



February 1, 2026

Dear Members,

We wish all our members a Happy Chinese Lunar New Year as we enter the Year of the Horse. May your year be filled with peace, health, joy and prosperity! We hope all your wishes come true every day!

Join us for our Chinese Lunar New Year Talent Show on Saturday, February 14, 2026 (also Valentine's Day) from 1:30 pm to 3:00 pm in the auditorium. Come enjoy unique performances by our members, take plenty of photos, and celebrate the holiday spirit with the community!

Please take note of our upcoming holiday schedule: On Friday, February 13th the center will close early at 2:00 PM. We will remain closed on Monday, February 16th, in observance of Presidents' Day. This holiday honors the birthday of George Washington and the legacy of all 47 U.S. Presidents, whose leadership continues to shape the liberty and justice we cherish as citizens. Additionally, the center will be closed on Tuesday, February 17th, to celebrate the Chinese Lunar New Year. We look forward to seeing you when we reopen!

Beginning on February 12, 2026, ESL classes will move from Wednesdays to Thursdays with updated times. The ESL Beginner class will meet on Thursdays from 1:00 PM to 2:00 PM and the ESL Intermediate class will meet from 2:00 PM to 3:00 PM. Both classes will meet in the small dining room.

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 Mondays from 1:30 PM to 3:00 PM in the Computer Room throughout February and March 2026. Participants who attended her class before are not eligible to enroll again, but those on the waiting list from last year will be contacted when spots become available.

**Our February birthday party will be held on Wednesday, February 18, 2026, at 1:30 PM in the small dining room. If you are a member, volunteer, or staff member with a February birthday, please sign up in the office so we can plan accordingly. We'll be celebrating with cake, tea, and birthday songs in English, Mandarin, and Cantonese.**

**The food pantry for this month is scheduled for Tuesday, February 24, 2026, from 9:00 AM to 2:00 PM. If you are registered for the food pantry program, please remember to bring a valid ID for pickup.**

**New Check-in Process Starting in 2026: The Center will begin scanning new QR Code ID Cards for meal service and activity attendance. What do you need to do:**

- **Get your photo taken: If you don't have a QR ID card, visit the main office Mon–Fri, 9:00 AM – 10:30 AM.**
- **2026 Membership Updates: Don't forget to renew your membership for the 2026 fiscal year! Whether you are a long-time member or joining us for the first time, please visit us in the Small Dining Room between 9:00 AM and 10:45 AM to get registered.**
- **Renewals: We are available on Mondays, Fridays, and Saturdays. (Don't forget to bring your membership card!)**
- **New Members: Join us any day from Monday to Saturday 9:00 AM and 10:45 AM.**

**To enjoy the full range of our Center's programs and social services, please ensure your consent form is signed and on file. If you prefer not to sign, please ask for a revocation form; please note that this will limit participation to meal services and information referrals.**

**Membership Updates for QR code ID: If you are an active member and already have a QR code ID card from another agency, please visit the office to receive your "26" renewal sticker and "C" verification sticker. If you have not yet renewed your membership and do not have a QR code ID card for the new year, please do so as soon as possible. Once your membership is updated and photo taken, your new QR code ID card will be processed and ready for pickup shortly.**

**Thanks to special funding from New York City Councilwoman Sandra Ung's office, Queens residents age 60 and over who live in City Council District 20 (Flushing, Queens) may be eligible to participate in the Free Senior Transportation Program for medical appointments. To schedule a ride, please call 718-559-4352 at least one day in advance, Monday through Friday between 9:00 AM and 12:00 PM. Transportation is available within the five NYC boroughs and select areas of Nassau County.**

**At the Chinese Lunar New Year, members always prepare red envelopes for friends and grandchildren. This is a friendly reminder for everyone to keep an eye on your personal belongings and valuable items throughout the day to prevent loss or theft.**

**It's the flu season. When coughing or sneezing, cover your mouth and nose with a tissue, dispose of it immediately, and wash your hands thoroughly. Avoid close contact with individuals who are sick or showing flu-like symptoms. It's not too late to receive the flu vaccine.**

**Sincerely,**

**Karen Chen, Program Director**

亲爱的会员们：

在我们即将进入马年之际，我们祝愿所有会员农历新年快乐！愿大家在新的一年里将健康平安、幸福吉祥！希望您的每一个愿望都能梦想成真！

欢迎大家加入我们的农历新年才艺表演，活动将于 2026 年 2 月 14 日（星期六，也同样是情人节）的下午 1:30 至 3:00 在礼堂举行。您在欣赏会员们精彩演出的同时，也可以拍照，留下人生精彩的瞬间！

