

KIN ON

健安康樂頤計劃 二零一九年冬季課程  
Winter 2019 (Jan. 1 - Apr. 30)

# 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

## CONGRATULATIONS TO HSU BA!

Congratulations to our Healthy Living Program volunteer, Lung-Tai Hsu, on receiving our **2018 Bertha Tsuchiya Outstanding Volunteer of the Year Award**. What an accomplishment!

Lung-Tai has been a long-time volunteer and people like to call him Hsu Ba, which means Father Hsu. On a typical day, you can expect to see him at Kin On/ASCF Community Center in Bellevue from greeting people, answering the phone, maintaining the environment, setting up the equipment, making tea and coffee, just to name a few tasks. He also records the weekly Saturday workshops, edits the video, and uploads it to Kin On's YouTube channel.

Hsu Ba is a great example not only because of the tremendous time and effort he has contributed but also because of so many things he has learned and applied. He didn't know how to use the computer at first. However, after participating in our computer class, he has been using those skills to help us in many ways and also able to teach others.

Thank you, Hsu Ba! And to many others, thank you for your valuable and selfless commitment to Kin On.



## 祝賀徐爸！ 恭賀健康樂頤計劃的義工徐榮泰獲頒贈健安2018年「陳碧珠女士年度最佳義工獎」。

徐榮泰先生擔任義工多年，人們喜歡稱呼他「徐爸」。徐爸在Bellevue健安/銀髮族社區中心的時候，您會看到他在社區中心問候大家、接聽電話、維護環境、設置設備、泡茶和咖啡的忙碌身影。每週六他還會錄製研討會的內容、編輯影片並上傳到健安的YouTube頻道給大家觀看。

徐爸是一個絕佳的典範，他不僅奉獻了大量的時間與精力，而且他還持續學習並加以應用。他起初不知道如何使用電腦，但是在參加我們的電腦課程後，他學會並使用這些技能多方面地幫助我們，並且能夠教授其他人。

謝謝徐爸！亦藉此再次感謝多位熱心貢獻的義工們，本著不辭勞苦的精神，與健安共同為社區提供更豐富、更精彩的康樂節目。

HEALTH EDUCATION .....	2
FITNESS .....	3
TECHNOLOGY .....	6
ARTS & CRAFTS .....	7
SOCIAL EVENTS .....	9
THOUGHTS ON CAREGIVING .....	11

健康教育 .....	12
康體活動 .....	13
資訊科技 .....	16
美術工藝 .....	17
社交聚會 .....	19
關顧園地 .....	21

# HEALTH EDUCATION

## @ Seattle & Bellevue

### AARP Smart Driver Course

The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It's the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. Over nine in ten course participants report changing at least one key driving behavior for the better as a result of what they learned in the course and over eight in ten participants felt that information they learned in the course has prevented them from being in a crash. Plus, you may be eligible to receive an insurance discount upon completing the course! (Consult your insurance agent for details.)

**Marge Lutton**

**Feb. 8 & 9 (2 classes), 10:00am – 2:30pm @ Seattle**

**Feb. 20 & 27 (2 classes), 10:00am – 2:30pm @ Bellevue**

**\*Space is limited, HLP members get priority.**

**There will be a 30-minute lunch break, please bring a bagged lunch.**

*AARP member (bring card or ID): \$15*

*Non-AARP member: \$20*

### Adult First Aid, CPR, AED Certification Training

This course is intended for laypersons and non-healthcare professionals. 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.

**Kerry Taniguchi**

**Contact us if interested. Duration: 8 hours.**

## FIRST CLASS FREE!

# 1<sup>st</sup>

Did you know you can try out a class to see if you like it, free of charge? Restrictions apply, please contact us prior to your first visit.

### Chronic Disease Self-Management Education (CDSME) Workshops

Developed by Stanford University, the Chronic Disease Self-Management Education (CDSME) Program offers evidence-based workshops developed by



Stanford University designed to help people better 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, including dietary management, exercise, problem solving, decision making, communication, stress management, and more. 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. A minimum number of participants is required to start.

**Contact us if interested. \*If there is a community or group that would like us to hold a workshop at their location, please contact us.**

**FREE**

### Hands-Only CPR & Stroke Symptoms Training

This is an express, non-certification training to teach laypersons and non-healthcare professionals techniques and tools that can save lives, including adult hands-only CPR and stroke symptom identification. This class is made possible by a partnership with Seattle Fire Department, King County EMS & UW Public Health students. A minimum number of participants is required to start.

**Contact us if interested. Duration: 1 hour.**

**FREE**

 **English**  **Cantonese**  **Mandarin**



## @ Seattle

### DANCE

#### Beginner Folk Dance

Learn the rich dance traditions of China's numerous ethnic tribes and nationalities, each with its own rhythm, signature movements, and style.

**Kit-Ling Poon**

**Fridays, 10:30 – 12:30pm @ Seattle**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (5 classes)	\$15	\$25
Mar. (4 classes)	\$12	\$20
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

#### Dancerise

Dancerise combines dance and exercise. We do many kinds of dances from different generations. The most important thing is that we dance together for fun and exercise to be healthier. Let's have a more colorful life!

**Angel Chi**

**Mondays, Jan. 7, 14, 21 & 28 (4 classes)**

**10:45 – 11:45am @ Seattle**

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

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

#### Line Dance

Line dance is a fun way to improve memory, strengthen bones, and develop better balance to help prevent falls. Dancing is also a great stress reliever so will you leave class feeling great!

**Linda Cheung**

**Sundays, 1/20, 1/27, 2/10, 2/24 (4 classes)**

**2:15 – 3:45pm @ Seattle**

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

*Non-members: \$20/series or \$6/class*

### EXERCISE

#### Table Tennis

Enjoy a friendly game of table tennis! Tournament grade tables are available for your use. Space may be limited on Mondays; new players please call before arrival. Paddles available for checkout at front desk.

**Mondays and Thursdays, Jan. – Apr.**

**10:00am – 12:30pm @ Seattle**

**FREE** / *Non-members: \$6*

#### Gentle Yoga

The class will experience gentle seated and standing yoga movement. Students are welcome to use their own yoga mat or a chair during class. This class is made possible through a partnership with Kanjin Yoga. (Minimum number of 5 students required to start.)

