



2026 年 9 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
	1 廿十 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	2 廿一 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)	3 廿二 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	4 廿三 9:30am 太極 108 式 (現+網) 10:30am 特別講座：樹木如何塑造我們的社區(現+網) 1:00pm 科技支援 (僅現)
7 勞動節 仁人假期 暫停服務	8 廿七 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) 「越南番茄蟹肉湯粉」	9 廿八 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)	10 廿九 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	11 八月 8:00am 志願者服務日 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
14 初四 9:00am 外出活動 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語	15 初五 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 聊天茶座(僅現) 「生活軼事」	16 初六 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)	17 初七 10:00am 載歌載舞團 迎賀中秋 (僅現) 1:00pm 自由活動	18 初八 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:30pm 營養講座(現+網)
21 十一 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 了解跌倒的風險講座 (現+網) 1:00pm 中國結+勾織(僅現)	22 十二 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	23 秋分 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)	24 十四 9:30am 卡拉 OK (現+網) 1:00pm 防跌運動講座 (現+網)	25 中秋節 10:00am 中秋游藝聚餐 (僅現) 1:00pm 科技普及講座(現+網)
28 十八 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 手工坊：摺玫瑰 1:00pm 中國結+勾織(僅現)	29 十九 9:30am 居家活力運動 10:00am 廣場舞(限 30 人) 1:00pm 自由活動	30 二十 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)	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)	9/4 10:00am-12:00pm 科技支援 9/25 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-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

特別活動及通知：

- ★ 9/1 (週二) PKCC 9:30am 的廣場舞班取消
- ★ 9/2 (週三) 11:00am-12:00pm @NBCC 旅遊分享講座：桑巴風情、世界遺產、亞馬遜雨林
- ★ 9/9 (週三) NBCC 舉辦 Fall into Fun 活動，當天早上所有課程取消



【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 September 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
	1 廿十 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	2 廿一 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	3 廿二 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	4 廿三 9:30am Tai Chi 108 (IP+ZOOM) 10:30am How Trees Shape Our Neighborhoods (IP+ZOOM) 1:00pm Tech Help (IP)
7 勞動節 Labor Day CISC Holiday	8 廿七 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Hometown Cuisine (IP)	9 廿八 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	10 廿九 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	11 八月 8:00am Volunteer Day 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
14 初四 9:00 Outing 9:30am Tech Help (IP) 10:30am English Talk Time	15 初五 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Chit Chat Cafe (IP)	16 初六 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	17 初七 10:00am Seattle Sing and Dance Performance (IP) 1:00pm Free Activity (IP)	18 初八 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:30pm Nutrition Workshop (IP+ZOOM)
21 十一 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Fall Prevention Workshop (IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	22 十二 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	23 秋分 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	24 十四 9:30am Karaoke (IP+ZOOM) 1:00pm Fall Prevention Workshop (IP+ZOOM)	25 中秋節 10:00am Mid-Autumn Festival Gathering (IP) 1:00pm Tech Class (IP+ZOOM)
28 十八 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Paper Roses Craft (IP) 1:00pm Chinese Knot Crochet (IP)	29 十九 9:30am Active Exercise 10:00am Square Dance (Limit 30) 1:00pm Free Activity (IP)	30 二十 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (Limit 30)	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)	9/4 10:00am-12:00pm Tech Help 9/25 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:

★ 9/1 (Tue) – The 9:30 AM Square Dance Class at PKCC is cancelled

★ 9/2 (Wed) 11:00am-12:00pm @NBCC Travel Sharing Workshop

★ 9/9 (Wed) Fall into Fun Event will be held at NBCC; all morning classes are cancelled



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.