请注意即将到来的假期安排：2 月 13 日（星期五），中心将于下午 2:00 提前关闭。2 月 16 日（星期一）总统日，中心关闭。该节日是为了纪念乔治·华盛顿的生日以及迄今 47 位总统的历史贡献，他们的卓越领导持续塑造着我们作为公民所珍视的自由与正义。此外，中心将于 2 月 17 日（星期二）因庆祝农历新年而关闭。我们期待在 2 月 18 日（星期三），中心重新开放时与您再次相见！

自 2026 年 2 月 12 日起，ESL 英语课程将从周三调整至周四，并采用新的上课时间。ESL 初级班将于周四下午 1:00 至 2:00 上课，ESL 中级班将于下午 2:00 至 3:00 上课。两门课程均在小餐厅举行。

中心将提供一门名为“iPhone 和 iPad 的 iOS 系统入门”的科技课程，由志愿者 Carmen Lee 女士授课。该课程将于 2026 年 2 月和 3 月期间每周一下午 1:30 至 3:00 在电脑室举行。曾参加过她课程的学员将不再具备报名资格，但去年在等候名单上的学员将在有名额时被联系。

二月份的生日聚会将于 2 月 18 日（星期三）下午 1:30 在小饭厅举行。请所有在二月份过生日的会员、义工和工作人员到办公室报名，以便中心统计人数。中心将为当月过生日的会员们准备蛋糕和茶，并用三种语言唱生日歌（英语、普通话和粤语）予以祝贺。

本月的食品派发活动（Food Pantry）安排在 2026 年 2 月 24 日（星期二），时间为上午 9:00 至下午 2:00。如您已注册食品派发项目，请务必携带有效身份证件前来领取。

会员更新：

全新会员签到流程已从 2026 年 1 月开始，中心开始扫描全新的 QR 码（二维码）ID 卡，用于餐食服务和活动签到。

那您会需要做什么呢？

- 拍摄照片：如果您还没有二维码的会员卡，请于周一至周五上午 9:00 – 10:30 之前往主办公室办理。
- 2026 年会员更新：如果您还没有贴 26 年度续期贴纸，请不要忘记来更新您的 2026 财政年度的会员资格。
- 更新时间：周一、周五及周六的上午 9:00 至 10:45 之前往小餐厅（Small Dining Room）办理，请务必携带您的会员卡！
- 新会员：周一至周六，每天上午 9:00 至 10:45 之前往小餐厅（Small Dining Room）登记。

为了能享受中心提供的全方位计划和社会服务，请确保您已签署并提交了同意书。如果您选择不签署，请签署撤销表；但这将使您的参与范围仅局限于用餐服务和信息转介。

如果您是本中心的会员但已持有其他机构发放的二维码 ID 卡，请前往办公室领取本中心的“26”年度续期贴纸和“C”贴纸。如果您尚未更新会员且没有新的二维码 ID 卡，请尽快办理。完成会员更新和拍照后，您的新 QR 码会员 ID 卡将会被尽快制作并可供领取。

感谢纽约市议员 Sandra Ung 办公室的特别资助，如果您是居住在皇后区第 20 选区、60 岁以上的居民，您可能有资格参与免费老年人就医交通计划。如需预约接送服务，请于周一至周五上午 9:00 至 12:00，至少提前一天致电 718-559-4352。该交通服务覆盖纽约市五个行政区及纳苏 (Nassau) 县部分地区。

在农历新年期间，会员们通常会为朋友和孙辈准备红包。特此温馨提醒大家，请随时留意并妥善保管您的个人物品及贵重物品，以防遗失或被盗。

目前正值流感季节。咳嗽或打喷嚏时，请用纸巾遮住口鼻，并立即丢弃纸巾，随后洗手。请避免与患病或出现流感症状的人密切接触。现在接种流感疫苗仍然为时不晚。

此致，

**Karen Chen**

项目主任

**Emily Zhang**

翻译者



# Selfhelp Innovative Older Adult Center

(Benjamin Rosenthal-Prince Street Innovative Older Adult Center)

