# 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**

**November 1, 2026**

**Dear Members,**

**As we welcome the holiday season, please keep these important November dates in mind.**

🕑 **November 1 – Daylight Saving Time Ends: Remember to set your clocks back one hour.**
🗳️ **November 3 – General Election Day: Don't forget to vote! Check your polling location at: https://elections.ny.gov/early-voting.**
🎖️ **November 11 – Veterans Day: We honor and thank all veterans for their service and sacrifices to our nation.**
🦃 **November 26 - Thanksgiving Day: Thanksgiving is a national holiday in the United States celebrated on the fourth Thursday of November. It is a time for people to gather with family and friends to express gratitude for the blessings, experiences, and achievements of the year.**

✊ **Early Closing Notice**

**Please note the following changes to the Center's schedule during the Thanksgiving holiday:**
🗓️ **Wednesday, November 25: The Center will close early at 2:00 PM. Lunch service will end at 1:00 PM, and all program activities will conclude by 1:45 PM.**
🗓️ **Thursday, November 26 & Friday, November 27: The Center will be closed in observance of Thanksgiving Day.**
🗓️ **Saturday, November 28: The Center will resume regular operating hours and programming.**

📣 **Class and Special Events Update:**

- **New Login Information: Starting in November 2026, the Virtual Karaoke Class will use a new link, meeting ID, and passcode. Please see the program schedule for the most current VSC class details.**
- **The Current Events Reading Class on Mondays from 11:00 AM to 11:45 AM has been discontinued. Beginning November 9, "Everyday English Conversation Class" will replace the existing class and continue at the same scheduled time.**

- **Beginning November 10, 2026, Mobile Office Services from Assemblywoman Nily Rozic's Office will be available every Tuesday from 11:00 AM to 12:00 PM.**
- **The DFTA Medicare Counseling Assistance Program will be available on November 4 & November 18 from 10:45 am to 1:45 pm.**
- **The OATS semester sessions (October 5 - December 9) have been temporarily canceled due to an instructor scheduling conflict. Updates will be provided when a new schedule becomes available.**

## 🎂 November Birthday Celebration

**The November birthday party will be held on Monday, November 23 at 1:30 pm in the large dining room. Members, volunteers, and staff with November 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 Madame Tussauds Wax Museum on Thursday, November 19, 2026. The bus departs at 9:00 am.**
- **Registration Opens: Monday, November 9, 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).**
- **For the safety and enjoyment of all participants, members must follow all field trip guidelines. Failure to do so may result in suspension from future trips.**
- **Safety Reminder: Please bring your phone and a portable charger for photos. All visitors must pass a metal detector screening before entering the wax museum.**

## 🍽️ 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 Policies & 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 may be scheduled each day.**
- **Membership renewal reminder: Please bring your membership card when renewing your membership. Renewal hours have changed and will now be held on Mondays, 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".**
- **To participate in Center activities, members must complete the DFTA consent form and obtain a "C" sticker on their membership card.**

## 🩺🚐 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 Advisory

**Flu, COVID-19, and RSV vaccines are the best protection against serious illness. All eligible individuals, especially older adults and those at higher risk, are encouraged to get vaccinated. Vaccines are available at local pharmacies, clinics, and healthcare providers. Get vaccinated and allow up to two weeks for full protection.**

**Wishing everyone a safe and happy Thanksgiving holiday!**

**Sincerely,**

**Karen Chen**
**Program Director**

尊敬的各位会员朋友们：

深秋时节：山远天高烟水寒，相思枫叶丹。

随着节日季节的到来，请大家留意以下 11 月份的重要日期。

🕒 11 月 1 日--夏令时结束：请记得将时钟拨慢一小时。

🗳️ 11 月 3 日--美国大选日：请行使您的投票权！您可以通过以下网址查询提前投票的相关信息及投票地点：https://elections.ny.gov/early-voting

