for advice and be sure to give yourself the rest you need at home.

Let's all do our part to stay healthy, protect one another, and keep our community safe and strong. Thank you and take good care of yourself!

Best Regards,

Karen Chen
Program Director

亲爱的会员们：

十月金秋，桂花飘香。十月是丰收的日子，十月是秋高气爽的季节。

随着天气持续变凉，请大家注意保暖并照顾好自己的身体。

课程和特别活动更新

- 新的 OATS 探索科技 (Exploring Technology) 讲座和工作坊将于 2026 年 10 月 5 日至 12 月 9 日期间，每周一和周三的下午 2:00 至 3:15 举行。Stephanie Poon 将担任这些课程的授课老师。除了固定的课程时间外，电脑室将向所有会员开放，会员在使用电脑室时必须登记签到。考勤记录将被记录并按照 DFTA 的要求上报。
- DFTA 联邦医疗保险咨询援助计划 (Medicare Counseling Assistance Program) 将在 10 月 7 日和 10 月 21 日上午 10:45 至下午 1:45 为会员们提供服务。
- 周三初级国标舞班 (下午 3:00 至 3:45) 暂停上课，恢复时间另行通知。交际舞课程将于下午 1:30 至 3:30 进行，直至另行通知。
- 新会员欢迎会：如果您是在 9 月或 10 月加入中心的，请于 10 月 26 日参加我们的欢迎会，以了解更多关于我们的项目和服务的信息。

十月生日庆祝活动

十月份生日会将于 10 月 20 日 (星期二) 下午 1:30 在大饭堂举行。凡十月份生日的会员、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、普通话及粤语欢唱《生日快乐》歌。

户外郊游活动更新

- 欢迎参加 2026 年 10 月 15 日 (星期四) 前往 Old Westbury Gardens 的户外郊游活动。巴士将于上午 9:00 准时出发。
- 开放报名时间：10 月 5 日 (星期一) 上午 8:30
- 名额：52 位会员
- 费用：\$10 美元 (包含交通、门票、午餐及小零食)
- 请前往办公室查阅外游须知并报名。

温馨提示：每位会员一年中最多可报名三个外出活动，每个类别活动仅可报名一次 (博物馆、动物园，植物园各限一次)。详细信息请查看“特别活动”

餐食服务时间及餐食自愿捐助政策

- 午餐券发放时间为上午 9:30 至中午 12:30。晚餐券将于下午 12:30 开始发放，发完即止。餐券按“先到先得”的原则发放。
- 领过午餐券的会员将无法再领取晚餐券。
- 我们中心将于周一至周六为 60 岁以上的长者提供午餐和晚餐。午餐将于上午 11:30 开始供应。如果您需要将餐食打包带走，请自备餐盒。

- 限制规定：为确保餐食服务的公平地提供给所有会员，60岁及以上的长者仅可在一家长者中心（OAC）登记，即 **Latimer Gardens OAC** 或 **BRP OAC**，二者只能选择一个。符合条件的参与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，在中心享用。参与者不得代表亲戚、朋友、邻居或任何其他人士领取或享用餐食。
- 每日餐食捐助均为自愿且匿名进行。所作的任何捐助都会予以保密，建议的捐助金额仅供参考。不会因为捐助金额的多少或无力捐助而拒绝为任何 60 岁或以上的个人提供餐食或服务。

餐厅政策与流程

- 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。

会员资格更新规定更新

- 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（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（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。

温馨提示：随着流感季的到来，如果您尚未接种流感疫苗，请抽出时间预约接种。如果您感到身体不适或状态欠佳，请联系您的家庭医生寻求建议，并务必在家里好好休息。

顺颂秋祺！

项目主任：Karen Chen

翻译者：Emily Zhang



Selfhelp Innovative Older Adult Center

(Benjamin Rosenthal-Prince Street Innovative Older Adult Center)

PROGRAM – October 2026 二零二六年十月份節目表

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. & Dian	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
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
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=b21CbWVqNTdpYlA3VlVPTzlnYWluUT09 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 (start 2:30 pm on 10/20, 10月20日下午2:30开始)
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- 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
Time Change 时间改变 10:45-1:45PM (10/7 & 10/21)	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 Poon from DFTA	English/Chinese	Computer Lab 电脑室 (Every other week 每隔一星期)
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. (需要出示本中心会员證)
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=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 (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)
10:00 – 11:00AM	Dance Exercise Class 舞蹈健身课	Freda Chuang	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	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 (Canceled on 10/15, 10 月 15 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

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=d0JqN2VWNk8wcUpwb2x1NS8yV081dz09 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/95333535555?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
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
10/1/26 – 10/31/26 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
10/3/26 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
10/5/26-12/7/26 Mon., 星期一 2:00-3:15pm (Cantonese 广东话) ***** 10/7/26-12/9/26 Wed. 星期三 2:00-3:15pm (Mandarin 国语)	Explore Tech Lectures & Workshops 技术探索课程	Stephanie Poon from OATS	Chinese	Computer Lab 电脑室 (Pre-registration is required 需要提前报名)
10/10/26 Sat. 星期六 12:30-2:30PM	Arts and Crafts: Clip on Earrings and Ring 手工艺: 夹式耳环和戒指	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)
10/12/26 Mon., 星期一 10:00-11:00AM	Presentation: What is CenterLight PACE? 讲座: 什么是 CenterLight PACE	Mr Schumann from CenterLight	English /Chinese	Large Dining Room 大饭厅
10/14/26 Wed., 星期三 10:00-11:00 AM	Mental Health Presentation: Mental Health Bingo Game 身心灵健康讲座: 心理健康宾果游戏	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