45-25 Kissena Blvd., Flushing, NY 11355

Tel: 718-886-5777 [www.selfhelp.net](http://www.selfhelp.net)

本杰民-王子街自强老人中心, 纽约市创新型老人中心

## PROGRAM – February 2026 二零二六年二月份節目表

Lunch is served from 11:00AM- 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. Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYIA3VIVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2ICbWVqNTdpYIA3VIVPTzlnYWluUT09</a> 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	Thomson Chou	Chinese	Arts Room 艺术室
10:50-12:50 PM	Er Hu Practice 二胡练习	Tong He Wu	Chinese	Stage 舞台
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 <a href="https://selfhelp.zoom.us/j/98337081842?pwd=VDBl1emVIK3NIVDlhNGVZUWNDSUhNQT09">https://selfhelp.zoom.us/j/98337081842?pwd=VDBl1emVIK3NIVDlhNGVZUWNDSUhNQT09</a> Call in: 1-646-876-9923 ID: 983 3708 1842 Passcode: 7145136147
11:00-3:45 PM	Ping Pong 乒乓	Mr. Yip	English/Chinese	Auditorium 礼堂
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	Table Leisure Games 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅 (2/23 Starts 2:45 pm, 2月 23 日下午 2:45 开始)
1:00-3:30 PM	Shanghai Opera Practice 越剧练习	Xiao Hui Xu	Shanghainese	Stage 舞台
*New Class 新课程** 8 weeks, starts 2/2 (2月 2 日开始, 八星期) 1:30-3:00PM	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)	Ms Carmen	Chinese	Computer Lab 电脑室 (No pre-registration is available; waiting list sign-ups will be contacted first. 不开放注册: 补名单上 登记的报名者优先联系)
1:30-3:30 PM	Karaoke 卡拉 OK	Jane Chen	Chinese	Large Dining Room 大饭厅
12:00-2:00 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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09">https://selfhelp.zoom.us/j/96474492130?pwd=RFNEOU5aWkRVa1M4c3B0ajhnZVFmUT09</a> 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 with Mr Situ 视频英语九百句	Mr. Situ	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYIA3VIVPTzlnYWluUT09">https://selfhelp.zoom.us/j/98952684927?pwd=b2lCbWVqNTdpYIA3VIVPTzlnYWluUT09</a> 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	Dina	English	Auditorium 礼堂 and VSC 视频 <a href="https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09">https://selfhelp.zoom.us/j/97519914122?pwd=b3lUWjNGd2pvbDNKQ3hOZmltc1p2QT09</a> ; Call in: 1-646-876-9923 ID: 975 1991 4122; Passcode: 324 664 5921
10:00-11:00 AM	Blood Pressure Screening 量血压	Rebecca Wong	English/Chinese	Library 图书室
10:35-11:35AM	Sun' Style Tai Chi 孙氏太极	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
1:00-3:30 PM	Table Leisure Games 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅
1:30-3:30 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	Clerical Script 曹全碑隶书 Regular Script 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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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- 11:00AM	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
11:15-12:15 PM	Knitting 编织	Olive Wong	English/Chinese	Library 图书室
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
01:00-3:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅 (2/18 Starts 2:45 pm, 2月 18 日下午 2:45 开始)
12:30-2:30 PM	Watercolor Painting 水彩画	Kevin Chen	Chinese	Arts Room 艺术室

01:30-3:30 PM	English Karaoke 英文卡拉OK	Benny & David	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 <a href="https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a> ID: 953 3353 5555; Passcode: 742 160 3568