🎖️ 11 月 11 日--退伍军人节：我们向所有退伍军人致以崇高的敬意，并感谢他们为国家所作出的贡献与牺牲。

🦃 11 月 26 日--感恩节：感恩节是美国全国性节日，于每年 11 月的第四个星期四庆祝。这是一个与家人和朋友团聚、表达感恩之情的节日，也是感谢过去一年所获得的祝福、经历及成就的时刻。

✊ 提前关闭通知

请注意，感恩节期间本中心的开放时间将作如下调整：

🗓️ 11 月 25 日（星期三）：中心将于下午 2:00 提前关闭。午餐服务将于下午 1:00 结束，所有课程及活动须于下午 1:45 前结束.

🗓️ 11 月 26 日（星期四）及 11 月 27 日（星期五）：中心因感恩节假期全天关闭。

🗓️ 11 月 28 日（星期六）：中心将恢复正常开放时间及各项活动。

📢 课程及特别活动最新通知：

- 新的登录信息： 自 2026 年 11 月起，线上卡拉 OK 课程（Virtual Karaoke Class）将使用新的登录链接、会议 ID 及密码。请查阅课程时间表，以获取最新的 VSC 课程信息。
- 课程调整： 每周一上午 11:00 至 11:45 举行的时事阅读课程（Current Events Reading Class）将停止开设。从 11 月 9 日起，「日常英语会话课程」（Everyday English Conversation Class）将取代原有课程，上课时间保持不变。
- 议员办公室流动服务： 自 2026 年 11 月 10 日起，纽约州众议员 Nily Rozic 办公室将于每周二上午 11:00 至中午 12:00 提供流动办公服务（Mobile Office Services）。
- DFTA 医疗保险咨询协助服务： 将于 11 月 4 日、11 月 18 日上午 10:45 至下午 1:45 提供服务。
- OATS 课程暂时取消： 原定于 10 月 5 日至 12 月 9 日举行的 OATS 学期课程，因需协调授课老师的时间安排，目前暂时取消。待新的课程时间确定后，中心将另行通知。

🎂 11 月份生日庆祝会

11 月份生日会将于 11 月 23 日（星期一）下午 1:30 在大饭堂举行。凡 11 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。

🚌 外出活动最新通知：

欢迎参加我们于 2026 年 11 月 19 日（星期四）前往杜莎夫人蜡像馆（Madame Tussauds Wax Museum）的外出活动。巴士将于上午 9:00 出发。

- 报名开始时间： **11** 月 **9** 日（星期一）上午 **8:30**
- 可报名名额： **52** 位会员
- 费用： 每人**$10**（包括交通费用、蜡像馆的门票、午餐、水和小零食）
- 请前往办公室了解外出活动的相关规定并办理报名手续。温馨提示：每位会员最多可报名参加三次外出活动，但每个类别仅限参加一个目的地（博物馆、动物园及植物园各一次）。
- 为确保所有参加者的安全及活动顺利进行，会员必须遵守所有外出活动规定。如未能遵守相关规定，可能会导致暂停未来参加外出活动的资格。
- 安全提醒：参加该活动的会员们请带上手机和充电宝，以便与名人蜡像拍照留念。请注意，每个人在进入蜡像馆前都需要进行金属安全检测。

## 🍽️ 餐食服务时间及自愿捐款政策

- 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不能再领取晚餐券。
- 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。中心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。

## 📖 餐厅用餐规定及程序

- 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，必须先在餐厅内就座。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引，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。请耐心等候工作人员和志愿者的安排，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。

## 📝 会员续期规定更新

- 请大家记得办理 **2027** 财政年度（**FY2027**）的会员续期手续。新财政年度已于今年 7 月开始。
- 新会员登记： 必须提前预约，可前往中心主办公室前台办理预约。每天最多可安排五位新会员预约登记。
- 会员续期提醒： 办理会员续期时，请务必携带会员卡。续期时间及地点已作调整，现安排为每周一、星期五及星期六上午 **9:00** 至 **10:30**，在小饭厅办理。
- 续期手续： 更新个人资料、签署免责声明及同意书（**Release Form**），并完整填写营养调查问卷（**Nutrition Survey**），以领取「**27**」年度贴纸。
- 如需参加中心的各项活动，会员必须填写 **DFTA** 同意书（**Consent Form**），并在会员卡上取得「**C**」贴纸。

