



2026 年 10 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

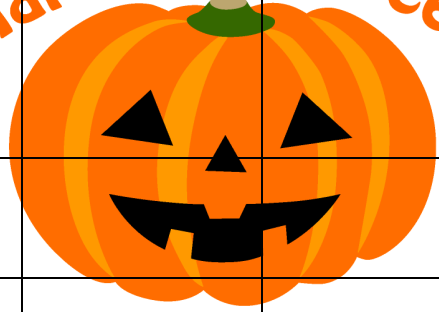
星期一	星期二	星期三	星期四	星期五
新成員報名方法： 1) 致電 Call：206-530-9174 梁小姐 2) 掃描晴園微信 WeChat 二維碼 3) 電郵 Email：seniorcenter@cisc-seattle.org			1 廿一 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	2 廿二 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
5 廿五 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 電影日 (僅現) 1:00pm 中國結+勾織(僅現)	6 廿六 9:30am 居家活力運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	7 廿七 10:00am 金秋風華時裝秀 (聯合車站) 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	8 寒露 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	9 廿九 9:30am 太極 108 式 (現+網) 10:30am 穩健同行運動課(現+網) 1:00pm 科技支援 (僅現)
12 初三 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 眼科專題講座 (現+網) 1:00pm 中國結+勾織(僅現)	13 初四 9:30am 居家活力運動 10:00am 廣場舞(僅現) 1:00pm 回味家鄉菜(僅現) 「泰式椰子果凍」	14 初五 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	15 初六 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	16 初七 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:30pm 預防跌倒營養講座(現+網)
19 初十 9:00am 外出活動 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 日常健康與安全照護講座 (現+網) 1:00pm 中國結+勾織(僅現)	20 十一 9:30am 居家活力運動 10:00am 廣場舞(僅現) 1:00pm 聊天茶座(僅現) 「您如何處理怒氣」	21 十二 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	22 十三 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	23 霜降 9:30am 太極 108 式 (現+網) 10:30am 穩健同行運動課(現+網) 1:00pm 科技普及講座(現+網)
26 十七 9:30am 智能設備諮詢 (僅現) 10:30am 英語口語 10:30am 製作宋錦珍珠風鈴 (僅現) 1:00pm 中國結+勾織(僅現)	27 十八 9:30am 居家活力運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	28 十九 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	29 二十 9:30am 卡拉 OK (現+網) 1:00pm 自由活動	30 廿一 9:30am 太極 108 式 (現+網) 10:30am BINGO!! (僅現) 1:30pm 營養講座(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)	10/2 10:00am-12:00pm 科技支援 (僅現) 10/23 1:30pm – 2:30pm 營養講座 (現+網)				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007) 10/14 & 10/21 (週三) 11:00am-12:00pm 預防跌倒運動講座 (僅現) 10/28 (週三) 11:00am-12:00pm 膳食與癌症講座 (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		Happy Halloween 	
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 October 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 廿一 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	2 廿二 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
5 廿五 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Movie Time (IP) 1:00pm Chinese Knot Crochet (IP)	6 廿六 9:30am Active Exercise 10:00am Square Dance (IP) 1:00pm Free Activity (IP)	7 廿七 10:00am Fashion Show (Unition Station) 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	8 寒露 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	9 廿九 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Fall Prevention Exercise (IP+ZOOM) 1:00pm Tech Help (IP)
12 初三 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Retina Disease and Cancer Workshop (IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	13 初四 9:30am Active Exercise 10:00am Square Dance (IP) 1:00pm Hometown Cuisine (IP)	14 初五 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	15 初六 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	16 初七 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:30pm Fall Prevention Nutrition Workshop (IP+ZOOM)
19 初十 9:00am Outing 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Stay Healthy Stay Safe (IP+ZOOM) 1:00pm Chinese Knot Crochet (IP)	20 十一 9:30am Active Exercise 10:00am Square Dance (IP) 1:00pm Chit Chat Cafe (IP)	21 十二 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	22 十三 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	23 霜降 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Fall Prevention Exercise (IP+ZOOM) 1:00pm Tech Class (IP+ZOOM)
26 十七 9:30am Tech Help (IP) 10:30am English Talk Time 10:30am Craft (IP) 1:00pm Chinese Knot Crochet (IP)	27 十八 9:30am Active Exercise 10:00am Square Dance (IP) 1:00pm Free Activity (IP)	28 十九 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	29 二十 9:30am Karaoke (IP+ZOOM) 1:00pm Free Activity (IP)	30 廿一 9:30am Tai Chi 108 (IP+ZOOM) 10:30am BINGO!! (IP) 1:30pm Nutrition Workshop (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)	10/2 10:00am-12:00pm Tech Help (IP) 10/23 1:30pm – 2:30pm Nutrition Class (IP+ZOOM)				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007) 10/14 & 10/21 (Wed) 11:00am-12:00pm Fall Prevention Exercise Workshop (IP) 10/28 (Wed) 11:00am-12:00pm Diet and Cancer Workshop (IP)	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.