

KIN ON

健安康樂頤計劃 二零一七年秋季課程
Fall 2017 (Sept. 1 - Dec. 31)

Healthy Living PROGRAM

BELLEVUE



ASCF Community Center 銀髮族社區中心 (東區)

across from Crossroads Mall

15921 NE 8th St, C-206
Bellevue, WA 98008
Tel: 425.378.8181

SEATTLE



Kin On Community Center 健安社區中心 (西雅圖)

south of Columbia City

4416 S Brandon St,
Seattle, WA 98118 (lower level)
Tel: 206.556.2237

Contact Us 聯絡我們:
healthyliving@kinon.org



健安/亞裔銀髮族敬老日 Kin On/ASCF Seniors' Day

In observance of the Double Nine Festival to care for and appreciate the elderly, we will continue the annual tradition of hosting a seniors' day celebration in September.

Kin On and ASCF are thrilled to present:

CELEBRATE HEALTHY LIVING – Kin On/ASCF Seniors' Day

Saturday, September 9, 2017, 9:30am-2pm

at the Eastside Baha'i Center & ASCF Community Center

Join us for a fun-filled day of performances, presentations, exhibits, and educational activities. This is a free and family-friendly event.

「九九」諧音「久久」，代表老人高壽。為了紀念重九節敬老崇孝之傳統，我們將繼續在九月份慶祝敬老日之傳統。

健安和亞裔銀髮族誠意邀請您參與：

樂享健康生活——健康/亞裔銀髮族敬老日

星期六，2017年9月9日，上午9時30分至下午2時

The Eastside Baha'i Center 及銀髮族社區中心

活動包括表演、演講、展覽和教育活動。活動免費，歡迎大家扶老攜幼出席，一起關心家人的健康。

HEALTH EDUCATION	2
FITNESS	4
ARTS & CRAFTS	9
TECHNOLOGY	7
SOCIAL EVENTS	10
THOUGHTS ON CAREGIVING	11

健康教育	12
康體活動	14
資訊科技	17
美術工藝	18
社交聚會	20
關顧圖地	21

Chronic Disease Self-Management Education (CDSME) Workshops

The Chronic Disease Self-Management Education (CDSME) Program contains evidence-based workshops developed by Stanford University designed to help people gain confidence in their ability to manage their chronic health conditions. CDSME is a 6-week, 2.5-hour workshop facilitated by two trained leaders. Participants will learn different tools to help manage their chronic health conditions more effectively. Some of the tools discussed in the workshop include dietary management, exercise, problem solving, decision making, communication and stress management. The concepts covered in



this series-based workshop are progressive in nature. This program is funded by City of Seattle Aging & Disability Services. Participants are encouraged to attend at least 4 sessions. Newcomers must wait to register for the next series if they have missed the first two sessions. Minimum number of participants required to start. Please register one week in advance of start date.

I like the setting of the class: it's structured yet informal and interactive. It's well facilitated by the instructors, who fostered a very relaxing environment hence everyone spoke freely. It provided a very good forum for attendants to share their experience on various topics, brainstorm solutions, and learn recommended approaches from the program. I truly enjoyed this class as it helps and encourages us to self-manage our lifestyle positively.

- Dolla

Chronic Disease Self-Management Program (E)

Helen Wang and Anne Nguyen
Thursdays, Oct. 12 – Nov. 16 (6 classes)
10am – 12:30pm @ Seattle
FREE

Chronic Pain Self-Management Program (M) (C)

Michael Woo and Jerry Chang
Oct. – Nov. (6 classes) @ Bellevue
(TBD, please contact us if interested)
FREE

Chronic Disease Self-Management Program (M) (C)

Michael Woo and Jerry Chang
Tuesdays, Sept. 19 – Oct. 24 (6 classes)
10am – 12:30pm @ Bellevue
FREE

Diabetes Self-Management Program (M) (C)

Michael Woo and Jerry Chang
Dec. – Jan. (6 classes) @ Bellevue
(TBD, please contact us if interested)
FREE

@ Seattle (Kin On)

Adult First Aid/CPR/AED Training E

This course is intended for individuals who are not healthcare providers or professional rescuers. After successful completion of the course, including obtaining a passing score on the written exam, attendees will receive a MEDIC First Aid certificate that is valid for two years. Please bring a bagged lunch. A minimum number of participants is required to start. Please register by September 27.

Kerry Taniguchi

Thursday, Oct. 5, 9am – 4:30pm @ Seattle

Members: \$55/ Non-members: \$70

Community Conversations E

Join City of Seattle's Department of Transportation for a Community Conversation to learn about transit and mobility options, and services that could help reduce your transportation costs. Also, receive updates for upcoming transportation changes along Rainier Avenue South to prevent crashes and improve safety for all travelers. A light lunch will be served. Please RSVP by October 4.

Wednesday, Oct. 11, 12:30 – 2:30pm @ Seattle

FREE

East Meets West: EC

Culturally Responsive Care

For those who are new to the western medical system, a health navigation coordinator can help break the language barrier and ensure that you and your loved ones receive the best care possible. Topics may include:

- choosing between a regular office visit, urgent care, or the emergency room
- finding doctors or nurses who speak your language
- understanding the documents you receive from your clinic
- billing and insurance questions

Light refreshments will be served. Please register by September 11.

Nelson Tang

**Outreach & Engagement Chinese Program Manager,
Swedish Health Services**

Monday, Sept. 18, 10:30 – 11:30am @ Seattle

FREE

E English C Cantonese M Mandarin

FREE WEEKLY SEMINARS M

@ ASCF (Bellevue)

1st SAT Birthday Potluck - Celebrate birthdays together with food and drinks.

2nd SAT Medical - Presentations on various medical topics that help you to live a healthy life.

3rd SAT History - You don't have to be in college to learn more about the history of the world.

4th SAT Travel - We know travel is fun but we can also learn a lot of life lessons from it.

5th SAT Finance - Make plans for a rewarding and fulfilling retirement.

Join us every Saturday for a special show and tell. Come share and exchange your stories, perspectives, and culture.

Contact us for event details.

Saturdays, 10am – 12pm @ Bellevue

FREE





@ Seattle (Kin On)

DANCE

Beginner Line Dance

Put some fun into your exercise program by learning new moves to great music. This class is suitable for beginners.

Linda Cheung

Sundays, 9/10, 9/17, 10/15, 10/29, 11/12, 11/26, 12/17 (7 classes), 2:15 – 3:45pm @ Seattle

Members: \$21/series or \$4/class

Non-members: \$35/series or \$6/class

Samba

Originating from Brazil, samba is a fat-burning dance set to joyful music. Learn basic moves that will tone and strengthen your body.

