

KIN ON

健安康健樂頤計劃 二零二零年冬季課程
Winter 2020 (Jan. 1 - Apr. 30)

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



CONGRATULATIONS! Congratulations to our Healthy Living Program volunteer instructors on receiving our **2019 Bertha Tsuchiya Outstanding Volunteer of the Year Award**.

HLP offers more than 1500 hours of classes and activities each year and most of these programs are led by our volunteers. From instructing to event preparation, volunteers help our lifelong learning program in many different ways. They bring life into the program. They form friendships with the participants. They share their experiences with all of us.

We especially want to thank the **instructors who volunteered for over 40 hours in 2019**. They have been coming to our community centers almost every week! And to many others, thank you for your valuable and selfless commitment to Kin On.

恭喜恭喜! 恭喜康健樂頤計劃(HLP)的義工導師們獲頒贈健安2019年「陳碧珠女士年度最佳義工獎」。

HLP每年提供超過1500個小時的課程，其中大多數的活動都是由我們的義工帶領。從指導到活動準備，義工們以多種不同方式幫助這項終身學習計劃。透過他們所付出的時間，與我們共享他們的生命和他們的歷練，從他們的生活經驗和對生命的態度給予我們許多的啟發，並建立起深厚的友誼。

我們特別要感謝在**2019年服務超過40個小時的義工導師**。亦藉此再次感謝多位熱心貢獻的義工們在過去三年中的幫助，本著不辭勞苦的精神，與健安共同為社區提供更豐富、更精彩的社福及康健課程與活動。

Mukciau Chiu
Bill Chou
Selina Chow
Su-Seng Dai
She-Nam Fung
Jennie Lai
HuiLing Lee
Jeni Mar
David Pan
Kit-Ling Poon
Ralph Rei
Victus Wong
Violet Wu
Sue Yeh

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HEALTH EDUCATION

@ Seattle & Bellevue

Chronic Disease Self-Management Education (CDSME) Workshops

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



FITNESS

@ 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, 10:30am – 12:30pm @ Seattle

Beginning Feb. 7

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

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 you will leave class feeling great!

Linda Cheung

2nd & 4th Sundays, 1/12, 1/26, 2/9, 2/23, 3/8, 3/22, 4/12, 4/26 (8 classes) 2:15 – 3:45pm @ Seattle

Members: \$24/series or \$4/class

Non-members: \$40/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 and balls are available for checkout at the front desk.

Mondays and Thursdays, 10:00am – 12:30pm @ Seattle

***No class on 2/17**

FREE / Non-members: \$6

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

@ Bellevue

DANCE

Dancercise

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, 2/12– 4/28, 1 – 2:30pm @ Bellevue

	Member	Non-Member
Feb. (2 classes)	\$6	\$10
Mar. (5 classes)	\$15	\$25
Apr. (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 fun, friendship and entertainment through dancing.

Saturdays, 1:30 – 4:30pm @ Bellevue

	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

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 Chi-Kung, 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. (5 classes)	\$15	\$25
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

Yijin Jing

Learn and practice different types of Qi Gong like 12-Routine Exercises Health Qigong, Five-animal Exercises, Baduanjin, Yijin Jing and Six-character Formula. This series will instruct Yijin Jing.

Dian Guo Gao

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

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

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

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.

Exercise and physical activity can help you:



- Maintain and improve your physical strength and fitness.
- Improve your ability to do everyday things.
- Improve your balance.
- Manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Reduce feelings of depression and may improve mood and overall well-being.

Source: NIH News in Health

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 

Moge Zhang

Mondays, Wednesdays and Fridays

Jan. – Apr., 9:30 – 10:30am

***No class on 1/1 and 2/17**

EnhanceFitness® - Eastside 

Selina Chow and Jennie Lai

Mondays, Jan. – Apr., 9:30 – 10:30am

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

***No class on 2/17**

GET TO KNOW THE HLP TEAM

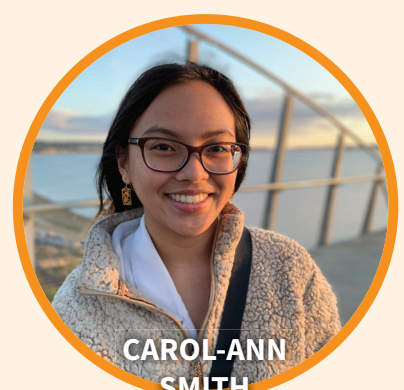
The Healthy Living Program (HLP) would not be possible without the support of participants, volunteers and, of course, devoted staff members who are trained to support lifelong learning.



