



# 2025年6月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				
				
星期一	星期二	星期三	星期四	星期五
<b>2 初七</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>3 初八</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>4 初九</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>5 芒种</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>6 十一</b> 9:30am 太極 108 式 (現+網) 10:30pm 自由活動 1:00pm 科技支援 (僅現)
<b>9 十四</b> 9:00am 醫療諮詢(僅現) 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>10 十五</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) <b>1:00pm 回味家鄉菜(僅現)</b> <b>「台山風味小雲吞」</b>	<b>11 十六</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>12 十七</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) <b>1:00am 「西雅圖水電費援助計劃」講座</b>	<b>13 十八</b> 9:30am 太極 108 式 (現+網) <b>10:45am 「不一樣的父親節」</b> 1:00pm 科技支援 (僅現)
<b>16 廿一</b> 9:00am 醫療諮詢(僅現) 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>17 廿二</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>「精神健康與我何干？」</b>	<b>18 廿三</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>19 解放黑奴紀念日</b>  <b>仁人假期</b> <b>暫停服務</b>	<b>20 廿五</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>「認識食物與基礎營養」</b>
<b>23 廿八</b> 9:00am 醫療諮詢(僅現) 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>24 廿九</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>25 初一</b> 9:30am 綜合太極班(僅現) <b>10:00am 外出活動</b> 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	<b>26 初二</b> 9:30am 大腦保健體操 <b>10:00am 醫療保健講座</b> 1:00pm 自由活動	<b>27 初三</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>30 初六</b> 9:00am 醫療諮詢(僅現) 9:30am 新·輕有氧運動 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<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 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)	6/6 10:00am-12:00pm 科技支援 (僅現) 6/27 1:30pm – 2:30pm 營養講座 (現+網)				
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)			

**6/11 (週三)**  
**11am-12pm**  
**醫療講座: 「健康體檢:**  
**心血管疾病、癌症篩查**  
**及疫苗的重要性」**

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 June ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
MON	TUE	WED	THU	FRI
<b>2 初七</b> 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>3 初八</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>4 初九</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>5 芒种</b> 9:30am Brain Health Exercise 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>6 十一</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>9 十四</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>10 十五</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) <b>1:00pm Hometown Cuisine (IP)</b>	<b>11 十六</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>12 十七</b> 9:30am Brain Health Exercise 10:00am Karaoke (IP+ZOOM) <b>1:00am UDP Workshop</b>	<b>13 十八</b> 9:30am Tai Chi 108 (IP+ZOOM) <b>10:45am Father's Day Tea Party</b> 1:00pm Tech Help (IP)
<b>16 廿一</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>17 廿二</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) <b>1:00pm Chit Chat Cafe (IP)</b>	<b>18 廿三</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>19 廿四</b> <b>Juneteenth CISC Holiday</b>	<b>20 廿五</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) <b>1:00pm Nutrition Workshop (IP+ZOOM)</b>
<b>23 廿八</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>24 廿九</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>25 初一</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>26 初二</b> 9:30am Brain Health Exercise <b>10:00am Health Workshop</b> 1:00pm Free Activity (IP)	<b>27 初三</b> <b>9:30am Tai Chi 108 (IP+ZOOM)</b> <b>10:30am BINGO!! (IP)</b> <b>1:00pm Tech Class (IP+ZOOM)</b>
<b>30 初六</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<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>			

\* (IP+ZOOM) = In-person & ZOOM (IP) = In-person Only, No ZOOM No mark = ZOOM only

## 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>6/6 10:00am-12:00pm Tech Help (IP)</b> <b>6/27 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)			

**6/11 (WED) 11am-12pm  
Workshop: 「Health Checkups:  
Importance of Cardiovascular  
Disease, Cancer screening and  
Vaccines」**

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.**

