

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

Lunch 外帶堂食午餐服務

Monday to Friday 周一至周五 11:30AM-12:15PM/ 12:15PM-1:00PM

Dine-in Breakfast 堂食早餐服務

Social Assistance Services 社工服務

Monday to Friday 周一至周五 9:30AM-12:00PM

Monday to Friday 周一至周五 9:00AM-9:30AM



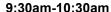
2022 年十一月份中心活動日曆

Calendar November 2022 In person, Hybrid& Virtual

Friday 星期五 Monday 星期一 Tuesday 星期二 Wednesday 星期三 Thursday 星期四

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



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(粤语授课)

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衆 號上的更新通知。 (下載微信軟 件, 然後掃二維碼. 加入我们的微 信群。)

9:30am-11:45am

Calligraphy/ Chinese Painting 書法班/中国画

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(粤语授课)。

1:00pm-2:30pm

Social Dance Class 交谊舞课

9:00am-3:00pm

Ping Pong 乒乓球

1:00pm-3:00pm

Computer Class 電腦課<mark>@ Zoom</mark>

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 折纸艺

10:30am-11:30am

Blood pressure 量血壓

9:45am-11:00am

English Conversation 英语会话课

1:00pm -3:30pm

Chinese Opera 京剧

12:30pm-2:30pm

ESL 英文课

1:30pm-3:15pm

Karaoke 卡拉 OK

1:00pm-3:00pm

Computer Class 電腦課<mark>@ Zoom</mark>

ID748 6387 504.

Passcode 密碼: 3cLnYE

9:30am-10:30am

Square Dance 廣場舞(每月第一,第三个星期四)

9:30am-10:30am

Zumba 森巴舞(每月第二,第四个星期四)

10:30am -11:30am

Dance Class 民族舞蹈课

10:45am-11:30am (11/03)

Tea Time with Heather 劉小姐茶话會专题介绍

(11/3) Boundaries 界限

10:30am-11:30am (11/17)

Nutrition workshop 营养讲座

Hyperlipidemia 高血脂/高胆固醇

1:00pm -3:00pm

Social Dance Group 交谊舞

1:00pm -2:30pm

Photo and Video 摄影与剪辑

Center will be closed on Thanksgiving 感恩节放假 (11/24 & 11/25)

10am-11:30am

Music Group 音乐组

1:00pm-3:00pm

Chorus 合唱

10:00am-11:30am

Art for Well-being improvement

美术制作课

Center will be closed on Thanksqivin 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

