





2026年5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
<p>新成員報名方法：</p> <p>1) 致電 Call: 206-530-9174 梁小姐</p> <p>2) 掃描晴園微信 WeChat 二維碼</p> <p>3) 電郵 Email: seniorcenter@cisc-seattle.org</p>				<p>1 十五</p> <p>9:30am 太極 108 式 (現+網)</p> <p>10:30am 自由活動</p> <p>1:00pm 科技支援 (僅現)</p>
<p>4 十八</p> <p>9:30am 智能設備諮詢 (僅現)</p> <p>10:30am 英語口語</p> <p>10:30am 平安鐘講座(僅現)</p> <p>1:00pm 中國結+勾織(僅現)</p>	<p>5 立夏</p> <p>9:30am 居家活力運動</p> <p>10:00am 廣場舞(限 30 人)</p> <p>1:00pm 講座「重新找回平靜的自己」(僅現)</p>	<p>6 二十</p> <p>9:30am 綜合太極班(僅現)</p> <p>10:30am 基本瑜伽(僅現)</p> <p>1:00pm 廣場舞(限 30 人)</p>	<p>7 廿一</p> <p>10:00am 母親節聚會 (僅現)</p> <p>1:00pm 自由活動</p> <p>3:30pm ACRS Happi Hub 文化交流歡樂時光 (僅現)</p>	<p>8 廿二</p> <p>9:30am 太極 108 式 (現+網)</p> <p>11:00am 退休年金講座(現+網)</p> <p>1:00pm 科技支援 (僅現)</p>
<p>11 廿五</p> <p>9:30am 智能設備諮詢 (僅現)</p> <p>10:30am 英語口語</p> <p>10:30am DIY 水晶玻璃手鍊(僅現)</p> <p>1:00pm 中國結+勾織(僅現)</p>	<p>12 廿六</p> <p>9:30am 居家活力運動</p> <p>10:00am 廣場舞(限 30 人)</p> <p>1:00pm 回味家鄉菜(僅現) 「臘味糯米飯」</p>	<p>13 廿七</p> <p>9:30am 綜合太極班(僅現)</p> <p>10:30am 基本瑜伽(僅現)</p> <p>1:00pm 廣場舞(限 30 人)</p>	<p>14 廿八</p> <p>9:30am 卡拉 OK (現+網)</p> <p>1:00pm 民族舞蹈 (僅現)</p>	<p>15 廿九</p> <p>9:30am 太極 108 式 (現+網)</p> <p>10:30am 自由活動</p> <p>1:30pm 營養講座(現+網)</p>
<p>18 初二</p> <p>8:45am 志願者服務日</p> <p>9:30am 智能設備諮詢 (僅現)</p> <p>10:30am 英語口語</p> <p>1:00pm 中國結+勾織(僅現)</p>	<p>19 初三</p> <p>9:30am 居家活力運動</p> <p>10:00am 廣場舞(限 30 人)</p> <p>1:00pm 聊天茶座(僅現) 「我的興趣與嗜好」</p>	<p>20 初四</p> <p>9:30am 綜合太極班(僅現)</p> <p>10:30am 基本瑜伽(僅現)</p> <p>1:00pm 廣場舞(限 30 人)</p>	<p>21 小滿</p> <p>9:30am 卡拉 OK (現+網)</p> <p>1:00pm 民族舞蹈 (僅現)</p>	<p>22 初六</p> <p>9:30am 太極 108 式 (現+網)</p> <p>10:30am 自由活動</p> <p>1:00pm 科技支援 (僅現)</p>
<p>25 陣亡將士紀念日</p> <p>仁人假期</p> <p>暫停服務</p>	<p>26 初十</p> <p>9:30am 居家活力運動</p> <p>10:00am 廣場舞(限 30 人)</p> <p>1:00pm 講座「會吃才會逆生長」(僅現)</p>	<p>27 十一</p> <p>9:30am 綜合太極班(僅現)</p> <p>10:30am 基本瑜伽(僅現)</p> <p>1:00pm 廣場舞(限 30 人)</p>	<p>28 十二</p> <p>9:30am 卡拉 OK (現+網)</p> <p>1:00pm 自由活動</p>	<p>29 十三</p> <p>9:30am 太極 108 式 (現+網)</p> <p>10:30am BINGO!! (僅現)</p> <p>1:00pm 科技普及講座(現+網)</p>