**Dee Williams @ Seattle**

**FREE**



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 increase balance, strength and independence. Participants are encouraged to attend three sessions per week for the best results. This program is funded by City of Seattle Aging & Disability Services.



#### EnhanceFitness® - Seattle

**Amy Sue Sinare**

**Mondays, Wednesdays and Fridays**

**Jan. – Apr., 9:30 – 10:30am**

**\*No class on 1/1, 2/18**

#### EnhanceFitness® - Bellevue

**Selina Chow and Jennie Lai**

**Mondays, Jan. – Apr., 9:30 – 10:30am**

**Tuesdays & Thursdays, Jan. – Apr., 9:50 – 10:50am**

**\*No class on 1/1, 2/18**

## @ Bellevue

### DANCE

#### Dancerise

Dancerise combines dance and exercise. We do many kinds of dances from different generations. The most important thing is that we dance together for fun and exercise to be healthier. Let's have a more colorful life!

**Violet Wu**

**Tuesdays, 3 – 5pm, (Start on 2/12) @ Bellevue**

	Member	Non-Member
Feb. (3 classes)	\$9	\$15
Mar. (4 classes)	\$12	\$20
Apr. (5 classes)	\$15	\$25
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 – 4:30pm @ Bellevue**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (5 classes)	\$15	\$25
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

#### 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**

**Mondays, 1:00 – 2:30pm @ Bellevue**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (4 classes)	\$12	\$20
Apr. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

#### Glorifying Dance

Dance with your heart. We dance to celebrate and sing praises. It's fun and easy to follow. This program is sponsored by Seattle Formosan Christian Church.

**Su Seng Dai**

**Mondays, Jan. – Apr., 10:30am – 12pm @ Bellevue**

**FREE**

### EXERCISE

#### Chi-Kung & Chen Style Tai-Chi

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**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (4 classes)	\$12	\$20
Mar. (5 classes)	\$15	\$25
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

#### Meditation

Based on his rich experience and knowledge, Dr. Wen would like to show us the path and concept of meditation. Participants will learn how to transform their mind from negative to positive, from disturbed to peaceful. *(New students are encouraged to complete at least one series. A minimum number of participants is required to start. Contact us if interested.)*

**Vincent Wen**

#### Mind-Body-Chi

Retired oncologist Dr. Wen combined mind, body and chi to develop this Mind-Body-Chi. With deep breathing and easy learning 10 forms, your mind and body will feel much relaxed. You can be healthier by spending 15 to 30 minutes a day. *(New students are encouraged to complete at least one series. A minimum number of participants is required to start. Contact us if interested.)*

**Vincent Wen**



## Tai Chi Fan & Yuan Chi Dance

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**

**Sundays, 3:30 – 5:30pm @ Bellevue**

**\*No Class on 2/17**

	Member	Non-Member
Jan. (4 classes)	\$12	\$20
Feb. (3 classes)	\$9	\$15
Mar. (4 classes)	\$12	\$20
Apr. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

## Tai Chi Qi Gong

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, Jan. – Apr., 9 – 10am @ Bellevue**

**FREE**

## 24-Form Tai Chi Chuan

The 24-Form Tai Chi Chuan is a simplified form of Yang Style Tai Chi, consisting of slow continuous, soft and circular movements in a flowing form.

**(A minimum number of participants is required to start. Contact us if interested.) @Bellevue**

# Dancing is a Shortcut to Happiness

*By Mercy Lay, Healthy Living Program Intern*



When asked “what does dance mean to you?”, participants from the Chinese Folk Dance at Kin On’s Healthy Living Program replied, “dancing is happiness.”

For the participants whose ages range between 60 to 80, dance is a close knitted fabric of their lives. Dance is a form of relaxation, socialization, and fitness exercise as it requires brain memory, cognitive responsiveness, and body coordination between movement and music. In particular to the style of Chinese Folk Dance, participants are challenged to move many different body parts (eyes, head, fingers, legs, hips, and etc.) while learning to tell a story through dance movements.

These dancers devote to dancing not only as a source for their healthy lifestyle but also as a contribution to other fellow seniors in the community. Every month, they volunteer to perform at senior centers. They bring joy to those who may not have the opportunity to watch live performances. One of the participants expressed, “seniors thank us for performing for them but we thank them for giving us the opportunity to perform.”

No wonder why Austrian writer Vicki Baum said, “there are short-cuts to happiness, and dancing is one of them.”



# TECHNOLOGY



## @ Seattle

### SmartLab 1 on 1 Tutoring

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use Kin On's computers, iPad, tablet, or bring your own devices. Please make an appointment one day in advance. 45 minutes per session.

**Victus Wong**

**Wednesdays, Jan. – Apr., 10am – 2pm @ Seattle**

**FREE** / Non-members: \$6

### SmartLab Group Session

**January** - What can I do with my iPad and do I need an iPad?

**February** - How to use my phone and iPad to control home lighting?

**March** - How to show content on my phone on my TV?

**Victus Wong**

**4th Wednesday of every month**

**1/23, 2/27, 3/27, 1 – 2pm @ Seattle**

**FREE**

### SmartLab Open Lab

Check your email, browse the internet, or enjoy catching up on the latest news using our computers, iPads and Samsung tablets. No formal instruction provided.

**Monday – Friday, Jan. – Apr., 9:30am – 4:30pm**

**@ Seattle**

**FREE**

### SmartLab Saturday Class

SmartLab Class are designed to make technology, simple, fun, and practical for your everyday life. Use Kin On's tablets and computers, or bring your own.

**Saturdays, Jan. – Apr., 10am – 12pm @ Seattle**

**Contact us if interested.**

## @ Bellevue

### Photography

Our digital photography class will provide the solid foundation you need to take control of the camera and begin crafting images with intention. Topics include: choosing, using, and caring for a digital camera, and photo-retouching.

**David Pan**

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

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

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

### Digital Movie Making

Learn how to use a series of photos, videos, and music to create, edit, and share your latest adventures. Add transitions, music, and titles to make your movie spectacular!