Moliza Wong

Tuesdays, Sept. 12 – Oct. 3 (4 classes), 2 – 3pm @ Seattle

Members: \$12/series or \$4/class

Non-Members: \$20/series or \$6/class

Waltz

Enjoy the most elegant ballroom dance in the world. This class will teach you the basic steps of waltz, which incorporates rhythmic turns.

Moliza Wong

Tuesdays, Nov. 7 & 14, Dec. 5 & 12 (4 classes), 2 – 3pm @ Seattle

Members: \$12/series or \$4/class

Non-Members: \$20/series or \$6/class

EXERCISE

Drop-In Table Tennis

Enjoy a friendly game of table tennis! Tournament grade tables are available for your use. Paddles and balls available for check out at front desk.

Mondays, Sept. – Dec., 10:30am – 2:30pm @ Seattle

Thursdays, Sept. – Dec., 10:30am – 12:30pm @ Seattle

FREE

EnhanceFitness at Kin On

Experience an energetic, full body workout that is suitable for all fitness levels. This evidence-based group exercise program has been proven to help older adults maintain balance, strength and independence. This class is made possible through a partnership with ACRS. Students new to EnhanceFitness must arrive 15 minutes early to fill out paperwork and complete a fitness check. This program is funded by City of Seattle Aging & Disability Services.

Amy Sue Zielske

Mondays, Wednesdays and Fridays

Sept. – Dec., 9:30 – 10:30am @ Seattle

FREE

EnhanceFitness at Asian Counseling and Referral Service (ACRS)

This program is held at Kin On's partnering location, ACRS. For program cost or additional information, contact Mylinh Nguyen at mylinhn@acrs.org/206.695.7641 or Tracee Lee at traceel@acrs.org/206.774.2440.

Tuesdays: Lily Singh, Thursdays: Tuyet Hua Nguyen

Tuesdays and Thursdays, Sept. – Dec., 1 – 2pm

@ ACRS (3639 Martin Luther King Jr Way S, Seattle)

Fitness Corner (Drop In)

Improve your heart health and muscle strength by using our elliptical machine, dumbbells (up to 5 lbs) and wrist/ankle weights (up to 10 lbs). Equipment check out is available at front desk.

Wednesdays, Sept. – Dec., 3:30 – 5pm @ Seattle

FREE

Walk & Talk

Walk & Talk is an invigorating way to get health tips along with exercise, and enjoy the company and conversation of others in the Kaiser Permanente and Columbia City community. Course details: A walking path in a park at the corner of Rainier Ave. S., and S. Alaska St.

Fridays, Sept. – Dec., 12 – 12:45pm

@ Rainier Valley Cultural Center

(3515 S Alaska St, Seattle)

FREE

Contact: Larnette Slade at 206.326.3801

Zumba®

Zumba® is an exercise in disguise and total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

This class is made possible through a partnership with Kaiser Permanente.

Dawn Mosley

Tuesdays, Sept. – Dec., 5:30 – 6:30pm @ Seattle

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

@ Bellevue (ASCF)

DANCE

Beginner Line Dance

Learn new moves and patterns and meet people in your local community who share your interests.

Rosa Lin

Tuesdays in Sept., 1:30 – 3:30pm @ Bellevue

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Belly Dance

Belly dance is an expressive dance which emphasizes complex movements of the torso. It is fun and burns a lot of calories.

Melinda Lee

Wednesdays, 12:30 – 2:30pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (5 classes)	\$15	\$25
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Dance Club

Our dance club offers a great way to meet people and keep fit. Join us for the fun, friendship and entertainment through dancing.

Saturdays, 1:30 – 3:30pm @ Bellevue

*** No class on 9/9**

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Dunhuang Dance

Dunhuang Dance is a form of Chinese dance that draws sources from body movements depicted in artifacts found in Dunhuang Caves. It emphasizes on balance, form, and movement.

Melinda Lee

Tuesdays, 11am – 1pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Glorifying Dance

Dance with your heart. We dance to celebrate and sing praises. It's fun and easy to follow.

Su Seng Dai

Mondays, Sept. – Dec., 10:30am – 12pm @ Bellevue

FREE

Folk Dance

Here's something for everyone whether you are brand new to dancing or have been doing this for years. We offer an opportunity to expand your cultural horizons, meet people, be part of a community, and of course, dance!

Huiling Xiong

Thursdays, 10:30am – 12pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (5 classes)	\$15	\$25
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Line Dance with Linda E C

Put some fun into your exercise program by learning new moves to great music. This class is suitable for all skill levels.

Linda Cheung

Sept. 4, Oct. 23, Nov. 6 (3 classes)

Mondays, 7 – 8:45pm @ Bellevue

Members: \$9/series or \$4/class

Non-members: \$15/series or \$6/class

Social Dance M

Social dances are the perfect way to meet interesting people that share your love of dancing. It is a whole-body workout that's actually fun.

Su-Jeng Lin

Sundays, Sept. – Dec., 7:30 – 9:30pm @ Bellevue

Members: \$4 / Non-members: \$6

Square Dancing M

Crush calories, improve coordination, and build core strength. Dance to Chinese pop songs in this high-energy dance workout.

Su-Jeng Lin

Mondays, 2 – 4pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

EXERCISE

Chi-Kung & Chen Style Tai-Chi E C M

By combining movement, breathing and meditation, this class offers Mee-Chung Qi Gong, Tai Chi for health, and Chen's style Tai Chi chuan.

David Pan

Saturdays, 12:30 – 1:30pm @ Bellevue

*** No class on 9/9**

	Member	Non-Member
Sept. (5 classes)	\$15	\$25
Oct. (4 classes)	\$12	\$20
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Tai Chi Fan & Yuan Chih Dance M

Yuan Chi Dance is a mixture of martial art, physical therapy dance and the chi exercise. With frequent extension movements of arms and legs to increase blood circulation to the brain and other parts of the body, the enchanting dance is an excellent exercise and has the effect of slowing down the inevitable aging process.

Kuei Wu

Saturdays, 3:30 – 5:30pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Tai Chi Qi Gong M

Tai Chi is an ancient exercise that calms the emotions, clears the mind, and rejuvenates the body. The relaxed, graceful movements employ the timeless concepts of balance, softness, and awareness.

Sue Yeh

Saturdays, Sept. – Dec., 9 – 10am @ Bellevue

FREE



Tai Chi with Master Li E M

42-movement Tai Chi Chuan, Tai Chi Fan and Tai Chi sword.

Master Li

Fridays, 1:30 – 4pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (4 classes)	\$12	\$20
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6



@ Seattle (Kin On)

SmartLab 1 on 1 Tutoring (E)(C)(M)

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use Kin On's computers or bring your own laptops, phones or tablets. Please make an appointment one day in advance.

