

FEBRUARY 2026

UNIVERSITY SETTLEMENT NEIGHBORHOOD CENTER

TEMPORARILY AT: 94 EAST 1st STREET, NEW YORK, NY 10009 OPEN HOURS: 9:00AM TO 5:00PM 212-253-5624

OLDERADULTS@UNIVERSITYSETTLEMENT.ORG SCAN THE QR CODE ON THE RIGHT FOR THE MONTHLY CALENDAR AND MENU UPDATES

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FUNDED BY NYC AGING



Monday	Tuesday	Wednesday	Thursday	Friday
Feb 2 & 9 & 23	Feb 3 & 10 & 24	Feb 4 & 11 & 25	Feb 5 & 12 & 26	Feb 6 & 13 & 27
9:00-9:45 BREAKFAST 9:30 Resistance Band Work Out 10:00 Technology Class 11:00 Mindful Mondays with Khrystyna 11:00 Technology Class 12:00-1:00 LUNCH 1:05-3:00 Ballroom Dance 1-2:00 Fitness Group with Kit 2:00 Mahjong/Dominoes Hour 4:00-4:45 DINNER	9:00-9:45 BREAKFAST 10:00- 11:00 Dance Class (175 E. 4th Street @NORC) 10:15-11:15 Fitness with Kit 12:00-1:00 LUNCH 1:00-2:30 Dance with Henry 4:00-4:45 DINNER 	9:00-9:45 BREAKFAST 9:30-10:15 Chair Exercise 10:30-11:45 Arts & Crafts Class 10:00 Henry's Dance Class 12:00-1:00 LUNCH 1:00 Senior Chair Exercise 1:05-3:00 Ballroom Dance 2-3:00 Technology Class 3-4:00 Technology Class 4:00-4:45 DINNER 	9:00-9:45 BREAKFAST 9:30-10:30 Pilates with Mary 10:45-11:45 Dance Class 12:00-1:00 LUNCH 1:15-3:00 Henry's Dance Class 4:00-4:45 DINNER 	9:00-9:45 BREAKFAST 10:00-10:45 Chair Exercise 11:00-11:45 Dance to the Oldies 12:00-1:00 LUNCH 1:15-2:15 Ballroom Dance with Simon 2:45-3:45 Group Latino 4:00-4:45 DINNER
16	17	18	19	20
Lunar New Year Eve CENTER CLOSE FOR THE PRESIDENT DAY 	Happy Spring Festival /Happy Lunar New Year 9:00-9:45 BREAKFAST 10:15-11:15 Fitness with Kit 12:00-1:00 LUNCH 1:00-2:30 Dance with Henry 4:00-4:45 DINNER	9:00-9:45 BREAKFAST 9:30-10:15 Chair Exercise 10:30-11:45 Arts & Crafts Class 10:00 Henry's Dance Class 12:00-1:00 LUNCH 1:00 Senior Chair Exercise 2-3:30 LUNAR NEW YEAR CELEBRATION 4:00-4:45 DINNER	9:00-9:45 BREAKFAST 9:30-10:30 Pilates with Mary 10:45-11:45 Dance Class 12:00-1:00 LUNCH 1:15-2:30 Henry's Dance Class 2:45-3:45 LUNAR NEW YEAR CELEBRATION Chinese Songs Concert 4:00-4:45 DINNER	9:00-9:45 BREAKFAST 10:00-10:45 Chair Exercise 11:00-11:45 Dance to the Oldies 12:00-1:00 LUNCH 1:30-2:00 LION DANCE PERFORMANCE 2:45-3:45 Group Latino 4:00-4:45 DINNER

Special Events and Notifications!!

[2/23/25] 9-12:30 FOOD PANTRY

★ BLACK HISTORY MONTH

★ National Cancer Prevention Month

★ National Bird-Feeding Month

♥ Feb 14 -- Valentine's Day

[2/24/26]

1:00 Birthday party

! Cancellation:

[2/3/25][2/17/25]

10:00- 11:00 Dance Class (175 E. 4th Street @NORC)



[2/18/26] Lunar New Year Celebration for three days!!!

