

KIN ON

健安康樂頤計劃 二零一九年秋季課程
Fall 2019 (Sep. 1 - Dec. 31)

Healthy Living PROGRAM

BELLEVUE



Kin On Community Center - Eastside
健安社區中心-東區

across from Crossroads Mall

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

SEATTLE



Kin On Community Center - Seattle
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



樂享

健康生活

Celebrate Healthy Living

健安銀髮節 Kin On Seniors' Day

活動免費 提供午餐 歡迎邀請您的朋友一起來
Free event. Lunch provided. Invite your friends along.

SATURDAY 星期六

9/14

9:00AM-2:30PM

表演娛樂 entertaining performances & demonstrations

教育講座 educational workshops

互動活動 fun interactive activities

資訊展覽 info booths with local health & social services agencies

EASTSIDE BAHAI CENTER 16007 NE 8TH ST, BELLEVUE WA 98008

Join us for a fun-filled day of performances, presentations, exhibits, and educational activities. This is a free and family-friendly event. For more info: kinon.org/seniors-day

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。



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@ Seattle & Bellevue



Chronic Disease Self-Management Education (CDSME) Workshops ECM

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

@ Seattle

Kin On Dementia Workshop: Planning for the Future EM

Our Social Services team is offering a monthly educational series to help family members better interact with and care for their loved ones.

Michelle Wu (Social Worker)

Sep. 27, 2 – 3pm @ Seattle

FREE

Hands-Only CPR & Stroke Symptoms Training E

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 hours.

FREE

E English C Cantonese M Mandarin

FIRST CLASS FREE!

1st

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.

4 Tips to Stop Scammers Now

Scam artists continue to target older adults in an attempt to get rich quick. The U.S. Senate Special Committee on Aging notes that current estimates suggest older Americans lose \$2.9 billion each year to financial scams. But you don't need to be the next victim. Here are four tips to help detect and prevent financial exploitation.

1. Hang up on government impostors
2. Don't accept offers of "free" medical equipment or tests
3. Check your Medicare Summary Notice
4. Protect your identity

Source: National Council on Aging





@ Seattle

DANCE

Beginner Folk Dance E C M

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, 10:30am – 12:30pm @ Seattle

	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 E C

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 you will leave class feeling great!

Linda Cheung

Sundays, 9/15, 9/29, 10/13, 10/27, 11/24 (5 classes)

2:15 – 3:45pm @ Seattle

Members: \$15/series or \$4/class

Non-members: \$25/series or \$6/class

EXERCISE

Gentle Yoga E

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.

Dee Williams

Mondays, 4 – 4:45pm @ Seattle

***No class on 9/2**

	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

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 and balls are available for checkout at the front desk.

Mondays and Thursdays,

10:00am – 12:30pm @ Seattle

***No class on 9/2 and 11/28**

FREE / Non-members: \$6

@ Bellevue

DANCE

Dancercise M

Dancercise 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, 1 – 2:30pm @ 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

Dance Club M

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

Saturdays, 1:30 – 4:30pm @ Bellevue

***No class on 9/14**

	Member	Non-Member
Sept. (3 classes)	\$9	\$15
Oct. (4 classes)	\$12	\$20
Nov. (5 classes)	\$15	\$25
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Glorifying Dance M

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

FREE

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

Sep. – Dec., 9:30 – 10:30am

***No class on 9/2 and 12/25**

EnhanceFitness® - Eastside

Selina Chow and Jennie Lai

Mondays, Sep. – Dec., 9:30 – 10:30am

Tuesdays & Thursdays, Sep. – Dec., 9:50 – 10:50am

***No class on 9/2 and 11/28**

EXERCISE

Chi-Kung & Chen Style Tai-Chi

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

David Pan

Saturdays, 12:30 – 1:30pm @ Bellevue

***No class on 9/14**

	Member	Non-Member
Sep. (3 classes)	\$9	\$15
Oct. (4 classes)	\$12	\$20
Nov. (5 classes)	\$15	\$25
Dec. (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, Sep. – Dec., 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.

Mukciau Chiu

Fridays, Sep. – Dec., 2:15pm – 3:15pm @ Bellevue

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

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 celebrations and outings

Contact 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!