Victus Wong

Wednesdays and Fridays

Sept. – Dec., 10am – 2pm @ Seattle

FREE

SmartLab Open Lab

Check your email, browse the internet, or enjoy catching up on the latest news. Our facility is equipped with PC's using Windows 10.

Wednesdays and Fridays, Sept. – Dec., 10am – 2pm @ Seattle

FREE

@ Bellevue (ASCF)

Advanced Photography (E)(C)(M)

Upgrade your skills! Learn different photography techniques and start creating stunning images in this advanced photography class.

David Pan

Saturdays in September, 1:30 – 3:00pm @ Bellevue

*** No class on 9/9**

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Computer Club (M)

Come learn how to turn your photos into digital stories and how to share your works of art with friends and family. Use ASCF's computers or bring your own laptops.

Ben Chang

Thursdays, 10am – 12pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (5 classes)	\$15	\$25
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Digital Photo Retouching (E)(C)(M)

This course covers various aspects and techniques for photo editing, retouching, compositing, and much more.

David Pan

Saturdays in Oct., 1:30 – 3:00pm @ Bellevue

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Digital Card Making (E)(C)(M)

As the holiday season is fast approaching, this is just what you need to get yourself started in making beautiful and personalized greeting cards for friends and families.

David Pan

Saturdays in Nov., 1:30 – 3:00pm @ Bellevue

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Mobile Technology Tutorial (E)(C)(M)

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use ASCF's computers or bring your own laptops, phones or tablets. Please make an appointment one day in advance.

Victus Wong

Mondays, Sept. – Dec., 10am – 4pm @ Bellevue

FREE / Non-members: \$10

SmartLab Class & Practice Session

@ Seattle (Kin On)



A series of classes and practice sessions that designed to make technology, simple, fun, and practical for your everyday life. Use Kin On's tablets or bring your own. This program is funded by City of Seattle Technology Matching Fund.

Please register three days in advance.

SmartLab Committee

Saturdays, Oct. 14 – Nov. 18

10am – 12pm @ Seattle

FREE

iPads & iPhones Made Easy

Learn the basics of using your iPad or iPhone including basic navigation, controls, typing, and more.

Oct. 14

Lesson 1 Practice session: Oct. 21

There's an App for That

Learn how to install apps, use the camera, send/save photos, use browsers, and iMessage.

Oct. 28

Lesson 2 Practice session: Nov. 4

Let's Connect

Learn how to connect with your loved ones anywhere across the globe using chat programs (e.g. WhatsApp, Wechat, or Line) and Skype.

Nov. 11

Lesson 3 Practice session: Nov. 18

healthyliving@kinon.org



ARTS & CRAFTS

@ Seattle (Kin On)

Open Craft Day E

Enjoy a fun-filled half-day to work on your projects and share a potluck lunch. No formal instruction is provided although there is a lot of sharing of ideas and techniques. Bring your completed projects for show and tell!

1st Tuesday of every month, 10am – 2pm

Sept. 5, Oct. 3, Nov. 7, Dec. 5 @ Seattle

FREE

@ Bellevue (ASCF)

Calligraphy M

Learn the art of Chinese calligraphy.

Mr. Fung

Fridays, 10am – 12pm @ Bellevue

	Member	Non-Member
Sept. (4 classes)	\$12	\$20
Oct. (3 classes)	\$9	\$15
Nov. (3 classes)	\$9	\$15
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Collage Painting ECM

Join us for a fresh, fun approach to making art. Learn how to use various creative techniques for combining collage and painting to free your artistic voice.

David Pan

Saturdays in Dec., 1:30 – 3:00pm @ Bellevue

Members: \$15/series (5 classes) or \$4/class

Non-members: \$25/series (5 classes) or \$6/class



Craft & Chat @ Seattle (Kin On)

Join us to explore your creativity, share ideas and meet other crafty people!
Please bring a snack to share.

Registration and payment required one week in advance of each class. No refunds given for cancellations less than 7 days in advance.

** Supplies included unless otherwise noted.*

Members: \$10 per class / Non-members: \$15 per class

Pop Up Birthday Cards

Create customized birthday cards for friends and family using whimsical and colorful adornments.

*Supplies needed: scissors, tacky glue, and coloring pens. A limited supply may be available to use.



Ginger Li

Wednesday, Sept. 13, 10am – 12:30pm @ Seattle

Members: \$10 per class / Non-members: \$15 per class

Floral Money Leis

ALOHA...come join the fun, making these beautiful flower money Leis! They are made with artificial flowers, ribbon and real \$1 bills. They last forever, or until you spend the money. Great for graduations, celebrations, or as a 'thank you' gift.

*Supplies needed: ten new \$1 bills, curling ribbon, scotch tape, small scissors.

Melinda Eng

Wednesday, Sept. 27, 10am – 12:30pm @ Seattle

Members: \$10 per class / Non-members: \$15 per class



3D Origami Swan (Part 1 of 2)

Also known as golden venture folding, hundreds of small, folded paper triangles are connected with minimal amounts of glue to create an elegant paper swan. Colored paper will be supplied.

*Supplies needed: Elmer's glue, magazine covers (~24 pounds weighted paper) if certain colors are desired.

Kit-Ling Poon

Friday, Oct. 13, 1 – 3:30pm @ Seattle

** Please note the date change from Wednesday.*

Members: \$10 per class / Non-members: \$15 per class

healthyliving@kinon.org

3D Origami Swan (Part 2 of 2)

This class is a continuation of Part 1. You will complete your 3D origami masterpiece.

*Supplies needed: Elmer's glue, magazine covers (~24 pounds weighted paper).

Kit-Ling Poon

Friday, Oct. 27, 1 – 3:30pm @ Seattle

** Please note the date change from Wednesday.*

Members: \$10 per class / Non-members: \$15 per class



Beaded Wool Heart Pendant

Make a fashion statement by creating a heart shaped pendant using pendleton wool and a variety of beads. No prior sewing experience is needed.

Laura Wong-Whitebear

Wednesday, Nov. 8, 10am – 12:30pm

@ Seattle

Members: \$10 per class / Non-members: \$15 per class



Chinese Paper Cutting

Chinese paper cutting is a traditional folk art, in which you will learn traditional paper-cutting skills to create an exquisite paper-cut pendant.

*Supplies needed: small, sharp scissors.

Muyun Chen

Wednesday, Dec. 13,

10am – 12:30pm @ Seattle

Members: \$10 per class

Non-members: \$15 per class



Chinese Knotting

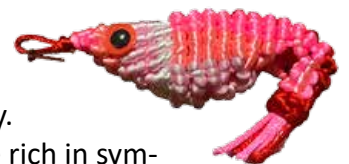
A Chinese knot is tied and woven from a single length of cord into a multitude of designs of varying complexity.