JERRY CHANG

Jerry has been a Social Services Specialist at Kin On since 2013, working to close the gap between social services and the community. Jerry began serving at the Bellevue community center when Asian Senior Concerns Foundation merged with Kin On in 2017 to offer continuing education and wellness programs in the Eastside. The kindness, happiness and support from participants have motivated Jerry to keep bringing health-beneficial

programs to the community. You are welcome to say hi and share your program ideas or social service questions with Jerry when you visit our center in Bellevue.



CAROL-ANN SMITH

Carol-Ann is the Community Engagement Associate for HLP. When she's not at resource fairs or events, she helps coordinate programs at the community center and manage the social media accounts. She's lived in Washington for most of her life and has worked with elders and healthy aging programs for over two years. She loves how participants are able to spend quality time with family and friends at the center, making it feel like a second home.

Rachel is the Community Engagement Coordinator at HLP. She is from China and speaks fluent Mandarin and Cantonese, which allows her to better serve Chinese communities. Rachel joined the HLP team as a volunteer two years ago. Since then, she's been planning and implementing HLP programs and engaging with community organizations in the Greater Seattle area. "The most impressive thing about working at HLP is seeing seniors living healthy lives and staying socially engaged in their 70s, 80s, and even 90s! I hope to encourage more middle-aged and older adults to participate in the fun, healthy activities provided by the community center!"



RACHEL QIN

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

***No class on 1/1**

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, Jan. – Apr., 10am – 4pm @ Bellevue

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

FREE / Non-members: \$6

SmartLab Class & Practice Session @ Seattle



A series of classes and practice sessions that are designed to make technology simple, fun, and practical for your everyday life. Use Kin On's tablets, or bring your own devices.

2/22: Tour Around the City. Learn how to use the transit apps to navigate public transportation. (e.g. One Bus Away, Via)

2/29: Let's Travel. Learn how to get around the world with efficiency using your phone. (e.g. Google Maps, Uber)

3/7: Practice Session. Bring your questions to the class and we'll solve them together.

3/14: Food Delivery. Learn how to order food from almost anywhere. (e.g. Postmates, Uber Eats)

3/21: Let's Connect. Learn how to connect with your loved ones anywhere across the globe using free social media apps. (e.g. Facebook, WeChat, or Line)

3/28: Practice Session. Bring your questions to the class and we'll solve them together.

SmartLab Volunteer

**Saturdays, 2/22-3/28 (6 sessions),
10am – 12pm @ Seattle**

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

1/7, 2/4, 3/3, 4/7 @ Seattle

FREE

@ Bellevue

Acrylic 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 elderly. Supplies needed: will be discussed during the first class.

David Pan

Mar. and Apr., Saturdays, 1:30 – 3:00pm @ Bellevue

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

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

Art Within EM

This program is created by Ms. Hsieh to bring the fun of art and craft making to adult students. It celebrates the creativity within through art education and hands-on projects using mixed media. Materials are provided by the instructor. Limited spots, please register first.

1/8: Porcelain Room at Seattle Art Museum, Mock Porcelain plate

2/12: Vincent Van Gogh, Acrylic Painting “Almond Blossoms”

3/11: Keith Haring, Foil Sculptures

4/8: Henri Matisse, Paper Cut-outs

Catherine Hsieh

10am – 12pm @ Bellevue

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



Calligraphy CM

Learn the art of Chinese calligraphy.

She-Nam Fung

Fridays, 10am – 12pm @ Bellevue

***No class on 1/31, 2/28, 3/27, 4/24**

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

Drawing ECM

Get hands-on learning in pencil drawing. You'll learn basic techniques, shading, composition, perspective, and much more. Supplies needed: pencils and paper.