**David Pan**

**Saturdays in April, 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

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. 45 minutes per class.

**Victus Wong**

**Mondays, Jan. – Apr., 10am – 4pm @ Bellevue**

**Fridays, Jan. – Apr., 10am – 2pm @ Bellevue**

**FREE** / Non-members: \$10



# ARTS & CRAFTS

## @ Seattle

### 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**

**Jan. 8, Feb. 5, Mar. 5, Apr. 2 @ Seattle**

**(2nd Tuesday in January due to the holiday)**

**FREE**

## @ Bellevue

### Acrylic Painting ECM

Acrylics are water based and it offers opacity (meaning you can paint right over your mistakes) that makes this medium especially appealing to beginners and elderly. Supplies needed: will be discussed during the first class.



**David Pan**

**Jan. and Feb., Saturdays, 1:30 – 3:00pm @ Bellevue**

*Members: \$24/series (8 classes) or \$4/class*

*Non-members: \$40/series (8 classes) or \$6/class*

### Calligraphy M

Learn the art of Chinese calligraphy.

**She-Nam Fung**

**Fridays, 10am – 12pm @ Bellevue**

**\*No class on the last Friday of the month**

	Member	Non-Member
Jan. (3 classes)	\$9	\$15
Feb. (3 classes)	\$9	\$15
Mar. (4 classes)	\$12	\$20
Apr. (3 classes)	\$9	\$15
Drop-in	\$4	\$6

### Chinese Paper Cutting ECM

Chinese paper cutting is a traditional folk art. In this class, you will learn traditional paper-cutting skills to create an exquisite paper-cut pendant. \*Supplies needed: small, sharp scissors. The instructor will provide limited supplies to purchase. Contact Kin On for details.

**Muyun Chen**

**Wednesday, Mar. 20 & 27, 11:00am – 1:00pm**

**@ Bellevue**

*Members: \$15/series*

*Non-members: \$25/series*



### Sewing Class CM

Learn how to take body measurements for accurate fit when making your clothing patterns. You'll also learn to design, cut, and sew.

**Mukciau Chiu**

**1st and 3rd Mondays, Feb. – Apr.**

**10:30am – 12:30pm, @ Bellevue**

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

### Ikebana M

Learn the Japanese art of flower arranging with spring flowers! Enjoy arranging fresh flowers from your garden or bought from store. Please bring scissors, fresh flowers, vase and/or metal flower frog.

**Belle Tsai**

**Wednesdays, 4/3-4/24 (4 classes)**

**1pm – 3pm @ Bellevue**

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

*Non-members: \$20/series or \$6/class*





# Craft & Chat @ Seattle

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.



## Iris Fold Cards E

In iris folding, strips of paper are layered upon each other to create a pattern similar to the iris of a camera. Create cards in the design of the year of pig, in honor of Chinese New Year!

\*Supplies needed: scissors and scotch tape, tacky glue. A limited supply will be available for use.

**Ginger Li**

**Wednesday, Jan. 23, 10am – 12:30pm @ Seattle**

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



## Paper Bead Necklace Series E

Make an attractive necklace by combining handcrafted paper beads and other beads. The class will meet twice, first to roll and decorate the beads, second class, we'll string the beads.

**Fai Coffin**

**Wednesday, Feb. 6 & 13, 10am – 12:30pm @ Seattle**

Members: \$15 per class / Non-members: \$25 per class



## Origami Kusudama E

We'll be making a traditional Japanese decoration, based on a very simple origami design. All materials supplied.

**Fai Coffin**

**Wednesday, Feb. 27, 10:00am – 12:30pm @ Seattle**

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



## Chinese Paper Cutting ECM

Chinese paper cutting is a traditional folk art. In this class, you will learn traditional paper-cutting skills to create an exquisite paper-cut pendant. \*Supplies needed: small, sharp scissors. Instructor will provide limited supplies to purchase. Contact Kin On for details.

**Muyun Chen**

**Monday, Mar. 4, 11:00am – 1:00pm @ Seattle**

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



## Intermediate Chinese Knotting Series ECM

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. Learn Chinese Knotting step by step and use it to make different styles. This series contains two classes that are progressive in nature. Students are encouraged to attend the full series.

**Muyun Chen**

**Monday, Mar. 11 & 18, 11:00am – 1:00pm @ Seattle**

Members: \$15 per series / Non-members: \$25 per series



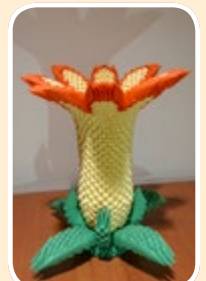
## Intermediate 3D Origami Lantern Series EC

Create an elegant paper lantern using hundreds of small, folded paper triangles connected by a touch of glue. This series contains two lessons that are progressive in nature. Students are encouraged to attend the full series. \*Supplies needed: color paper (~24 pounds weight).

**Kit-Ling Poon**

**Friday, Apr. 5 & 19, 1 – 3:30pm @ Seattle**

Members: \$15 per series / Non-members: \$25 per series







# SOCIAL EVENTS

## @ Seattle (Kin On)

### Daytime Mahjong E C M

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, Jan. – Apr., 1 – 3pm**

**@ Seattle**

**FREE** / Non-members: \$6

### Karaoke Club E C M

Enjoy an afternoon of singing your favorite songs and reliving memories with other friendly folks. Our current collection includes popular Mandarin, Cantonese, Taiwanese, English songs plus others!

**Mondays, Jan. – Apr., 1 – 3pm @ Seattle**

**FREE** / Non-members: \$6

## @ Bellevue

### Basic English for Beginners E C M

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. This program is funded by Liu Kuo-Chun Educational Foundation.

**Bill Chou (Mandarin/Cantonese speaker)**

**Tuesdays, Jan. – Apr., 11am – 12:30pm @ Bellevue**

**FREE**

### Chinese Painting Club M

We welcome all Chinese painting lovers to bring their own masterpiece and share with the group. Learn how to better appreciate this art form in a casual setting.

**Fridays, Jan. – Apr., 12:40 – 2:40pm @ Bellevue**

**FREE** / Non-members: \$6



## MAHJONG NIGHT

**Thursday, Feb. 7, 6:45-9:15pm**

**Co-host: UW APULSA**

**Free**

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!

