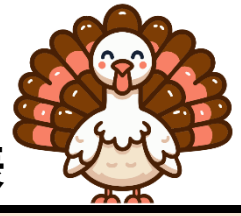
CISC 仁人服務社
BRIDGING CULTURES COMMUNITIES & GENERATIONS

晴園樂齡中心
SUNSHINE GARDEN CHINESE SENIOR COMMUNITY CENTER



2026年11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
2 廿四 **冬令時開始** 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)	3 廿五 9:30am 居家活力運動 10:00am 廣場舞(僅現) 1:00pm 自由活動	4 廿六 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	5 廿七 9:30am 卡拉 OK (現+網) 1:00pm 中國舞培訓班（僅現）	6 廿八 9:30am 太極 108 式 (現+網) 10:30am 自由活動 1:00pm 科技支援 (僅現)
9 十月 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)	10 初二 9:30am 居家活力運動 10:00am 廣場舞(僅現) **1:00pm 回味家鄉菜(僅現)「黑芝麻麻糍」**	11 初三 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) **12:00pm 仁人員工活動下午晴園暫停服務**	12 初四 9:30am 卡拉 OK (現+網) 1:00pm 中國舞培訓班（僅現）	13 初五 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)**
16 初八 9:30am 智能設備諮詢（僅現） 10:30am 英語口語 **10:30am 癌症健康講座（現+網）** 1:00pm 中國結+勾織 (僅現)	17 初九 9:30am 居家活力運動 10:00am 廣場舞(僅現)	18 初十 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	19 十一 9:30am 卡拉 OK (現+網) 1:00pm 中國舞培訓班（僅現）	20 十二 9:30am 太極 108 式 (現+網) **10:30am BINGO!! (僅現)** **1:30pm 營養講座(現+網)**
23 十五 9:30am 智能設備諮詢（僅現） 10:30am 英語口語 **10:30am 紙工藝燈籠（僅現）** 1:00pm 中國結+勾織 (僅現)	24 十六 9:30am 居家活力運動 10:00am 廣場舞(僅現) **1:00pm 穩健同行運動課(現+網)**	25 十七 9:30am 綜合太極班(僅現) 10:30am 基本瑜伽(僅現) 1:00pm 廣場舞(僅現)	26 十八 **感恩節** **仁人假期暫停服務**	27 十九 **感恩節翌日** **仁人假期暫停服務**
30 廿二 9:30am 智能設備諮詢（僅現） **10:30am 感恩義工活動（僅現）** 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)	11/6 10:00am-12:00pm 科技支援 11/13 1:30pm – 2:30pm 營養講座（現+網）				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007) 11/4 (週三) 11:00am-12:00pm 眼科健康講座 11/18 11:00am& 11/30 1:00pm 預防跌倒運動課	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：

- ★ 以下社區中心在 11/11 （週三）、11/26（週四）、11/27（週五）公眾假期關閉：
  Lake City Senior Center, North Bellevue Community Center, Peter Kirk Community Center,
  Redmond Together Center, Shoreline Senior Center
- ★ 11/18, 25 （週三）NBCC 1:00pm 的行列舞班取消

【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！】

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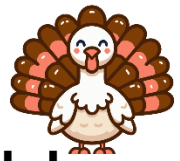

2026 November ZOOM & In-Person Activity Schedule

Sunshine Garden – Seattle

Address：611 S. Lane Street, 3/F Seattle, WA 98104

City of Seattle King County

MON	TUE	WED	THU	FRI
2 廿四 **Datelight Saving** 9:30am Tech Help (IP) 10:30am English Talk Time **10:30am Movie Time (IP)** 1:00pm Chinese Knot Crochet (IP)	3 廿五 9:30am Active Exercise 10:00am Square Dance (IP) 1:00pm Free Activity (IP)	4 廿六 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	5 廿七 9:30am Karaoke (IP+ZOOM) 1:00pm Chinese Dance (IP)	6 廿八 9:30am Tai Chi 108 (IP+ZOOM) 10:30am Free Activity (IP) 1:00pm Tech Help (IP)
9 十月 9:30am Tech Help (IP) 10:30am English Talk Time 1:00pm Chinese Knot Crochet (IP)	10 初二 9:30am Active Exercise 10:00am Square Dance (IP) **1:00pm Hometown Cuisine (IP)**	11 初三 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) **12:00pm CISC Staff Activity Closed at noon**	12 初四 9:30am Karaoke (IP+ZOOM) 1:00pm Chinese Dance (IP)	13 初五 9:30am Tai Chi 108 (IP+ZOOM) **10:30am Fall Prevention Exercise (IP+ZOOM)** **1:00pm Tech Class (IP+ZOOM)**
16 初八 9:30am Tech Help (IP) 10:30am English Talk Time **10:30am Cancer Workshop (IP+ZOOM)** 1:00pm Chinese Knot Crochet (IP)	17 初九 9:30am Active Exercise 10:00am Square Dance (IP) 1:00pm Free Activity (IP)	18 初十 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	19 十一 9:30am Karaoke (IP+ZOOM) 1:00pm Chinese Dance (IP)	20 十二 9:30am Tai Chi 108 (IP+ZOOM) **10:30am BINGO!! (IP)** **1:30pm Nutrition Workshop** (IP+ZOOM)
23 十五 9:30am Tech Help (IP) 10:30am English Talk Time **10:30am Paper craft Lanterns (IP)** 1:00pm Chinese Knot Crochet (IP)	24 十六 9:30am Active Exercise 10:00am Square Dance (IP) **1:00pm Fall Prevention Exercise (IP+ZOOM)**	25 十七 9:30am Tai Chi (IP) 10:30am Basic Yoga (IP) 1:00pm Square Dance (IP)	26 十八 **Thanksgiving** **CISC Holiday**	27 十九 **Day after Thanksgiving** **CISC Holiday**
30 廿二 9:30am Tech Help (IP) **10:30am Thanksgiving Celebration & Volunteer Appreciation (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)	11/6 10:00am-12:00pm Tech Help 11/13 1:30pm – 2:30pm Nutrition Class (IP+ZOOM)				
North Bellevue Community Center (4063 148th Ave NE, Bellevue, WA 98007) **11/4 (Wed) 11:00am-12:00pm Vision Workshop** **11/18 11:00am & 11/30 1:00pm Fall Prevention Exercise**	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:

★ **The following Community Centers will be closed for public holidays on 11/11, 11/26, and 11/27:**
Lake City Senior Center, North Bellevue Community Center, Peter Kirk Community Center, Redmond Together Center, Shoreline Senior Center

★ **Line Dance at NBCC will be canceled on November 18th and 25th.**

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.