## Thursday 星期四

Time 时间	Class 活动项目	Instructor 指导老师	Language 语言	Location 地点
08:30-10:00AM 11:00-02:15 PM	Ping Pong 乒乓	Mr. Yip	English/Chinese	Auditorium 礼堂
08:30-10:45 AM	Stationary Biking & Elliptical Exercises 固定器械锻炼	Staff 工作人员	English/Chinese	Auditorium 礼堂
09:00 – 11:00AM	Harmonica 口琴班	Ms. Wei Er Li	Chinese	Arts Room 艺术室
10:00 – 11:00AM	Line Dancing 排舞	June Chiu	Chinese	Auditorium 礼堂
11:00-12:00PM	Introduction of the IOS System for I Phone & I Pad (Beginner) 苹果手机和平板电脑的 IOS 系统介绍和操作使用 (初级班)	Lucy Wang	Chinese	Computer Lab 电脑室 No pre-registration is available; waiting list sign-ups will be contacted first. 不开放注册:将首先联系候补名单上的报名者
11:00-2:00PM	Folk Band 中国民乐队	Nina Tang	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
1:00-2:00 PM	Introduction of the IOS System for I Phone & I Pad (Beginner) 苹果手机和平板电脑的 IOS 系统介绍和操作使用 (初级班)	Lucy Wang	Chinese	Computer Lab 电脑室 No pre-registration is available; waiting list sign-ups will be contacted first. 不开放注册:将首先联系候补名单上的报名者
**Time Change** 时间更改 01:00-2:00 PM	Learning Basic English Pronunciation Practice for Beginners 基础英语发音练习	Ms. Wang	English/Chinese	Small Dining Room 小饭厅
01:30-3:30 PM	Karaoke 卡拉OK	Jane Chen	Chinese	Large Dining Room 大饭厅

**Time Change** 时间更改 02:00-3:00 PM	Learning English Conversation- Intermediate 学习英语会话 -中级班	Ms. Wang	English/Chinese	Small Dining Room 小饭厅
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 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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
10:00 - 12:30 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	Walking Dance 学习秧歌舞	Nina Zhou	Chinese	Auditorium 礼堂
01:00- 3:30 PM	Oil Painting (101) 油画 (101)	ChrisTina Andersen	English	Arts Room 艺术室
01:30- 3:30 PM	Karaoke 卡拉OK	Jane Chen	English/Chinese	Large Dining Room 大饭厅
01:30-3:30 PM	Spanish (Beginner) 西班牙语 (初级班)	Mario Ramon	Spanish/English	Small Dining Room 小饭厅
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 <a href="https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09">https://selfhelp.zoom.us/j/92343629304?pwd=M2R3VWRQSnhkOG9CQXMvaVIIUxRQT09</a> 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 & Ms Xu	Chinese	Auditorium 礼堂
10:00-12:00 PM	Yuan Ji Dance 元极舞	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
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(Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
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(Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
12:15-01:15 PM	Ping Pong 乒乓	David & Jane Chan	English/Chinese	Auditorium 礼堂(Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
01:00 – 03:00PM	Vocal Techniques (Intermediate) 声乐技术中学	Xiao Qing He	Chinese	Arts Room 艺术室 (Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
01:00-03:30 PM	Table Leisure Game 桌上休闲游戏时间	Staff 工作人员	Chinese	Small Dining Room 小饭厅 (Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
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(Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
01:30-03:30 PM	Karaoke 卡拉OK	David & Jane Chan	Chinese	Large Dining Room 大饭厅 (Feb 14: No class after 12:00 PM. 2月 14 日下午十二点以后课程取消)
04:00-06:00 PM	Virtual Karaoke 视频卡拉OK	Bao Huang Du & Mary Yam	Chinese	VSC 视频 <a href="https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09">https://selfhelp.zoom.us/j/97707321021?pwd=d0JqN2VWNk8wcUpwb2x1NS8vV081dz09</a> 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 <a href="https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09">https://selfhelp.zoom.us/j/95333535555?pwd=UXJPQTBjcC9lUm55SEZ4N3pyZldwdz09</a> 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
2/26 – 2/28/26 Mon.,Fri. & Sat. 周一, 周五 和 周六 9:00-10:45 AM	FY 2026 Membership Renewal Service 年度会员证更新	PAC & Volunteers	English /Chinese	Small dining room 小饭厅

