

OCTOBER 2026

UNIVERSITY SETTLEMENT NEIGHBORHOOD CENTER

189 ALLEN STREET, NEW YORK, NY 10002 212-473-8217 HOURS: 8:00 AM TO 7:00 PM

OLDERADULTS@UNIVERSITYSETTLEMENT.ORG

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FUNDED BY NYC AGING. BREAKFAST 9:00-9:45 LUNCH 12:00-1:00 DINNER 6:00-6:45

SCAN THE QR CODE ON THE RIGHT FOR THE MONTHLY CALENDAR AND MENU UPDATES



Monday	Tuesday	Wednesday	Thursday	Friday
5 9-12:00 Hair Cut by Ms. Chan (**last one for the year) 11:00 Technology Class 1:05 Ballroom Dance	6 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 3:30-5:30 Grupo Latino	7 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:05 Ballroom Dance	1 & 8 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class [NEW] 3-4:00 Fitness with Kit (Room 5)	2 & 9 10:00 Chair Exercise 11:00 Dance to the Oldies 1:05 Ballroom Dance [10/9/26] 9:30-11:30 Trip to 14th street Greenmarket
12 11:00 Technology Class 1:05 Ballroom Dance	13 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 3:30-5:30 Grupo Latino	14 9-10:30 Special Brunch 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:05 Ballroom Dance	15 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class [NEW] 3-4:00 Fitness with Kit (Room 5) 5-6:00 Energy Smart Workshop	16 10:00 Chair Exercise 11:00 Dance to the Oldies 1:00 Ballroom Dance 2:30 BIRTHDAY PARTY
19 11:00 Technology Class 1:05 Ballroom Dance	20 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 3:30-5:30 Grupo Latino	21 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:05 Ballroom Dance 3-5:00 Sip and Paint	22 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class [NEW] 3-4:00 Fitness with Kit (Room 5)	23 10:00 Chair Exercise 11:00 Dance to the Oldies 1:05 Ballroom Dance 3:15-5:45 Movie Time!
26 11:00 Technology Class 1:05 Ballroom Dance	27 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 3:30-5:30 Grupo Latino	28 9-1:00 FOOD PANTRY [10/28/26] 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:05 Ballroom Dance 9:30-2:30 Trip to trip Rockefeller State Park + H Mart Shopping 3:30-5:00 Trivia Night (prize for the winning team)	29 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class [NEW] 3-4:00 Fitness with Kit (Room 5)	30 10:00 Chair Exercise 11:00 Dance to the Oldies 1:05 Ballroom Dance 2:00-4:00 Halloween Party (with DJ Jolio)

2026 年 10 月活動日曆

大學睦鄰之家鄰里長者活動中心

開放時間: 上午 8 點到下午 7:00 點. 地址: 189 艾倫街, 紐約, 紐約, 10002 聯繫電話: 212-473-8217.

早餐 9:00-10:45 午餐 12:00-1:00 晚餐 6:00-6:45 中心運營由紐約市老齡事務部贊助

掃描右側二維碼以取得每月日曆和菜單更新



星期一	星期二	星期三	星期四	星期五
5 & 12 & 19 & 26	6 & 13 & 20 & 27	7 & 14 & 21 & 28	3 & 10 & 17 & 24	4 & 11 & 18 & 25
11:00 智能設備輔導 1:05 社交舞會 	10:00 薩爾薩舞課 10:30 同 Kit 一齐健身運動 1:05 社交舞會 3:30-5:30 拉丁裔小組	9:30 椅子運動 10:30 美術和工藝 10:00 與亨利學快速華爾茲 1:05 社交舞會	10:00 交誼舞班 11:00 拉丁裔小組 1:15 亨利的舞蹈課 	10:00 椅子運動 11:00 懷舊健身舞 1:05 社交舞會 1:00 乒乓時刻 

特別活動同通知

[10/5/26] 9-12:00 陳女士義務剪髮 (2026 年最后一次)	A Poem 🍁: Autumn arrives on quiet feet, Golden leaves drift down the street. Cool winds sing, the sky shines blue, And summer waves a last adieu. 中文- 秋日诗歌 秋风轻轻到人间, 金叶翩翩落眼前。 碧空高远云舒卷, 夏意依依别旧年。 🍁	[10/14/26] 9-10:30 特色早午餐 菜單項目: 麥片、優格、麵包、桃子 (一杯)、炒蛋、柳橙汁、咖啡 [10/21/26] 邊喝邊畫  [10/28/26] 9-1:00 食品派發 9:30-14:30 洛克斐勒州立公園一日遊 + H Mart 超市購物  3:30-5:00 趣味問答環節 (優勝者有獎)	[新] 每周四下午 3-4 点 同 Kit 一齐健身 [10/15/26] 5-6:00 節能智慧研討會	[10/9/26] 9:30-11:30 前往第十四街農夫市集  10/16/26 2:30 生日派對  [10/23/26] 3:15-5:45 電影時間  [10/30/26] 2-4:00 Halloween Party (with DJ Jolio) 
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Zoom Class 網絡課程					
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
9:30 Pilates 普拉提 Zoom ID: 863 9883 5924 (8/10/26 is canceled)	10:00 Better Bones 強健骨骼锻炼 ID: 818 0866 4481 (no class on 8/4/26)	9:30 Chair Exercise w/ Yelitza Zoom ID:878 2260 0852 1:00 Chinese Concert 中文音樂會 Zoom ID: 829 0688 1632		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 Zoom ID: 869 9331 2735	10:00 Dynamic Stretch 動態拉伸運動 Zoom ID: 822 9471 9185