Traditional Chinese knots are rich in symbolic meaning, and can be used as good luck charms or beautiful decorations.

Muyun Chen

Wednesday, Dec. 27, 10am – 12:30pm @ Seattle

Members: \$10 per class / Non-members: \$15 per class



SOCIAL EVENTS

@ Seattle (Kin On)

Daytime Mahjong

Drop in or bring a friend to enjoy a friendly game of Mahjong. No formal instruction provided. This class is made possible through a special partnership with Keiro Northwest Nikkei Horizons program.

1st and 3rd Wednesdays, Sept. – Dec., 1 – 3pm @ Seattle

FREE

Tea Time

Gather your friends for tea and conversation in our beautiful community center. Feel free to bring snacks to share. Playing cards and board games are available to check out at the front desk.

Tuesdays, Sept. – Dec., 3 – 4:30pm @ Seattle

FREE

Basic English for Beginners

Learn useful English words and phrases including greetings, self-introduction, numbers, dates, telling the time, asking for directions, shopping, and ordering food from a menu, in a casual setting.

Bill Chou

Thursdays, 9/7, 9/14, 9/21, 9/28, 10/5, 11/30, 12/7, 12/14, 12/21 (9 classes), 1:30-3:30pm @ Seattle

Members: \$27/series or \$4/class

Non-members: \$45/series or \$6/class



@ Bellevue (ASCF)

Go Club and Bridge Club

Play Go and Bridge with friends.

Saturdays, Sept. – Dec., 1 – 5pm @ Bellevue

FREE / Non-members: \$5

Mahjong Club

We welcome you to play Mahjong and chat!

Fridays, Sept. – Dec., 1 – 5pm @ Bellevue

FREE / Non-members: \$5

Tea Art

Wherever Chinese go, the custom of drinking tea follows. Share your life stories with us over a cup of tea.

Ralph Rei

Thursdays, Sept. – Dec., 1:30 – 3:30pm @ Bellevue

FREE

November: American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that's more than 29 million people. And, another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes.

The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- **Watch your weight**
- **Eat healthy**
- **Get more physical activity**



Thoughts on Caregiving

The Benefits of A Caregiver Support Group

The role of a family caregiver is difficult. Aside from taking care of their loved ones, they must also continue to take care of themselves and juggle with many responsibilities. This may include work, caring for young children, spouse, and extended family. Caregiving can be tough and sometimes isolating. Caregivers need a safe and non-judgmental place to share their feelings. Caregiver support groups allow caregivers special time to be with other people who share similar struggles and challenges.

Research has shown that participating in a caregiver support group can significantly improve your quality of life. Here are some benefits you may gain by attending a support group:

- Feeling less lonely, isolated, or judged
- Gaining a sense of empowerment and control
- Improve your coping skills
- Reducing distress, depression or anxiety
- Developing a clearer understanding of what to expect
- Getting practical advice or educational information
- Improving your caregiving ability and giving better quality of life to the care receiver
- Get emotional support from like-minded people and feel strengthened
- Reduce caregiver burnout caused by long-term stress
- Learn about other resources



Almost every caregiver struggles with day-to-day challenges. Instead of feeling lonely and suffering on your own, how about giving a caregiver support group a try. It can be a helpful place to make your life easier, reduce stress, and improve your health.

The support group will be facilitated by our social services staff. We will meet monthly and attendance is voluntary. The goal is for us to have quality (and perhaps even fun) time for mutual support, growth, and affirmation. Together, we will learn, share and celebrate the joy and challenges associated with caregiving.

Please come and join us:

Date and time: 10/4/2017, Wednesday, at 11:00am-12:30pm

November, 2017 (TBD) and December, 2017 (TBD)

Location: ASCF Community Center – 15921 NE 8th St C206, Bellevue, WA 98008

Refreshments will be provided. Please contact Michael Woo, Jerry Chang, or Jane Wong, at 206.652.2330 for more information. RSVP encouraged, but not required.

健康教育

慢性病自我管理工作坊

慢性疾病自我管理課程是史丹福大學研發的以證據為基礎的講習班，為幫助患者有信心地管理控制病情。課程為期六星期，每週2.5小時，由兩位受專業訓練的導師教授。參與者會學到不同的方法更有效地管理慢性疾病，例如日常飲食管理、運動方式、問題解決方式、如何作出決定、學會溝通及壓力管理。本系列講習班涵蓋的概念是漸進性的。該課程由西雅圖市老齡化和殘疾人服務部資助。



鼓勵參與者參加至少4次課程。如果參與者錯過了前兩節課，則必須等待至下一個課程開班時註冊。需要一定人數開班授課，請於開班前一星期報名。

“ 我很欣賞這課程的設計：結構嚴謹卻又能互動而無所拘束。在組長帶領下，課程於輕鬆的環境中進行，提供非常好的討論機會，讓各人都能自由發表意見，針對不同的主題分享經驗，腦力激盪解決辦法，並學習課程建議的方法。我非常享受整個課程，確信它能幫助和鼓勵我們積極地自我管理生活，同時我也很珍惜我們在團體中建立的信任和友誼。—— Dolla

慢性病自我管理課程 (英)

Helen Wang及Anne Nguyen
10月12日至11月16日(6堂)
星期四，上午10:00至下午12:30 @ Seattle
免費

慢性疼痛自我管理課程 (粵)(國)

Michael Woo及Jerry Chang
10月至11月(6堂) @ Bellevue
(時間有待公布，有興趣參加者請與我們聯絡)
免費

慢性病自我管理課程 (粵)(國)

Michael Woo及Jerry Chang
9月19日至10月24日(6堂)
星期二，上午10:00至下午12:30 @ Bellevue
免費

糖尿病自我管理課程 (粵)(國)

Michael Woo及Jerry Chang
12月至1月(6堂) @ Bellevue
(時間有待公布，有興趣參加者請與我們聯絡)
免費

成人急救/心肺復蘇/ 自動體外心臟去顫器課程

此課程為非專業醫護人員而設，並以英語教授和進行測試。成功完成此課程將會獲得MEDIC有效兩年的急救證書。請自備午餐。需要一定人數開班授課，請於9月27日前報名。

Kerry Taniguchi

10月5日，星期四

上午9:00至下午4:30 @ Seattle

免費

交通出行社區對話

來參加西雅圖市交通運輸部舉辦的交通出行社區對話，了解更多交通出行的選擇與交通信息和服務，幫助您降低交通出行成本。同時，了解即將到來的Rainier Avenue South的交通變化，以防止交通事故和提升出行人員的安全。會上將會提供午餐輕食。請於10月4日前報名。

