



## 2026年3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>2 十四</b> 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 樂齡茶座(僅現) 1:00pm 中國結+勾織(僅現)	<b>3 元宵節</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>4 十六</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>5 驚蟄</b> 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	<b>6 十八</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>9 廿一</b> 夏令時開始 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 拼圖手工坊(僅現) 1:00pm 中國結+勾織(僅現)	<b>10 廿二</b> 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) <b>「養生黑芝麻糕」</b>	<b>11 廿三</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>12 廿四</b> 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	<b>13 廿五</b> 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
<b>16 廿八</b> 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 伸展活動(僅現) 1:00pm 中國結+勾織(僅現)	<b>17 廿九</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 聊天茶座(僅現) <b>「養生之道」</b>	<b>18 三十</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>19 初一</b> 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	<b>20 春分</b> 9:30am 太極 108 式 (現+網) 11:00am 社區對話 (現+網) 1:30pm 營養講座 (現+網) <b>「吞嚥困難飲食原則與照護」</b>
<b>23 初五</b> 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 玩牌麻將聊天(僅現) 1:00pm 中國結+勾織(僅現)	<b>24 初六</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	<b>25 初七</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>26 初八</b> 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	<b>27 初九</b> 9:30am 太極 108 式 (現+網) 10:30am <b>BINGO!!</b> (僅現) 1:00pm 科技普及講座(現+網)
<b>30 十二</b> 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 平安果香包手工坊(僅現) 1:00pm 中國結+勾織(僅現)	<b>31 十三</b> 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 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>3/6 10:00am-12:00pm 科技支援 (僅現)</b> <b>3/27 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)	<div style="border: 1px solid black; padding: 5px;"> <b>3/18 (週三)</b>  <b>11:00am-12:00pm</b>  <b>醫療講座</b>  <b>「乾眼症」</b> </div>	9:15am-10:45am 英文基礎語法班 (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)	9:30am-10:30am 太極班★ (英文) (僅現)	9:15am-10:45am 牛津圖解詞典 (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 March ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
Address : 611 S. Lane Street, 3/F Seattle, WA 98104				
MON	TUE	WED	THU	FRI
<b>2 十四</b> 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Tea Room Chat (IP) 1:00pm Chinese Knot Crochet (IP)	<b>3 元宵節</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>4 十六</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>5 驚蟄</b> 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>6 十八</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>9 廿一</b> Daylight Saving Time 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Puzzle Workshop (IP) 1:00pm Chinese Knot Crochet (IP)	<b>10 廿二</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Cuisine (IP)	<b>11 廿三</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>12 廿四</b> 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>13 廿五</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
<b>16 廿八</b> 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Stretching Activity (IP) 1:00pm Chinese Knot Crochet (IP)	<b>17 廿九</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Chit Chat Cafe (IP)	<b>18 三十</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>19 初一</b> 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>20 春分</b> 9:30am Tai Chi 108 (IP+ZOOM) 11:00am Civic Coffee (IP+ZOOM) 1:30pm Nutrition Workshop (IP+ZOOM)
<b>23 初五</b> 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Playing Mahjong (IP) 1:00pm Chinese Knot Crochet (IP)	<b>24 初六</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	<b>25 初七</b> 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	<b>26 初八</b> 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	<b>27 初九</b> 9:30am Tai Chi 108 (IP+ZOOM) 10:30am BINGO!! (IP) 1:00pm Tech Class (IP+ZOOM)
<b>30 十二</b> 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Sachet Workshop (IP) 1:00pm Chinese Knot Crochet (IP)	<b>30 十三</b> 9:30am Active Exercise 10:00am Square Dance (Limit 30) 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>3/6 10:00am-12:00pm Tech Help (IP)</b> <b>3/27 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)	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.