**Free!**

*Next event: April 4*

*Co-Hosted by Swedish Family Medicine Residency Program and CACA*

### 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.

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

**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).

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



## Computer Club

Come and share your tech problems and learn from each other. Use Kin On's computers or bring your own laptops.

**Ben Chang**

**Thursdays, Jan. – Apr., 10am – 12pm @ Bellevue**

**FREE** / Non-members: \$6

## Family Support Group

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. The support group will be facilitated by our social services staff. We will meet every 2 months and attendance is voluntary.

**Wednesday, Feb. 6, Apr. 3,**

**11am – 12:30pm @ Bellevue**

**FREE**

## Go Club and Bridge Club

Play Go and Bridge with friends.

**Saturdays, Jan. – Apr., 1 – 5pm @ Bellevue**

**FREE** / Non-members: \$6

## Karaoke Time

Enjoy singing your favorite songs and reliving memories with other friendly folks. Our current collection includes popular Mandarin, Cantonese, Taiwanese, Japanese, English songs plus others!

**Thursdays, Jan. – Apr., 11am – 12:30pm @ Bellevue**

**FREE** / Non-members: \$6

## Mahjong Club

We welcome you to play Mahjong and chat! Please make an appointment one day in advance.

**FREE** / Non-members: \$6

## Mandarin-Cantonese

### Language Exchange Meetup

Conversation exchanges are one of the best ways to practice languages. Come join us and learn Mandarin or Cantonese in a fun and supportive setting.

**Fridays, Jan. – Apr., 1 – 2:30pm @ Bellevue**

**FREE** / Non-members: \$6

## Music Club

If you love singing, come join us. Feel free to bring your instrument and showcase your talent individually and/or with your friends.

**Eugene Wang**

**Thursdays, Jan. – Apr., 3:30 – 4:30pm @ Bellevue**

**FREE** / Non-members: \$6

## Tea Time

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

**Ralph Rei**

**Thursdays, Jan. – Apr., 1:30 – 3:30pm @ Bellevue**

**FREE**

## FREE WEEKLY SEMINARS

@ Bellevue 

Join us every Saturday for a special show and tell. Come share and exchange your stories, perspectives, and culture. The schedule may change. Contact us for event details or sign up for our weekly e-newsletter to receive updated seminar schedule.

**Saturdays, 10am – 12pm @ Bellevue**

**FREE**

**1<sup>st</sup> SAT Birthday Potluck** - Celebrate birthdays together with food and drinks.

**2<sup>nd</sup> SAT Medical** - Presentations on various medical topics that help you to live a healthy life.

**3<sup>rd</sup> SAT Culture** - Seeing the world through different lenses to expand your horizon.

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

**5<sup>th</sup> SAT Finance** - Make plans for a rewarding and fulfilling retirement.

# Thoughts on Caregiving

## To Caregiver: Please Take Care of Yourself First

When you are on an airplane and an oxygen mask descends in front of you, the first rule is to put on your own oxygen mask before you assist anyone else. This is not a selfish act. Only when we first help ourselves, we can effectively help others. Caring for yourself is one of the most important, yet one of the most neglected things you can do as a caregiver. The person whom you take care of will benefit if your own needs are being met.

Caregivers face an increased risk of developing various physical and emotional health problems which cause the possibility of enduring a decline in quality of life. Though you cannot completely stop the impact of debilitating illnesses on the persons you care for, there is a great deal that you can do to take responsibility for your personal well-being and to get your own needs met.

It is not selfish to take care of your own needs when you are a caring for others — it's an important part of the job. You are responsible for your own self-care. Below are some of the self-care practices you might want to foster:

- Learn and use stress-reduction techniques, e.g. meditation, progressive muscle relaxation, prayer, yoga, or Tai Chi.
- Take care of your own health such as maintaining regular checkup and visiting your care provider if you don't feel well.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities, such as reading a good book and taking a warm bath.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or minister.
- Identify and acknowledge your feelings. You have the right to feel the way you feel.
- Change the negative ways you view situations.
- Set goals that are specific, realistic, and pleasing to you.

Are you caring for a relative or a friend who lives with you or in the community? Our **Family Caregivers Support Program (FCSP)** may be able to provide you with free support and resources to accompany you on your caregiving journey. Depending on the needs, services may include consultation, counseling, in-home respite services or financial support to buy eligible medical supplies. If you would like to learn more about the program, please feel free to call 206.652.2330 and ask to speak with one of the social services staff, Michael, Jane or Jerry, or email us at [mwoo@kinon.org](mailto:mwoo@kinon.org).



\* Content adapted from <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>. Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.



# 健康教育

@ Seattle & Bellevue

## AARP駕駛者安全課程 (英)(粵)(國)

AARP駕駛者安全課程是AARP所提供的眾多課程之一。這堂課是為了50歲以上的長輩設計的，也是全美最大的駕駛安全課程。參與這些課程的學員，十位當中有九位表示藉著所學習到的駕駛知識，他們改變了至少一項關鍵性的駕駛習慣；而超過八位以上的學員認為在課程中所得知的資訊使他們避免了車禍事故。不僅如此，你也許能在完成課程後獲得保險折扣優惠！（詳情請洽詢你的保險經紀代表。）

Marge Lutton

上午10:00至下午2:30 (自備午餐 - 30分鐘)

2/8及2/9 (共2堂) @Seattle

2/20及2/27 (共2堂) @Bellevue

(名額有限，HLP會員優先)

AARP會員 (帶會員卡 或 ID號碼)：\$15

非AARP 會員：\$20

## 成人急救/心肺復甦/ 自動體外心臟去顫器課程 (英)

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兩年有效的MEDIC First Aid急救證書。請自備午餐。本課程需要一定人數開班授課。

