



## 2025 年 4 月份 ZOOM 及 現場 活動 時間表

### 晴園 – 西雅圖



地址：611 S. Lane Street, 3/F Seattle, WA 98104

City of Seattle

King County

星期一	星期二	星期三	星期四	星期五
<b>31 上巳节</b> 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>1 愚人节</b> 9:30am 樂活運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	<b>2 初五</b> 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	<b>3 初六</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>4 清明</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>7 初十</b> 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>8 十一</b> 9:30am 樂活運動 10:00am 廣場舞(僅現) <b>1:00pm 回味家鄉菜(僅現)</b> <b>「馬來西亞福州炒面」</b>	<b>9 十二</b> 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	<b>10 十三</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>11 十四</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 <b>1:00pm 營養講座 (現+網)</b> <b>「現代飲食的選擇：食品安全與永續發展」</b>
<b>14 十七</b> 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>15 十八</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) <b>1:00pm 聊天茶座(僅現)</b> <b>「未知死,焉知生」</b>	<b>16 十九</b> 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	<b>17 二十</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>18 廿一</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>21 廿四</b> 9:30am 新·輕有氧運動 <b>10:00am 醫療健康講座(現+網)</b> 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>22 地球日</b> 9:30am 樂活運動 <b>10:00am 線上醫療健康講座(僅現)</b> <b>「安全服用藥物」</b> 10:00am 廣場舞(限 30 人)	<b>23 廿六</b> 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	<b>24 廿七</b> 9:30am 大腦保健體操 <b>10:00am 醫療保健講座</b> <b>1:00pm 花卉佈置工作坊 (僅現)</b>	<b>25 廿八</b> 9:30am 太極 108 式 (現+網) <b>10:30am BINGO!! (僅現)</b> <b>1:00pm 科技普及講座(現+網)</b>
<b>28 初一</b> 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>29 初二</b> 9:30am 樂活運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	<b>30 初三</b> 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	<b>新成員報名方法：</b> 1) 致電 Call：206-530-9174 梁小姐； 2) 掃描晴園微信 WeChat 二維碼 (右上角)； 3) 電郵 Email：seniorcenter@cisc-seattle.org	

(現+網) = 現場與 ZOOM 同步進行/直播； (僅現) = 僅在現場舉行，沒有 ZOOM 直播； 沒有注釋 = 只有 ZOOM，現場也能觀看

## 晴園 - 外展地點

地點	星期一	星期二	星期三	星期四	星期五
Lake City Senior Center (Lamb of God Lutheran Church 12509 27th Ave NE, Seattle, WA 98125)	<b>4/4 10:00am- 12:00pm 科技支援 (僅現)</b> <b>4/25 1:30pm – 2:30pm 營養講座 (現+網)</b>				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007)	9:30am- 1:30pm 仁愛陽光樂 隊 (僅現)		9:15am-10:45am 英文會話班 (現+網)	9:30am-10:30am 太極班★ (英文) (僅現)	9:15am-10:45am 牛津圖解詞典 (僅現)
			9:30am-11:30am 唱歌班 (僅現)		
			1:00pm-2:45pm 行列舞班★ (僅現)		
Peter Kirk Community Center (352 Kirkland Ave, Kirkland, WA 98033)		9:30am-11:30am 英文初級班 (僅現)			
		9:30am-11:30am 廣場舞 (僅現)			
Redmond Together Center (16305 NE 87th St Suite 110, Redmond, WA 98052)		10:00am-11:30am 廣場舞 (僅現)			

注：★為收費活動，收費標準：\$\$: Bellevue 居民 \$4；非 Bellevue 居民 \$5

### ★ 英語口語 (週一 Monday)

透過言聽、講解音頻/視頻中出現的生詞、短語、分析經典句型和時態、跟讀、對練、課後作業等，讓學員加強英語上的「聽及讀」練習。培養語感，營造美式英語環境，讓大家開口說美語。