TECHNOLOGY

@ Seattle

SmartLab 1-on-1 Tutoring

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

Victus Wong

Wednesdays, 10am – 2pm @ Seattle

SmartLab Volunteer

Saturdays, 10/12 – 11/16, 10am – 12pm @ Seattle

FREE

This project is funded in part by the Seattle Information Department.



Seattle
Information Technology

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, 9:30am – 4:30pm

@ Seattle

FREE

This project is funded in part by the Seattle Information Department.



Seattle
Information Technology

@ Bellevue

Mobile Technology Tutorial

Make an appointment with our bilingual IT expert 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, Sep. – Dec., 10am – 4pm @ Bellevue

Fridays, Sep. – Dec., 10am – 2pm @ Bellevue

FREE / Non-members: \$6

SmartLab Class & Practice Session @ Seattle



Kin On SmartLab is a senior-friendly technology lab designed to enable Asian seniors to increase technology and health literacy, prevent social isolation, and increase access to healthcare and digital resources.

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

SmartLab Volunteer

**Saturdays, 10/12 – 11/16,
10am – 12pm (6 sessions)**

FREE

This project is funded in part by the Seattle Information Department.



Seattle
Information Technology

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

9/3, 10/1, 11/5, 12/3 @ Seattle

FREE

@ Bellevue

Calligraphy CM

Learn the art of Chinese calligraphy.

She-Nam Fung

Fridays, 10am – 12pm @ Bellevue

***No class on 9/20, 9/27, 10/4, 11/29, 12/27**

	Member	Non-Member
Sep. (2 classes)	\$6	\$10
Oct. (3 classes)	\$9	\$15
Nov. (4 classes)	\$12	\$20
Dec. (3 classes)	\$9	\$15
Drop-in	\$4	\$6



Ikebana M

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

Belle Tsai

Wednesdays, Sep. & Oct.,

11:00am – 1:00pm @ Bellevue

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



Modern Chinese Painting ECM

When Chinese painting meets Western painting, it becomes colorful modern Chinese painting.

Supplies needed: will be discussed during the first class.

David Pan

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

Members: \$27/series (9 classes) or \$4/class

Non-members: \$45/series (9 classes) or \$6/class

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, Sep. – Dec.,

10:30am – 12:30pm, @ Bellevue

***No class on 9/2**

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

Watercolor Painting ECM

Acrylics are water based and they offer opacity (meaning you can paint right over your mistakes); that makes this medium especially appealing to beginners and the elderly. The instructor will teach students how to create watercolor paintings using acrylics.

David Pan

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

***No class on 9/14**

Members: \$21/series (7 classes) or \$4/class

Non-members: \$35/series (7 classes) or \$6/class

Craft & Chat @ Seattle

Join us to explore your creativity, share ideas and meet other crafty people!

Registration and payment are required one week in advance of each class. No refunds will be given for cancellations less than 7 days in advance. *Supplies included unless otherwise noted.



(E) (C) (M)

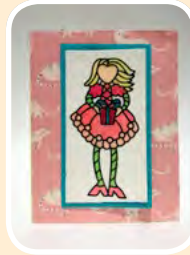
COPIC Coloring Cards (E)

Discover how you can create professional-looking colored images for your cards. *Supplies needed: tweezers and COPIC pens or coloring markers.

Jeni Mar

**Wednesday, Sep. 11,
10am – 12:30pm @ Seattle**

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



Chinese Paper Cutting (E) (C) (M)

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. Instructor will provide limited supplies to purchase.

Muyun Chen

Monday, Oct. 7 & 14, 11am – 1pm @ Seattle

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



Simple Asian-Inspired Cards (E)

Make your simple cards "pop" by embossing. Learn a technique that gives a beautiful, clear, shiny finish to your die cut. *Supplies needed: double-sided tape.

Ginger Li

**Wednesday, Oct. 9,
10am – 12:30pm @ Seattle**

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



Intermediate 3D Origami Panda Series

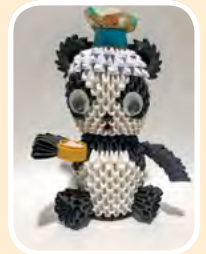
Create an elegant paper Panda using hundreds of small, folded paper triangles connected by a touch of glue. This series contains two lessons that are progressive in nature. Students are encouraged to attend the full series.

*Supplies needed: magazine covers and colored paper (~24 pounds weight).

