

Neighborhood Center (189 Allen St.)

189亞倫街老人中心

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September 2022

2022年9月

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

| Monday (Closed on 9/5)                                   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| 9:00am - 10:00am<br>Coffee and Conversation<br>咖啡時光      | 9:00am - 10:00am<br>Coffee and Conversation<br>咖啡時光 | 9:00am - 10:00am<br>Coffee and Conversation<br>咖啡時光 | 9:00am - 10:00am<br>Coffee and Conversation<br>咖啡時光      | 9:00am - 10:00am<br>Coffee and Conversation<br>咖啡時光 |
| 10:00am<br>Games<br>遊戲時間                                 | 10:00am<br>Games<br>遊戲時間                            | 10:00am<br>Games<br>遊戲時間                            | 10:00am<br>Games<br>遊戲時間                                 | 10:00am<br>Games<br>遊戲時間                            |
| 12:00pm - 1:00pm<br>Lunch<br>午餐                          | 10:00am w/ Simon<br>Ballroom Dance<br>交誼舞           | 10:15am<br>Fitness Class<br>運動課                     | 10:00am w/ Simon<br>Ballroom Dance<br>交誼舞                | 10:30am w/ Dawn<br>Chair Exercise<br>椅子運動           |
| 1:00pm<br>Games<br>遊戲時間                                  | 10:30am<br>Chair Exercise<br>椅子運動                   | 12:00pm - 1:00pm<br>Lunch<br>午餐                     | 11:00am<br>Latino Club<br>拉丁俱樂部                          | 11:00am<br>iPad Class<br>平板電腦課                      |
| 1:00pm - 3:00pm<br>Ping Pong<br>乒乓                       | 11:00am<br>Self Defense w/Tony<br>自我防護術             | 1:00pm<br>Games<br>遊戲時間                             | 12:00pm - 1:00pm<br>Lunch<br>午餐                          | 12:00pm - 1:00pm<br>Lunch<br>午餐                     |
| 1:00pm (Canceled on 9/12)<br>Open Ballroom Dance<br>社交舞會 | 12:00pm - 1:00pm<br>Lunch<br>午餐                     | 1:00pm<br>Bingo<br>賓果遊戲                             | 12:45pm w/ Anna<br>Story Sharing<br>故事分享                 | 1:00pm<br>Open Ballroom Dance<br>社交舞會               |
| 3:00pm<br>Movie and Discussion<br>电影时光                   | 1:00pm<br>Games<br>游戏时间                             | 1:00pm - 3:00pm<br>Ping Pong<br>乒乓                  | 1:00pm<br>Games<br>遊戲時間                                  | 1:00pm w/ Lisa<br>Knitting<br>編織                    |
|  | 1:00pm<br>Open Ballroom Dance<br>社交舞會               |   | 1:00pm<br>Open Ballroom Dance<br>社交舞會                    |   |
|  | 1:00pm<br>Dance with US<br>與我共舞                     |   | 3:00pm - 5:00pm (Canceled on 9/1)<br>Ping Pong<br>乒乓     |   |
|  | 1:00pm - 3:00pm<br>Ping Pong<br>乒乓                  |   | 3:00pm (Canceled on 9/1)<br>Movie and Discussion<br>电影时光 |   |

| Special Event 特別活動 |         |  |  |        |   |
|--------------------|---------|--|--|--------|---|
| Monday             | Tuesday | Wednesday  | Thursday   | Friday | Saturday  |
|                    |         | <b>9/14 11:00am</b><br><b>Cooking Live Zoom w/ DFTA</b><br>老人局烹飪直播課程                                       | <b>9/15 1:00pm</b><br><b>Advisory Council Meeting</b><br>諮詢委員會會議     |        | <b>9/10 10:00am - 2:00pm</b><br><b>Neighborhood Center is Open</b><br><b>189亞倫街老人中心 9月10日</b><br>早上 <b>10</b> 點至下午 <b>2</b> 點開放 |
|                    |         | <b>9/21 1:00pm</b><br><b>National Neighborhood Center</b><br><b>Month Celebration Party</b><br>全國鄰里中心月慶祝派對 | <b>9/29 11:00am</b><br><b>Fall Prevention Presentation</b><br>防止跌倒講座 |        |   |
|                    |         | <b>9/28 9:00am - 1:00pm</b><br><b>Food Pantry</b><br>食物派發  |  |        |   |

| Zoom Classes 網絡課程  |   |  |   |  |   |
|--|---|--|---|--|---|
| Monday (No Class on 9/5)   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
| <b>9:30am w/ Mary</b><br><b>Resistance Band Workout</b><br>彈力帶運動<br>Zoom ID: 863 9883 5924 | <b>9:30am w/ James</b><br><b>Better Bones</b><br>強健骨骼鍛煉<br>Zoom ID: 893 4026 6442 | <b>9:30am w/ Mary</b><br><b>Pilates</b><br>普拉提<br>Zoom ID: 863 9883 5924                         | <b>9:30am w/ Demetra</b><br><b>Chair Stretch Exercise</b><br>椅子運動<br>Zoom ID: 884 9100 3639   | <b>9:30am w/ Yelitza</b><br><b>Strength &amp; Endurance</b><br>耐力與體力訓練<br>Zoom ID: 878 2260 0852 | <b>10:00am w/ James</b><br><b>Dynamic Stretch</b><br>動態拉伸運動<br>Zoom ID: 822 9471 9185 |
|  | <b>9:30am w/ Dawn</b><br><b>Dance Fitness</b><br>有氧健身操<br>Zoom ID: 854 3183 4805  | <b>1:00pm w/ Concerts in Motion</b><br><b>Chinese Concert</b><br>中文音樂會<br>Zoom ID: 829 0688 1632 | <b>10:45am w/ Demetra</b><br><b>Healthy Heart Exercise</b><br>有氧健身操<br>Zoom ID: 884 9100 3639 |  |   |

- ◆ **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, September 5<sup>th</sup> 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。**

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