

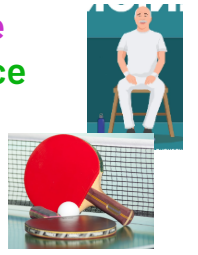







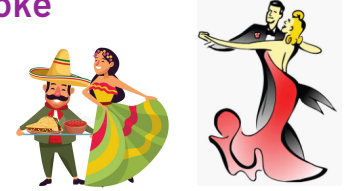
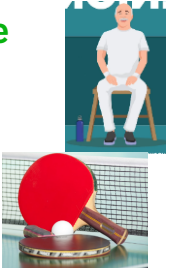
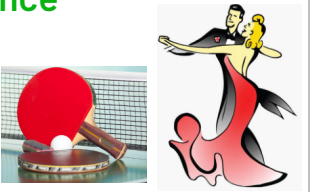
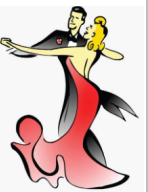
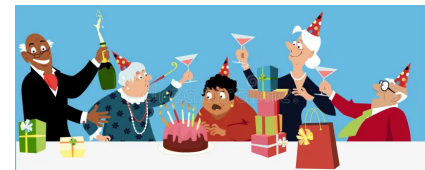
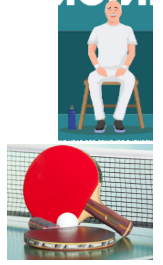


September 2024

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 9:00-45:00 LUNCH 12:00-1:00 DINNER 4:00-5:00

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:30 Crafts Class Streetwise Pedestrian Safety workshop for Older Adult 3PM	4 9:30 Chair Exercise 10:30 Arts & Crafts Class 1:00 Ballroom Dance 3:15 Technology Class 1-4PM "National Grandparents Day" TRIP: Grandparents Take the Met	5 10:00 Dance Class 11:00 Grupo Latino 1:00 Ballroom Dance 2:00 Karaoke 	6 10:00 Chair Exercise 1:00 Ballroom Dance 1:00 Ping Pong 
9 10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 2:00 Ping Pong 	10 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:30 Crafts Class 	11 9:30 Chair Exercise 10:30 Arts & Crafts Class 1:00 Ballroom Dance 3:15 Technology Class TRIP TO IKEA 1-3:30 (UP TO 9 PEOPLE)	12 10:00 Dance Class 11:00 Grupo Latino 1-3:30 2024 Fall Fashion Show 	13 10:00 Chair Exercise 1:00 Ballroom Dance 1:00 Ping Pong 
16 10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 2:00 Ping Pong 3-4:00 Neighborhood Stories 	17 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:30 Crafts Class Happy mid-autumn festival! 	18 9:30 Chair Exercise 10:30 Arts & Crafts Class 1:00 Ballroom Dance 2:00 Ping Pong 3:15 Technology Class 2:30-4PM New York Mandarin Playback Performance 	19 10:00 Dance Class 11:00 Grupo Latino 1:00 Ballroom Dance 2:00 Karaoke 	20 10:00 Chair Exercise 1:00 Ballroom Dance 1:00 Ping Pong 
23/30 10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 2:00 Ping Pong 	24 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:30 Crafts Class Presentation on Protection from Elderly Abuse by DA office 2:30PM	25 FOOD PANTRY 9:00-1:00 (9/24) 9:30 Chair Exercise 10:30 Arts & Crafts Class 1:00 Ballroom Dance 2:00 Ping Pong 3:15 Technology Class 	26 10:00 Dance Class 11:00 Grupo Latino 1:00 Ballroom Dance 2:00 BIRTHDAY PARTY 	27 10:00 Chair Exercise 1:00 Ballroom Dance 1:00 Ping Pong 

星期一	星期二	星期三	星期四	星期五
<p>2</p> <p>勞動節中心關門</p>	<p>3</p> <p>10:00 交誼舞班 10:30 健身運動 1:00 社交舞會 1:30 創意手工 3PM 行人安全講座</p>	<p>4</p> <p>9:30 椅子運動 10:30 美術和工藝 1:00 社交舞會 3:15 智能設備輔導 1-4PM 大都會博物館半日游</p>	<p>5</p> <p>10:00 交誼舞班 11:00 拉丁裔小組 1:00 社交舞會 2:00 卡拉 OK</p>	<p>6</p> <p>10:00 椅子運動 1:00 社交舞會 1:00 乒乓球</p>
<p>9</p> <p>10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓球</p>	<p>10</p> <p>10:00 交誼舞班 10:30 健身運動 1:00 社交舞會 1:30 創意手工</p>	<p>11</p> <p>9:30 椅子運動 10:30 美術和工藝 1:00 社交舞會 2:00 乒乓球 3:15 智能設備輔導 9:30-1 點去 IKEA 玩啦 (最多 9 個人)</p>	<p>12</p> <p>10:00 交誼舞班 11:00 拉丁裔小組 1-3:30 秋季時裝表演</p>	<p>13</p> <p>10:00 椅子運動 1:00 社交舞會 1:00 乒乓球</p>
<p>16</p> <p>10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓球 3-4PM 紐約街坊故事</p>	<p>17</p> <p>10:00 交誼舞班 10:30 健身運動 1:00 社交舞會 1:30 創意手工 祝您和家人中秋節快樂!</p>	<p>18</p> <p>9:30 椅子運動 10:30 美術和工藝 1:00 社交舞會 2:00 乒乓球 3:15 智能設備輔導 2:30-4PM 即興戲劇演出</p>	<p>19</p> <p>10:00 交誼舞班 11:00 拉丁裔小組 1:00 社交舞會 2:00 卡拉 OK</p>	<p>20</p> <p>10:00 椅子運動 1:00 社交舞會 1:00 乒乓球</p>
<p>23/30</p> <p>10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓球</p>	<p>24</p> <p>10:00 交誼舞班 10:30 健身運動 1:00 社交舞會 1:30 創意手工 2:30 瞭解和預防老年虐待</p>	<p>25</p> <p>9:00-1:00 食物派發 9:30 椅子運動 10:30 美術和工藝 1:00 社交舞會 2:00 乒乓球 3:15 智能設備輔導</p>	<p>26</p> <p>10:00 交誼舞班 11:00 拉丁裔小組 1:00 社交舞會 2:00 生日派對</p>	<p>27</p> <p>10:00 椅子運動 1:00 社交舞會 1:00 乒乓球</p>

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
<p>9:30 Resistance Band Workout 彈力帶運動 Zoom ID: 863 9883 5924</p>	<p>11:00 Dance to the Oldies 懷舊健身舞 Zoom ID: 869 9331 2735</p>	<p>10:00 Better Bones 強健骨骼鍛煉 Zoom ID: 822 9471 9185 9:30 Chinese Concert 中文音樂會 Zoom ID: 829 0688 1632</p>	<p>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</p>	<p>9:30 Strength & Endurance 耐力與體力訓練 Zoom ID: 878 2260 0852</p>	<p>9:30 Dynamic Stretch 動態拉伸運動 Zoom ID: 822 9471 9185</p>