🩺🚐 免费长者医疗预约交通接送服务：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。

📋 健康提醒

接种流感疫苗（**Flu**）、新冠疫苗（**COVID-19**）及呼吸道合胞病毒疫苗（**RSV**），是预防严重疾病的最佳保护措施。我们鼓励所有符合接种资格的人士，尤其是长者及其他高风险人群，及时接种相关疫苗。

您可以前往附近的药房、诊所或医疗服务机构接种疫苗。请注意，疫苗通常需要约两周时间才能有效保护您的健康。

祝愿大家度过一个平安、愉快的感恩节假期！

此致，

**Karen Chen**

中心主任（**Program Director**）

2026 年 11 月 1 日

**Emily Zhang**

翻译者

# Selfhelp BRP Innovative Older Adult Center

## 纽约市本杰民-王子街创新型自强社区老人中心

**(Benjamin Rosenthal-Prince Street Innovative Older Adult Center)**

**PROGRAM – November 2026 二零二六年十一月份節目表**

**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<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>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<br>https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09<br>Call in: 1-646-876-9923<br>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 |
| **New Class 新课程**<br>11:00-11:45 AM | Everyday English Conversation Class<br>日常生活英语会话班 | Henry Tan | English/Chinese | Arts Room 艺术室<br>(start on 11/9, 从 11 月 9 日开始) |
| Time Change<br>时间更改<br>11:00-1:25 PM<br>(Every 1st & 3rd Monday of every month 第一个和第三个星期一) | Ping Pong 乒乓<br><br>11:00-3:45 PM<br>(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 |

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|---|---|---|---|---|
| 1:00-3:30 PM | Shanghai Opera Practice<br>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 2:30 pm on 11/23, 11 月 23 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 |

# Tuesday 星期二

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>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<br>视频英语九百句 | Mr. Situ | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYlA3VlVPTzlnYWluUT09<br>Call in: 1-646-876-9923<br>ID: 989 5268 4927; Passcode:720 039 9802 |
| 11:00-1:00 PM | Virtual Citizenship Preparation<br>视频入籍预备班 | | | |
| 09:30-10:30 AM | Chair, Music Boogie Dance<br>摇摆舞 | Ms. Dina | English | Auditorium 礼堂 and VSC 视频<br>https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09 ;<br>Call in: 1-646-876-9923<br>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 &<br>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 |

# Wednesday 星期三

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 08:30-10:00 AM | Chen's Style Tai Chi 陈氏太极 | Ms Estella Suen | Chinese | Auditorium 礼堂 |
| 08:30- 10:30AM | Learning Spanish<br>学习西班牙语 | Mario Ramon | Spanish/English | Arts Room 艺术室 |

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|---|---|---|---|---|
| **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** |
| **10:45-1:45PM (11/4 & 11/18)** | **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. (需要出示本中心会員證)** |

# 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 | 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 11/19, 11 月 19 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 |

# 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<br>12:45 -03:45 PM | Video Exercise 视频操锻炼 | Staff 工作人员 | English/Chinese | Auditorium 礼堂 (canceled only for 12:45pm - 3:45pm, 仅取消中午 12:45 至下午 3:45 的时段) |
| 10:00-10:45 AM<br>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(canceled only for 12:45pm - 3:45pm, 仅取消中午 12:45 至下午 3:45 的时段) |
| 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 2nd Saturday.) 第二个星期六课程取消 |
| 01:30-03:30 PM | Learning Basic Ballroom Dancing Steps<br>学习交际舞的基本舞步 | Stanley & Emmy | Chinese | Auditorium 礼堂<br>(Class is canceled on 11/7, 11 月 7 日课程取消) |
| 02:00-03:30 PM | Karaoke 卡拉 OK | David & Jane Chan | Chinese | Large Dining Room 大饭厅 |

