

JULY 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
6 9-12:00 Hair Cut by Ms. Chan 11:00 Technology Class 1:05 Ballroom Dance 	7 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 3:30-5:30 Grupo Latino	1/8 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 11:00 [7/8/26] Scam Prevention Presentation by Officer Rodriguez 1:05 Ballroom Dance 3:15 Technology Class 1-3:00 Karaoke	2/9 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class 	3/10 July 3 rd CENTER CLOSED (Cooling Center Activated) [7/10/26] 10:00 Chair Exercise 11:00 Dance to the Oldies 1:05 Ballroom Dance
13 9-12:00 Hair Cut by Ms. Chan 11:00 Technology Class 1:05 Ballroom Dance	14 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 2:30 BIRTHDAY PARTY 	15 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:05 Ballroom Dance 3:15 Technology Class 1-3:00 Karaoke	16 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class	17 10:00 Chair Exercise 11:00 Dance to the Oldies 1:00 Ballroom Dance
20 11:00 Technology Class 1:05 Ballroom Dance	21 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance	22 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 1:00-6:30 Trip to New York Aquarium 	23 10:00 Dance Class 11:00 Grupo Latino 1:30-4:00 Regional Talent is Timeless 	24 10:00 Chair Exercise 11:00 Dance to the Oldies 1:05 Ballroom Dance 
27 11:00 Technology Class 1:05 Ballroom Dance	28 10:00 Salsa Class 10:30 Fitness with Kit 1:05 Ballroom Dance 2:30 Summer Party 	29 9-1:00 FOOD PANTRY [7/29/26] 9:30 Chair Exercise 10:30 Arts & Crafts Class 10:00 Henry's Dance Class 3:15 Technology Class	30 10:00 Dance Class 11:00 Grupo Latino 1:15 Henry's Dance Class	31 10:00 Chair Exercise 11:00 Dance to the Oldies 1:05 Ballroom Dance

2026 年 6 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
6 & 13 & 20 & 27	7 & 14 & 21 & 28	1 & 8 & 15 & 22 & 29	2 & 9 & 16 & 23 & 30	3 & 10 & 17 & 24 & 31
11:00 智能設備輔導 1:05 社交舞會 	10:00 [新] 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 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

[7/6/26 & 7/13/26] 9-12:00 陳女士義務剪髮	[7/14/26] 2:30 生日派對  [7/28/26] 2:30 夏日派對 	1-3:00 [7/1/26] [7/8/26] 卡拉 OK 11:00 [7/8/26] 防範詐騙講座 1:00-6:30  紐約水族館與康尼島半日遊 9-1:00 [7/29/26] 食品派發	7/23/26 1:30-4:00 區域“人才永不過時”展示 	7/3/26 中心關閉 【7/3/26-7/5/26 紐約市 避暑中心開放】
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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	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		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