

Neighborhood Center (189 Allen St.)

189亞倫街老人中心

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

LEARN - Longevity through Education, Art, Recrea-

August 2022

2022年8月

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am - 10:00am Coffee Hour 咖啡時光	9:00am - 10:00am Coffee Hour 咖啡時光	9:00am - 10:00am Coffee Hour 咖啡時光	9:00am - 10:00am Coffee Hour 咖啡時光	9:00am - 10:00am Coffee Hour 咖啡時光
10:00am Games 遊戲時間	10:00am Games 遊戲時間	10:00am Games 遊戲時間	10:00am Games 遊戲時間	10:00am Games 遊戲時間
10:00am - 12:00pm Haircuts (MUST SIGN UP FOR APPTS) 理髮 (必須提前預約時間)	10:00am w/ Simon Ballroom Dance 交誼舞	10:15am Fitness Class 運動課	10:00am w/ Simon Ballroom Dance 交誼舞	10:30am w/ Dawn Chair Exercise 椅子運動
12pm - 1pm Lunch 午餐	10:30am Chair Exercise 椅子運動	10:00am - 11:30am w/ Maria Arts & Crafts 創意手工	12pm - 1pm Lunch 午餐	12pm - 1pm Lunch 午餐
1:00pm Games 遊戲時間	11:00am Self Defense w/Tony 自我防護術	12pm - 1pm Lunch 午餐	1:00pm Games 遊戲時間	1:00pm Open Ballroom Dance 社交舞會
1:00pm - 3:00pm Ping Pong 乒乓	12pm - 1pm Lunch 午餐	1:00pm Games 遊戲時間	1:00pm Open Ballroom Dance 社交舞會	1:00pm Bingo 賓果遊戲
1:00pm Open Ballroom Dance 社交舞會	1:00pm Games 游戏时间	1:00pm Bingo 賓果遊戲	3:00pm - 5:00pm Ping Pong 乒乓	3:00pm - 5:00pm Ping Pong 乒乓
3:00pm Movie and Snack 下午茶电影时光	1:00pm Open Ballroom Dance 社交舞會	1:00pm - 3:00pm Ping Pong 乒乓	3:00pm Movie and Snack 下午茶电影时光	
	1:00pm - 3:00pm Ping Pong 乒乓			

## Special Event 特別活動

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>8/6 10:00am - 2:00pm</b> <b>Neighborhood Center is Open</b> <b>189亞倫街老人中心8月6日</b> <b>早上10點至下午2點開放</b>

## Zoom Classes 網絡課程

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30am w/ Mary</b> <b>Resistance Band Workout</b> 彈力帶運動 <i>Zoom ID: 863 9883 5924</i>	<b>9:30am w/ James</b> <b>Better Bones</b> 強健骨骼鍛煉 <i>Zoom ID: 893 4026 6442</i>	<b>9:30am w/ Mary</b> <b>[No class on 8/24, 8/31]</b> <b>Pilates</b> 普拉提 <i>Zoom ID: 863 9883 5924</i>	<b>9:30am w/ Demetra</b> <b>Chair Stretch Exercise</b> 椅子運動 <i>Zoom ID: 884 9100 3639</i>	<b>9:30am w/ Yelitza</b> <b>Strength &amp; Endurance</b> 耐力與體力訓練 <i>Zoom ID: 878 2260 0852</i>	<b>10:00am w/ James</b> <b>Dynamic Stretch</b> 動態拉伸運動 <i>Zoom ID: 822 9471 9185</i>
	<b>9:30am w/ Dawn</b> <b>Dance Fitness</b> 有氧健身操 <i>Zoom ID: 854 3183 4805</i>	<b>1:00pm w/ Concerts in Motion</b> <b>Chinese Concert</b> 中文音樂會 <i>Zoom ID: 829 0688 1632</i>	<b>10:45am w/ Demetra</b> <b>Healthy Heart Exercise</b> 有氧健身操 <i>Zoom ID: 884 9100 3639</i>		

- ◆ **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。
- ◆ **Classes are open to all University Settlement Older Adults Programs members 60+ , please register.**  
課程免費開放給大學睦鄰之家長者項目**60歲**以上的會員，請報名。

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