

# NOVEMBER 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](mailto:OLDERADULTS@UNIVERSITYSETTLEMENT.ORG)

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FUNDED BY NYC AGING. BREAKFAST 9:00-9:45 LUNCH 12:00-1:00 DINNER 4:00-5:00



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong</p>	<p>5</p> <p><b>VOTE DAY</b></p> <p>9-12:00 Tracking Blood Pressure 10:30 Fitness with Kit 1:00 Ping Pong 3:00 Nutrition Workshop - Raw Food Series</p>	<p>6</p> <p>9:30 Chair Exercise 10:30 Arts &amp; Crafts Class *10:30 <b>[NEW]</b> Quick Waltz with Henry 1:00 Ballroom Dance 1:00 Ping Pong 3:15 Technology Class</p>	<p>7</p> <p>10:00 Dance Class 11:00 Grupo Latino *1:15-2:45PM <b>[NEW]</b> Samba with Henry 2:30 Presentation on Protection from Elderly Abuse by DA office</p>	<p>1/8</p> <p>9-12:00 Tracking Blood Pressure 10-2:00 (11/8/24) Trip to Rego Center 10:00 Chair Exercise *11:00 <b>[NEW]</b> Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong</p>
<p>11</p> <p>10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong 3:00 FIRE DRILL </p>	<p>12</p> <p>9-12:00 Tracking Blood Pressure 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 2:00 Birthday party  3:00 Nutrition Workshop - Raw Food Series</p>	<p>13</p> <p>9:30 Chair Exercise 10:30 Arts &amp; Crafts Class *10:30 Quick Waltz with Henry 1:00 Ballroom Dance 1:00 Ping Pong 2-3:00 NYU Research Project --- Asian female dementia &amp; Alzheimer's 3:15 Technology Class</p>	<p>14</p> <p>10:00 Dance Class 11:00 Grupo Latino *1:15-2:45PM Samba with Henry 1:00 Ping Pong</p>	<p>15</p> <p>9-12:00 Tracking Blood Pressure 10:00 Chair Exercise *11:00 Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong</p>
<p>18</p> <p>10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong</p>	<p>19</p> <p>9-12:00 Tracking Blood Pressure 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:00 Ping Pong 3:00 Nutrition Workshop - Raw Food Series</p>	<p>20</p> <p>9-1:00 FOOD PANTRY (11/20/24) 9:30 Chair Exercise 10:30 Arts &amp; Crafts Class *10:30 Quick Waltz with Henry 1:00 Ballroom Dance 1:00 Ping Pong 3:15 Technology Class</p>	<p>21</p> <p>10:00 Dance Class 11:00 Grupo Latino 12-2:30 THANKSGIVING LUNCHEON </p>	<p>22</p> <p>9-12:00 Tracking Blood Pressure 10:00 Chair Exercise *11:00 Dance to the Oldies 1:00 Ballroom Dance 1:00 Ping Pong</p>
<p>25</p> <p>10:30 Crafts Class 11:00 Technology Class 1:00 Ballroom Dance 1:00 Ping Pong</p>	<p>26</p> <p>9-12:00 Tracking Blood Pressure 10:00 Dance Class 10:30 Fitness with Kit 1:00 Ballroom Dance 1:00 Ping Pong 3:00 Nutrition Workshop - Raw Food Series</p>	<p>27</p> <p>9:30 Chair Exercise 10:30 Arts &amp; Crafts Class *10:30 Quick Waltz with Henry 1:00 Ballroom Dance 1:00 Ping Pong [Center will close at 3PM.]</p>	<p>28</p> <p><b>CENTER CLOSED</b> </p>	<p>29</p> <p><b>CENTER CLOSED</b> </p>

星期一	星期二	星期三	星期四	星期五
4 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓	5 <b>選舉日</b> 9-12:00 護士生幫您量血壓 10:30 同 Kit 一齐健身運動 2:00 乒乓時刻 3:00 營養工作坊 - 生食系列	6 9:00 椅子運動 10:00 美術和工藝 *10:30 [新]與亨利學快速華爾茲 1:00 社交舞會 2:00 乒乓時刻 3:15 智能設備輔導	7 10:00 交誼舞班 11:00 拉丁裔小組 *1:15-2:45PM 與亨利跳桑巴 2:00 乒乓時刻 2:30 地方檢察官辦公室關於保護老年人免受虐待的演講	1/8 9-12:00 護士生幫您量血壓 10-2:00 前往皇后區雷戈中心 10:00 椅子運動 *11:00 [新]懷舊健身舞 1:00 社交舞會 2:00 乒乓時刻
11 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓 3:00 消防演習 	12 9-12:00 護士生幫您量血壓 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 2:00 生日派對 3:00 營養工作坊 - 生食系列 	13 9:00 椅子運動 10:00 美術和工藝 *10:30 [新]與亨利學快速華爾茲 1:00 社交舞會 2-3:00 紐約大學研究項目 - 亞洲女性癡呆症與阿茲海默症 3:15 智能設備輔導	14 10:00 交誼舞班 11:00 拉丁裔小組 *1:15-2:45PM 與亨利跳桑巴 2:00 乒乓時刻	15 9-12:00 護士生幫您量血壓 10:00 椅子運動 *11:00 [新]懷舊健身舞 1:00 社交舞會 2:00 乒乓時刻
18 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓	19 9-12:00 護士生幫您量血壓 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 2:00 乒乓時刻 3:00 營養工作坊 - 生食系列	20 9:00 椅子運動 10:00 美術和工藝 *10:30 [新]與亨利學快速華爾茲 1:00 社交舞會 2:00 乒乓時刻 3:15 智能設備輔導	21 10:00 交誼舞班 11:00 拉丁裔小組 12-2:30 感恩節午餐大派對 	22 9-12:00 護士生幫您量血壓 10:00 椅子運動 *11:00 [新]懷舊健身舞 1:00 社交舞會 2:00 乒乓時刻
25 10:30 創意手工 11:00 智能設備輔導 1:00 社交舞會 2:00 乒乓	26 9-12:00 護士生幫您量血壓 10:00 交誼舞班 10:30 同 Kit 一齐健身運動 1:00 社交舞會 2:00 乒乓時刻 3:00 營養工作坊 - 生食系列	27 食物派發 9:00-1:00 (11/27/24) 9:00 椅子運動 10:00 美術和工藝 *10:30 [新]與亨利學快速華爾茲 1:00 社交舞會 2:00 乒乓時刻 今日三點關門	28 <b>中心關門</b> 	29 <b>中心關門</b> 

Zoom Class 網絡課程

<p><b>10:00 Resistance Band Workout</b> 彈力帶運動 Zoom ID: 863 9883 5924</p>		<p><b>10:00 Better Bones w/James</b> 強健骨骼鍛煉 Zoom ID: 822 9471 9185 <b>9:30 Chinese Concert 中文音樂會</b> Zoom ID: 829 0688 1632</p>	<p><b>10:00 Pilates 普拉提</b> Zoom ID: 863 9883 5924 <b>11:00 Well-US Virtual Wellness Series 在線健康講座</b> Zoom ID: 212 475 0150</p>	<p><b>9:30 Strength &amp; Endurance w/Yelitza</b> Zoom ID: 878 2260 0852 <b>11:00 Dance to the Oldies w/Dawn</b> 懷舊健身舞 Zoom ID: 869 9331 2735</p>	<p><b>10:00 Dynamic Stretch w/James</b> 動態拉伸運動 Zoom ID: 822 9471 9185 <b>12:00 Drama Station w/Vincent</b> Zoom ID: 829 0861 0902</p>
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