10月11日，星期三，下午12:30至2:30

@ Seattle

免費

美國醫院與中文醫療服務 介紹會

中文醫療服務協調員可以幫助剛接觸西方醫療系統的人來打破語言障礙，並確保您和您的親人得到最好的照顧。介紹會內容包括：

- 選擇訪問普通診療辦公室、緊急護理或急診室
- 尋找說中文的醫生或護士
- 幫助您理解就診相關文件
- 計費和保險問題

介紹會將提供茶點。請於9月11日前報名。

鄧冠仁，瑞典醫院中文醫療服務經理

9月18日，星期一，上午10:30至11:30

@ Seattle

免費

英語

粵語

國語

週六專題講座

@ ASCF (Bellevue)

第一個 慶生會：一起慶祝生日，吃蛋糕，分享生活的喜悅。

第二個 醫療專題：提供與你息息相關的健康生活資訊，助你及家人實踐健康生活。

第三個 歷史專題：探討社區、國家和世界事物的源流和轉變的過程，了解今天的世界。

第四個 旅遊專題：與大家分享旅遊心得，品味生活，開拓視野。

第五個 財經專題：做好財務規劃，為退休作更佳的準備，安享豐盛人生。

每週不同主題，邀請大家一同來學習和分享。想了解當週詳細演講主題，請與我們聯絡。

星期六，上午10:00至下午12:00

@ Bellevue

免費





康體活動

@ Seattle (Kin On)

舞蹈

Linda基礎排舞班 (英)(粵)

學習新舞步，跟隨音樂節奏，給您的運動加添樂趣。課程適合任何程度人士參加。

Linda Cheung

星期日，9/10, 9/17, 10/15, 10/29, 11/12, 11/26, 12/17(7堂)

下午2:15至3:45 @Seattle

會員：整系列\$21或每堂\$4

非會員：整系列\$35或每堂\$6

桑巴舞蹈課 (英)

來自巴西的桑巴舞是一種伴隨歡快的音樂令人興奮的舞蹈。導師將教你從基本的動作學起，幫助塑造你的形體。

Moliza Wong

星期二，9月12日至10月3日(4堂)

下午2:00至3:00 @ Seattle

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

華爾茲舞蹈課 (英)

享受世界上最優雅的舞廳舞蹈。這個課程將教您華爾茲的基本舞步，其中包含節奏轉彎。

Moliza Wong

星期二，11月7及14日，12月5及12日(4堂)

下午2:00至3:00 @ Seattle

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

運動

Zumba® (英)

Zumba®是一種全身鍛煉，包括不同健身元素、有氧運動、肌肉協調、平衡性和靈活性，讓大家課後爆發能量感到精神一振。該課程與Kaiser Permanente合作。

Dawn Mosley

逢星期二，下午5:30至6:30@ Seattle

	會員	非會員
9月(4堂)	\$12	\$20
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
12月(4堂)	\$12	\$20
單堂	\$4	\$6

乒乓球活動 (英)(粵)(國)

帶上你的球拍和球，來一場友好的乒乓球比賽！兩張比賽級乒乓球桌可供使用。

逢星期一，早上10:30至下午2:30 @ Seattle

逢星期四，早上10:30至下午12:30 @ Seattle

免費

健安 EnhanceFitness (英)

EnhanceFitness是一個適合所有人的全身鍛煉。這個以循證為基礎的團體鍛煉計劃已被證明可以幫助老年人保持平衡、體力和獨立性。該課程由西雅圖市老齡化和殘疾人服務部資助，並與亞裔輔導及服務中心合作。新學員必須提前15分鐘報道填寫表格，並完成健身檢查。

Amy Sue Zielske

逢星期一，三及五，上午9:30至10:30 @ Seattle

免費

亞輔中心 EnhanceFitness (英)

該課程在健安合作夥伴，亞裔輔導及服務中心舉行。詳情請與Tracee Lee，206.774.2440或電郵traceel@acrs.org聯繫。

星期二 LilySingh，星期四 Tuyet Nguyen

逢星期二及四，下午1:00至2:00

@ ACRS (3639 Martin Luther King Jr Way S, Seattle)

健安健身房

使用我們健身房的健身單車，啞鈴（最多5磅）和沙袋（最多10磅）來提升您的心臟健康和肌肉力量。前台提供設備租借服務。

逢星期三，下午3:30至5:00 @ Seattle

免費

步行與聊天

步行與聊天是您鍛煉身體的好選擇，同時可與其他Kaiser Permanente和Columbia City社區成員交流。詳情請與 Larnette Slade聯絡，電話206.326.3801。

逢星期五，下午12至12:45

@ Rainier Valley Cultural Center
(3515 S. Alaska St., Seattle)

免費

@ Bellevue (ASCF)

舞蹈

初級排舞

和交際舞一樣，有華爾滋、恰恰、倫巴、探戈、森巴，但是不需要舞伴，沒有年齡限制。

Rosa Lin

9月份，逢星期二，下午1:30至3:30 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

肚皮舞

華麗優美的肚皮舞可以減重、塑身、強化心血管功能和促進身體協調性。不需配合別人的步伐，只需關注自身和內心，使靈魂和身體合二為一，讓您重新去重視、熟悉並愛上自己的身體。

李明珠

逢星期三，下午12:30至2:30 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(5堂)	\$15	\$25
12月(4堂)	\$12	\$20
單堂	\$4	\$6

舞蹈俱樂部

活動筋骨及防止老年痴呆，以舞會友，為將來的老身及老心來鍛煉及準備。歡迎攜伴參加。

逢星期六，下午1:30至3:30 @ Bellevue

* 9/9暫停一次

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

敦煌舞

敦煌能量舞源自敦煌石窟的天人舞姿，結合太極而成的氣功舞蹈。S型舞姿產生能量，美化身、心、靈而展現輕靈飄逸流暢之美。

李明珠

逢星期二，上午11:00至下午1:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
12月(4堂)	\$12	\$20
單堂	\$4	\$6

讚美操

運動、跳舞、讚美操！動作不會太快，適合中老年人。

戴淑慎

逢星期一，上午10:30至12:00 @ Bellevue

免費

民族舞

多種民族舞蹈的基本練習，不需要舞伴，以舞蹈的形式進行健身，一個曲目就可以構成一個表演節目，可以在社區進行表演活動。

熊慧齡

逢星期四，上午10:30至12:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(5堂)	\$15	\$25
12月(4堂)	\$12	\$20
單堂	\$4	\$6

Linda排舞班 (英)(粵)

學習新舞步，跟隨音樂節奏，給您的運動更添樂趣。課程適合任何程度人士參加。

Linda Cheung

9月4日, 10月23日, 11月6日(3堂)

星期一，晚上7:00至8:45 @ Bellevue

會員：整系列\$9或每堂\$4

非會員：整系列\$15或每堂\$6

社交舞 (國)