# Special Events 特别活动

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 9/10/26-11/12/26<br>Thu., 星期四<br>9:00-10:00 AM<br>10 Week sessions | Zumba Exercise<br>有氧舞蹈健身运动 | Rueben Edwards | English | Auditorium 礼堂 |
| 11/2/26 – 6/30/27<br>Mon., Fri., & Sat.<br>周一, 周五和周六<br>9:00-10:30 AM | FY 2027 Membership Renewal Service<br>年度会员证更新 | PAC & Volunteers | English /Chinese | Small dining room 小饭厅 |
| 11/7/26<br>Sat., 星期六<br>10:00-11:00AM | Brief Introduction of Health Preservation in Traditional Chinese Medicine<br>"中医养生简介: 穴位, 食疗, 节气" | Dr. Helen Zhang | Chinese<br>普通话 | Large Dining Room 大饭厅 and VSC 视频<br>https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWYY1Sh0pXhtFsUfqBrxIUZfg3.1<br>Call in: 1-646-876-9923<br>ID: 955 9181 6559; Passcode: 9311967443 |
| 11/7/26<br>Sat. 星期六<br>12:15PM-3:30PM &<br>11/9/26<br>Mon. 星期一<br>12:00PM-2:00PM | 2026 Ping Pong Tournament Final<br><br>2026 年乒乓球决赛 | Mr. Yip | English /Chinese | Auditorium 礼堂<br>You must be a BRP member & register with Mr Yip or Joy (请向叶先生或者 Joy 登记, 需要出示本中心会員證) |
| 11/10/26<br>Tue., 星期二<br>10:00-11:00AM | Presentation: Learn About NY Connects<br>讲座: 了解 NY Connects 纽约州长者与长期护理资源服务 | Wendy from NY Connects | English/<br>Chinese/Korean | Large Dining Room 大饭厅 |
| 11/10/26<br>Tue., 星期二<br>11:00AM –<br>12:00PM | Assemblywoman Nily Rozic's Mobile Office<br>纽约州众议员李诺莎的流动办公室 | Alan Ong and Kyle Mai | English<br>/Chinese | Social Service Department 社会服务部<br>(Every Tuesday of every month<br>每个月的星期二) |

