

# 2025年8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



City of Seattle



King County

星期一	星期二	星期三	星期四	星期五
<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				<b>1 初八</b> 9:30am 太極 108 式 (現+網) <b>10:45am 「健康飲食，健康生活-腎臟健康」講座(現+網)</b> 1:00pm 科技支援 (僅現)
<b>4 十一</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>5 十二</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>6 十三</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>7 立秋</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>8 十五</b> 9:30am 太極 108 式 (現+網) <b>10:45am 「無障礙巴士」講座(現+網)</b> <b>1:00pm 營養講座 (現+網)</b>
<b>11 十八</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>12 十九</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>「韭黃炒粉絲」</b>	<b>13 二十</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>14 廿一</b> <b>9:00am 外出活動</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>15 廿二</b> 9:30am 太極 108 式 (現+網) <b>10:45am 「乘車交通安全」講座(現+網)</b> 1:00pm 科技支援 (僅現)
<b>18 廿五</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>19 廿六</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>「我的夢想」</b>	<b>20 廿七</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>21 廿八</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>22 廿九</b> <p style="text-align: center;"><b>員工培訓日</b> <b>仁人暫停服務</b></p>
<b>25 初三</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>26 初四</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>27 初五</b> 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) <b>1:00pm 「風華再現」時裝秀(僅現)</b>	<b>28 初六</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>29 七夕節</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>

(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>8/1 10:00am- 12:00pm 科技支援 (僅現)</b> <b>8/29 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 英文基礎語法班 (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-11:00am 英文會話班 (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，費用請在前台支付。收費標準：\$\$: Bellevue 居民 \$4；非 Bellevue 居民 \$5

### ★ 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 August ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
MON	TUE	WED	THU	FRI
<p><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></p>				<p><b>1 初八</b>                      9:30am Tai Chi 108 (IP+ZOOM)  <b>10:45am “Eating Well, Living Well-Kidney Health” Workshop (IP+ZOOM)</b>                      1:00pm Tech Help (IP)</p>
<p><b>4 十一</b>                      9:00am Health Consultation (IP)                      9:30am Light Aerobic                      10:30am English Talk Time                      1:00pm Chinese Knot Crochet (IP)</p>	<p><b>5 十二</b>                      9:30am Fun Exercise                      10:00am Square Dance (Limit 30)                      1:00pm Free Activity (IP)</p>	<p><b>6 十三</b>                      9:30am Tai Chi (IP)                      10:30am Basic Yoga (IP)                      1:00pm Square Dance (Limit 30)</p>	<p><b>7 立秋</b>                      9:30am Brain Health Exercise                      10:00am Karaoke (IP+ZOOM)                      1:00pm Free Activity (IP)</p>	<p><b>8 十五</b>                      9:30am Tai Chi 108 (IP+ZOOM)  <b>10:45am “Metro Access Bus” Workshop (IP+ZOOM)</b>                      1:00pm Nutrition Workshop(IP+ZOOM)</p>
<p><b>11 十八</b>                      9:00am Health Consultation (IP)                      9:30am Light Aerobic                      10:30am English Talk Time                      1:00pm Chinese Knot Crochet (IP)</p>	<p><b>12 十九</b>                      9:30am Fun Exercise                      10:00am Square Dance (Limit 30)  <b>1:00pm Hometown Cuisine (IP)</b></p>	<p><b>13 二十</b>                      9:30am Tai Chi (IP)                      10:30am Basic Yoga (IP)                      1:00pm Square Dance (Limit 30)</p>	<p><b>14 廿一</b>  <b>9:00am Outing</b>                      9:30am Brain Health Exercise                      10:00am Karaoke (IP+ZOOM)                      1:00pm Free Activity (IP)</p>	<p><b>15 廿二</b>                      9:30am Tai Chi 108 (IP+ZOOM)  <b>10:45am “Metro Rider Safety” Workshop (IP+ZOOM)</b>                      1:00pm Tech Help (IP)</p>
<p><b>18 廿五</b>                      9:00am Health Consultation (IP)                      9:30am Light Aerobic                      10:30am English Talk Time                      1:00pm Chinese Knot Crochet (IP)</p>	<p><b>19 廿六</b>                      9:30am Fun Exercise                      10:00am Square Dance (Limit 30)  <b>1:00pm Chit Chat Cafe (IP)</b></p>	<p><b>20 廿七</b>                      9:30am Tai Chi (IP)                      10:30am Basic Yoga (IP)                      1:00pm Square Dance (Limit 30)</p>	<p><b>21 廿八</b>                      9:30am Brain Health Exercise                      10:00am Karaoke (IP+ZOOM)                      1:00pm Free Activity (IP)</p>	<p><b>22 廿九</b>  <b>Staff Training</b>  <b>CISC Closed</b></p>
<p><b>25 初三</b>                      9:00am Health Consultation (IP)                      9:30am Light Aerobic                      10:30am English Talk Time                      1:00pm Chinese Knot Crochet (IP)</p>	<p><b>26 初四</b>                      9:30am Fun Exercise                      10:00am Square Dance (Limit 30)                      1:00pm Free Activity (IP)</p>	<p><b>27 初五</b>                      9:30am Tai Chi (IP)                      10:30am Basic Yoga (IP)                      1:00pm Square Dance (Limit 30)  <b>1:00pm Fashion Show(IP)</b></p>	<p><b>28 初六</b>                      9:30am Brain Health Exercise  <b>10:00am Health Workshop</b>                      1:00pm Free Activity (IP)</p>	<p><b>29 七夕節</b>                      9:30am Tai Chi 108 (IP+ZOOM)  <b>10:30am BINGO!! (IP)</b>  <b>1:00pm Tech Class (IP+ZOOM)</b></p>

\* (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>8/1 10:00am- 12:00pm Tech Help (IP)</b> <b>8/29 1:30pm – 2:30pm Nutrition Workshop (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-11:00am Everyday Conversation (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)		

★This is a fee-based activity, fees payable at the front door. Fee standard \$\$: Bellevue residents \$4; non-Bellevue residents \$5.

**【 If you can speak Chinese and willing to share your skills like:  
English ESL /Exercise/Cooking/ Craft/ Painting / Chinese Calligraphy / Tech  
Help etc., Welcome to become a volunteer to serve our community! 】**