David Pan

Jan. and Feb., 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

Monday, 1/6, 3/2, 3/16, 4/6, and 4/20

10:30am – 12:30pm, @ Bellevue

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

Share a Cultural Connection

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



樂紋之家

Aegis Gardens

Assisted Living | Memory Care

13056 SE 76th St, Newcastle, WA 98056 | **425-970-6708**

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.*

Water Bottle Bouquets

Save the Sound through art. Learn from our friends at Park Place how to turn water bottles into art. Supplies will be provided. This class is a collaboration with Park Place Assisted Living.

Amanda Goodson

Tuesday, Jan. 21, 1 – 3pm @ Seattle

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



Year of the Rat Card

Celebrate the Year of the Rat by decorating an accordion card with stamps, die plates, and paper punchers.

**Supplies needed: tacky glue.*

Ginger Li

Wednesday, Jan. 22, 10am – 1:00pm @ Seattle

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



Birthday Pop-Up Card

Surprise your loved ones with a card that "pops" on their birthday.

**Supplies needed: tacky glue.*

Ginger Li

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

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



Intermediate 3D Origami Fairy Series

Create an elegant paper Fairy 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 color papers (~24 pounds weight).*

Kit-Ling Poon

Friday, Mar. 6 & 20,

1 – 3:30pm @ Seattle

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





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.

Jan: 1/15 & 1/29

Feb-Apr: 1st and 3rd Wednesdays @ 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 2/17**

FREE / Non-members: \$6

@ Bellevue

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, 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 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, Feb. 5 & Apr. 1,

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, and English songs plus others!

Tuesdays and Thursday, Jan. – Apr.,

12pm – 1:30pm @ Bellevue

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 3rd Mondays of the month, Jan. – Apr.,

1:30 – 3:30pm @ Bellevue

***No class on 1/6 and 2/17**

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

FREE

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

- Jan 4** How To Use Uber When You Travel Abroad/
January Birthday Potluck
- Jan 11** Foods/Drugs to Relieve Constipation
- Jan 18** Study Group Sharing
- Jan 25** Travel Story – Five Stans
- Feb 1** Lunar New Year Party/February Birthday Potluck
- Feb 8** Physical Therapy and Urinary Incontinence
- Feb 15** Study Group Sharing
- Feb 22** Travel Story – Five Stans
- Feb 29** Financial Management
- Mar 7** Trip to New Zealand and Australia/March Birthday
- Mar 14** Travel Story – Five Stans
- Mar 21** Study Group Sharing
- Mar 28** Fall Prevention
- Apr 4** April Birthday
- Apr 11** Medical Term 101 and Understanding Your Medical Bill
- Apr 18** Study Group Sharing
- Apr 25** Travel Story – Five Stans



@ Seattle

FEB

6

APR

2

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 CACA and APALSA in February and Jade Guild in April.

Thursday, Feb. 6 & Apr. 2, 6:30 – 9pm @Seattle



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。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



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

*2月7日開課

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

(英) 英語

(粵) 粵語

(國) 國語

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，所以你會在課後感覺很棒！

Linda Cheung

逢第二及第四個星期日，1/12, 1/26, 2/9, 2/23, 3/8, 3/22, 4/12, 4/26 (8堂)

下午2:15至3:45 @Seattle

會員：整系列\$24或每堂\$4

非會員：整系列\$40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

*2/17暫停

@ 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，讓我們的人生更多彩多姿！

吳瑞珍

逢星期二，2/12-4/28，下午1:00至2:30 @ Bellevue

	會員	非會員
2月(2堂)	\$6	\$10
3月(5堂)	\$15	\$25
4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(5堂)	\$15	\$25
3月(4堂)	\$12	\$20
4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。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(5堂)	\$15	\$25
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