Kerry Taniguchi

有興趣參加者請與我們聯絡。課程為8小時。

### 首堂課免費！

1<sup>st</sup>

您知道您可以免費嘗試一節課，看看自己是否喜歡嗎？

請在第一次上課之前與我們聯繫，優惠受若干條款限制。



## 慢性病自我管理工作坊 (英)(粵)(國)

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。本課程需要一定人數開班授課。

有興趣參加者請與我們聯絡。\*如果社區組織希望我們在他們所在地舉辦研討會，請與我們聯繫。

免費

## 心肺復甦及中風症狀訓練課程 (英)

這是一堂快速非認證的培訓，教授非專業人員和非醫療保健提供者可以挽救生命的技術和工具，包括成人心肺復甦訓練和中風症狀識別。本課程由西雅圖消防部門，金郡緊急醫療服務和華盛頓大學公共衛生部學生合作提供。本課程需要一定人數開班授課。

有興趣參加者請與我們聯絡。課程為1小時。

免費

(英) 英語

(粵) 粵語

(國) 國語



# 康體活動

## @ Seattle

### 舞蹈

#### 基礎民族舞班 (英)(粵)

學習豐富的中國民族傳統的舞蹈，每種都有自己的節奏，標誌性動作和風格。

**Kit-Ling Poon**

逢星期五，上午10:30至下午12:30 @Seattle

	會員	非會員
1月(4堂)	\$12	\$20
2月(5堂)	\$15	\$25
3月(4堂)	\$12	\$20
4月(4堂)	\$12	\$20
單堂	\$4	\$6

#### 舞動人生 (英)(國)

舞動代表舞蹈與運動的結合。舞動人生不侷限舞蹈種類，不拘泥於年代，最重要的是能一起跳舞同歡，進而達到有益身心的運動，讓我們的人生更多精彩多姿！

**Angel Chi**

一月份，逢星期一，1/7, 1/14, 1/21, 1/28

上午10:45至11:45 @ Seattle

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

#### 排舞班 (英)(粵)

排舞是一種用有趣的鍛煉方式，並能改善記憶，加強骨骼，發展更好的平衡力，以防止跌倒。跳舞也是一種很好的緩解壓力的方式，所以你会在課後感覺很棒！

**Linda Cheung**

星期日，1/20, 1/27, 2/10, 2/24 (4堂)

下午2:15至3:45 @Seattle

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

### 運動

#### 乒乓球活動

來享受一場友好的乒乓球比賽！比賽級乒乓球桌可供使用。星期一的場地有限，新參與者請在抵達前致電詢問。球拍可在前台登記領取。

逢星期一及四，早上10:00至下午12:30 @Seattle

免費 / 非會員：\$6

#### 舒緩瑜伽 (英)

本課程將會體驗到溫柔的坐式和站立式瑜伽運動。歡迎學生在課堂上使用自己的瑜伽墊或椅子。課程與Kanjin Yoga合作。本課程需要5人以上開班授課。

**Dee Williams @Seattle**

有興趣參加者請與我們聯絡

## 免費



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，增強體力和獨立性。鼓勵參與者一周參加三次課程以獲得最佳效果。該課程由西雅圖市老齡化和殘疾人服務部資助。



#### 健安 EnhanceFitness® (英)

**Amy Sue Sinare**

逢星期一，三及五

上午9:30至10:30 @ Seattle

\*1/1, 2/18暫停課程

#### 銀髮族 EnhanceFitness® (英)(粵)(國)

**Selina Chow及 Jennie Lai**

逢星期一，上午9:30至10:30 @ Bellevue

逢星期二及四，上午9:50至10:50 @ Bellevue

\*1/1, 2/18暫停課程

## @ Bellevue

### 舞蹈

## 舞動人生

舞動代表舞蹈與運動的結合。舞動人生不侷限舞蹈種類，不拘泥於年代，最重要的是能一起跳舞同歡，進而達到有益身心的運動，讓我們的人生更多精彩多姿！

吳瑞珍

逢星期二，下午3:00至5:00 @ Bellevue

\*2月12日開始上課

	會員	非會員
2月(3堂)	\$9	\$15
3月(4堂)	\$12	\$20
4月(5堂)	\$15	\$25
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鍊及準備。歡迎攜伴參加。

逢星期六，下午1:30至4:30 @ Bellevue

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(5堂)	\$15	\$25
4月(4堂)	\$12	\$20
單堂	\$4	\$6

## 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

逢星期一，下午1:00至2:30 @ Bellevue

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(4堂)	\$12	\$20
4月(5堂)	\$15	\$25
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。此活動由西雅圖台語基督教會資助。

戴淑慎

逢星期一，上午10:30至12:00 @ Bellevue

免費

### 運動

## 氣功及陳式太極拳

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

	會員	非會員
1月(4堂)	\$12	\$20
2月(4堂)	\$12	\$20
3月(5堂)	\$15	\$25
4月(4堂)	\$12	\$20
單堂	\$4	\$6

## 打坐班

正確地指引大家打坐的方法與概念，溫碧謙醫師主要綜合本身涉獵諸多打坐方法、法門的經驗與個人的深度體驗，以現代心理學、生理學、神經生物學的知識為基礎，去蕪存菁，指點迷津，找出一條便捷易行的道路，讓學員很快進入自己的內心世界，做深度之旅。(新生請至少參加一整系列。本課程需要一定人數開班授課，有興趣參加者請與我們聯絡。)

溫碧謙

## MBC養生功

癌症權威溫碧謙醫師的【MBC養生功法】，結合「心」mind & 「身」body & 「氣」chi，以呼吸吐納為主軸，配合簡單易學的十招功法，使身與心皆得舒展，達到養生的目的。整套功法一旦學成之後，每天只要花15-30分鐘的時間，即可把身和心照顧，有效強健身心健康！(新生請至少參加一整系列。本課程需要一定人數開班授課，有興趣參加者請與我們聯絡。)

溫碧謙



## 太極扇與元極舞

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

\*2/17休息

	會員	非會員
1月(4堂)	\$12	\$20
2月(3堂)	\$9	\$15
3月(4堂)	\$12	\$20
4月(4堂)	\$12	\$20
單堂	\$4	\$6