Kit-Ling Poon

**Friday, Nov. 8 & 22,
1 – 3:30pm @ Seattle**

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



Accordion Photo Album (E)

Learn how to make two different accordion photo albums. Bring your favorite photos to class and show them off with style.

Keiko Nungesser

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

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



Special Holiday Greeting Cards (E)

There's nothing more genuine than showing your love and care with a stunning and DIY holiday greeting card. *Supplies needed: double-sided tape.

Ginger Li

**Wednesday, Dec. 11,
10am – 12:30pm @ Seattle**

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



SOCIAL EVENTS

@ Seattle

Daytime Mahjong

Drop in alone 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 the Japanese Cultural and Community Center of Washington.

1st and 3rd Wednesdays, 1 – 3pm @ Seattle

FREE / Non-members: \$6

Karaoke Club

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

Mondays, 1 – 3pm @ Seattle

***No class on 9/2**

FREE / Non-members: \$6

@ Bellevue

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

Bill Chou (Mandarin/Cantonese speaker)

Tuesdays, Sep. – Dec., 11am – 12pm @ Bellevue

FREE

Computer Club

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

Ben Chang

Thursdays, Sep. – Dec., 10am – 12pm @ Bellevue

***No class on 11/28**

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 joys 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, Oct. 2 & Dec. 4,

11am – 12:30pm @ Bellevue

FREE

Go Club and Bridge Club

Play Go and Bridge with friends.

Saturdays, Sep. – Dec., 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, and English songs plus others!

Tuesdays and Thursdays,

Sep. – Dec., 12 – 1:30pm @ Bellevue

***No class on 11/28**

FREE / Non-members: \$6

Life Story Club

When you share your life story, you open yourself up to new opportunities to form friendships and to learn from the experiences of others. Storytelling is a powerful tool that empowers both the listeners and the narrators. Join us to share your life stories and learn how to record them.

1st and 3th Mondays of the month, Sep. – Dec.,

1:30 – 3:30pm @ Bellevue

***No class on 9/2**

FREE / Non-members: \$6

FREE WEEKLY SEMINARS @ Bellevue

FREE

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

Saturdays, 10am – 12pm @ Bellevue

- Sep 7** End of Life and Physicians Orders for Life-Sustaining Treatment / September Birthday Potluck
- Sep 14** Kin On Seniors' Day
- Sep 21** Study Group Sharing
- Sep 28** Osteoarthritis - Rehabilitation and Exercise
- Oct 5** October Birthday Potluck
- Oct 12** Travel Story – Five Stans
- Oct 19** Study Group Sharing
- Oct 26** Travel Story – Five Stans
- Nov 2** Naturopathic Medicine / November Birthday Potluck
- Nov 9** Travel Story – Five Stans
- Nov 16** Study Group Sharing
- Nov 23** Medicare 2020 Update
- Nov 30** To be determined
- Dec 7** Hands Only CPR and Stroke Awareness
- Dec 14** Travel Story – Five Stans
- Dec 21** Study Group Sharing
- Dec 28** Annual Appreciation and Potluck



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, Sep. – Dec., 12:45 – 2:15pm @ Bellevue

FREE / Non-members: \$6

Tea Time

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

Ralph Rei

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

***No class on 11/28**

FREE

@ Seattle

OCT

3

DEC

5

Mahjong Night **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! Co-hosted by InspirAsian and NAAAP.

Thursday, Oct. 3 & Dec. 5, 6:30 – 9pm @Seattle



OCT

20

Jade Guild & Healthy Living Program **Free!** Special Event featuring AAA Washington

Join us for a fun and exciting afternoon to learn how to travel smart. Lunch will be served and there will also be fun travel-themed games and prizes presented by the AAA of Washington. This event is open to Kin On Healthy Living Program participants and Jade Guild members. RSVP by Tuesday, Oct. 15 to Letitia Fong at letitiafong@yahoo.com.

Sunday, Oct. 20, 12 – 3pm @Seattle



Share a Cultural Connection

Rich in culture,
tradition, and
a sense of
belonging.



LIVE LIFE TO THE FULLEST

Our Asian-inspired assisted living and memory care community is perfect for those who share a connection through tradition, language, and cuisine. Aegis Gardens brings you a culturally authentic lifestyle celebrating Asian cultures with no detail overlooked.

We understand the smallest detail can make the biggest difference in the lives of our residents.

