

Meltzer Center 梅策爾老人中心
 94 E 1st Street 212-253-5624
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UNIVERSITY SETTLEMENT
LEARN – OLDER ADULTS PROGRAM

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

September 2022
 2022年9月

Monday (Closed on 9/5)	Tuesday	Wednesday	Thursday	Friday
10am - 11am Tea & Conversation 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 Arts & Crafts Group 創意手工小組
10am - 11am Mahjong 麻將	10am - 11am Mahjong 麻將	11:00am iPad Class 平板電腦課	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 Mahjong 麻將	2pm - 4pm Movie & Discussion 電影時光	1pm - 2pm Tea & Conversation 下午茶時光
11am Music Hour 音樂時光	11am Music Hour 音樂時光	11:30am - 1pm Dominoes 骨牌遊戲		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	1pm - 3pm Bingo 賓果遊戲		
1pm w/ Anna Story Sharing 故事分享	2pm - 4pm Movie & Discussion 電影時光			
* 9/26 9am - 12pm Food Pantry 食物派發				

◆ 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, September 5th in observance of Labor Day.

9月5日（星期一）為勞工節假期，中心暫停對外開放。