## 太極氣功十八式/八段錦

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

## 24式太極拳

以楊式太極拳為基礎，去繁取精而創立的一套太極拳路，為一項適合大眾的運動。

(本課程需要一定人數開班授課，有興趣參加者請與我們聯絡) @Bellevue

# 跳舞是幸福的捷徑

黎美詩 康健樂頤計劃實習



當被問及「舞蹈對你來說意味著什麼？」時，健安康健樂頤計劃中民族舞蹈的學員回答說：「跳舞就是幸福。」

對於年齡在60到80歲之間的學員來說，舞蹈在他們生活中是密不可分的。舞蹈是一種放鬆，社交和健身運動的形式，因為它需要大腦記憶，認知反應以及運動和音樂之間的身體協調。特別是對於中國民間舞蹈的風格，學員在學習通過舞蹈動作表達情感時，面臨著移動許多不同身體部位（眼睛、頭部、手指、腿部、臀部等）的挑戰。

這些舞者致力於跳舞不僅是他們健康生活的源泉，也是對社區其他老年人的貢獻。每個月，他們都會作為義工在老人中心表演。他們為許多其他可能沒有機會觀看現場表演的人帶來歡樂。其中一位表演者表示，「老年人將感謝我們為他們表演，但我們將感謝他們為我們提供表演的機會。」

難怪奧地利作家維基鮑姆（Vicki Baum）說，「快樂有捷徑，舞蹈就是其中之一。」

# 資訊科技

## @ Seattle

### 智能一對一輔導課 (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，上午10:00至下午2:00 @ Seattle

**免費** / 非會員：\$6

### 智能科技知識大講堂 (英)(粵)(國)

一月 - 我的iPad還可以做些什麼？我需要iPad嗎？

二月 - 如何使用我的手機和iPad來控制家庭照明？

三月 - 如何在電視上顯示手機上的內容？

**Victus Wong**

每月第四個星期三，1/23, 2/27, 3/27

下午1:00至2:00 @ Seattle

**免費**

### 智能開放電腦室

歡迎你隨時來使用我們的電腦，iPad，Android平板電腦，檢查您的電子郵件，上網瀏覽或了解最新資訊。該課程不提供導師。

逢星期一至五，上午9:30至下午4:30 @ Seattle

**免費**

### 智能課程實驗室

智能課程教授您在日常生活中簡單，有趣和實用的電子產品技巧。可以使用健安的平板電腦或台式電腦，或帶自己的電子設備。

星期六，上午10:00至下午12:00 @ Seattle

有興趣參加者請與我們聯絡



## @ Bellevue

### 數位攝影 (英)(粵)(國)

如何選購、使用和保養數位相機，認識數位相機的構造及功能。認識光影、構圖及美學，以一般生活照為主，並利用電腦修相。

**潘光**

3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

### 電影剪輯 (英)(粵)(國)

利用電腦用一系列的圖片、影片與音樂製作電影；電影剪接；製作電影的片頭及片尾；音樂剪接；電影配樂；製作光碟(DVD)等。

**潘光**

4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，助你解答疑難。你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

逢星期五，上午10:00至下午2:00 @ Bellevue

**免費** / 非會員：每堂\$10

# 美術工藝

@ Seattle

## 手工藝開放日 英

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  
1月8日、2月5日、3月5日、4月2日 @Seattle  
(由於節假日，一月份安排在第二個星期二)

免費

@ Bellevue

## 壓克利彩畫 英 粵 國

壓克利彩是一種水溶性彩色顏料，但是乾後可防水像漆，很像油彩畫，也可以當水彩用。價廉物美，適宜耆老者作畫之用。第一堂課將介紹需自備的材料。



潘光

1月份與2月份，逢星期六  
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

## 書法 國

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  
\*每月最後一個星期五休息

	會員	非會員
1月(3堂)	\$9	\$15
2月(3堂)	\$9	\$15
3月(4堂)	\$12	\$20
4月(3堂)	\$9	\$15
單堂	\$4	\$6

## 中國剪紙班 英 粵 國

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。導師將提供有限的剪刀供購買。請聯繫健安申請。

Muyun Chen

星期三，3月20及27日

上午11:00至下午1:00 @ Bellevue

會員：整系列\$15

非會員：整系列\$25

(\*上課材料已包含，除特殊說明外。)



## 裁縫班 粵 國

老師將指導大家量度衣身、製作紙樣、裁剪和縫紉，需自備材料與縫紉機。

邱木笑

2月份至4月份，每月第一個和第三個星期一，  
上午10:30至下午12:30 @ Bellevue

會員：每堂\$4 / 非會員：每堂\$6

## 花藝班 國

日本傳統的插花藝術，為一種「新鮮花材」造型的藝術。春天春暖花開百花齊放，可以利用家裡庭院或購買的新鮮花材來享受插花的樂趣。請自備剪刀、花材、花器、水桶和劍山(如有)。

Belle Tsai

星期三，4月3日至4月24日(4堂)

