



## 2025年9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>1 初十</b> <b>「勞動節」假期 暫停服務</b>	<b>2 十一</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>3 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>4 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>5 十四</b> 9:30am 太極 108 式 (現+網) 10:30pm 自由活動 1:00pm 科技支援 (僅現)
<b>8 十七</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>9 十八</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) 「紅豆沙燒餅」</b>	<b>10 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>11 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>12 廿一</b> 9:30am 太極 108 式 (現+網) 10:30pm 自由活動 <b>1:00pm 營養講座 (現+網) 「營養與食物的交互作用」</b>
<b>15 廿四</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>16 廿五</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) <b>1:00pm 聊天茶座(僅現) 「人生的遺憾」</b>	<b>17 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>18 廿七</b> 9:30am 大腦保健體操 10:00am 卡拉 OK (現+網) 1:00pm 自由活動	<b>19 廿八</b> 9:30am 太極 108 式 (現+網) <b>10:45am 「安心退休，財務無 憂」講座(現+網)</b> 1:00pm 科技支援 (僅現)
<b>22 初一</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>23 秋分</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>24 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>25 初四</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>26 初五</b> 9:30am 太極 108 式 (現+網) <b>10:30am BINGO!! (僅現) 1:00pm 科技普及講座(現+網)</b>
<b>29 初八</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>30 初九</b> 9:30am 樂活運動 10:00am 廣場舞(限 30 人) <b>10:00am 「針灸經絡」講座 (現+網)</b> 1:00pm 自由活動	<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)	<b>9/5 10:00am-12:00pm 科技支援 (僅現)</b> <b>9/26 1:30pm – 2:30pm 營養講座 (現+網)</b>				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007)	<div style="border: 1px solid black; padding: 5px;">                     “Fall into Fun” 表演                      活動將於 9 月 10 日                      10:00am – 12:00pm                      舉辦，當天早上所                      有課程取消                 </div>	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，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 September ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
MON	TUE	WED	THU	FRI
<b>1 初十</b> <b>Labor Day</b> <b>CISC Holiday</b>	<b>2 十一</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>3 十二</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>4 十三</b> 9:30am Brain Health Exercise 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>5 十四</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>8 十七</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>9 十八</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) <b>1:00pm Hometown Cuisine (IP)</b>	<b>10 十九</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>11 二十</b> 9:30am Brain Health Exercise 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>12 廿一</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) <b>1:00pm Nutrition Workshop</b> (IP+ZOOM)
<b>15 廿四</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>16 廿五</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) <b>1:00pm Chit Chat Cafe (IP)</b>	<b>17 廿六</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>18 廿七</b> 9:30am Brain Health Exercise 10:00am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>19 廿八</b> 9:30am Tai Chi 108 (IP+ZOOM) <b>10:00pm "Retirement Planning" Workshop</b> (IP+ZOOM) 1:00pm Tech Help (IP)
<b>22 初一</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>23 秋分</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>24 初三</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>25 初四</b> 9:30am Brain Health Exercise <b>10:00am Health Workshop</b> 1:00pm Free Activity (IP)	<b>26 初五</b> 9:30am Tai Chi 108 (IP+ZOOM) <b>10:30am BINGO!!</b> (IP) <b>1:00pm Tech Class</b> (IP+ZOOM)
<b>29 初八</b> 9:00am Health Consultation (IP) 9:30am Light Aerobic 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>30 初九</b> 9:30am Fun Exercise 10:00am Square Dance (Limit 30) <b>10:00pm "Acupuncture Applied Channel Theory" Workshop</b> (IP+ZOOM) 1:00pm Free Activity (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>9/5 10:00am-12:00pm Tech Help (IP)</b> <b>9/26 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)
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">                         “Fall into Fun”                          Event will be held on 9/10 10:00am – 12:00pm, all morning classes will be cancelled that day                     </div>			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)			

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

**If you speak Chinese/English and are 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.**