訓練您的頭腦、情感和身體，並結交朋友，讓您健康快樂！

陳淑貞

逢星期天，晚上7:30至9:30 @ Bellevue

會員：每堂\$4 / 非會員：每堂\$6

廣場舞/運動舞 (國)

個人舞蹈健身運動，不分性別與年齡，男女老少都可以來隨著節奏感強烈的中文和台語流行歌曲跳舞。

陳淑貞

逢星期一，下午2:00至4:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
12月(4堂)	\$12	\$20
單堂	\$4	\$6

運動

氣功及陳式太極拳 (英)(粵)(國)

秘宗內(氣)功：五形拳、百脈運氣八勁神功；太極養生功；陳式太極拳：陳式太極拳精要18式、陳式太極拳38式。

潘光

逢星期六，下午12:30至1:30 @ Bellevue

* 9/9 暫停一次

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

太極扇與元極舞 (國)

繼承古代武術舞蹈的理念並與元極功法結合，配予意境高雅的音樂而創建出來養生保健的運動。

吳桂

逢星期天，下午3:30至5:30 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

太極氣功十八式/八段錦 (國)

柔軟健身運動，以柔和的太極拳加上緩慢深呼吸以達到健身的功效。

Sue Yeh

逢星期六，上午9:00至10:00 @ Bellevue

免費



太極班 (英)(國)

42式太極拳、太極扇、太極劍。

李景晨

逢星期五，下午1:30至4:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(4堂)	\$12	\$20
12月(4堂)	\$12	\$20
單堂	\$4	\$6

資訊科技



@ Seattle (Kin On)

智能實驗室一對一教授 (英)(粵)(國)

與我們的雙語IT專家預約一對一教授課程，助您解答電腦科技疑難。您可以使用健安智能實驗室電腦或自備手提電腦、手機或平板電腦。請聯絡我們預約。每堂45分鐘。

Victus Wong

逢星期三及五，午10:00至下午2:00 @ Seattle
免費

智能開放實驗室

歡迎您隨時來使用電腦、上網瀏覽或緊貼最新資訊。我們的電腦採用視窗10。

逢星期三及五，上午10:00至下午2:00 @ Seattle
免費

@ Bellevue (ASCF)

進階數位攝影 (英)(粵)(國)

介紹進階的數位相機攝影功能、美化照片、構圖、美學與拍攝技巧等。

潘光

9月份，逢星期六，下午1:30至3:00 @ Bellevue

* 9/9 暫停一次

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

電腦生活化 (國)

學習將電子數位相片編輯成故事，並將成品以多種方式與親友分享。

張釗本

逢星期四，上午10:00至12:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(5堂)	\$15	\$25
12月(4堂)	\$12	\$20
單堂	\$4	\$6

電腦製圖 (英)(粵)(國)

電腦修圖、修改拍壞的照片、調光、影像合成、製作及印製數位圖像等。

潘光

10月份，逢星期六，下午1:30至3:00 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

卡片製作 (英)(粵)(國)

年底佳節多，利用電腦寫上想表達的文字和喜歡的照片，自行製作生日卡片、賀年卡片、各種節日賀卡。

潘光

11月份，逢星期六，下午1:30至3:00 @ Bellevue

會員：整系列\$12(4堂)或每堂\$4

非會員：整系列\$20(4堂)或每堂\$6

行動科技一對一指導 (英)(粵)(國)

我們有教師提供一對一指導電腦科技應用，助您解答疑難。您可以使用中心電腦或自備手提電腦、手機或平板電腦。請聯絡我們預約，每堂45分鐘。

Victus Wong

逢星期一，上午10:00至下午4:00 @ Bellevue

免費 / 非會員：\$10

健安智能實驗室 課程及練習

@ Seattle (Kin On)



一系列課程和練習課教授您在日常生活中簡單、有趣和實用的技巧。您可以使用健安的平板電腦或帶自己的電子設備。課程由西雅圖市資訊科技配對基金資助。請於開班3天前報名。

星期六，10月14日至11月18日
上午10:00至下午12:00 @ Seattle
免費

輕鬆使用iPad及iPhone

學習iPad及iPhone基本操作，包括導航、操控、打字及更多！

10月14日
練習：10月21日

應用軟體App

學習如何安裝應用軟體App，使用相機，發送/保存相片，使用瀏覽器和iMessage。

10月28日
練習：11月4日

與世界聯繫

了解如何使用聊天程序(例如WhatsApp、Wechat或Line)和Skype與全球各地的親人聯繫。

11月11日
練習：11月18日

healthyliving@kinon.org

美術工藝

@ Seattle (Kin On)

手工藝開放日

歡迎帶自己的手作和零食與眾人分享。雖然沒有導師指導，但大家能藉此聚會分享意見和交流心得，也可以帶已完成作品給大家欣賞。

每月第一個星期二，上午10:00至下午2:00
9月5日、10月3日、11月7日、12月5日
免費

@ Bellevue (ASCF)

書法

學習中國書法藝術。

馮樹楠

逢星期五，上午10:00至下午12:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(3堂)	\$9	\$15
11月(3堂)	\$9	\$15
12月(4堂)	\$12	\$20
單堂	\$4	\$6

拼貼

拼貼是一門特殊的藝術。利用一種特殊的彩色薄紙所貼成的圖畫，並與水彩畫合用，美觀又易學。

潘光

12月份，逢星期六，下午1:30至3:00

@ Bellevue

會員：整系列\$15 (5堂)或每堂\$4

非會員：整系列\$25(5堂)或每堂\$6



手工藝班與聊天 @ Seattle (Kin On)

英

加入我們的手工藝班來發掘你的創造力，交流意見和結交新朋友！歡迎準備小吃與大家分享。

請在開課前至少一周報名並付費。在課前7日內取消登記將不能退款。*上課用具已包含，除特殊說明外。

會員：每堂\$10 / 非會員：每堂\$15

特色立體生日賀卡

使用有趣的和色彩鮮豔的裝飾，為親友製作定制生日賀卡。*自帶工具：剪刀、粘膠、彩色筆。課上將提供少量工具。



Ginger Li

星期三，9月13日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15

錢幣花環課

ALOHA! 快來加入到製作美麗的錢幣花環樂趣中來吧！錢幣花環是用人造花，絲帶和1美元的鈔票製成。他們可以永久保存直到你花錢！錢幣花環不僅可以用於畢業慶祝，還可以用於任何慶祝活動，或作為「謝謝你」的禮物！*自帶工具：10張\$1紙鈔、絲帶、透明膠帶、小剪刀。