10/15/26 Thu., 星期四 8:30-2:00 PM	Field Trip: Old Westbury Gardens 户外旅游: 旧韦斯特伯里花园	Emily, Margaret, Mr. Li & Benjamin	English /Chinese	Please sign up in main office on Monday ,10/5/2026 until sold out, 请在星期 一,10/5/2026 到办公室报名,直到售完为止。
10/16 /26 Fri., 星期五 10:00-11:00 AM	Nutrition Presentation: Dietary and Hypothyroidism 营养健康讲座: 飲食與甲狀腺功 能減退症	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
10/20/26 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
10/20/26 Tue., 星期二 1:30- 2:30PM	October Birthday Party 10 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 October. 如果您的生日是在 10 月份, 请到总办公室报 名。
10/21/26 Wed., 星期三 10:00-11:00 AM	Presentation: Medicare Annual Enrollment 讲座: 老人醫療保險計劃	Health First	English /Chinese	Large Dining Room 大饭厅
10/21/26 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
10/22/26 Thu., 星期四 10:00-11:00AM	Presentation: Fall Prevention 讲座: 预防跌倒	Dr. Sun from ABI	English /Chinese	Large Dining Room 大饭厅
10/26/26 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 September or October or earlier, 九月、十月或 更早前注册的新会员)
10/28/26 Wed., 星期三 10:00-11:00 AM	Mental Health Presentation: Strengthening Memory and Brain Game 身心灵健康讲座: 提升記憶力和 腦力遊戲	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=bPWLaAqOX9hIVTKF2ZL8srbVU1a82g.1 Call in: 1 646 876 9923; Meeting ID: 937 1734 1725 Passcode: 8051878011
10/2026–11/2026 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=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09 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
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=M2R3VWROSnhkOG9CQXMvaVllUUXRQT09 ID: 923 4362 9304; Passcode: 229 716 6017

Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Thursday 星期四	Friday 星期五	Saturday 星期六
10/15/26 Thu., 星期四 8:30-2:00 PM Field Trip: Old Westbury Gardens 户外旅游： 旧韦斯特伯里花园	10/20/26 Tue., 星期二 9:30-2:00 PM Food Pantry 老人营养补充袋 發放日	10/20/26 Tue., 星期二 1:30- 2:30PM October Birthday Party 10 月份生日会	10/1 Bean with mixed vegetable or beef meatballs, French fries, Mustard greens, kiwi, juice 蔬菜杂豆或牛肉 丸, 薯条, 大芥菜, 猕猴桃, 果汁	10/2 Cooked shrimp, baked beans, sliced carrots w/green beans, orange, juice 烤虾, 炖豆, 胡萝卜 四季豆, 橙, 果汁	10/3 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
10/5 Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁	10/6 Baked salmon fillet, sweet corn, green cabbage, banana, juice 烤三文鱼, 高丽菜, 甜玉米, 香蕉, 果 汁	10/7 Oven fried chicken wing, baked beans, broccoli, apple, juice 烤鸡翅, 炖豆, 西兰 花, 苹果, 果汁	10/8 Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard greens, kiwi, juice 金枪鱼和鹰嘴豆沙 拉 或烤鸡排, 薯条, 大芥菜, 猕猴桃, 果 汁	10/9 BBQ pulled pork, macaroni, carrots with green beans, orange, juice 西式烤肉, 通心粉, 胡萝卜四季豆, 橙, 果汁	10/10 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
10/12 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	10/13 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆 高丽菜, 香蕉, 果 汁	10/14 Chinese style roast pork, baked beans, broccoli, apple, juice 叉烧, 炖豆, 西兰 花, 苹果, 果汁	10/15 Cheesy whole wheat quesadillas with black beans or Turkey burger, mustard greens, French fries, kiwi, juice 黑豆芝士饼或火鸡 肉饼, 大芥菜, 薯 条, 猕猴桃, 果汁	10/16 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	10/17 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
10/19 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	10/20 Baked fish patty, spaghetti, green cabbage, banana, juice 烤鱼饼, 高丽菜, 炒意面, 香蕉, 果汁	10/21 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	10/22 Chickpea of the sea tuna salad or baked Korean chicken wing, French fries, mustard greens, kiwi, juice 金枪鱼和鹰嘴豆沙拉, 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁	10/23 Pork chops, mashed potato, green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橘, 果汁	10/24 Turkey burger, orange, 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
10/26 Eggplant parmesan, baked sweet potato, bok choy, orange, juice 烤茄饼, 烤地瓜, 大白菜, 橙, 果汁	10/27 BBQ chicken, baked potato, green cabbage, banana, juice 烤鸡腿, 高丽菜, 烤土豆, 香蕉, 果汁	10/28 Whole wheat cheese pizza, baked beans, broccoli, apple, juice 比萨饼, 炖豆, 西兰花, 苹果, 果汁	10/29 Baked vegetable burger or beef meatballs, French fries, mustard greens, kiwi, juice 烤蔬菜饼 或 牛肉丸, 薯条, 大芥菜, 猕猴桃, 果汁	10/30 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	10/30 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	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动
11/2 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	10/26/26 Mon., 星期一 1:30- 2:30PM Welcome New Members Meeting 新会员欢迎聚会				

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