

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-

July 2022

2022年7月

Monday [Closed on 7/4]	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
	7/26 1:00pm Summer Tropical PARTY 夏季熱帶派對	7/27 9:00am - 1:00pm Food Pantry 食物派發			7/9 10:00am - 2:00pm Neighborhood Center is Open 189亞倫街老人中心7月9日 早上10點至下午2點開放

Zoom Classes 網絡課程

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/ Mary [No class on 7/4] Resistance Band Workout 彈力帶運動 <small>Zoom ID: 863 9883 5924</small>	9:30am w/ James Better Bones 強健骨骼鍛煉 <small>Zoom ID: 893 4026 6442</small>	9:30am w/ Mary Pilates 普拉提 <small>Zoom ID: 863 9883 5924</small>	9:30am w/ Demetra Chair Stretch Exercise 椅子運動 <small>Zoom ID: 884 9100 3639</small>	9:30am w/ Yelitza Strength & Endurance 耐力與體力訓練 <small>Zoom ID: 878 2260 0852</small>	10:00am w/ James Dynamic Stretch 動態拉伸運動 <small>Zoom ID: 822 9471 9185</small>
10:30am w/ Yelitza [No class on 7/4] Retro Training 傳統體能訓練 <small>Zoom ID: 878 2260 0852</small>	9:30am w/ Dawn Dance Fitness 有氧健身操 <small>Zoom ID: 854 3183 4805</small>	1:00pm w/ Concerts in Motion Chinese Concert 中文音樂會 <small>Zoom ID: 829 0688 1632</small>	10:45am w/ Demetra Healthy Heart Exercise 有氧健身操 <small>Zoom ID: 884 9100 3639</small>		

- ◆ **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。
- ◆ **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。

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