



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

Meals Grab and Go 外帶熱餐服務

Dine-in Breakfast/Lunch 堂食早餐/午餐服務

Social Assistance Services 社工服務

Monday to Thursday 周一至周四
11:30AM-12:15PM

Monday to Thursday 周一至周四
9:00AM-9:30AM/ 12:15PM-1:00PM

Monday to Thursday 周一至周四
09:30AM-12:00PM

2022 年六月份中心活動日曆

Calendar June 2022 in Person

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
WHOLE DAY <ul style="list-style-type: none"> Computer Lab 电脑室 Library 图书室 (newspaper& books 当日报纸, 图书) <ul style="list-style-type: none"> Fitness Center 健身中心 Ping Pong 乒乓球 Majang 麻将 Multimedia: TV show/ movie day 电影, 电视 	WHOLE DAY <ul style="list-style-type: none"> Computer Lab 电脑室 Library 图书室 (newspaper& books 当日报纸, 图书) <ul style="list-style-type: none"> Fitness Center 健身中心 Ping Pong 乒乓球 Majang 麻将 Multimedia: TV show/ movie day 电影, 电视 	WHOLE DAY <ul style="list-style-type: none"> Computer Lab 电脑室 Library 图书室 (newspaper& books 当日报纸, 图书) <ul style="list-style-type: none"> Fitness Center 健身中心 Ping Pong 乒乓球 Majang 麻将 Multimedia: TV show/ movie day 电影, 电视 	WHOLE DAY <ul style="list-style-type: none"> Computer Lab 电脑室 Library 图书室 (newspaper& books 当日报纸, 图书) <ul style="list-style-type: none"> Fitness Center 健身中心 Ping Pong 乒乓球 Majang 麻将 Multimedia: TV show/ movie day 电影, 电视 	<p>Happy Father's Day!</p> <p>祝福大家父親節快樂!</p> <p>由於新冠疫情, 活動網上及中心同時進行, 中心於每周一至周四, 9am-4pm 開放. 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。)</p> <p>Due to COVID-19, Center programing and Actives are Virtual/ Hybrid and in person; Center reopening with temporary operation hours: Mondays to Thursdays 9am to 4pm. Please pay attention to the notice on our WeChat official account. (Simply download the App, scan the QR code to add us!)</p> <div>   </div>
9:00am-3:00pm Ping Pong 乒乓球 1:00pm-2:00pm Smart phone and Tablet class 手機, 平板電腦應用課(国语授课) Center is closed on Juneteenth Day, 6/20/2022. 中心於 6/20/2022 休息一天 	9:45am-10:45am Tai Chi for Arthritis 簡易太極 (針對關節炎) 10:00am-11:30am Calligraphy 書法班 1:00pm-2:30pm Smart phone and Tablet class 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	9:30am-11:30am Music Class 音樂課 9:30am-11:30am Origami/ Paper Folding 折纸艺 10:30am-11:30am Blood pressure 量血壓 9:00am-3:00pm Ping Pong 乒乓球	10:30am -11:30am Dance Class 民族舞蹈课 9:45am-10:45am Tai Chi for Arthritis 簡易太極 (針對關節炎) 10:45am-11:30am 劉小姐茶话會专题介绍 (6月2日) Tea Time with Heather 1:00pm -2:45pm Social Dance Group 交谊舞 9:00am-3:00pm Ping Pong 乒乓球	

大家好, 中心已经重新开放, 许多活动正逐步增加回归, 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



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由於新冠疫情活動網上及中心同時進行，中心於每周一至周四，9am-4pm 開放。敬請留意我們耆英會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。）

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Happy Father's Day! 祝福大家父親節快樂! Happy Juneteenth Day!

2022 年六月份網上活動日曆

Virtual Calendar June 2022

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
10:00-11:00am Zumba Gold 長者森巴健身舞 @ ZOOM 會議編號: 7726623351 10:30am-11:30am Movement Speaks @Zoom 有趣長者舞蹈課 - 行動代表語言 @Zoom Meeting ID: 814 7746 0986 无需密码 Center is closed on Juneteenth Day, 6/20/2022. 中心於 6/20/2022 Juneteenth Day 休息一天	9:45am-10:45am Tai Chi for Arthritis 太極 會議 ID: 831 990 9643 密碼: 2iVacE 10:00am-11:00am Chair Exercise 椅子鍛鍊操 @ ZOOM 會議編號: 7726623351 1:00pm-3:00pm Computer Class 電腦課@ Zoom ID 748 6387 504 Passcode (密碼): 3cLnYE 3:00pm-5:00pm ESL Classes 英文課@ Zoom ID :766 5525 3450 Passcode(密碼):Czyr9y	10:30am-11:30am English Conversation Classes 日用英語會話課 @ Zoom Meeting ID: 831 9909 643 Passcode (密碼): 2iVacE 1:00pm-3:00pm Computer Class @ Zoom 電腦課@ Zoom ID 7486387504 Passcode (密碼): 3cLnYE	9:45am-10:45am Tai Chi for Arthritis 太極 會議 ID: 831 990 9643 密碼: 2iVacE 10:00am-11:00am Chair Yoga 椅子瑜珈 @ ZOOM 會議編號: 7726623351 10:00am-11:00am 刘小姐茶話會 Tea Time with Heather @ZoomMeeting ID: 966 4659 1264 Passcode (密碼): 891960 2:00pm-2:30pm Photography Group @ WeChat 攝影問答@ 微信	9:30am-11:30am Citizenship Class 入籍英文 @ Zoom ID 766 5525 3450Passcode(密碼):Czyr9y 10:00-11:00am Tai Chi 太極 @ ZOOM 會議編號: 7726623351 1:00pm-3:00pm Chorus Group @ Wechat 合唱團在線練習@ 微信 1:00pm-2:00pm (6/03/22) Coping with Anxiety: How to Get Back to Normal Life? 應對焦慮: 如何回復正常生活?

特別活動 Special Activity

6/03 1-2pm Coping with Anxiety: How to Get Back to Normal Life? 應對焦慮: 如何回復正常生活? 主講: 梅艷春 註冊護士 亞裔精神科護士 格瑞斯廣場醫院。會議編號: Meeting ID: 923 6664 4998 #使用 Zoom 進入講座 Join Zoom https://nyph.zoom.us/j/92366644998 會議編號: Meeting ID: 923 6664 4998	耆英全新舞蹈課 - 行動代表語言 Movement Speaks NEW!! 在線 (Zoom) 上課; 中英文職業舞蹈老師授課有樂趣的活動, 歡迎大家參加。從 4 月 4 日開始, 每週一上午 10:30 上課。 會議 ID: 814 7746 0986 無需密碼。	劉小姐的茶話會 Tea Time with Heather 粵語 6 月 2 日, 國語 6 月 16 日 Meeting ID: 966 4659 1264 Passcode (密碼): 891960	 
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