



The Hook Up | July 2017 Edition

Latest Information & Opportunities

Teen Resource Center's (TRC) 3-on-3 14th Annual Basketball Tournament 2017

Date: 7/15/17 @ Sara D. Roosevelt Park from 9:00am-5:00pm

Kick off your summer with us! Do you want to get community service hours, a free t-shirt, lunch, and great company? Volunteer at the TRC 2017 14th Annual Basketball Tournament volunteer as a court manager, scorekeeper, timekeeper, or chameleon!

Sign up here: <https://docs.google.com/forms/d/15t-5EsuxVxkOPoe9EhONEc4ucVSF4RloSsB1A2UyFwE/viewform?c=0&w=1>. This year's tournament will take place on Saturday, July 15th at Sara D. Roosevelt Park (Grand St. & Chrystie St, New York, NY). Enjoy good music, good vibes, and good games – no RSVP necessary.

For more info: <https://www.facebook.com/events/821305291251898/>

Contact: Kyla Cheung at kycheung@cbwchc.org or call (212) 226-2044

Teen Resource Center's (TRC) Smoothie Day!

Date: 7/28/17 @ TRC

Smoothie bowls are eye candy, taste good, and fun to make and eat, but often times, they are loaded with a lot of sugar and unnecessary calories because of the excess toppings. In this FREE DIY Smoothie Bowl workshop (125 Walker Street 2nd Fl. Conference Room, New York, NY 10013), you will get to make your own healthy and balanced smoothie bowls while learning how to measure portion sizes and read nutrition labels. Bring a friend or bring yourself

Contact: Sandy Pan at xpan@cbwchc.org or call (212) 226-2044

NYC Summer Ice Cream Blizzard - 2nd Annual

Date: 7/16/17

This is the kind of ice blizzard you'll be looking for on a hot NYC summer day, and the perfect way to celebrate National Ice Cream Day. The best artisanal ice cream makers will be waiting to cool you down! You'll discover many makers and flavors you've never heard of or tasted before. And, while you are cooling yourself off discover and meet over 100 of NYC's best artists, designers, craft makers, independent antique/vintage dealers, and artisanal food purveyors, all selling all one-of-a-kind, rare and limited edition goods. All of Grand Bazaar NYC's profits are donated to four local public schools, benefiting over 4,000 children. Admission to this event, located uptown (100 West 77th Street, New York, New York 10024), is free; however you can feel free to donate to their cause. Discover + Shop + Eat & Be Social!

For more info: <https://www.facebook.com/events/1780141218970815>



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Adult Sports Day

Date: 7/22/17 @ Governors Island

Come Out & Play is an annual festival of street games that turns New York City into a giant playground. It provide a forum for new types of public games and play by bringing together players eager to interact with the world around them and designers producing innovative new games and experiences. On July 22, they will showcase spectacular new field games & sports for adults to play. Now an institution within Come Out & Play, the Field Day in the Parade Grounds on Governors Island is your chance to play wild new sports and giant game spectacles with the skyline of New York City as your backdrop.

For more info: <http://www.comeoutandplay.org/new-york-city-2017>

Taco Festival

Date: 7/22/17 @ Pier 25

This July, check out NYC's first ever Taco Festival! At the event, you'll find over 30 of the area's best restaurants & food purveyors, dishing out a variety of unlimited \$3 tacos (sold separately). There will also be beverage stations serving refreshments. You can purchase vouchers at ticket stations and use those as cash. Along with food and refreshments, there will also be live entertainment. So bring your dancing shoes and expect to hear the sounds of traditional rock, authentic mariachi bands with dance troupe performances, NYC's best DJ's and more! Admission to this festival is free and purchases are not necessary, so bring a friend to have some fun.

(Pier 25, West St & N Moore St., New York, NY, 10013)

For more info: <https://www.facebook.com/events/1861324954130341>

Free Yoga Classes at Bryant Park

Date: Tuesdays & Thursdays, Starting mid-May to September

Bryant Park Yoga is returning for its 14th season! Stop by the park for a Tuesday morning or Thursday evening class in this flagship outdoor series. The one hour classes are offered free of charge in partnership with Manduka between mid-May and September. The instructors, curated by Yoga Journal, bring their unique teaching styles and expertise to all classes and Manduka provides a selection of colorful mats. Put on your yoga pants and get ready to be rejuvenated in Bryant Park (Upper Terrace, Bryant Park 41 W 40th St, New York, NY 10018). RSVP online for ease and convenience.

