

# JUNE 2026

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

## 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

FOLLOW US ON FACEBOOK  [www.facebook.com/USOlderAdults](http://www.facebook.com/USOlderAdults)

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9-12:00 Hair Cut by Ms. Chan</p> <p>10:30-11:30 <b>[NEW]</b> Salsa Class</p> <p>11:00 Technology Class</p> <p>1:05 Ballroom Dance</p> 	<p>2</p> <p>10:00 Dance Class</p> <p>10:30 Fitness with Kit</p> <p>11:00 <b>Elder Abuse Prevention Presentation</b></p> <p>1:05 Ballroom Dance</p> <p>3:30-5:30 Grupo Latino</p>	<p>3</p> <p>9:30 Chair Exercise</p> <p>10:30 Arts &amp; Crafts Class</p> <p>10:00 Henry's Dance Class</p> <p>1:05 Ballroom Dance</p> <p>3:15 Technology Class</p>	<p>4</p> <p>10:00 Dance Class</p> <p>11:00 Grupo Latino</p> <p>1:15 Henry's Dance Class</p> 	<p>5</p> <p>10:00 Chair Exercise</p> <p>11:00 Dance to the Oldies</p> <p>1:05 Ballroom Dance</p>
<p>8</p> <p>9-12:00 Hair Cut by Ms. Chan</p> <p>10:30-11:30 <b>[NEW]</b> Salsa Class</p> <p>11:00 Technology Class</p> <p>1:05 Ballroom Dance</p> <p>4-6:00 <b>[NEW]</b> Art Workshops by The Creative Center</p>	<p>9</p> <p>10:00 Dance Class</p> <p>10:30 Fitness with Kit</p> <p>1:05 Ballroom Dance</p> <p>2:30 <b>BIRTHDAY PARTY</b></p> 	<p>10</p> <p>9:30 Chair Exercise</p> <p>10:30 Arts &amp; Crafts Class</p> <p>10:00 Henry's Dance Class</p> <p>1:05 Ballroom Dance</p> <p>3:15 Technology Class</p>	<p>11</p> <p>9:30-1:30 <b>Trip to BAPS Swaminarayan Akshardham</b></p>  <p>10:00 Dance Class</p> <p>11:00 Grupo Latino</p> <p>1:15 Henry's Dance Class</p>	<p>12</p> <p>9:00 AM -10:30, <b>Father's Day Brunch</b></p> <p>10:00 Chair Exercise</p> <p>11:00 Dance to the Oldies</p> <p>1:00 Ballroom Dance</p> <p>3:00-5pm <b>Father's Day Celebration Party</b></p> <p>4-6:00 <b>[NEW]</b> Art Workshops by The Creative Center</p>
<p>15</p> <p>10:30-11:30 <b>[NEW]</b> Salsa Class</p> <p>11:00 Technology Class</p> <p>1:05 Ballroom Dance</p>	<p>16</p> <p>10:00 Dance Class</p> <p>10:30 Fitness with Kit</p> <p>1:05 Ballroom Dance</p> <p>3:30-5:30 Grupo Latino</p> 	<p>17</p> <p>9:30 Chair Exercise</p> <p>10:30 Arts &amp; Crafts Class</p> <p>10:00 Henry's Dance Class</p> <p>1:30-4 <b>The 3rd Healthy Living Expo</b></p> 	<p>18</p> <p><b>CENTER CLOSED</b></p> <p>ALL STAFF DAY FOR UNIVERSITY SETTLEMENT</p>	<p>19</p> <p><b>CENTER CLOSED</b></p> <p>Juneteenth National Independence Day</p>
<p>22 &amp; 29</p> <p>10:30-11:30 <b>[NEW]</b> Salsa Class</p> <p>11:00 Technology Class</p> <p>1:05 Ballroom Dance</p>	<p>23 &amp; 30</p> <p>10:00 Dance Class</p> <p>10:30 Fitness with Kit</p> <p>1:05 Ballroom Dance</p> <p>2:30-3:30 <b>Cell Phone Photography Workshop -facilitated by Christine [6/23/26]</b></p> 	<p>24</p> <p>9-1:00 <b>FOOD PANTRY [6/24/26]</b></p> <p>9:30 Chair Exercise</p> <p>10:30 Arts &amp; Crafts Class</p> <p>10:00 Henry's Dance Class</p> <p>3:15 Technology Class</p> <p>1:30-3:00 <b>Talent is Timeless</b></p> <p>4-8:00 <b>HPD Housing Connect Affordable Housing Application Workshop</b></p> <p>4-6:00 <b>[NEW]</b> Art Workshops by The Creative Center</p>	<p>25</p> <p>10:00 Dance Class</p> <p>11:00 Grupo Latino</p> <p>1:15 Henry's Dance Class</p> 	<p>26</p> <p>11:00 Grupo Latino</p> <p>1:00 Ballroom Dance</p> <p>[Canceled for the day]</p> <p>10:00 Chair Exercise</p> <p>11:00 Dance to the Oldies</p> 

# 2026 年 6 月活動日曆

大學睦鄰之家鄰里長者活動中心

掃描右側二維碼以取得每月日曆和菜單更新

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



星期一	星期二	星期三	星期四	星期五
1 & 8 & 15 & 22 & 29	2 & 9 & 16 & 23 & 30	3 & 10 & 17 & 24	4 & 11 & 18 & 25	5 & 12 & 19 & 26
10:30-11:30 [新] 薩爾薩舞課 11:00 智能設備輔導 1:05 社交舞會	10:00 交誼舞班 10:30 同 Kit 一齐健身運動 11:00 [6 月 2] 老年人虐待預防講座 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 3:15 智能設備輔導	10:00 交誼舞班 11:00 拉丁裔小組 1:00 乒乓時刻	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

[6/1/26 & 6/8/26]  
9-12:00 陳女士義務剪髮

[6/9/26] 2:30 生日派對



[6/23/26] 2:30-3:30 手機攝影工作坊—由邱小姐主持



1:30-4 [6/17/26]  
第三屆健康生活博覽會



9-1:00 [6/24/26] 食品派發

1:30-3:00 [6/24/26] 天賦永不過時表演秀

4-8:00 [6/24/26] HPD 住房連結  
經濟適用房申請研討會

[6/11/26] 9:30-1:00  
新澤西印度寺廟半日遊



6/18/26 同 6/19/26  
中心關閉

[6/12/26] 父親節早午餐 (9:30-10:30)  
[6/12/26] 父親節慶祝派對 (2:30-4:30)

[Canceled for 6/26/26]  
10:00—Chair Exercise  
11:00—Dance to the Oldies  
【6 月 26 日以下活動取消】  
10:00 椅子操  
11:00 老歌舞

## 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  June 15, 2026 at 10 AM for <b>Headaches &amp; Migraines</b> , a webinar presented by St. John's University College of Pharmacy and Health Sciences Zoom ID: 886 6849 1389	10:00 Better Bones 強健骨骼鍛煉 Zoom ID: 822 9471 9185	9:30 Chair Exercise w/ Yelitza Zoom ID: 878 2260 0852 10:00 Well-US Virtual Wellness Series 在線健康講座 Zoom ID: 212 475 0150 1:00 Chinese Concert 中文音樂會 Zoom ID: 829 0688 1632	Jun 4, 2026 10:30: Shared Language: <b>Community Writing As Care</b> Zoom ID: 212 453 4542  June 11, 2026: 10:00 Hearing Matters: <b>What You Need To Know About Hearing Loss and Dementia</b> Virtual Link: <a href="https://us02web.zoom.us/j/83604694417">https://us02web.zoom.us/j/83604694417</a>	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