樂 紆 之 家
Aegis Gardens
Assisted Living | Memory Care

Call to schedule a tour. 425-970-6708

Depression and Caregiving

It is not unusual for caregivers to develop mild or more serious depression as a result of the constant demands they face in providing care.

Symptoms of Depression: The type and degree of symptoms vary by individual and can change over time. Consider these common symptoms of depression. Have you experienced any of the following for longer than two weeks?

- A change in eating habits resulting in unwanted weight gain or loss
- A change in sleep patterns—too much sleep or not enough
- Feeling tired all the time
- A loss of interest in people and/or activities that once brought you pleasure
- Becoming easily agitated or angered
- Feeling that nothing you do is good enough
- Thoughts of death or suicide, or attempting suicide
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain.



What to do if you think you have depression: Early attention to symptoms of depression through exercise, a healthy diet, positive support of family and friends, or consultation with a trained health or mental health professional may help to prevent the development of a more serious depression over time.

The National Institute of Mental Health offers the following recommendations for dealing with depression:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ballgame, or attending a religious, social or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition—change jobs, get married or divorced—discuss it with others who know you well and have a more objective view of your situation.
- People rarely "snap out of" a depression. But they can feel a little better day-by-day.
- Remember, positive thinking will replace the negative thinking that is part of the depression. The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

Depression can make one feel exhausted, helpless, and hopeless but steps can be taken to address these concerns. For your health and the health of those around you, take some time to care for yourself.

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.

*Content adapted from <https://www.caregiver.org/depression-and-caregiving>. Family Caregiver Alliance National Center on Caregiving, 785 Market St., Suite 750, San Francisco, CA 94103.

健康教育

@ Seattle & Bellevue



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實證為基礎的講習班，幫助患者增強管理控制慢性病情的能力。課程為期六星期，每星期2.5小時，由兩位受專業訓練的導師教授。學員學會用不同的方法來有效地管理慢性疾病，例如日常飲食管理、運動方式管理、問題處理方式管理、溝通及壓力管理。該課程由西雅圖市老齡化和殘疾人服務部資助。

本課程鼓勵學員參加至少4次課程。如果學員錯過了前兩節課程，則必須等待下一期課程開班先可以註冊。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

@ Seattle

英 國

健安失智症工作坊：提前規劃

為了幫助家庭成員更好地與家人互動和照顧他們，健安社工部舉辦每月1次的教育講座。

Michelle Wu (社工)

9月27日，下午2:00至3:00 @Seattle

免費

英

心肺復甦及中風症狀訓練課程

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

首堂課免費！

1st

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。

4招防止詐騙

詐騙案件層出不窮並常常瞄準老年人。美國參議院老齡問題特別委員會指出，目前的估計表明，美國老年人每年因金融詐騙損失29億美元。不過你不需要成為下一個受害者！以下4招讓您提高警惕，預防上當。

1. 掛斷冒名頂替者的來電
2. 切勿隨便接受「免費」醫療設備或產品和服務
3. 查看您的Medicare摘要通知及賬單
4. 保護個人身份，不要因不期而至的請求寄錢或提供個人資訊





康體活動

@ Seattle

舞蹈

基礎民族舞班 (英)(粵)(國)

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
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

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，9/15, 9/29, 10/13, 10/27, 11/24 (5堂)

下午2:15至3:45 @Seattle

會員：整系列\$15或每堂\$4

非會員：整系列\$25或每堂\$6

運動

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。

Dee Williams

逢星期一，下午5至5:45 @Seattle *9/2暫停課程

	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

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

*9/2, 11/28暫停課程

@ Bellevue

舞蹈

舞動人生 (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！

吳瑞珍

逢星期二，下午1:00至2:30 @ 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

舞蹈俱樂部 (國)

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4:30 @ Bellevue

*9/14休息

	會員	非會員
9月(3堂)	\$9	\$15
10月(4堂)	\$12	\$20
11月(5堂)	\$15	\$25
12月(4堂)	\$12	\$20
單堂	\$4	\$6

免費



EnhanceFitness®是一個充滿活力的適合所有人的全身鍛煉。這個以實證為基礎的團體鍛煉課程可以幫助中老年人保持平衡，增強體力和提高獨立性。鼓勵學員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。



西雅圖 EnhanceFitness® (英)