For more info: <http://bit.ly/2rLTHFR>

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Pier 26- Free Kayaking Season 2017

Dates may vary

The Downtown Boathouse Pier 26 (Pier 26, New York, New York 10014) is offering free sit-on-top kayaks for public use in protected Hudson River embayments at each of their locations throughout their season (May-October). They give brief instruction and provide all necessary safety equipment as well as changing rooms, lockers and locks, bike locks, sun block, and first aid equipment. This program is very popular and it provides an opportunity to create a personal connection with their waterfront, regardless of age, income or location, and it also serves to educate the communities about how far they have come in cleaning up the Hudson River. The Downtown Boat House also a series of free public classes on weekday evenings. Check out their website and calendar to see available days!

For more info: <http://www.downtownboathouse.org/free-kayaking>

Chatham Square New York Public Library Programs

Dates Vary By Program

- **“Magic the Gathering” for Teens:** Interested in picking up a new hobby, learning a fun game, and meeting new friends? Join “Magic” expert Julie Leung on the first Monday of every month starting Monday, June 5th from 4:30 to 6:00 PM!
- **“Take the Stage” Teen Performing Arts Festival:** Join the Chatham Square Library for musical, dance, drama and spoken word performances by local middle and high school students and teen art displays! Students from P.S. 126 perform Monday, June 5th at 3:00 PM; the China Youth Orchestra performs Saturday, June 10th at 2:00 PM; M.S. 131 performs Tuesday, June 13th at 3:00 PM; the Center for All Abilities performs Saturday, June 24th at 2:30 PM.
- **Chinese Calligraphy:** On Wednesday, June 14th at 4:00 PM, come to learn the art of calligraphy or ink painting! Artists will learn the art of lines and structure, the harmonious and rhythmical motion. This art represents a form a beauty that does not rely on realistically copying nature. Ink painting is emphasis on lines and use of ink with different amount of water. Teens will also learn about to use traditional ink painting techniques to paint contemporary images and abstract images.
- **Chess Club for Tweens and Teens:** Are you a tween or teen who loves chess? Are you a tween or teen who wants to learn how to play chess? Come join the Chatham Square Library’s tween and teen chess club every Saturday from 1 to 3 PM.



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YMCA (Two Bridges Chinatown) Summer Programs

Dates Vary By Program

- **Building Beats at YMCA:** Do you enjoy creating music? Building Beats is a DJ and music making program that teaches creativity, entrepreneurship, leadership, and life skills. They provide quality music education that's relevant and engaging to students. This program meets Thursdays from 4:30 to 5:30 PM at the Two Bridges Community Center, 286 South Street, Manhattan, New York. This program is free. For more info, contact: Kingsley Boafo at kboafo@ymcanyc.org!
- **Y-MVP Teen Fitness Challenge:** Get fit! Make friends! Have fun! Y-MVP is a FREE teen fitness program that combines fun fitness activities with an interactive app. Classes are led by a Y-MVP fitness coach twice a week for 60-90 minutes each. Students earn prizes for completing fitness missions and can access the fitness center. Middle school students at all levels of fitness are welcome. Participants meet their coach twice a week for 8 weeks on Wednesdays and Fridays from 4:30 to 5:30 PM. This program takes place at the Chinatown YMCA Cornerstone at Two Bridges. Contact Tim Hui at thui@ymcanyc.org!

College Assistance Migrant Program (CAMP) — Grant/Scholarship

Application Deadline: Varies for each applicant

The College Assistance Migrant Program (CAMP) is a unique federally-funded educational support and scholarship program that helps more than 2,000 students annually from migrant and seasonal farm-working backgrounds to succeed in college. Participants receive financial assistance during their freshman year of college and ongoing academic support until their graduation. Application deadlines and award amounts vary for each grant, and will depend on applicant's unmet financial needs as per FAFSA and individual college guidelines. Applies to a list of 35-40 current colleges and universities.

