



2025 年 7 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				
				
星期一	星期二	星期三	星期四	星期五
	1 初七 9:30am 樂活運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	2 初八 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)	3 初九 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	4 獨立日 仁人假期 暫停服務
7 小暑 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)	8 十四 9:30am 樂活運動 10:00am 廣場舞(僅現) 1:00pm 回味家鄉菜(僅現) 「台山芋頭糍水」	9 十五 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)	10 十六 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	11 十七 9:30am 太極 108 式 (現+網) 10:45am 載歌載舞團表演 1:00pm 營養講座 (現+網) 「認識巨量營養素」
14 二十 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)	15 廿一 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 聊天茶座(僅現) 「宗教是人民的鴉片?」	16 廿二 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)	17 廿三 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	18 廿四 9:30am 太極 108 式 (現+網) 10:30am BINGO!! (僅現) 1:00pm 科技支援 (僅現)
21 廿七 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)	22 大暑 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	23 廿九 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)	24 三十 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	25 初一 9:30am 太極 108 式 (現+網) 9:30am 外出活動 1:00pm 科技普及講座(現+網)
28 初四 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)	29 初五 9:30am 樂活運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	30 初六 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)	31 初七 9:30am 大腦保健體操 10:00am 醫療保健講座 1:00pm 自由活動	新成員報名方法： 1) 致電 Call: 206-530-9174 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)	7/25 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)		
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，費用請在前台支付。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 2nd 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 July ZOOM & In-Person Activity Schedule

Sunshine Garden - Seattle				
Address: 611 S. Lane Street, 3/F Seattle, WA 98104				
MON	TUE	WED	THU	FRI
	1 初七 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	2 初八 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	3 初九 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	4 初十 Independence Day CISC Holiday
7 小暑 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	8 十四 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Food (IP)	9 十五 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	10 十六 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	11 十七 9:30am Tai Chi 108 (IP+ZOOM) 10:45am Seattle Sing and Dance Performance (IP+ZOOM) 1:00pm Nutrition Class (IP+ZOOM)
14 二十 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	15 廿一 9:30am Fun Exercise 10:00am Square Dance (Limit 25) 1:00pm Chit Chat Cafe (IP)	16 廿二 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	17 廿三 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	18 廿四 9:30am Tai Chi 108 (IP+ZOOM) 10:30am BINGO!! (IP) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
21 廿七 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	22 大暑 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	23 廿九 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	24 三十 9:30am Brain Health Ex 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	25 初一 9:30am Tai Chi 108 (IP+ZOOM) 9:30am Outing 1:00pm Tech Class (IP+ZOOM)
28 初四 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	29 初五 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	30 初六 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	31 初七 9:30am Brain Health Ex 10:00am Health Workshop 1:00pm Free Activity (IP)	New Member Sign-Up 1) Call: 206-530-9174; 2) Scan WeChat QR code; 3) Email: seniorcenter@cisc-seattle.org

* 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)	7/25 1:30pm – 2:30pm Nutrition Workshop (IP+ZOOM)				
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)		
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, please pay at the front desk. 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.