[2/25/26] 9-12:30 FOOD PANTRY



[2/20/26]

! Cancellation: 1:15-2:15 Ballroom Dance with Simon



2026 年 2 月活動日曆 大學睦鄰之家鄰里老年中心 Neighborhood Center 掃描右側二維碼以取得每月日曆和菜單更新

暫時地址: 紐約東一街 94 號 10009 開放時間:上午 9 點到下午 5 點. 電話: 212-253-5624

總部地址: 189 艾倫街, 紐約, 紐約, 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	星期四	星期五
2 & 9 & 23	3 & 10 & 24	4 & 11 & 25	5 & 12 & 26	6 & 13 & 27
9-9:45 早餐 9:30 阻力帶鍛煉 10:00 智能設備輔導 11:00 智能設備輔導 11:00 "正念星期一" 12-1:00 午餐 1:15 社交舞會 1:00 運動小組 2:00 麻將和骨牌遊戲時間 4-4:45 晚餐	9:00-9:45 早餐 10:00 交誼舞班 (Mar 10 th & 24 th) (175 E. 4th Street @NORC) 10:15-11:15 同 Kit 一齐健身運動 12-1:00 午餐 1:15-2:45 與亨利老师共舞 4-4:45 晚餐	9:-9:45 早餐 9:30 椅子運動 10:00 與亨利學快速華爾茲 10:30 美術和工藝 12:00-1:00 午餐 1:15-2:00 資深椅子運動 2-3:00 智能設備輔導 3-4:00 智能設備輔導 1:05-3:00 社交舞會 4:00-4:45 晚餐	9:00-9:45 早餐 9:30-10:30 與瑪麗一起普拉提 10:45-11:45 交誼舞班 12:00-1:00 午餐 1:15-3:00 與亨利跳舞 4:00-4:45 晚餐	9:00-9:45 早餐 10:00 椅子運動 11:00 懷舊健身舞 12:00-1:00 午餐 1:15-2:15 交誼舞班 (西蒙老师) 2:45-3:45 拉丁裔小組 4:00-4:45 晚餐
16	17	18	19	20
除夕喇~~~ 總統日中心關閉 	春節愉快! 祝各位馬躍新程福滿門! 9:00-9:45 早餐 10:15-11:15 同 Kit 一齐健身運動 12-1:00 午餐 1:15-2:45 與亨利老师共舞	9:-9:45 早餐 9:30 椅子運動 10:00 與亨利學快速華爾茲 10:30 美術和工藝 12:00-1:00 午餐 1:15-2:00 資深椅子運動 2-3:30 大年初三慶祝之 互動遊戲 4:00-4:45 晚餐	9:00-9:45 早餐 9:30-10:30 與瑪麗一起普拉提 10:45-11:45 交誼舞班 12:00-1:00 午餐 1:15-2:30 與亨利跳舞 2:45-3:45 大年初三慶祝之 中文演唱會 4:00-4:45 晚餐	9:00-9:45 早餐 10:00 椅子運動 11:00 懷舊健身舞 12:00-1:00 午餐 1:30-2:00 大年初四慶祝之 舞龍舞獅 2:45-3:45 拉丁裔小組 4:00-4:45 晚餐

特別活動同通知

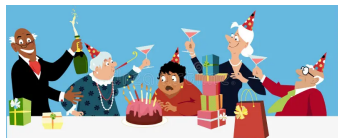
【2/23/26】 9:00-12:30 食物派發



- ★ 美国黑人歷史月
- ★ 全國癌症預防月
- ★ 全國銀鳥月

♥ 2 月 14 日 —— 情人節

【2/24/26】 1:00 生日派對



! Cancellation:

[2/3/25][2/17/25]

10:00- 11:00 Dance Class
(175 E. 4th Street @NORC)



[2/18/26] 農曆新年慶祝一連三日!!!

【2/25/26】 9:00-1:00 食物派發



[2/20/26]

! 課程取消:

1:15-2:15 同 Simon 一齊跳舞廳舞