Melinda Eng

星期三，9月27日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15

3D摺紙天鵝 I

也被稱為金色冒險號折紙，用數百個小三角形和少量的膠水來創造一個優雅的紙天鵝。將提供顏色紙。*自帶工具：Elmer膠水，雜誌封面（約24磅重的紙）。

Kit-Ling Poon

星期五，10月13日，下午1:00至3:30

*請注意時間從星期三的變更至星期五

會員：\$10 / 非會員：\$15

3D摺紙天鵝 II

這個課程是第1部分的延續，並將為您提供充足的時間來完成本次課程中的3D摺紙大作。*自帶工具：Elmer膠水，雜誌封面（約24磅重的紙）。

Kit-Ling Poon

星期五，10月17日，下午1:00至3:30

*請注意時間從星期三的變更至星期五。

會員：\$10 / 非會員：\$15



串珠心形毛氈吊墜

使用羊毛和各種珠子創做一個時尚的心形吊墜。不需要先前的縫紉經驗。



Laura Wong-Whitebear

星期三，11月18日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15

中國剪紙班

中國剪紙是民間傳統藝術之一。導師將講解及示範，教授傳統的剪紙技藝，製作精美的剪紙掛件。*自帶工具：小而鋒利的剪刀。



Muyun Chen

星期三，12月13日，

上午10:00至下午12:30

會員：\$10 / 非會員：\$15

中國結課程

中國結是用一根絲線編結而成，把不同的結飾互相結合在一起，就形成了造型獨特的設計。傳統的中國結有豐富的象徵意義，可以作為好運氣或美麗的裝飾品使用。



Muyun Chen

星期三，12月17日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15

社交聚會

@ Seattle (Kin On)

日間麻雀 (英)

自己一人或約上三五知己，日間麻雀遊戲隨時歡迎您。此活動是健安跟Keiro Northwest Nikkei Horizons計劃合作。

每月第一個和第三個星期三，下午1:00至3:00

@ Seattle

免費

茶話會 (英)(粵)(國)

在我們美麗的社區中心和朋友飲茶和聊天。歡迎帶自己的零食與大家分享。前台有紙牌提供租借使用。

逢星期二，下午3:00至4:30 @ Seattle

免費

初級英語 (英)(粵)(國)

學習實用的英語單詞和短語，包括問候語、自我介紹、數字、日期、時間、詢問路線、購物和從菜單中訂購食物等題目。

星期四，9/7, 9/14, 9/21, 9/28, 10/5, 11/30, 12/7, 12/14, 12/21 (9堂)，下午1:30至3:30 @ Seattle

會員：整系列\$27 (9堂)或每堂\$4

非會員：整系列\$45 (9堂)或每堂\$6



@ Bellevue (ASCF)

圍棋俱樂部、橋牌俱樂部 (國)

開放空間給會員使用，歡迎同好一同交流！

逢星期六，下午1:00至5:00 @ Bellevue

免費 / 非會員：每次 \$5

麻將俱樂部 (國)

歡迎大家一起來打麻將、聊天、聯絡感情。

逢星期五，下午1:00至5:00 @ Bellevue

免費 / 非會員：每次 \$5

茶藝班 (國)

下午茶時間，大家一起喝茶和談談生活時事。

雷正義

逢星期四，下午1:30至下午3:30 @ Bellevue

免費

11月：美國糖尿病月

在美國，糖尿病是導致殘疾和死亡的主要原因之一。每11位美國人中就有1人患有糖尿病，總數超過2900萬人。此外，在美國有8600萬成年人為患上二型糖尿病的高危人士。

如果您體重超重，血壓過高或年齡在45歲以上，患上二型糖尿病風險則更高。而改變日常作息就可以大大降低患病的風險。幫助預防二型糖尿病的方法包括：

- 保持適當的體重
- 均衡健康的飲食
- 定期進行體能運動



參加支持團體的益處

身為一個親屬照顧者是非常艱難的。除了照顧親友，還必須持續照顧好自己，同時還肩負許多責任，可能要工作、照顧小孩、配偶和家族。給予照顧很不容易且有時候會感到被孤立，因此照顧者需要一個安全且不會被批判的空間去分享自己的感受。照顧者支持團體提供一個機會讓照顧者能與有類似情況的人分享彼此的困境與挑戰。

研究指出參加照顧者支持團體可以顯著地改善您的生活質素，以下是一些您參加支持團體可能得到的益處：

- 感到比較不孤獨、不孤立或不被批判
- 增加自己的信心、能力與掌握
- 改善您的處理技巧
- 減少痛苦、抑鬱或焦慮
- 更清楚瞭解可能會發生的事
- 得到實用的建議或相關知識
- 改善您的照顧能力和提供被照顧者更好的生活質素
- 從有類似經驗的人得到情感支持並感到激勵
- 避免照顧者因長期壓力導致崩潰
- 了解其他可能的資源



幾乎每一位照顧者每天都會遇到困難與挑戰，與其自己感到孤獨且痛苦，何不給支持團體一個機會。支持團體可能會幫助您，使您的生活輕鬆點、減少壓力和改善您的健康。

我們的支持團體由健安社工服務的職員主持，每月聚會一次，依個人意願出席。目標是讓我們有高質素的時光(更可以說是歡樂時光)，來互相支持、成長和鼓勵。當我們聚在一起，我們將學習、分享和慶祝與照顧相關的挑戰與趣事。

邀請您來加入我們：

日期與時間：2017年10月4日，星期三，早上11點至下午12點半

11月與12月時間未定

地點：銀髮族社區中心—15921 NE 8th St C206, Bellevue, WA 98008

現場提供簡單茶點。如需了解更多資訊請來電206.652.2330，與健安的社工胡大明、張艦元或黃曾韻清聯絡，歡迎並鼓勵您事先與我們報名。

IMPORTANT INFORMATION

CLASS LOCATIONS: @ Seattle classes are held at the Kin On Community Center located at 4416 S. Brandon St, Seattle, WA 98118. @ Bellevue classes are held at the ASCF Community Center located at 15921 NE 8th St, Bellevue, WA 98008. There is free parking available in our parking lot.

REGISTRATION: Fall term begins September 1, 2017 through December 31, 2017. Registrations are processed on a first-come, first-served basis. Registration is complete when full payment is received. Waiting lists will not carry on to the following term.

MEMBERSHIP: Annual membership to Kin On's Healthy Living Program is \$30. Membership is valid for one year and will expire on the last day of the month in which you signed up. Lifetime membership is \$300. Members receive free or discounted programs as listed under the "member" heading in the current HLP Catalog. Membership is not transferrable and not refundable. Membership waiver available for Medicaid recipients. Free annual HLP membership for volunteer lead instructors who qualify. Contact us for more info.

PAYMENT: Payment by cash, check, or credit card is accepted. Fees are due upon registration. Please make checks payable to Kin On. We accept Visa, MasterCard, Discover Card, and American Express.