Amy Sue Sinare

逢星期一，三及五

上午9:30至10:30 @ Seattle

*9/2, 12/25暫停課程

東區 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

*9/2, 11/28暫停課程

讚美操 (國)

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 (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

*9/14休息

	會員	非會員
9月(3堂)	\$9	\$15
10月(4堂)	\$12	\$20
11月(5堂)	\$15	\$25
12月(4堂)	\$12	\$20
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

24式太極拳 (國)

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。

邱木笑

逢星期五，下午2:15至3:15 @ Bellevue

會員：\$4 / 非會員：\$6

齊來做義工！ 服務老年社區



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！



資訊科技

@ Seattle

智能一對一輔導課

與我們的雙語IT專家預約一對一教授課程，助你解答電腦科技疑難。你可以使用健安智能實驗室電腦、iPad、平板電腦或自備電子設備。請至少提前一天聯絡我們預約。每堂45分鐘。

Victus Wong

逢星期三，上午10:00至下午2:00 @ Seattle

SmartLab Volunteer

星期六，10月12日至11月16日

上午10:00至下午12:00 @ Seattle

免費

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

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

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

@ Bellevue

行動科技一對一指導

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\$6

健安智能實驗室 課程及練習 @ Seattle



健安智能實驗室(SmartLab)將科技帶入長者的生活圈中，透過科技及網際網路，連結長者與其朋友之關係及建立新的社會網絡。網路的使用可以更及時的獲取醫療保健等資訊。

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。

SmartLab Volunteer

星期六，10/12 - 11/16 (6堂)

上午10:00至下午12:00

免費

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

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

9月3日、10月1日、11月5日、12月3日 @Seattle

免費

@ Bellevue

書法 (粵)(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

*9/20, 9/27, 10/4, 11/29, 12/27休息

	會員	非會員
9月(2堂)	\$6	\$10
10月(3堂)	\$9	\$15
11月(4堂)	\$12	\$20
12月(3堂)	\$9	\$15
單堂	\$4	\$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

逢星期三，上午11:00至下午1:00 @Bellevue

會員：每堂\$4 / 非會員：每堂\$6

現代中國畫 (英)(粵)(國)

中國畫融合西方畫風，成為彩色的現代中國畫。第一堂課將介紹需自備的材料。

潘光

11月份與12月份，逢星期六

下午1:30至3:00 @ Bellevue

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

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

9月份至12月份，每月第一個和第三個星期一，

上午10:30至下午12:30 @Bellevue *9/2休息

會員：每堂\$4 / 非會員：每堂\$6

水彩畫 (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。本次潘光老師將教大家如何以壓克利彩畫水彩畫。

潘光

9月份與10月份，逢星期六

下午1:30至3:00 @ Bellevue *9/14休息

會員：整系列\$21(7堂)或每堂\$4

非會員：整系列\$35(7堂)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！

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。



COPIC麥克筆手工卡 (英)

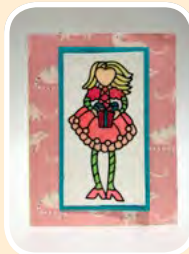
體驗麥克筆展現出豐富多彩的樣貌，學習如何讓手工卡片加值又加分。*自帶工具：鑷子和COPIC筆或彩色繪圖麥克筆。

Jeni Mar

星期三，9月11日，

上午10:00至下午12:30

會員：\$10/ 非會員：\$15



中國剪紙班系列 (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。

Muyun Chen

星期一，10月7日及14日，上午11:00至下午1:00

會員：\$15 / 非會員：\$25



簡易亞洲風手工卡 (英)

通過壓花使簡單的卡片變得更有個性。學習一種技巧為您的模切圖案有光澤的表面，讓設計更突出。

*自帶工具：雙面膠帶。

Ginger Li

星期三，10月9日

上午10:00至下午12:30

會員：\$10 / 非會員：\$15



中級3D立體摺紙熊貓系列 (英) (粵) (國)

用數百個小三角形和少量的膠水來創造一個可愛的紙質熊貓。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。

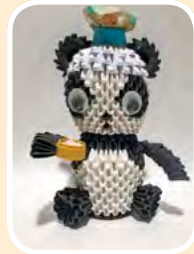
*自帶工具：雜誌封面紙和彩色紙 (約24磅重的紙)。

Kit-Ling Poon

星期五，11月8日與22日

下午1:00至3:30

會員：\$15整系列 / 非會員：\$25整系列



風琴式相冊 (英)

