

Neighborhood Center (189 Allen St.)

189亞倫街老人中心

Meltzer Center (94 E 1st St.)

梅策爾老人中心

UNIVERSITY SETTLEMENT
**LEARN—
 OLDER ADULTS
 PROGRAM**

October 2021

2021年10月

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

Monday	Tuesday	Wednesday	Thursday	Friday
9am - 10am Coffee Hour 咖啡時間 Neighborhood Center / 189亞倫街老人中心	9am - 10am Coffee Hour 咖啡時間 Neighborhood Center / 189亞倫街老人中心	9am - 10am Coffee Hour 咖啡時間 Neighborhood Center / 189亞倫街老人中心	9am - 10am Coffee Hour 咖啡時間 Neighborhood Center / 189亞倫街老人中心	9am - 10am Coffee Hour 咖啡時間 Neighborhood Center / 189亞倫街老人中心
10:00am - 11:00am Ping Pong 乒乓 Neighborhood Center / 189亞倫街老人中心	9:30am - 2pm Blood Pressure Screening with Nurse 血壓測量 Meltzer Center / 梅策爾老人中心	10:00am - 11:00am Ping Pong 乒乓 Neighborhood Center / 189亞倫街老人中心	10:30am Ballroom Dance w/ Simon 交誼舞 Neighborhood Center / 189亞倫街老人中心	9am - 3pm Blood Pressure Screening with Nurse 血壓測量 Neighborhood Center / 189亞倫街老人中心
10:30am w/ Annie Tai Chi 太極 Neighborhood Center / 189亞倫街老人中心	10:00am w/ Margaret Arts & Crafts 創意手工 Neighborhood Center / 189亞倫街老人中心	10:00am w/ Annie Tai Chi 太極 Meltzer Center / 梅策爾老人中心	10:45am w/ Demetra Healthy Heart Exercise 身心健身操 Meltzer Center / 梅策爾老人中心	9:30am - 2pm Blood Pressure Screening with Nurse 血壓測量 Meltzer Center / 梅策爾老人中心
12pm - 1pm Lunch 午餐 Neighborhood Center / 189亞倫街老人中心	10:00am [Starts on 10/12] Self Defense 自我防護 Neighborhood Center / 189亞倫街老人中心	10:30am w/ Dawn Zumba 尊巴舞 Neighborhood Center / 189亞倫街老人中心	11:00am w/ Charles Tech Tutoring 技術輔導(手機、平板、電腦) Neighborhood Center / 189亞倫街老人中心	10:00am [Starts on 10/8] Self Defense 自我防護 Neighborhood Center / 189亞倫街老人中心
1:00pm Movie Time 電影時光 Neighborhood Center / 189亞倫街老人中心	11:00am Ballroom Dance w/ Simon 交誼舞 Neighborhood Center / 189亞倫街老人中心	11:00am Chinese Karaoke 中文卡拉OK Neighborhood Center / 189亞倫街老人中心	11:00am w/ Michele Latino Club in Spanish 拉丁俱樂部 Neighborhood Center / 189亞倫街老人中心	11:00am w/ Charles Tech Tutoring 技術輔導(手機、平板、電腦) Meltzer Center / 梅策爾老人中心
1:00pm Movie Time 電影時光 Meltzer Center / 梅策爾老人中心	12pm - 1pm Lunch 午餐 Neighborhood Center / 189亞倫街老人中心	12pm - 1pm Lunch 午餐 Neighborhood Center / 189亞倫街老人中心	12pm - 1pm Lunch 午餐 Neighborhood Center / 189亞倫街老人中心	12pm - 1pm Lunch 午餐 Neighborhood Center / 189亞倫街老人中心
1:00pm Dancing to the Oldies 懷舊舞蹈時間 Neighborhood Center / 189亞倫街老人中心	1:00pm w/ Margaret Arts & Crafts 創意手工 Meltzer Center / 梅策爾老人中心	1:00pm Movie Time 電影時光 Neighborhood Center / 189亞倫街老人中心	1:00pm Latin Dance Group 拉丁舞蹈時間 Neighborhood Center / 189亞倫街老人中	1:00pm - 2:30pm One on One Nurse Consultation 一對一 護士諮詢 Neighborhood Center / 189亞倫街老人中心
	1:00pm Open Ballroom Dance 社交舞蹈時間 Neighborhood Center / 189亞倫街老人中心	1:00pm Movie Time 電影時光 Meltzer Center / 梅策爾老人中心	1:00pm - 3:00pm Ping Pong 乒乓 Neighborhood Center / 189亞倫街老人中心	1:00pm Open Ballroom Dance 社交舞蹈時間 Neighborhood Center / 189亞倫街老人中心
	1:00pm - 3:00pm Ping Pong 乒乓 Neighborhood Center / 189亞倫街老人中心	1:00pm Open Ballroom Dance 社交舞蹈時間 Neighborhood Center / 189亞倫街老人中心	3:00pm English Karaoke 英語卡拉OK Neighborhood Center / 189亞倫街老人中心	3:00pm - 5:00pm Ping Pong 乒乓 Neighborhood Center / 189亞倫街老人中心

Special Event 特別活動

Monday	Tuesday	Wednesday	Thursday	Friday
		10/13 1:00pm Hispanic Heritage party 西班牙裔文化傳統月派對 <i>Neighborhood Center / 189 亞倫街老人中心</i>		10/29 1:00pm Halloween/Birthday party 萬聖節/生日派對 <i>Neighborhood Center / 189 亞倫街老人中心</i>
		10/13 2:00pm Live Music Concert 現場音樂會 <i>Meltzer Center / 梅策爾老人中心</i>		10/29 1:00pm Live Music Concert 現場音樂會 <i>Neighborhood Center / 189 亞倫街老人中心</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 to classes and events.

課程免費開放給大學睦鄰之家長者項目**60歲**以上的會員，請撥打中心電話或發送電子郵件報名。

Neighborhood Center / 189 亞倫街老人中心
189 Allen St.
New York, NY 10002



212-473-8217

Meltzer Center / 梅策爾老人中心
94 E 1st St.
New York, NY 10009



212-253-5624



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