REFUNDS & CREDITS: Kin On reserves the right to cancel any class or workshop due to insufficient registration or withdrawal of an instructor. In the event of a cancellation, a refund or credit will be provided. Full tuition credit will be granted for classes, if you withdraw at least 48 hours before the class begins. Cancellations outside of 48 hours prior to class will result in a forfeiture of the full tuition amount. Class registration/fees are not transferrable.

We are always looking for friends to assist us as we provide great programs to our wonderful community. Volunteer at the center, during special events, or serve on our Advisory Committee. Get involved now and join us as we build a better future for our community! Call us for more details and other ways to offer your support.

QUESTIONS: Contact us at 206.556.2237 or healthyliving@kinon.org

重要資訊

課程舉行地點：@Seattle (Kin On) 課程於健安社區中心舉行 (4416 S. Brandon St, Seattle, WA 98118) 。@Bellevue (ASCF) 課程於銀髮族社區中心舉行 (15921 NE 8th St, C-206, Bellevue, WA 98008) 。提供免費泊車。

報名：秋季課程於2017年9月1日開始，2017年12月31日結束。先到先得。費用全繳即報名手續完成。輪候名單不會順延到下一季的課程。

會員制度：加入成為健安康樂頤活動(HLP)會員每年為\$30。會籍有效期為一年，由報名日開始計算至該月份的最後一天。終身會費為\$300。會員可享受免費或折扣參加在HLP目錄內有列為「會員」的健安康樂頤活動計劃。會籍不可轉讓或退款。Medicaid的受惠者可申請豁免會費。HLP義工導師可申請豁免會費。詳情請與我們聯繫。

付費方法：可使用現金、支票或信用咭付款。報名時必須全數繳付。支票抬頭請寫「Kin On」。我們接受Visa, MasterCard, Discover Card及American Express等信用咭。

退款：如果因為沒有足夠的參加者或導師臨時退出，健安保留取消任何課程或講習班的權利。如果課程被取消，我們將為已報名的人士安排退款。如果在課程開始至少48小時前退出，我們將給予全額退款。在課前48小時之內取消，我們將沒收全部學費。學額及學費不可轉讓。

我們正在尋找熱心的朋友，與我們共同為社區提供更豐富、更精彩的康樂節目。歡迎大家為我們的社區中心服務，參與籌備特別活動，或成為康健樂頤活動諮詢委員會成員。誠邀各界加入我們的義工行列，為社區建立更美好的未來！如需了解更多資訊或以其他方式支持健安，請與我們聯絡。

查詢詳情：可電 206.556.2237或發電郵至 healthyliving@kinon.org

2017 FALL REGISTRATION FORM

Registration is required for all classes, including free classes. One registration form PER PERSON.
Form may be duplicated. Please submit your completed registration form and payment (if applicable) to:

Kin On Healthy Living Program
4416 S. Brandon St Seattle, WA 98118
206.556.2237 or healthyliving@kinon.org

CONTACT INFO

Last Name	_____	First Name	_____	M. I.	_____
Address	_____				
Gender	__ F __ M	Birthday	____ / ____ / ____	For internal record only	
Phone	_____	Email	_____		

PROGRAM	DATE/TIME	MEMBER FEE	NON-MEM FEE
MEMBERSHIP (\$30 ANNUAL, \$300 LIFETIME , OR \$0 RETURNING)			N/A
TOTAL PAYMENT			

PAYMENT INFO

☐ Cash ☐ Check # _____ Please make check payable to "Kin On"

☐ Credit Card (CC payment can be taken in person or via phone. Please call 206.556.2237)

Name on Credit Card: _____

Credit Card Number: _____

Expiry (MM/YY): _____ CVV (3-4 digits): _____ Billing Zip Code _____

WAIVER

I, the undersigned, am a voluntary participant in the Healthy Living program of Kin On and I accept full responsibility for such participation. To the extent necessary, because of my health history and general physical condition, I have consulted my personal physician for advice and approval before participation and agree to obtain my own health or accident insurance to cover accidental injury or illness. I recognize the risks of injury and illness involved in any physical activity including exercise, in the use of power equipment (e.g. electric or gas), sharp tools, chemicals or any other potentially hazardous material or equipment. I understand that responsibility is not assumed by the leaders, volunteers, sponsoring organization or facility. I specifically agree to hold harmless said leaders, volunteers, sponsoring organization, or facility housing this program from any damages I suffer for any injury or illness attributable to my participation. By signing my name below I acknowledge and accept the risk and responsibility for my health and safety and waive to the fullest extent allowable by law any claim I may have for illness or injury against the program, its sponsoring organization, employees or volunteers, and against the facility housing the program.

Signature: _____ Date: _____

Emergency Contact/Relationship: _____ Emergency Contact Phone: _____

Kin On Community Health Care
4416 S. Brandon Street
Seattle, WA 98118

Return Service Requested

KinOn.org



OCT
19

Free!

MAHJONG NIGHT

麻雀耍樂夜

This popular event brings together Kin On residents, community members, and young professionals in a casual setting with free food, raffles, networking opportunities, and more!

健安的麻雀耍樂夜歡迎不同背景、年齡、技術程度的朋友參加。這個活動讓健安院友、社區成員、年輕專業人士聚在一起，享受免費美食、抽獎、聯誼等等！

Thursday, October 19, 6:45-9:15pm

星期四，10月19日，晚上6:45至9:15

Free

免費

Make a Difference

Over 100 participants participate in the Kin On Healthy Living Program each month. You can make a difference by sponsoring a workshop/class. Workshop/class sponsorships help Kin On to continue offering the Healthy Living Program to the community.

因你而不同

每月均有超過100人參加健安康健樂頤活動。透過您對課程及研討會的贊助，將可以為我們帶來不一樣的改變。課程及研討會的贊助有助於健安繼續向西雅圖和東區的居民提供更豐富、更精彩的康健樂頤活動。

Business Sponsorship - an opportunity to show the community you care, with your name/logo listed in promotional materials.

商業贊助 - 一個讓您展現關心社區的機會。您的機構名稱或標誌將在活動宣傳材料中列出。

Individual Sponsorship - a special way to honor your loved one. Your loved one's name will be listed in all promotional materials (Example: Sponsored by Jane Wong in Memory of John & Mary Wong).

個人贊助 - 以一種特別的方式來表達您對您所敬愛的人之敬意。他們的名字將列在所有的宣傳資料中（例如：活動由 Jane Wong 贊助以紀念 John & Mary Wong）。

If you'd like to learn more, please contact Jessica Wong, Corporate Relations Officer at Kin On at jwong@kinon.org or 206.556.2274.

了解更多信息，請聯繫健安企業關係主任 Jessica Wong，電郵：jwong@kinon.org 或電話206.556.2274。