將您最喜愛的照片帶到課堂上，並製作兩款不同的風琴式相冊。

Keiko Nungesser

星期三，11月13日，

上午10至下午12:30

會員：\$10/ 非會員：\$15



特色節慶賀卡 (英)

做出手工質感好禮物！我們相信一份溫暖的節日賀卡，能夠拉近彼此之間的距離。

*自帶工具：雙面膠帶。

Ginger Li

星期三，12月11日

上午10:00至下午12:30

會員：\$10 / 非會員：\$15



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。此活動是健安與華州日本文化會館合作。

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

*9/2休息

@ 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12:00 @ Bellevue

免費

電腦俱樂部 (國)

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

*11/28休息



親屬照顧者支持團體 (粵)(國)

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。

星期三，10月2日及12月4日

上午11:00至下午12:30 @ Bellevue

免費

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 \$6

卡拉ok歡唱時光 (國)

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！

逢星期二及四，下午12:00至1:30 @ Bellevue

免費 / 非會員：每次 \$6

*11/28休息

生命故事俱樂部

講故事是一個保持腦力活躍與自我探索的好方法，並可為自己的生命歷程留下紀錄與結交朋友。生命故事俱樂部每次都有不同主題，邀請您來分享您的故事、聽別人的故事和學習如何記錄自己的故事。

逢第一個和第三個星期一，

下午1:30至下午3:30 @ Bellevue

免費 / 非會員：每次 \$6

*9/2休息

週六專題講座 @ Bellevue

免費

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，或加入我們電子郵件群組的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

- 9月7日 生命終結和POLST /9月慶生會
- 9月14日 健安銀髮節
- 9月21日 遊學自修讀書會專題分享
- 9月28日 退化性關節炎的保健密笈
- 10月5日 10月慶生會
- 10月12日 旅遊專題—中亞五國系列
- 10月19日 遊學自修讀書會專題分享
- 10月26日 旅遊專題—中亞五國系列
- 11月2日 自然醫學專題/11月慶生會
- 11月9日 旅遊專題—中亞五國系列
- 11月16日 遊學自修讀書會專題分享
- 11月23日 聯邦醫療保險(Medicare) 2020 最新消息
- 11月30日 主題待定
- 12月7日 單純按壓式心肺復甦術與中風自我察覺
- 12月14日 旅遊專題—中亞五國系列
- 12月21日 遊學自修讀書會專題分享
- 12月28日 年終感謝慶祝會



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12:45至2:15 @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

*11/28休息

OCT

3

DEC

5

麻雀耍樂夜 **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！

協辦單位：InspirAsian及NAAAP

星期四，10月3日及12月5日，晚上6:30至9:00 @Seattle



OCT

20

Jade Guild與康健樂頤計劃 特別活動 **免費!**

一個好的計劃可以讓您的旅程更輕鬆美滿。歡迎Jade Guild與康健樂頤計劃(HLP)的會員與我們一起學習、分享。我們將供應簡餐，而美國汽車協會AAA將提供有趣的旅遊主題遊戲和獎品。請於10月15日前與Letitia Fong報名letitiafong@yahoo.com。

星期日，10月20，下上12:00至3:00 @Seattle



以文化緊 密連繫

滿載文化與
傳統，凝聚濃
厚歸屬感。



享受豐盛人生。

樂敘之家的輔助居住及記憶護理社區從亞洲文化出發，最適合讓擁有相近傳統與飲食文化、說話同聲同氣的人士共聚生活。我們將亞洲文化鉅細無遺地融入您的生活，讓您在自己的文化之中活得自在順心。

我們明白非常微小的細節，也足以為住戶帶來截然不同的生活體驗。

立即致電預約參觀： 425-970-6708

樂敘之家
Aegis Gardens
Assisted Living | Memory Care

輔助居住 | 記憶護理社區

照護和抑鬱症

親屬照顧者因日以繼夜的付出，往往會有輕度或較嚴重的抑鬱症。

抑鬱症的症狀：抑鬱症的類型和嚴重度依個人狀況不同，並會隨著時間改變。仔細想想，您是否有持續超過兩個星期有下列抑鬱症常見症狀的經驗？

- 飲食習慣的變化，導致不經意的體重增加或減輕
- 睡眠習慣變化，睡眠過多或不夠
- 總是感到疲倦
- 對以前喜歡的人或活動，失去興趣
- 容易激動或生氣
- 覺得沒有一件事做得夠好
- 死亡或自殺意圖，或企圖自殺
- 持續治療無效的身體症狀，如頭痛，消化不良和慢性疼痛