易筋經

教導大家養生氣功，如導引養生功12法、五禽戲、八段錦、易筋經、六字訣等養生氣功，本期主題為易筋經。

高殿國

1月份與2月份，逢星期一，

下午1:30至3:00 @ Bellevue

會員：整系列\$24 (8堂)或每堂\$4

非會員：整系列\$40 (8堂)或每堂\$6

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。

運動和鍛煉身體可以幫助您：



- 保持並改善您的體力和健康。
- 提高您處理日常事務的能力。
- 改善平衡。
- 處理和改善糖尿病、心臟病和骨質疏鬆症等疾病。
- 減少沮喪感，並可以改善情緒和整體健康。

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) (國)

Moge Zhang

逢星期一，三及五

上午9:30至10:30 @ Seattle

*1/1, 2/17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

*2/17暫停課程

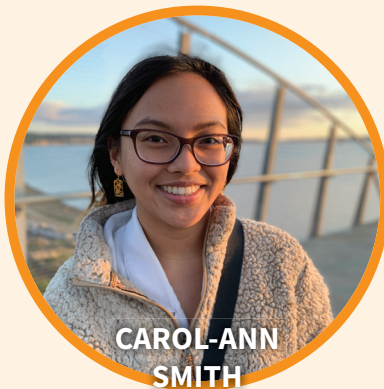
我們HLP的團隊

全賴參與者、志願者以及為終身學習培訓的熱心員工的支持，才能實現康健樂頤計劃(HLP)。



張鑑元
JERRY CHANG

Jerry從2013年開始在健安擔任社會服務聯絡員，讓社區民眾更容易使用社會服務。2017年亞裔銀髮族基金會與健安合併後，Jerry開始在健安社區中心-東區服務，以提供東區健康與教育活動。人們給予的友善、歡樂和支持是使Jerry努力持續提供社區更多有益健康活動的動力。當您來我們在Bellevue的中心時，歡迎與Jerry打聲招呼，和他聊聊有關康健樂頤計劃的想法，並詢問有關社會服務的問題。



CAROL-ANN
SMITH

Carol-Ann是健安康健樂頤計劃的社區參與聯絡員。她不僅參加資源展覽會或活動，也會幫助協調社區中心的活動並管理健安的社交媒體。她從小在華盛頓州長大，過去兩年來一直在參與幫助老年人健康的活動。她很開心的看到參加活動的人來社區中心與家人和朋友度過美好時光，讓他們感覺這裡像是第二個家。

Rachel是康健樂頤計劃的社區參與聯絡員。她來自中國，能說流利的國語和廣東話。這使她可以為更多的華人社區服務。Rachel兩年前以志願者身份加入了HLP團隊。從那時起，她一直參與HLP計劃的規劃和實施，並與大西雅圖地區的社區組織合作。「在HLP工作最令人印象深刻的事情是看到老年人以健康的方式生活，在他們70歲，80歲甚至90歲保持社交活躍！我希望能鼓勵更多的中老年人來參加社區中心提供的娛樂和健康活動！」



覃予
RACHEL QIN



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

*1/1暫停課程

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



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。您可使用健安的平板電腦或帶上自己的電子設備。

2/22：環遊城市。了解如何使用公交應用程序輕鬆在城市裡出行。(例如One Bus Away, Via)

2/29：一起去旅行。了解如何使用手機去地環遊世界。(例如Google Maps, Uber)

3/7：練習課。將您的問題帶來課堂，我們一起解決。

3/14：訂購外賣。了解如何在任何餐廳訂購外賣食物。(例如Postmates, Uber Eats)

3/21：與世界聯繫。了解如何使用社交程序與全球各地的親人聯繫。(例如Facebook, WeChat或Line)

3/28：練習課。將您的問題帶來課堂，我們一起解決。

SmartLab Volunteer

星期六，2/22 – 3/28 (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
1月7日、2月4日、3月3日、4月7日 @Seattle
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

3月份與4月份，逢星期六
下午1:30至3:00 @ Bellevue
會員：整系列\$24 (8堂)或每堂\$4
非會員：整系列\$40 (8堂)或每堂\$6

Art Within藝術課 (英)(國)