(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)	5/1 10:00am-12:00pm 科技支援 5/29 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		9:30am-11:00am 英文基礎會話班	9:30am-10:30am 太極班★ (英 文)	9:15am-10:45am 牛津圖解詞典
			9:30am-11:00am 英文進階會話班		
			9:30am-11:30am 唱歌班		
			1:00pm-2:45pm 行列舞班★		
Peter Kirk Community Center (352 Kirkland Ave, Kirkland, WA 98033)		9:30am-11:30am 英文初級班			
		9:30am-11:30am 廣場舞			
Redmond Together Center (16305 NE 87th St Suite 110, Redmond, WA 98052)		10:00am-12:00pm 廣場舞			
Shoreline Senior Center			9:30am-12:00pm 中樂隊		

**5/5;
英文初級班取消**

注：除特別標示外，所有外展地點課程僅限現場參加。★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！】



2026 May ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
Address : 611 S. Lane Street, 3/F Seattle, WA 98104				
MON	TUE	WED	THU	FRI
New Member Sign-up 1) Call: 206-530-9174 2) Scan WeChat QR code 3) Email: seniorcenter@cisc-seattle.org				1 十五 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
4 十八 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am PERS Workshop (IP) 1:00pm Chinese Knot Crochet (IP)	5 立夏 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Workshop: A Moment for You (IP+ZOOM)	6 二十 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	7 廿一 10:00am Mother's Day Event (IP) 1:00pm Free Activity (IP) 3:30pm Happi Hub Event (ACRS)	8 廿二 9:30am Tai Chi 108 (IP+ZOOM) 11:00am Pension Workshop (IP+ZOOM) 1:00pm Tech Help (IP)
11 廿五 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am DIY Crystal Bracelet (IP) 1:00pm Chinese Knot Crochet (IP)	12 廿六 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Cuisine (IP)	13 廿七 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	14 廿八 9:30am Karaoke (IP+ZOOM) 1:00pm Folk Dance (IP)	15 廿九 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:30pm Nutrition Workshop (IP+ZOOM)
18 初二 8:45 Volunteer Day (IP) 9:30am Tech Help (IP) 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	19 初三 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Chit Chat Cafe (IP)	20 初四 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	21 小滿 9:30am Karaoke (IP+ZOOM) 1:00pm Folk Dance (IP)	22 初六 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
25 陣亡將士紀念日 Memorial Day CISC Holiday	26 初十 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Workshop: Healthy Eating (IP+ZOOM)	27 十一 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	28 十二 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	29 十三 9:30am Tai Chi 108 (IP+ZOOM) 10:30am BINGO!! (IP) 1:00pm Tech Class (IP+ZOOM)

* (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)	5/1 10:00am-12:00pm Tech Help 5/29 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		9:30am-11:00am Basic ESL Conversation	9:30am-10:30am Tai Chi (English) ★	9:15am-10:45am ESL-Oxford Picture Dictionary
			9:30am-11:00am Advanced ESL Conversation		
			9:30am-11:30am Chorus		
			1:00pm-2:45pm Line Dance ★		
Peter Kirk Community Center (352 Kirkland Ave, Kirkland, WA 98033)		9:30am-11:30am ESL class			
		9:30am-11:30am Square Dance			
Redmond Together Center (16305 NE 87th St Suite 110, Redmond, WA 98052)		10:00am- 12:00pm Square Dance			
Shoreline Senior Center			9:30am-12:00pm Chinese Musical Instruments Group		

**ESL Class
cancelled on 5/5**

Note: Unless otherwise specified, all courses are in-person only.

★ 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.

