



## 2026年1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 元旦</b> <b>仁人假期</b> <b>暫停服務</b>	<b>2 十四</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>5 小寒</b> 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>6 十八</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>7 十九</b> 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)	<b>8 二十</b> 9:30am 卡拉 OK (現+網) <b>1:00pm 晴園絲竹樂隊</b> <b>(僅現)</b>	<b>9 廿一</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>12 廿四</b> 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>13 廿五</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm <b>回味家鄉菜(僅現)</b> <b>「港式早餐」</b>	<b>14 廿六</b> 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)	<b>15 廿七</b> 9:30am 卡拉 OK (現+網) <b>1:00pm 晴園絲竹樂隊</b> <b>(僅現)</b>	<b>16 廿八</b> 9:30am 太極 108 式 (現+網) <b>10:30am 「書法入門」講座</b> <b>1:00pm 營養講座 (現+網)</b> <b>「保健食品選購」</b>
<b>19 馬丁路德金紀念日</b> <b>仁人假期</b> <b>暫停服務</b>	<b>20 大寒</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) <b>1:00pm 聊天茶座(僅現)</b> <b>「重啟人生」</b>	<b>21 初三</b> 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)	<b>22 初四</b> 9:30am 卡拉 OK (現+網) <b>1:00pm 晴園絲竹樂隊</b> <b>(僅現)</b>	<b>23 初五</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>26 臘八節</b> 9:30am 椅子瑜珈 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	<b>27 初九</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>28 初十</b> 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)	<b>29 十一</b> 9:30am 卡拉 OK (現+網) <b>1:00pm 晴園絲竹樂隊</b> <b>(僅現)</b>	<b>30 十二</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>1/2 10:00am-12:00pm 科技支援 (僅現)</b> <b>1/30 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-12:00pm 廣場舞 (僅現)			
Shoreline Senior Center			9:30am-12:00pm 中樂隊 (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！】**



## 2026 January ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
MON	TUE	WED	THU	FRI
<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>			<b>1 元旦</b> <b>New Year Day</b> <b>CISC Holiday</b>	<b>2 十四</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>5 小寒</b> 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>6 十八</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>7 十九</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>8 二十</b> 9:30am Karaoke (IP+ZOOM) <b>1:00pm Chinese Musical Instruments Group (IP)</b>	<b>9 廿一</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>12 廿四</b> 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>13 廿五</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) <b>1:00pm Hometown Cuisine (IP)</b>	<b>14 廿六</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>15 廿七</b> 9:30am Karaoke (IP+ZOOM) <b>1:00pm Chinese Musical Instruments Group (IP)</b>	<b>16 廿八</b> 9:30am Tai Chi 108 (IP+ZOOM) <b>10:30am “Chinese Calligraphy Lesson 1” Workshop (IP)</b> <b>1:00pm Nutrition Workshop (IP+ZOOM)</b>
<b>19 十二月</b> <b>MLK Day</b> <b>CISC Holiday</b>	<b>20 大寒</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) <b>1:00pm Chit Chat Cafe (IP)</b>	<b>24 初三</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>22 初四</b> 9:30am Karaoke (IP+ZOOM) <b>1:00pm Chinese Musical Instruments Group (IP)</b>	<b>23 初五</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>26 臘八節</b> 9:30am Chair Yoga 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	<b>27 初九</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>28 初十</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>29 十一</b> 9:30am Karaoke (IP+ZOOM) <b>1:00pm Chinese Musical Instruments Group (IP)</b>	<b>30 十二</b> 9:30am Tai Chi 108 (IP+ZOOM) <b>10:30am BINGO!! (IP)</b> <b>1:00pm Tech Class (IP+ZOOM)</b>

\* (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>1/2 10:00am-12:00pm Tech Help (IP)</b> <b>1/30 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-11:00am 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)			
Shoreline Senior Center			9:30am-12:00pm Chinese Musical Instruments Group (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.