| | | | | |
|---|---|---|---|---|
| **11/14/26**<br>**Sat. 星期六**<br>**12:30-2:30PM** | **Arts and Crafts:**<br>**Memory Bracelet**<br>手工艺: 制作记忆手链 | **Lily S** | **English** | **Arts Room 艺术室**<br>**(Every 2nd Saturday of the month**<br>每个月的第二个星期六) |
| **11/17/26**<br>**Tue., 星期二**<br>**9:30-2:00 PM** | **Food Pantry**<br>老人營養補充袋發放日 | **Staff 工作人员** | **English /Chinese** | **Arts Room 艺术室** |
| **11/17/26**<br>**Tue., 星期二**<br>**10:00-11:00 AM** | **Presentation: Medicare Annual Enrollment Period (AEP)**<br>讲座: 联邦医疗保险红蓝卡年度开放投保期间的计划选择 | **Dana Qu from Aliah Home Care** | **English /Chinese** | **Large Dining Room 大饭厅** |
| **11/18/26**<br>**Wed., 星期三**<br>**1:00 – 2:00 PM** | **PAC Meeting**<br>行政委员会议 | **Bernie/ Cynthia** | **English** | **Selfhelp Zoom, Access info to be provided and Small Dining Room** |
| **11/19/26**<br>**Thu., 星期四**<br>**8:30-2:00 PM** | **Field Trip: Madame Tussauds Wax Museum**<br>户外旅游: 纽约杜莎夫人蜡像馆 | **Matthew, Galilee, Doris, Yvonne,** | **English /Chinese** | **Please sign up in main office on Monday ,11/9/2026 until sold out,** 请在星期一,**11/9/2026** 到办公室报名, 直到售完为止。 |
| **11/20/26**<br>**Fri., 星期五**<br>**10:00-11:00 AM** | **Nutrition Presentation:**<br>**Leg Cramps and Diet**<br>营养健康讲座：如何透過飲食預防腿部抽筋 | **Eva Lau, Nutritionist**<br>营养师 | **English /Chinese** | **Large Dining Room 大饭厅 and VSC 视频**<br>**https://selfhelp.zoom.us/j/99581928506**<br>**Call in: 1-646-876-9923.**<br>**ID: 995 8192 8506; Passcode: 4901895252** |
| **11/23/26**<br>**Mon., 星期一**<br>**1:30- 2:30PM** | **November Birthday Party**<br>11 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 November.**<br>如果您的生日是在 **11** 月份, 请到总办公室报名。 |
| **11/25/26**<br>**Wed., 星期三**<br>**10:30-1125 AM** | **Mental Health Presentation: Melodies and Memories**<br><br>身心灵健康讲座: 歌曲與回憶 | **Guowei Yan, LCSW from CAPE** | **English/Chinese** | **Large Dining Room 大饭厅 and VSC 视频**<br>**Join Zoom Meeting**<br>**https://selfhelp.zoom.us/j/93717341725?pwd=bPWLaAqOX9hlVTKF2ZL8srbVU1a82g.1**<br>**Call in: 1 646 876 9923.**<br>**Meeting ID: 937 1734 1725.**<br>**Passcode: 8051878011** |
| **11/2026**<br>**Mon. – Sat.**<br>星期一至星期六 | **Evergreen Community Gardening**<br>户外园艺 | **Staff 工作人员** | **English /Chinese** | **Evergreen Community Gardening**<br>户外园艺: **8 AM– 8 PM.** 上午八点至下午八点<br>**Please go to the office to report on attendance once a week for gardening participants only.**<br>(一个星期到办公室报到一次) |

# VSC – You Might Like

## Monday 星期一

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 4:00-6:00 PM | Virtual Karaoke<br>视频卡拉 OK | Bao Huang Du & Mary Yam | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/94625458577?pwd=7x3t5Ho3q7AY2jgrqB9kRpbZusflIN.1<br>Meeting ID: 946 2545 8577;<br>Passcode: 6684866494 |
| 6:30 –8:30PM | Virtual Sing Along English Karaoke<br>视频英文歌卡拉 OK | Felix Leung & Mary Yam | English | VSC 视频<br>https://selfhelp.zoom.us/j/99977916790?pwd=ZFo4b29VSzdUUWlnOEpXUnZzbmNmdz09<br>Meeting ID: 999 7791 6790<br>Passcode: 3752552190 |

## Tuesday 星期二

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 4:00-6:00 PM | Virtual Karaoke<br>视频卡拉 OK | Bao Huang Du & Mary Yam | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/94625458577?pwd=7x3t5Ho3q7AY2jgrqB9kRpbZusflIN.1<br>Meeting ID: 946 2545 8577<br>Passcode: 6684866494 |

## Wednesday 星期三

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 10:00-11:00 AM | Towards Self-Acceptance & Growth<br>接受自我笑对人生 | Deirdre | English | VSC 视频<br>https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWlSYTJKVWJIZz09;<br>Call in: 1-646-876-9923.<br>ID: 986 5548 1500; Passcode: 871 178 0506 |
| 11:00-12:00 PM | Current Events<br>时事讨论 | Bernie A. | English | VSC 视频<br>https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVyZjl0UT09<br>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 | Meeting ID 253 478 790 2357<br>Passcode: 2Br6F2YW |
| 06:30-8:30 PM | Virtual Karaoke<br>视频卡拉 OK | Jane Chen & Bao Huang Du | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/98422732023?pwd=6218L4ZlyXlrkGPcpKgXbwroRz3zgO.1<br>Meeting ID: 984 2273 2023<br>Passcode: 4556225959 |

