

Meltzer Center  
梅策爾老人中心  
94 E 1<sup>st</sup> Street  
212-253-5624

UNIVERSITY **U** SETTLEMENT **S** **LEARN—  
OLDER ADULTS  
PROGRAM**

LEARN - Longevity through Education, Art, Recreation, and Nutrition

July 2022  
2022年7月

Monday [7/4 Closed]	Tuesday	Wednesday	Thursday	Friday
10am - 11am Tea Time 早茶時光	10am Chair Yoga 椅子瑜伽	10:30am w/ Annie Tai Chi 太極	10:45am w/ Demetra (Hybrid Class) Healthy Heart Exercise 身心健身操 Zoom ID: 878 2260 0852	10am - 12pm w/ Maria Arts & Crafts 創意手工
10am - 11am Mahjong 麻將	10am - 11am Mahjong 麻將	11:30am - 1pm Mahjong 麻將	1pm - 2pm Latin Dancing 拉丁舞會	11:30am w/ Dawn Chair Exercise 椅子運動
10am - 11am Dominoes 骨牌遊戲	10am - 11am Dominoes 骨牌遊戲	11:30am - 1pm Dominoes 骨牌遊戲	2pm - 4pm Movie & Snack 電影和小吃	1pm - 2pm Tea Time 下午茶時光
11am Music Hour 音樂時光	11am Music Hour 音樂時光	1pm - 3pm Bingo 賓果遊戲		2pm - 3pm Print Coloring 圖案填色
2pm Fitness Training 體能鍛煉	1pm w/ Tony Self Defense 自我防護術	7/27 1pm Summer Tropical Party 夏季熱帶派對		
7/25 9am - 12pm Food Pantry 食物派發	2pm - 4pm Movie & Snack 電影和小吃			

- ◆ Everyone is required to wear face masks and maintain a social distance of 6 feet in the center.  
進入中心，請務必帶口罩及保持6尺社交距離。
- ◆ Generously Funded by NYC Department for the Aging.  
課程由紐約市老人局慷慨贊助。
- ◆ Center is closed on Monday, July 4th in observance of Independence Day.  
7月4日（星期一）為獨立日假期，中心暫停辦公一天。