<b>2/4/26 -3/11/26</b> <b>Wed.星期三</b> <b>1:00-2:15PM</b> <b>(Mandarin 国语)</b> <b>2:30-3:45PM</b> <b>(Cantonese 广东话)</b>	<b>Explore Tech Lectures &amp; Workshops</b> 技术探索课程 1.AI Image Generators (AI 图像生成器) 2.Everyday Uses of AI (人工智能的日常应用) 3. Intro to AI (人工智能简介) 4. Intro to Chatting with AI (与 AI 聊天入门) 5. Is that AI? (那是 AI 吗?) 6. All Things Zoom (Zoom 全面介绍) 7. Intro to Managing Your Privacy (隐私管理入门) 8. Google Maps (谷歌地图) 9. Protecting Your Personal Information Online (保护个人在线信息) 10. Staying Safe Online (在线安全指南)	<b>May To From OATS</b>	<b>Chinese</b>	<b>Computer Lab 电脑室</b> <b>(Pre-registration is required 需要提前报名)</b>
<b>2/6/26</b> <b>Fri., 星期五</b> <b>10:00-11:00 AM</b>	<b>Why Do Seniors Often Feel Colder? What Diet Can Improve?</b> 為什麼年長者时常感觉身体寒冷？什麼飲食能改善？	<b>Eva Lau, Nutritionist</b> 营养师	<b>English /Chinese</b>	<b>Large Dining Room 大饭厅 and VSC 视频</b> <a href="https://selfhelp.zoom.us/j/99581928506">https://selfhelp.zoom.us/j/99581928506</a> Call in: 1-646-876-9923. ID: 995 8192 8506; Passcode: 4901895252
<b>2/7/26</b> <b>Sat., 星期六</b> <b>10:00-11:00AM</b>	<b>Brief Introduction of Health Preservation in Traditional Chinese Medicine</b> “中医养生简介: 穴位, 食疗, 节气”	<b>Dr. Helen Zhang</b>	<b>Chinese</b> 普通话	<b>Large Dining Room 大饭厅 and VSC 视频</b> <a href="https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWWY1Sh0pXhtFsUfqBrxIUZfg3.1">https://selfhelp.zoom.us/j/95591816559?pwd=uzVHGWWY1Sh0pXhtFsUfqBrxIUZfg3.1</a> Call in: 1-646-876-9923 ID: 955 9181 6559; Passcode: 9311967443
<b>2/9/26</b> <b>Mon., 星期一</b> <b>09:30 – 10:50 AM</b>	<b>Writing and Distribution of Spring Festival Couplets</b> 春联挥毫书写和赠送	<b>Volunteers</b>	<b>Chinese</b>	<b>Large Dining Room 大饭厅</b>
<b>2/14/26</b> <b>Sat., 星期六</b> <b>1:30-3:00PM</b>	<b>Lunar New Year Performance Celebration</b> 农历新年表演庆祝会	<b>Members &amp; Volunteers</b>	<b>Chinese</b>	<b>Auditorium 礼堂</b>
<b>2/18/26</b> <b>Wed., 星期三</b> <b>1:00 – 2:00 PM</b>	<b>PAC Meeting</b> 行政委员会议	<b>Bernie/ Cynthia</b>	<b>English</b>	<b>Selfhelp Zoom, Access info to be provided and Library</b>
<b>2/18/26</b> <b>Wed., 星期三</b> <b>1:30- 2:30PM</b>	<b>February Birthday Party</b> 2月份生日会	<b>Staff 工作人员</b>	<b>English /Chinese</b>	<b>Small Dining Room 小饭厅</b> <b>(Please sign up in the main office if your birthday is in February. 如果您的生日是在 2 月份, 请到总办公室报名。)</b>

2/23/26 Mon., 星期一 10:00 – 11:00 AM	Winter Preparedness with Bingo Games 冬季应急准备 -Bingo Games	Ion Ho from NYCEM	English /Chinese	Large Dining Room 大饭厅
2/23/26 Mon., 星期一 1:30-2:30 PM	Welcome New Members Meeting 欢迎新会员聚会	Staff 工作人员	English /Chinese	Small Dining Room 小饭厅 (Every two months 每两个月)
**2/24/26 ** 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
2/25/26 Wed., 星期三 10:00-11:00AM	Street Wise 行人安全讲座	Eric Miu from New York City Department of Transportation	English /Chinese	Large Dining Room 大饭厅
2/27/26 Fri., 星期五 10:00-11:00 AM	Mindfulness & Meditation for Brain Health 正念與冥想和大腦健康	Diana Shum, LMSW from CAPE	English /Chinese	Large Dining Room 大饭厅 and VSC 视频 Join Zoom Meeting <a href="https://selfhelp.zoom.us/j/93717341725?pwd=bPWLaQOX9hlVTKF2ZL8srbVU1a82g.1">https://selfhelp.zoom.us/j/93717341725?pwd=bPWLaQOX9hlVTKF2ZL8srbVU1a82g.1</a> Call in: 1 646 876 9923; Meeting ID: 937 1734 1725 Passcode: 8051878011

