

 <div> Hamilton Madison House 麥迪臣社區中心 City Hall Older Adult Center 耆英會 100 Gold Street. New York, NY 10038 Tel: (212)-788-5580 </div>		Lunch 外帶堂食午餐服務 Dine-in Breakfast 堂食早餐服務 Social Assistance Services 社工服務	Monday to Friday 周一至周五 11:30AM-12:15PM/ 12:15PM-1:00PM Monday to Friday 周一至周五 9:00AM-9:30AM Monday to Friday 周一至周五 9:30AM-12:00PM	
2022 年十一月份中心活動日曆 Calendar November 2022 In person, Hybrid& Virtual				
Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
<div> <div> WHOLE DAY ❖ Computer Lab 电脑室/ Library 图书室 (newspaper& books 当日报纸, 图书) ❖ Fitness Center 健身中心/ Ping Pong 乒乓球 9am-3pm ❖ Mahjong/ Chinese Chess 麻将 / Multimedia: TV show/ movie day 电影, 电视 </div> <div>   </div> </div>				
9:30am-10:30am YuanJi Dance 元极舞(中心大厅) 12:30pm-2:30pm Citizenship Class(Hybrid)入籍 英文 @ Zoom ID 95136974069 Passcode(密碼):017401 1:00pm-2:00pm Smart phone class 手機應用基础知识 (粵語授課) 9:00am-3:00pm Ping Pong 乒乓球 Please pay attention to the notice on our WeChat official account. (Simply download the App, scan the QR code to add us!) 敬請留意我們耆英的微信公眾 號上的更新通知。(下載微信軟 件, 然後掃二維碼. 加入我們的微 信群。)	9:30am-11:45am Calligraphy/ Chinese Painting 書法班/中国畫 9:30am-11:00am Smart phone and Tablet class (Hybrid) Zoom ID698 491 2039 Passcode (密碼):chscchsc 手機, 平板電腦應用課(粵語授課)。 1:00pm-2:30pm Social Dance Class 交誼舞課 9:00am-3:00pm Ping Pong 乒乓球 1:00pm-3:00pm Computer Class 電腦課@ Zoom ID748 6387 504, Passcode 密碼: 3cLnYE	9:30am-10:30am TaiChi 太极(中心大厅) 9:30am-11:30am Origami/ Paper Folding 折紙藝 10:30am-11:30am Blood pressure 量血壓 9:45am-11:00am English Conversation 英語會話課 1:00pm -3:30pm Chinese Opera 京劇 12:30pm-2:30pm ESL 英文課 1:30pm-3:15pm Karaoke 卡拉 OK 1:00pm-3:00pm Computer Class 電腦課@ Zoom ID748 6387 504, Passcode 密碼: 3cLnYE	9:30am-10:30am Square Dance 廣場舞(每月第一, 第三個星期四) 9:30am-10:30am Zumba 森巴舞(每月第二, 第四個星期四) 10:30am -11:30am Dance Class 民族舞蹈課 10:45am-11:30am (11/03) Tea Time with Heather 劉小姐茶話會專題介紹 (11/3) Boundaries 界限 10:30am-11:30am (11/17) Nutrition workshop 營養講座 Hyperlipidemia 高血脂/高膽固醇 1:00pm -3:00pm Social Dance Group 交誼舞 1:00pm -2:30pm Photo and Video 攝影與剪輯 Center will be closed on Thanksgiving 感恩节放假 (11/24 & 11/25)	10am-11:30am Music Group 音樂組 1:00pm-3:00pm Chorus 合唱 10:00am-11:30am Art for Well-being improvement 美術制作課 Center will be closed on Thanksgiving 感恩节放假 (11/24 & 11/25) 
中心已经重新开放, 活动正式增加回归, 敬请关注我们的微信公众号的活动更新通知。The City Hall Older Adult Center Operation Hours: 8:30am – 4:30pm Please stay tuned for more info. on our WeChat official account or visit us: http://www.hamiltonmadisonhouse.org/city-hall-older-adults-center.html The City Hall Older Adult Center is funded by the New York City Department for the Aging				