# Thursday 星期四

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 04:00-6:00 PM | Virtual Karaoke<br>视频卡拉 OK | Bao Huang Du & Mary Yam | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/94625458577?pwd=7x3t5Ho3q7AY2jgrqB9kRpbZusflIN.1<br>Meeting ID: 946 2545 8577; Passcode: 6684866494 |

# Friday 星期五

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 1:00-3:00PM | We Speak New York<br>生活在紐約 | Mary from City Hall | English | Phone conference<br>Selfhelp Conference<br>Call: 1-800-719-7514; Code: 679247 |
| 06:30-8:30PM | Virtual Karaoke<br>视频卡拉 OK | Bao Huang Du & Mary Yam | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMyaVllUUxRQT09<br>Meeting ID: 923 4362 9304;<br>Passcode: 229 716 6017 |

# Saturday 星期六

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 04:00-06:00 PM | Virtual Karaoke<br>视频卡拉 OK | Bao Huang Du & Mary Yam | Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/94625458577?pwd=7x3t5Ho3q7AY2jgrqB9kRpbZusflIN.1<br>Meeting ID: 946 2545 8577; Passcode: 6684866494 |

# Sunday 星期日

| Time<br>时间 | Class<br>活动项目 | Instructor<br>指导老师 | Language<br>语言 | Location<br>地点 |
|---|---|---|---|---|
| 6:30-8:30 PM | Karaoke Practice<br>卡拉 OK 练习 | Jane Chen & Bao Huang Du | English/Chinese | VSC 视频<br>https://selfhelp.zoom.us/j/98422732023?pwd=6218L4ZlyXlrkGPcpKgXbwroRz3zgO.1<br>Meeting ID: 984 2273 2023; Passcode: 4556225959 |

| Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 | Saturday 星期六 |
|---|---|---|---|---|---|
| **11/2**<br>**Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice**<br><br>炖素菜, 烤地瓜, 大白菜, 橙, 果汁 | **11/3**<br>**Baked chicken wings, spaghetti, green cabbage, banana, juice**<br><br>烤鸡翅, 高丽菜, 炒意面, 香蕉, 果汁 | **11/4**<br>**Tofu with mixed vegetable or baked breaded fish, French fries, broccoli, apple, juice**<br>豆腐蔬菜 或 烤鱼饼, 薯条, 西兰花, 苹果, 果汁 | **11/5**<br>**Baked salmon fillet, mustard greens, baked beans, kiwi, juice**<br><br>烤三文鱼, 大芥菜, 炖豆, 猕猴桃, 果汁 | **11/6**<br>**Pork chops, macaroni, green beans, orange, juice**<br><br>烤猪扒, 通心粉, 四季豆, 橘, 果汁 | **11/7**<br>**Turkey burger, broccoli, orange, juice**<br>中餐: 烤火鸡肉饼, 西芥兰, 橙, 果汁<br>**Alternative: Lentil / masoor dal soup, basmati / chapati, cauliflower w/ tomato, raita yogurt**<br>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** |
| **11/9**<br>**Cheesy whole wheat quesadillas with black beans, sweet potato, napa cabbage, orange, juice**<br><br>黑豆芝士饼, 烤地瓜, 大白菜, 橙, 果汁 | **11/10**<br>**BBQ chicken, mashed potato, green cabbage, banana, juice**<br><br>烤鸡腿, 高丽菜, 土豆泥, 香蕉, 果汁 | **11/11**<br>**Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice**<br><br>鹹魚肉餅, 玉米, 西兰花, 苹果, 果汁 | **11/12**<br>**Beans with mixed vegetable or beef meatballs, French fries, mustard greens, kiwi, juice**<br><br>蔬菜杂豆或牛肉丸, 薯条, 大芥菜, 猕猴桃, 果汁 | **11/13**<br>**Baked breaded shrimp, sweet corn, carrots with green beans, orange, juice**<br><br>烤虾, 甜玉米, 胡萝卜四季豆, 橙, 果汁 | **11/14**<br>**Baked breaded fish, broccoli/cauliflower, orange, juice**<br>中餐:烤鱼饼, 西芥兰 / 花椰菜, 橙, 果汁<br>**Alternative: Lentil / masoor dal soup, basmati / chapati, mustard greed with tomato, raita yogurt**<br>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** |
| **11/16**<br>**Tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice**<br><br>豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁 | **11/17**<br>**BBQ pulled pork, baked potato, green cabbage, banana, juice**<br><br>西式烤肉, 高丽菜, 烤土豆, 香蕉, 果汁 | **11/18**<br>**Oven fried chicken wing, baked beans, broccoli, apple, juice**<br><br>烤鸡翅, 炖豆, 西兰花, 苹果, 果汁 | **11/19**<br>**Tuna and chickpea salad or baked breaded chicken cutlet, French fries, mustard greens, kiwi, juice**<br><br>金枪鱼和鹰嘴豆沙拉 或 烤鸡排, 薯条, 大芥菜, 猕猴桃, 果汁 | **11/20**<br>**Baked salmon fillet, sweet corn，carrots with green beans, orange, juice**<br><br>三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁 | **11/21**<br>**Baked chicken patty, broccoli/cauliflower, orange, juice**<br>中餐:烤鸡肉饼, 西芥兰 / 花椰菜, 橙, 果汁<br>**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 |
|---|---|---|---|---|---|
| **11/23**<br>**Baked vegetable burger or tofu with mixed vegetables, baked sweet potato, napa cabbage, orange, juice**<br><br>烤蔬菜饼 或 豆腐蔬菜, 大白菜, 烤地瓜, 橙, 果汁 | **11/24**<br>**Baked mushroom chicken, baked potato, green cabbage, banana juice**<br><br>香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁 | **11/25**<br>**Chinese style roast pork, baked beans, broccoli, apple, juice**<br>叉烧, 炖豆, 西兰花, 苹果, 果汁<br>❁❁❁❁❁❁❁❁<br>**The meal service ends at 1 PM, Center is Closing at 2 PM**<br>厨房供餐至下午 1 点整, 下午 2 点关门 | **11/26**<br><br>**Center is Closed**<br>中心休息一天<br><br>**Thanksgiving Day**<br>感恩节 | **11/27**<br><br>**Center is Closed**<br>中心休息一天<br><br>**Thanksgiving Day**<br>感恩节 | **11/28**<br>**Tuna fish salad, broccoli, orange, juice**<br>中餐: 金枪鱼沙拉, 西芥兰, 橙, 果汁<br>**Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower w/ tomato, raita yogurt**<br>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** | **Special Events**<br>特别活动 | **Special Events**<br>特别活动 | **Special Events**<br>特别活动 | **Special Events**<br>特别活动 |
| **11/30**<br>**Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice**<br><br>炖素菜,烤地瓜, 大白菜,橙， 果汁 | **12/1**<br>**Baked salmon fillet, baked beans, green cabbage, banana, juice**<br><br>烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁 | **2026 Ping Pong Tournament Final**<br><br>**2026 年乒乓球决赛**<br><br>**11/7/26**<br>**Sat. 星期六**<br>**12:15PM-3:30PM &**<br>**11/9/26**<br>**Mon. 星期一**<br>**12:00PM-2:00PM** | **Food Pantry**<br><br>老人營養補充袋發放日<br><br>**11/17/26**<br>**Tue., 星期二**<br>**9:30-2:00 PM** | **Field Trip: Madame Tussauds Wax Museum**<br><br>户外旅游: 纽约杜莎夫人蜡像馆<br><br>**11/19/26**<br>**Thu., 星期四**<br>**8:30-2:00 PM** | **November Birthday Party**<br>**11 月份生日会**<br><br>**11/23/26**<br>**Mon., 星期一**<br>**1:30- 2:30PM** |

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