下午1:00至3:00 @ Bellevue

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6





# 手工藝班與聊天 @ Seattle

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。



## Iris折疊賀卡 (英)

Iris折疊風格的賀卡是由紙條相互層疊以形成類似於相機的虹膜的圖案。為你的親友製作豬年風格的賀卡！\*自帶工具：剪刀，透明膠帶，粘性胶水。課上將提供少量工具。

**Ginger Li**

星期三，1月23日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15



## 中國剪紙班 (英)(粵)(國)

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。導師將提供有限的剪刀供購買。請聯繫健安申請。

**Muyun Chen**

星期一，3月4日，上午11:00至下午1:00

會員：\$10 / 非會員：\$15



## 紙珠項鍊系列 (英)

加入手工團隊製作一個非常吸引人的用紙珠和其他珠子組合而成的項鍊。本課程包含2節課，第一課是滾動和裝飾珠子，第二課我們將珠子串起來。

**Fai Coffin**

星期三，2月6日和2月13日

上午10:00至下午12:30

會員：\$15 / 非會員：\$25



## 中級中國繩結班系列 (英)(粵)(國)

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。

每節課會循序漸進的教授你如何製作中國結及作出不同的造型。本課程包含2節課，鼓勵參與者參加全系列課程。

**Muyun Chen**

星期一，3月11日及3月18日

上午11:00至下午1:00

會員：\$15整系列 / 非會員：\$25整系列



## 日式折紙Kusudama (英)

我們將根據非常簡單的摺紙設計製作傳統的日本裝飾。課上提供所有材料。

**Fai Coffin**

星期三，2月27日

上午10:00至下午12:30

會員：\$10 / 非會員：\$15



## 3D立體摺紙燈籠系列 (英)(粵)

用數百個小三角形和少量的膠水來創造一個可愛的紙質燈籠。本系列課程包含2節循序漸進的手工班，鼓勵參與者參加全系列課程。\*自帶工具：彩色紙（約24磅重的紙）。

**Kit-Ling Poon**

星期五，4月5日及4月19日

下午1:00至3:30

會員：\$15整系列 / 非會員：\$25整系列



# 👥 社交聚會

## @ Seattle

### 日間麻雀 (英)(粵)(國)

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 / 非會員：\$6

### 卡拉OK俱樂部 (英)(粵)(國)

享受下午的歡唱時光，唱你最喜歡的歌曲，並與好朋友們一起重溫回憶。目前的音樂收藏包括流行國語、粵語、英文和其他歌曲！

逢星期一，下午1:00至3:00 @ Seattle

免費 / 非會員：\$6

## @ Bellevue

### 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。該課程由劉國鈞教育基金資助。

Bill Chou (講師可用普通話、粵語及英文交流)

逢星期二，上午11:00至下午12:30 @ Bellevue

免費

### 畫不停俱樂部 (國)

以畫會友，歡迎喜歡畫國畫的朋友帶自己的作品來互相分享、欣賞、學習、聊天與交流。

逢星期五，下午12:40至2:40 @ Bellevue

免費 / 非會員：每次 \$6



## 麻雀耍樂夜

免費!

星期四，2月7日，晚上6:45至9:15

協辦單位：UW APULSA

免費

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！

未來活動：4月4日

協辦單位：Swedish Family Medicine Residency Program and CACA

### 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。

**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。

**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)。



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。

## 電腦俱樂部

互相分享與解決科技產品相關問題，可以使用中心電腦或自備手提電腦，歡迎有興趣者加入。

張釗本

逢星期四，上午10:00至下午12:00 @Bellevue

免費 / 非會員：每次 \$6

## 親屬照顧者支持團體

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，我們將會學習、分享和慶祝與照顧相關的挑戰與趣事。

星期三，2月6日及4月3日

上午11:00至下午12:30 @ Bellevue

免費

## 圍棋俱樂部、橋牌俱樂部

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 \$6

## 卡拉ok歡唱時光

享受歡唱時光，唱你最喜歡的歌曲，並與好朋友們一起重溫回憶。我們目前的音樂收藏包括流行的國語、粵語、台語、日語和英文歌曲！

逢星期四，上午11:00至下午12:30 @Bellevue

免費 / 非會員：每次 \$6

## 麻將俱樂部

歡迎大家一起來打麻將、聊天、聯絡感情，請事先聯絡我們預約。

免費 / 非會員：每次 \$6

## 普通話/廣東話交流會

想學習或加強普通話或廣東話嗎？邀請講廣東話想學普通話的朋友和講普通話想學廣東話的朋友來互相學習和交流。

逢星期五，下午1:00至2:30 @Bellevue

免費 / 非會員：每次 \$6

## 以歌會友

號召喜愛音樂與歌唱的同好一起來唱經典中英文歌曲，也歡迎會樂器的朋友帶任何樂器來伴奏。

王慶凱

逢星期四，下午3:30至4:30 @ Bellevue

免費 / 非會員：每次 \$6

## 茶會

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

## 週六專題講座

每週主題不同，邀請大家一同來學習和分享。每周演講可能會有變動，想了解當周詳細演講主題請與我們聯絡，或加入我們的電子郵件群組以收到每周的最新資訊。

星期六，上午10:00至下午12:00

@ Bellevue

免費

**第一個週六** 慶生會：一起慶祝生日，吃蛋糕，分享生活的喜悅。

**第二個週六** 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。

**第三個週六** 人文專題：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。

**第四個週六** 旅遊專題：與大家分享旅遊心得，品味生活，開拓視野。

**第五個週六** 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。

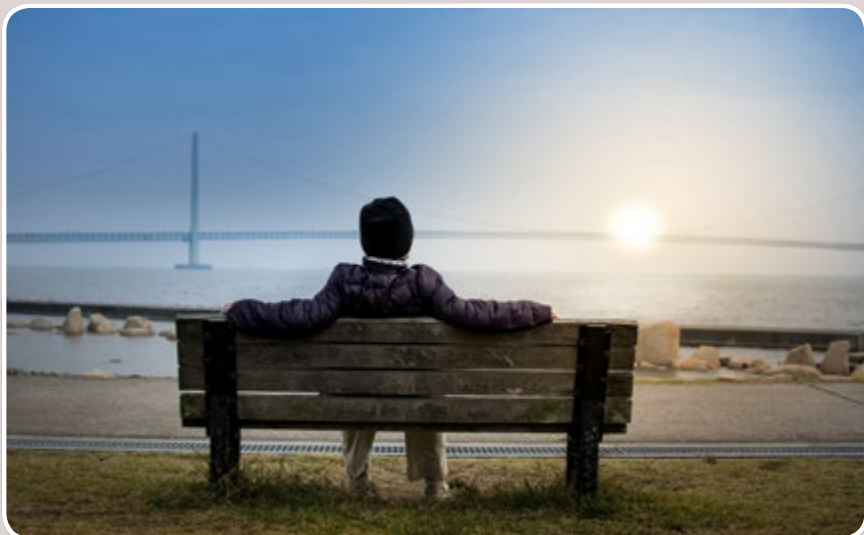


## 致親屬照顧者：請先照顧好自己

如果你在飛機上，當氧氣面罩掉在你面前，在協助任何其他之前，第一優先是戴上自己的氧氣面罩，這不是個自私的舉動。只有當我們先幫助自己，我們才能有效地幫助別人。照顧自己是作為親屬照顧者最重要和最常被忽略的事之一。當你的需要被照顧好，被你照顧的人也會受益。