當您認為您有抑鬱症，該怎麼辦？對抑鬱症的症狀及早注意，透過運動、健康飲食、家人和朋友的正面支持，或與經過專業訓練的醫療或精神健康輔導員諮詢，可有助於預防發展成更嚴重的抑鬱症。

美國國家精神衛生研究所(The National Institute of Mental Health)對應付抑鬱症提供以下建議：

- 設立實際的目標和承擔適當的責任。
- 把大任務分解成小任務，設定優先順序，並在您還有能力達成的時候完成您能做的。
- 與其他人在一起並找人傾訴，這通常比單獨和隱藏好。
- 參與讓您感到愉快的活動，如輕度運動、看電影或球賽，或參加宗教、社交或社區活動。
- 預期您的心情會漸漸變好，而不是立即變好。心情好轉往往需要時間。
- 考慮延緩作重要決定，直到抑鬱症好轉。在作出重大轉變的決定前，如：換工作、結婚或離婚，先與其他了解您和對您的情況有客觀了解的人討論。
- 一般人很少會迅速擺脫抑鬱症，但能一天比一天感覺更好。
- 請記住，正面思考將取代抑鬱症帶來的消極思考。當您的抑鬱症治療有效，消極思想也會減少。
- 讓您的家人和朋友幫助您。

抑鬱症會使人感到疲憊、無助和絕望，但您可以採取適當的步驟處理這些問題。為了您和您周圍的人的健康，不要忘記花時間照顧自己。

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涵，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/caregiving-and-depression-chinese>.

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-Seattle located at 4416 S. Brandon St, Seattle, WA 98118. @ Bellevue classes are held at the Kin On Community Center-Eastside located at 15921 NE 8th St C-206, Bellevue, WA 98008. There is free parking available in our parking lot.

REGISTRATION: Fall term begins September 1, 2019 through December 31, 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: Labor Day on September 2, Thanksgiving on November 28, and Christmas on December 25.

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

重要資訊

課程舉行地點：

@Seattle課程於健安社區中心-西雅圖舉行(4416 S. Brandon St, Seattle, WA 98118)。@Bellevue課程於健安社區中心-東區舉行(15921 NE 8th St, C-206, Bellevue, WA 98008)。提供免費泊車。

報名：秋季課程於2019年9月1日開始，2019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：勞動節(星期一，9月2日)，感恩節(星期四，11月28日)及聖誕節(星期三，12月25日)。

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

2019 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

4416 South Brandon Street
Seattle WA 98118

Return Service Requested

KinOn.org



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

SATURDAY 星期六

9/14

9:00AM-2:30PM

EASTSIDE BAHA'I CENTER
16007 NE 8TH ST,
BELLEVUE, WA 98008

- 9:00** 展覽和互動活動
Resource Tables & Group
Activities in auditorium
- 9:40** 健康教育講座分場
Simultaneous Educational
Workshops in classrooms
- 11:30** 午餐
Lunch
- 12:45** 表演與抽獎
Performances &
Raffle Drawing



樂享

健康生活
Celebrate Healthy Living

健安銀髮節 Kin On Seniors' Day

EDUCATIONAL WORKSHOPS 健康教育講座

Pre-Planning: Benefits of Prearrangement 安樂計劃：安心與保障利益投資
Angela Lu Dickey, Sunset Hills Memorial Park & Funeral Home

What You Need to Know in an Emergency: Stroke, 9-1-1 and CPR 急救生死一線間
Students at the University of Washington School of Public Health

LifePlanning: Beyond Traditional Retirement Planning 超越傳統的退休計劃
Rajiv Nagaich, Attorney and Counselor-at-law and host of KTTH Radio Show "Aging Options"; Scott Schill, Attorney, Aging Options

Estate Planning 101 在美華人應當如何運用財產規劃來保障家庭、健康和財產？
John Kennedy, Kennedy Legal Counsel PLLC

AARP Fraud Watch Network: Spot a Scam with New Tips for 2019!
樂齡會「預防欺詐」講座 *Alan Lai*