

2026年7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
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		1 十七 10:00am 外出活動 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)	2 十八 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	3 獨立日假期 仁人假期 暫停服務
6 廿二 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 波子棋(僅現) 1:00pm 中國結+勾織(僅現)	7 小暑 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	8 廿四 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)	9 廿五 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	10 廿六 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
13 廿九 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 認知障礙症健康講座 (現+網) 1:00pm 中國結+勾織(僅現)	14 六月 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) 「palak paneer 菠菜奶酪咖哩」	15 初二 9:00am 外出活動 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)	16 初三 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	17 初四 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
20 初七 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 棉花棒點點畫(僅現) 1:00pm 中國結+勾織(僅現)	21 初八 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 聊天茶座(僅現) 「您覺得您是老人家嗎?」	22 初九 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)	23 大暑 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	24 十一 9:30am 太極 108 式 (現+網) 10:30am 針灸與癌症照護講座(現+網) 1:30pm 營養講座(現+網)
27 十四 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 心臟科講座(現+網) 1:00pm 中國結+勾織(僅現)	28 十五 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	29 十六 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)	30 十七 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	31 十八 9:30am 太極 108 式 (現+網) 10:30am BINGO!! (僅現) 1:00pm 科技普及講座(現+網)

(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)	7/10 10:00am-12:00pm 科技支援 7/31 1:30pm – 2:30pm 營養講座 (現+網)				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007)	<div style="background-color: yellow; border: 1px solid black; padding: 5px;"> 7/8 (週三) 11:00am-12:00pm 健康講座: 糖尿病:連續性血糖監測 </div>	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		

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

特別活動及通知：



★ 7月3日(週五)為美國獨立日假期，當天所有活動/課程取消。



【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 July 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 十七 10:00 Outing 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	2 十八 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	3 獨立日假期 Independence Day (Observed) CISC Holiday
6 廿二 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Chinese Checkers (IP) 1:00pm Chinese Knot Crochet (IP)	7 小暑 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	8 廿四 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	9 廿五 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	10 廿六 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
13 廿九 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Dementia Workshop(IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	14 六月 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Cuisine (IP)	15 初二 9:00 Outing 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	16 初三 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	17 初四 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
20 初七 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Cotton swab dot painting (IP) 1:00pm Chinese Knot Crochet (IP)	21 初八 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Chit Chat Cafe (IP)	22 初九 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	23 大暑 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	24 十一 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Acupuncture & Cancer Workshop(IP+ZOOM) 1:30pm Nutrition Workshop (IP+ZOOM)
27 十四 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Cardiologist Workshop (IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	28 十五 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	29 十六 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	30 十七 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	31 十八 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)	7/10 10:00am-12:00pm Tech Help 7/31 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-11:00am Advanced ESL Conversation 9:30am-11:30am Chorus 1:00pm-2:45pm Line Dance ★	9:30am-10:30am Tai Chi (English) ★	9:15am-10:45am ESL-Oxford Picture Dictionary
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		

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

Special Event and Notices:

★ All classes on Friday, July 3, will be canceled in observance of the Independence Day holiday.

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.