



2026 年 8 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 廿一 8:45am 志願者服務日 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 1:00pm 中國結+勾織(僅現)	4 廿二 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	5 廿三 9:00am 外出活動 9:30am 綜合太極班(僅現) 11:00am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	6 廿四 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	7 立秋 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
10 廿八 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 健康講座：睡個好覺 (現+網) 1:00pm 中國結+勾織(僅現)	11 廿九 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) 「家鄉黑芝麻糊」	12 三十 9:30am 綜合太極班(僅現) 11:00am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	13 七月 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	14 初二 9:30am 太極 108 式 (現+網) 10:30am 防跌講座(現+網) 1:00pm 科技支援 (僅現)
17 初五 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 桌游 (僅現) 1:00pm 中國結+勾織(僅現)	18 初六 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 聊天茶座(僅現) 「我的童年趣事」	19 七夕 9:30am 綜合太極班(僅現) 11:00am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	20 初八 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	21 初九 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:30pm 營養講座(現+網)
24 十二 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 大腸癌健康講座 (現+網) 1:00pm 中國結+勾織(僅現)	25 十三 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 膳食與癌症講座 (現+網)	26 十四 9:30am 綜合太極班(僅現) 11:00am 基本瑜伽(僅現) 1:00pm 廣場舞(限 30 人)	27 十五 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	28 十六 9:30am 太極 108 式 (現+網) 10:30am BINGO!! (僅現) 1:00pm 科技普及講座(現+網)
31 十九 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 手工坊：紙玫瑰 1:00pm 中國結+勾織(僅現)	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)	8/7 10:00am-12:00pm 科技支援 8/28 1:30pm – 2:30pm 營養講座 (現+網)				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007) 8/19 (週三) 11:00am-12:00pm 針灸與癌症照護講座 (僅現)	9:30am-1:30pm 仁愛陽光樂隊	9:30am-11:00am 英文基礎會話班 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★	9:30am-10:30am 太極班★ (英文)	9:15am-10:45am 牛津圖解詞典	
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



【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 August ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle				
Address : 611 S. Lane Street, 3/F Seattle, WA 98104				
			City of Seattle	King County
MON	TUE	WED	THU	FRI
3 廿一 8:45am Volunteer Day (IP) 9:30am Tech Help (IP) 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	4 廿二 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	5 廿三 9:30am Tai Chi (IP) 11:00am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	6 廿四 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	7 立秋 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
10 廿八 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Sleep Well, Age Well (IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	11 廿九 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Cuisine (IP)	12 三十 9:00 Outing 9:30am Tai Chi (IP) 11:00am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	13 七月 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	14 初二 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Fall Prevention Workshop (IP+ZOOM) 1:00pm Tech Help (IP)
17 初五 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Board games (IP) 1:00pm Chinese Knot Crochet (IP)	18 初六 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Chit Chat Cafe (IP)	19 七夕 9:30am Tai Chi (IP) 11:00am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	20 初八 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	21 初九 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:30pm Nutrition Workshop (IP+ZOOM)
24 十二 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Colorectal Cancer Seminar (IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	25 十三 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Diet and Cancer (IP+ZOOM)	26 十四 9:30am Tai Chi (IP) 11:00am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	27 十五 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	28 十六 9:30am Tai Chi 108 (IP+ZOOM) 10:30am BINGO!! (IP) 1:00pm Tech Class (IP+ZOOM)
31 十九 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Paper Roses Craft (IP) 1:00pm Chinese Knot Crochet (IP)	New Member Sign-up 1) Call: 206-530-9174 2) Scan WeChat QR code 3) Email: seniorcenter@cisc-seattle.org			

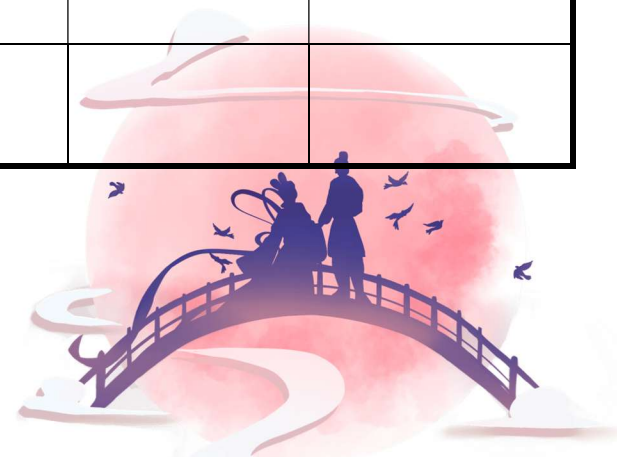
* (IP+ZOOM) = In-person & ZOOM (IP) = In-person Only, No ZOOM No mark = ZOOM only

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)	8/7 10:00am-12:00pm Tech Help 8/28 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



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.