### ★ 回味家鄉菜 (每月第二個週二 2<sup>nd</sup> Tuesday Every month)

從不同主講們的分享展示中學到不同家鄉的美食還有試吃的機會。

現想要搜羅各位園友們的家鄉食譜進行投票，大家可以聯繫我們提供食譜。

要求：家常菜、甜品、小吃等；食材、步驟簡單，製作時間在 1~1.5 小時以內；願意到晴園現場展示製作過程優先採納！



### ★ 科技支援 (每週五 除最後一個週五 Friday except last Friday of the Month)

您想跟上時代的腳步嗎？想學用智能設備或數碼產品嗎？有遇到操作上的問題嗎？可以找晴園！（僅限於回答關於設備操作上的問題，不解答理論問題，亦不提供修理）每週五（除了每月最後的週五外）下午 1 點在晴園現場，在輪候順序卡上簽到，按入場順序輪流提問，每人問答時間 10 分鐘，問完輪到下一位，亦可等候下一輪，以此類推直到 3 點完結。

**【若您能以中文溝通，歡迎來晴園當志願者分享您的知識及才藝，如英語教學、健身運動、美食烹飪、手工、繪畫、書法、電子智能產品操作等，得以回饋您居住的社區！詳情請聯絡晴園！】**



## 2025 April ZOOM & In-Person Activity Schedule

Sunshine Garden - Seattle				
Address: 611 S. Lane Street, 3/F Seattle, WA 98104				
MON	TUE	WED	THU	FRI
<b>31 上巳节</b> 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot+Crochet (IP)	<b>1 April Fools' Day</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>2 初五</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>3 初六</b> 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>4 清明</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>7 初十</b> 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot+Crochet (IP)	<b>8 十一</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Food (IP)	<b>9 十二</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>10 十三</b> 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>11 十四</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>14 十七</b> 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot+Crochet (IP)	<b>15 十八</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 25) 1:00pm Chit Chat Cafe (IP)	<b>16 十九</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>17 二十</b> 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>18 廿一</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>21 廿四</b> 9:30am Light Aerobic 10:00am Health Education (IP) 10:30am English Talk Time 1:00pm Chinese Knot+Crochet (IP)	<b>22 Earth Day</b> 9:30am Fun Exercise 10:00am Health Education (IP) 10:00am Square Dance (Limit 30)	<b>23 廿六</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>24 廿七</b> 9:30am Brain Health Ex 10:00am Health Workshop 1:00pm Flower Arrangement Workshop (IP)	<b>25 廿八</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am BINGO!! (IP) 1:00pm Tech Class (IP+ZOOM)
<b>28 初一</b> 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot+Crochet (IP)	<b>29 初二</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>30 初三</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>New Member Sign-up</b> 1) Call : 206-530-9174; 2) Scan WeChat QR code; 3) Email : <a href="mailto:seniorcenter@cisc-seattle.org">seniorcenter@cisc-seattle.org</a>	

\* No mark = ZOOM only

(IP+ZOOM) = In-person & ZOOM

(IP) = In-person Only, No ZOOM

## Sunshine Garden - Outreach

Address	Mon	Tue	Wed	Thu	Fri
Lake City Senior Center (Lamb of God Lutheran Church 12509 27th Ave NE, Seattle, WA 98125)	<b>4/4 10:00am - 12:00pm Tech Help (IP)</b> <b>4/25 1:30pm – 2:30pm Nutrition Class (IP+ZOOM)</b>				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007)	9:30am-1:30pm Chinese Musical Instruments Group (IP)		9:15am-10:45am ESL class (IP+ZOOM)	9:30am-10:30am Tai Chi (English)★ (IP)	9:15am-10:45am ESL-Oxford Picture Dictionary (IP)
			9:30am-11:30am Chorus (IP)		
			1:00pm-2:45pm Line Dance★(IP)		
Peter Kirk Community Center (352 Kirkland Ave, Kirkland, WA 98033)		9:30am-11:30am ESL class (IP)			
		9:30am-11:30am Square Dance (IP)			
Redmond Together Center (16305 NE 87th St Suite 110, Redmond, WA 98052)		10:00am-11:30am Square Dance (IP)			

Note: ★This is a fee-based activity, fee standard: \$\$: Bellevue residents \$4; non-Bellevue residents \$5

**If you are speak Chinese and willing to share your expertise in areas such as English ESL, Exercise, Cooking, Craft, Painting, Chinese Calligraphy, Technology Assistance, etc., we invite you to become a volunteer and contribute to serving our community.**