## 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 <a href="https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09">https://selfhelp.zoom.us/j/98655481500?pwd=SkpFR052NmNPRzN0RWISYTJKVWJIZz09</a> ; 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 <a href="https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjI0UT09">https://selfhelp.zoom.us/j/96300276377?pwd=QTVQb21JeFZZYzFzMWxKVHVvZjI0UT09</a> 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	Zoom ID: 892 9404 5671; Passcode: 816724

## 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	<b>Phone conference</b> <b>Selfhelp Conference Call: 1-800-719-7514</b> <b>Code: 679247</b>

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
2/2 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	2/3 Baked salmon fillet, baked beans, green cabbage, banana, juice 烤三文鱼, 高丽菜, 炖豆, 香蕉, 果汁	2/4 Steamed ground pork meat flavored w/dried fish, sweet corn, broccoli, apple, juice 鹹魚肉餅, 玉米, 西兰花, 平果, 果汁	2/5 Beef meatballs, macaroni, mustard greens, kiwi, juice 牛肉丸, 通心粉, 大芥菜, 猕猴桃, 果汁	2/6 Pork chops, mashed potato, sliced carrots w/ green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橙, 果汁	2/7 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐: 烤鱼饼, 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
2/9 Mix vegetable stew, baked sweet potato, napa cabbage, orange, juice 炖素菜, 烤地瓜, 大白菜, 橙, 果汁	2/10 Baked mushroom chicken, baked potato, green cabbage, banana, juice 香菇鸡腿, 烤土豆, 高丽菜, 香蕉, 果汁	2/11 Baked salmon fillet, sweet corn, broccoli, apple, juice 烤三文鱼, 甜玉米, 西兰花, 苹果, 果汁	2/12 Baked chicken wing, French fries, mustard greens, kiwi, juice 烤鸡翅, 薯条, 大芥菜, 猕猴桃, 果汁	2/13 Baked marinade fish, baked beans, sliced carrots w/green beans, orange, juice 烤鱼排, 炖豆, 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	2/14 Baked chicken patty, broccoli/cauliflower, orange, juice 中餐: 烤鸡肉饼, 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
2/16 Center is Closed 中心休息一天 Presidents' Day 总统日	2/17 Center is Closed 中心休息一天 Lunar New Year 农历新年	2/18 Baked vegetable burger, baked sweet potato, napa cabbage, orange, juice 烤蔬菜饼, 大白菜, 烤地瓜, 橙, 果汁	2/19 Baked chicken wing, baked beans, Shanghai greens, kiwi, juice 烤鸡翅, 炖豆, 上海菜, 猕猴桃, 果汁	2/20 Baked salmon fillet, sweet corn, carrots with green beans, orange, juice 烤三文鱼, 甜玉米, 胡萝卜四季豆, 橙, 果汁	2/21 Tuna fish salad, broccoli, orange, juice 中餐: 金枪鱼沙拉, 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, 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
2/23 Eggplant parmesan, baked potato, bok choy, orange, juice 烤茄饼, 烤土豆, 大白菜, 橙, 果汁	2/24 Baked mushroom chicken, macaroni, green cabbage, banana, juice 香菇鸡腿, 通心粉, 高丽菜, 香蕉, 果汁	2/25 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	2/26 Baked salmon fillet, baked beans, mustard greens, kiwi, juice 烤三文鱼, 炖豆, 大芥菜, 猕猴桃, 果汁	2/27 Pork chops, mashed potato, green beans, orange, juice 烤猪扒, 土豆泥, 四季豆, 橘, 果汁	2/28 Baked breaded fish, broccoli/cauliflower, orange, juice 中餐: 烤鱼饼, 橙, 果汁 Alternative: Lentil /masoor dal soup, basmati/chapati, cauliflower 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	Special Events 特别活动	Special Events 特别活动	Special Events 特别活动	Friday 星期五	Special Events 特别活动
3/2 Tofu with mixed vegetables, baked potato, bok choy, orange, juice 豆腐蔬菜, 烤土豆, 大白菜, 橙, 果汁	February Birthday Party 2月份生日会  2/18/26 Wed., 星期三 1:30- 2:30PM	Welcome New Members Meeting 欢迎新会员聚会  2/23/26 Mon., 星期一 1:30-2:30 PM	Food Pantry 老人營養補充袋 發放日  2/24/26 Tue., 星期二 9:30-2:00 PM	02/13/2026 星期五 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	Chinese Lunar New Year Celebration 农历新年表演庆祝会  02/14/2026 Sat., 星期六 1:30 PM to 03:00 PM

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