For more info: <http://www.migrantstudents.org/scholarships/campscholarship.html>

Museum of Chinese in America (MOCA) Free First Thursday

Free gallery admission first Thursday of each month except on major holidays. Made possible through the generosity of the New York City Department of Cultural Affairs and J.T. Tai & Co. Foundation. Visit the museum to learn more about Chinese-American history through videos, oral histories, photographs and written documents that bring the experiences of this vibrant immigrant community to life.

For more info: <http://www.mocanyc.org>



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Greater NY Chinese Dollars for Scholars Scholarship

The Wonton Foods Achievement Scholarship is now open! High school seniors of Chinese descent whose parents work in the Asian restaurant business in the United States are eligible to apply. Five scholarships will be awarded for a total of \$20,000 per scholarship (4 year scholarships for \$5,000 per year).

For more info: <http://bit.ly/2iOKrO4>

Bella Abzug Leadership Institute (BALI) Internship

BALI encourages young women and men to participate in their internship programs that support the empowerment of women and girls. As defined in their mission, they work to deconstruct prescribed gender roles that hinder the success of women, men, and non-gender conforming individuals. Aspiring interns must be committed to BALI's mission and share their core values of feminist ideals. All interns from all disciplines are invited to apply! Upper level Undergraduate students, graduate students, and post-graduate young professionals should apply. BALI accepts interns on a rolling basis through the calendar year. Please submit your resume and cover letter to: contact@abzuginstitute.org and title the subject of your email "Internship Program Inquiry"

For more info: <http://bit.ly/2kej6l>

Immigration Assistance at Gouverneur's Health

Gouverneur's Health Center recently became a site for Action NYC, the NYC Mayor's program that provides free immigration lawyers and assistance to patients and the general community. To make appointments directly, interested folks can call 311 and say "Action NYC" to be directed to the program's hotline. The program takes place at Gouverneur's Health Center at 227 Madison Street, Manhattan, New York every day of the week except for Tuesdays. Appointments take place in the mornings; both lawyers speak Spanish, and one paralegal speaks Mandarin. People can request meetings about any topic involving immigration status, including information about their rights, requesting visa assistance, and exploring benefits or entitlements.

General Assembly Workshops

A well-known boot-camp that focus on providing courses on full stack development, web development, data science, and product management, is now PROVIDING FREE weekly workshops on a variety of tech topics such as UX design and digital marketing, etc. Free workshops in a reputable school like General Assembly are rare. If you are interested, feel free to check out their website for more information on their workshops. Bring a friend or if you know anyone who are aspiring to get into the IT field, share this awesome resource with them!

For more info: <http://ga.co/QFIWPW>



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Smithsonian Institution

The Smithsonian Institution is the world's largest museum, education, and research complex. While they have many internships, volunteering and research opportunities for youth, they also offer eleven museums and galleries on the National Mall and six other museums and the National Zoo in the greater National Capital Area for teens to learn and explore. Check out their website to find out more about the events museums are hosting free for youth and public!

For more info: <https://www.si.edu/events/calendar>

The High Line

Through excellence in operations, stewardship, innovative programming, and world-class design, Friends of the High Line seek to engage the vibrant and diverse community on and around the High Line, and to raise the essential private funding to help complete the High Line's construction and create an endowment for its future operations. They offer many free events and volunteering opportunities to the public. The warm months are very popular times to visit the featuring art galleries, remarkable gardens and amazing views of the city.

For more info: <http://www.thehighline.org/>

Museum of Chinese in America (MOCA)

Founded in 1980, the Museum of Chinese in America (MOCA) is dedicated to preserving and presenting the history, heritage, culture and diverse experiences of people of Chinese descent in the United States. The greatly expanded MOCA at 215 Centre Street is a national home for the precious narratives of diverse Chinese American communities, and strives to be a model among interactive museums. Enjoy free admission every first Thursday of each month.

For more info: <http://www.mocanyc.org/>