

JANUARY 2025

UNIVERSITY SETTLEMENT NEIGHBORHOOD CENTER
189 ALLEN STREET, NEW YORK, NY 10002 212-473-8217 HOURS: 9:00 AM TO 5:00 PM
OLDERADULTS@UNIVERSITYSETTLEMENT.ORG
FOLLOW US ON FACEBOOK  www.facebook.com/USOlderAdults
FUNDED BY NYC AGING. BREAKFAST 9:00-10:45 LUNCH 12:00-1:00 DINNER 4:00-5:00



Monday	Tuesday	Wednesday	Thursday	Friday
6 10:00 [NEW] Art Creation & Appreciation with Dawn 10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong	7 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:00 Ping Pong 1:30 Crafts Class 2:30 Discussion about Eye Health <i>January is National Glaucoma Awareness Month</i> 	1/8 CENTER CLOSED on Jan 1st, 2025 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:00 Ballroom Dance 1:00 Ping Pong 3:15 Technology Class	2/9 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class 1:00 Ping Pong 1/9/25 VOTING FOR What you want for the center 	3/10 9:30 -1:00 Trip-IKEA, 1/3/2025 10:00 Chair Exercise 11:00 Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong 
13 10:00 [NEW] Art Creation & Appreciation with Dawn 10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong	14 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:00 Ping Pong 1:30 Crafts Class	15 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:00 Ballroom Dance 1:00 Ping Pong 3:15 Technology Class	16 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class 1:00 Ping Pong 2:30 Monthly Tech workshop by The Empire State Realty Company (ESRT)	17 9:30-1:00 Rego center mall 10:00 Chair Exercise 11:00 Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong
20 CENTER CLOSED 	21 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:00 Ping Pong 1:30 Crafts Class	22 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:00 Ballroom Dance 1:00 Ping Pong 3:15 Technology Class 1:30-3:30 Decoration and Spring Festival couplets 	23 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class 1:00 Ping Pong	24 10:00 Chair Exercise 11:00 Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong 2:30 BIRTHDAY PARTY 
27 10:00 [NEW] Art Creation & Appreciation with Dawn 10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong	28 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:00 Ping Pong 1:30 Crafts Class 2:30 JPMC Financial Literacy Workshops 	29 9-1:00 FOOD PANTRY (1/29/25) 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:00 Ballroom Dance 1:00 Ping Pong 3:15 Technology Class	30 新年快乐 HAPPY CHINESE NEW YEAR 2025 YEAR OF THE SNAKE  Dance Class 10:00 Grupo Latino 11:00 Henry's Dance Class 1:15 Ping Pong 1:00	31 10:00 Chair Exercise 11:00 Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong

大學睦鄰之家鄰里老年中心 2025 年 1 月活動日曆 開放時間:上午 9 點到下午 5 點				UNIVERSITY SETTLEMENT u s	
地址: 189 Allen St, New York, NY, 10002. 聯繫電話: 212-473-8217。 中心運營由紐約市老齡事務部贊助					
星期一		星期二		星期三	
6 10:00 與駐地藝術家進行藝術創作與欣賞 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓时刻		7 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 1:30 創意手工 2:00 乒乓时刻 2:30 眼睛健康討論 一月是全國青光眼宣傳月		1/8 元旦中心關閉 1月8日 9:00 椅子運動 10:00 美術和工藝 10:00 與亨利學快速華爾茲 1:00 社交舞會 //2:00 乒乓时刻 3:15 智能設備輔導	
13 10:00 與駐地藝術家進行藝術創作與欣賞 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓时刻		14 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 1:30 創意手工 2:00 乒乓时刻		15 9:00 椅子運動 10:00 美術和工藝 10:00 與亨利學快速華爾茲 1:00 社交舞會 2:00 乒乓时刻 3:15 智能設備輔導	
20 中心關閉 MARTIN LUTHER KING DAY		21 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 1:30 創意手工 2:00 乒乓时刻		22 9:00 椅子運動 10:00 美術和工藝 10:00 與亨利學快速華爾茲 1:00 社交舞會 //2:00 乒乓 3:15 智能設備輔導 1:30-3:30 (中間大廳) 農曆新年慶	
27 10:00 與駐地藝術家進行藝術創作與欣賞 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓时刻		28 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 1:30 創意手工 2:30 大通銀行理財研討會		29 9-1:00 食品派發 (1/29/25) 9:00 椅子運動 10:00 美術和工藝 10:00 與亨利學快速華爾茲 1:00 社交舞會 2:00 乒乓时刻 3:15 智能設備輔導	
30 10:00 交誼舞班 11:00 拉丁裔小組 1:15 與亨利跳舞 2:00 乒乓时刻		31 10:00 交誼舞班 11:00 拉丁裔小組 1:15 與亨利跳舞 2:00 乒乓时刻		30 10:00 交誼舞班 11:00 拉丁裔小組 1:15 與亨利跳舞 2:00 乒乓时刻	
Zoom Class 網絡課程					
Monday 星期一		Tuesday 星期二		Wednesday 星期三	
10:00 Resistance Band Workout 彈力帶運動 Zoom ID: 863 9883 5924				10:00 Better Bones 強健骨骼锻炼 Zoom ID: 822 9471 9185 1:00 Chinese Concert 中文音樂會 Zoom ID: 829 0688 1632	
				Thursday 星期四	
				10:00 Pilates 普拉提 Zoom ID: 863 9883 5924 11:00 Well-US Virtual Wellness Series 在線健康講座 Zoom ID: 212 475 0150	
				Friday 星期五	
				9:30 Strength & Endurance 耐力與體力訓練 Zoom ID: 878 2260 0852 11:00 Dance to the Oldies 懷舊健身舞	
				Saturday 星期六	
				9:30 Dynamic Stretch 動態拉伸運動 Zoom ID: 822 9471 9185	

				Zoom ID: 869 9331 2735	
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