



2025年11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
3 十四 冬令時開始 9:00am 醫療諮詢(僅現) 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	4 十五 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 回味家鄉菜(僅現) 「越南雲吞皮湯」	5 十六 9:30am 綜合太極班(僅現) 10:30am 基本瑜珈(僅現) 1:00pm 廣場舞(限 30 人)	6 十七 9:30am 站姿有氧訓練 10:00am 卡拉 OK(現+網) 1:00pm 晴園絲竹樂隊(僅現)	7 立冬 9:30am 太極 108 式(現+網) 10:45pm 「乘車交通安全」講座(現+網) 1:00pm 科技支援(僅現)
10 廿一 9:00am 醫療諮詢(僅現) 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	11 廿二 仁人員工活動 晴園暫停服務	12 廿三 9:30am 綜合太極班(僅現) 10:30am 基本瑜珈(僅現) 1:00pm 廣場舞(限 30 人)	13 廿四 9:30am 站姿有氧訓練 10:00am 卡拉 OK(現+網) 1:00pm 晴園絲竹樂隊(僅現)	14 廿五 9:30am 太極 108 式(現+網) 10:30pm 自由活動 1:00pm 營養講座(現+網) 「高纖維飲食」
17 廿八 9:00am 醫療諮詢(僅現) 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	18 廿九 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 聊天茶座(僅現) 「影響我的名人雋語」	19 三十 9:30am 綜合太極班(僅現) 10:30am 基本瑜珈(僅現) 1:00pm 廣場舞(限 30 人)	20 十月 9:30am 站姿有氧訓練 10:00am 卡拉 OK(現+網) 1:00pm 晴園絲竹樂隊(僅現)	21 初二 10:00am 感恩節慶祝活動 1:30pm 科技支援(僅現)
24 初五 9:00am 醫療諮詢(僅現) 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	25 初六 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	26 初七 9:30am 綜合太極班(僅現) 10:30am 基本瑜珈(僅現) 1:00pm 廣場舞(限 30 人)	27 初八 感恩節 仁人假期 暫停服務	28 初九 感恩節翌日 仁人假期 暫停服務

新成員報名方法：

- 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)	11/7 10:00am-12:00pm 科技支援 (僅現) 11/21 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-12:00pm 廣場舞 (僅現) (11/25 取消)	(僅 11/26) 10:00am-12:00pm 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 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。

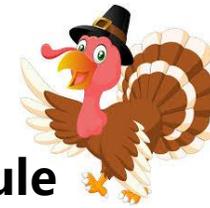
要求：家常菜、甜品、小吃等；食材、步驟簡單，製作時間在 1~1.5 小時以內；願意到晴園現場展示製作過程優先採納！

★ 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 November ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
MON	TUE	WED	THU	FRI
3 十四 Standard Time 9:00am Health Consultation (IP) 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	4 十五 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Cuisine (IP)	5 十六 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	6 十七 9:30am Standing Aerobic 10:00am Karaoke (IP+ZOOM) 1:00pm Chinese Instruments Group (IP)	7 立冬 9:30am Tai Chi 108 (IP+ZOOM) 10:45am Metro Workshop (IP+ZOOM) 1:00pm Tech Help (IP)
10 廿一 9:00am Health Consultation (IP) 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	11 廿二 CISC Staff Activity	12 廿三 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	13 廿四 9:30am Standing Aerobic 10:00am Karaoke (IP+ZOOM) 1:00pm Chinese Instruments Group (IP)	14 廿五 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Nutrition Workshop (IP+ZOOM)
17 廿八 9:00am Health Consultation (IP) 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	18 廿九 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Chit Chat Cafe (IP)	19 三十 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	20 十月 9:30am Standing Aerobic 10:00am Karaoke (IP+ZOOM) 1:00pm Chinese Instruments Group (IP)	21 初二 10:00am Thanksgiving Celebration 1:30pm Tech Help (IP)
24 初五 9:00am Health Consultation (IP) 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	25 初六 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	26 初七 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	27 初八 Thanksgiving CISC Holiday	28 初九 Day after Thanksgiving CISC Holiday
New Member Sign-up 1) Call: 206-530-9174 2) Scan WeChat QR code 3) Email: seniorcenter@cisc-seattle.org				

* (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)	11/7 10:00am-12:00pm Tech Help (IP) 11/21 1:30pm – 2:30pm Nutrition Class (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-11:00am 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- 12:00pm Square Dance (IP) (Cancelled on 11/25)	(Only on 11/26) 10:00am-12:00pm Square Dance (IP)		

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

If you 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.