親屬照顧者面臨較高的風險患有不同的身體和情緒的健康問題，並可能會導致生活質素降低。即使你不能完全制止嚴重疾病對被照顧者的影響，你仍然可以做很多事來照顧自己身心的需要。

當你是一位親屬照顧者，關顧自己的需要並不自私——「這是照顧工作很重要的一部份，好好照顧自己是照顧者的責任。」以下是一些你可以考慮培養的自我照顧方法：



- 學習和使用減壓技巧，如冥想、肌肉鬆弛練習、禱告、瑜珈、太極。
- 照顧好自己的健康，像是定期去做健康檢查或感到不舒服的時候去看醫生。
- 得到適當的休息和營養。
- 定期做運動，即使一次只有十分鐘。
- 短暫離開照顧的工作而不需要感到內疚。
- 參加令人愉快和頤養的活動，像是看一本好書、泡熱水澡。
- 尋求和接受別人的幫助。
- 當你需要的時候，尋求支持性輔導，或與信任的輔導員、朋友、宗教人員交談。
- 辨識和承認自己的感覺，你有權感受你所感受到的。
- 改變你看事情的負面想法。
- 設立具體、實際和令你愉快的目標。

您正在照顧與您同住或在社區居住的親戚或朋友嗎？健安的「**親屬照顧者支援服務**」或可以為您提供免費支援與資源，以在您的照顧之旅中陪伴您。依需要，服務可能包括諮詢、輔導、家居照顧服務及補助購買符合條件的醫療器材。如果您想了解更多有關此服務的內容，請隨時致電206.652.2330，與其中一位社工服務人員Michael、Jane或Jerry詢問，或發送電子郵件至mwoo@kinon.org。

\*內容來源: <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>. Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.

## 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 C-206, Bellevue, WA 98008. There is free parking available in our parking lot.

**REGISTRATION:** Winter term begins January 1, 2019 through April 30, 2019. 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.

**COMMUNITY CENTER RENTALS:** Our beautiful, modern community center is a 2,600 sq. ft facility available to rent for workshops, meetings, events and more. With a capacity of 174, the rental includes a full sized kitchen, staff lounge, chairs, tables, and audiovisual equipment. Situated south of Columbia City, our location offers easy access to many restaurants and local amenities. Special pricing available for nonprofit organizations.

**NOTE:** Please note that the community center will be closed on the following holidays: New Year's Day (Tue, Jan. 1) and Presidents' Day (Mon, Feb. 18).

**QUESTIONS:** Contact us at 206.556.2237 or [healthyliving@kinon.org](mailto:healthyliving@kinon.org)

## 重要資訊

### 課程舉行地點：

@Seattle課程於健安社區中心舉行(4416 S. Brandon St, Seattle, WA 98118)。@Bellevue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：**冬季課程於2019年1月1日開始，2019年4月30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：**加入成為健安康健樂頤活動(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」的健安康健樂頤活動計劃。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、支票或信用卡付款。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等信用卡。

**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。

**社區中心租賃信息：**我們全新現代化的社區中心，面積有2600平方呎，可供租用為講座、會議、活動等場所。社區中心可容納174人，當中包括一個標準廚房、休息室、餐桌、座椅和視聽設備。我們的活動中心位於哥倫比亞市(Columbia City)，交通便利，臨近餐館和各種設施。我們為非營利組織提供優惠價格。

**留意：**健安活動中心將於以下國定假日關閉：新年(星期二，1月1日)及總統日(星期一，2月18日)。

**查詢詳情：**可電 206.556.2237或發電郵至 [healthyliving@kinon.org](mailto:healthyliving@kinon.org)

# 2019 WINTER 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**

4416 South Brandon Street  
Seattle WA 98118

Return Service Requested

[KinOn.org](http://KinOn.org)



Non Profit Org.  
U.S. Postage  
**PAID**  
Seattle, WA  
Permit No. 69

**MAKE A DIFFERENCE BY SPONSORING OUR PROGRAM**

If your marketing goals include reaching Asian older adults and seniors ages 55+, the Healthy Living Program (HLP) sponsorship is a match for you. Marketing opportunities include print and online with on-going promotion in our HLP Catalog and extensive promotion at Kin On's annual Seniors' Day to be held on September 14, 2019, with over 200-300 attendees in 2017 and 2018.

QUESTIONS? Contact Jessica Wong, Corporate Relations Officer, at 206.556.2274 or [jwong@kinon.org](mailto:jwong@kinon.org)

**因你而不同！歡迎贊助我們的活動**

如果您的營銷目標包括觸及年齡55歲以上的亞裔成人及耆老，康健樂頤計劃(HLP)贊助將是您的最佳選擇。營銷機會包括印刷宣傳物料和在線社交媒體宣傳，在我們的HLP活動目錄中的持續推廣以及在2019年9月14日舉行的健安年度敬老日期間的宣傳，我們在2017年和2018年的敬老日有超過200-300名參與者。

請聯繫健安關係部主任Jessica Wong了解更多，電話206.556.2274或電郵：[jwong@kinon.org](mailto:jwong@kinon.org)。

**VOLUNTEER WITH US**

Each year, more than 100 volunteers support our seniors through tutoring, providing general support, and more. We hope you will join in the fun! All ages are welcome. Here are a few areas we could use your help:

**Tutor a student** – Technology tutoring

**Teach an enrichment class** – Fitness (55+ level), craft, and language learning

**Support our events** – Annual events and outing program

Contact [Healthyliving@kinon.org](mailto:Healthyliving@kinon.org) for more info. Sign up for the weekly e-newsletter or follow us on Facebook to receive the most updated news and events of Kin On!

**志願者為健安老年社區做出巨大貢獻！**

每年有100多名志願者通過輔助和提供支持來幫助我們的老年人。我們希望您能加入我們，支持我們的社區。歡迎各年齡段志願者！以下是您能幫助我們的一些活動：

**輔導學生** - 為老年人提供科技輔導

**教授課程** - 健身（老年水平），手工藝和語言學習

**支持活動** - 年度活動及郊遊計劃

請聯繫[Healthyliving@kinon.org](mailto:Healthyliving@kinon.org)了解更多。訂閱我們的電子報或關注健安臉書專頁獲取最新消息與活動！