此課程由謝依書老師設計，主要在啟發學員的創意。以介紹畫家、畫風或博物館展覽為先，再以壓克力顏料或其他藝術媒介，一步步帶領學生創作出自己的作品。所有畫具材料都由老師提供準備，新手也可以輕鬆入門，歡迎大家來參與一場藝術的饗宴，名額有限，請先與我們聯絡報名。



1/8：西雅圖藝術博物館的瓷器展示間，瓷盤藝術仿作

2/12：文森·梵谷，壓克力彩畫杏花盛開

3/11：凱斯·哈林，鋁箔雕像

4/8：亨利·馬諦斯，剪紙藝術

謝依書

上午10:00至下午12:00 @Bellevue
會員：每堂\$4 / 非會員：每堂\$6

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
* 1/31, 2/28, 3/27和4/24休息

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

素描 (英)(粵)(國)

以鉛筆為主作畫。認識工具，學習基本筆法、光影、構圖、透視等。請自備鉛筆和紙。

潘光

1月份與2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

星期一，1/6, 3/2, 3/16, 4/6, 4/20 上課
上午10:30至下午12:30 @Bellevue
會員：每堂\$4 / 非會員：每堂\$6

分享文化
緊密連繫

滿載文化與
傳統，凝聚濃
厚歸屬感。



樂紋之家

Aegis Gardens

Assisted Living | Memory Care

輔助居住 | 記憶護理社區

13056 SE 76th St, Newcastle, WA 98056 | 425-970-6708

告廣

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。



水壺花束

通過藝術保存聲音。向Park Place的朋友學習如何將水瓶變成藝術品。課程將提供材料。本課程與Park Place Assisted Living的合作。

Amanda Goodson

星期二，1月21日，下午1:00至3:00

會員：\$10/ 非會員：\$15



鼠年賀卡

慶祝鼠年新年，使用郵票，模板和打孔機製作一張精美的手風琴卡。

*自帶工具：剪刀，粘膠

Ginger Li

星期三，1月22日，上午10:00至下午1:00

會員：\$10 / 非會員：\$15



特色立體生日賀卡

製作一張可彈出的立體生日賀卡給你的親人驚喜。

*自帶工具：剪刀，粘膠

Ginger Li

星期三，2月12日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15



中級3D立體摺紙仙女系列

用數百個小三角形和少量的膠水來創造一個可愛的紙質仙女。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

星期五，3月6日與20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

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。

一月：1/15 & 1/29

二月至四月：第一個及第三個星期三

免費 / 非會員：\$6

卡拉OK俱樂部

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

*2/17暫停課程

免費 / 非會員：\$6

@ Bellevue

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5日及4月1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！

逢星期二及四，下午12:00至1:30 @ Bellevue

免費 / 非會員：每次 \$6

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

*1/6和2/17休息

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

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

- 1月4日 國外旅遊時如何使用Uber/1月慶生會
- 1月11日 紓解便秘的食物與藥物
- 1月18日 遊學自修讀書會專題分享
- 1月25日 旅遊專題—中亞五國系列
- 2月1日 農曆新年慶祝會/2月慶生會
- 2月8日 物理治療大解密與不能說的秘密
- 2月15日 遊學自修讀書會專題分享
- 2月22日 旅遊專題—中亞五國系列
- 2月29日 財經專題
- 3月7日 紐澳之旅分享與3月慶生會
- 3月14日 旅遊專題—中亞五國系列
- 3月21日 遊學自修讀書會專題分享
- 3月28日 保命防跌—預防跌倒
- 4月4日 4月慶生會
- 4月11日 常見醫學名詞與了解您的醫療帳單
- 4月18日 遊學自修讀書會專題分享
- 4月25日 旅遊專題—中亞五國系列



@ Seattle

FEB

6

APR

2

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：CACA及APALSA (2月份) Jade Guild (4月份)

星期四，2月6日及4月2日，晚上6:30至9:00 @Seattle



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: Winter term begins January 1, 2020 through April 30, 2020. 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, Jan 1st and Presidents' Day, Feb 17th.

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：冬季課程於2020年1月1日開始，2020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(星期三，1月1日)及總統日(星期一，2月17日)。

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

2020 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: _____



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YOU'RE INVITED

誠意邀請您與我們共同慶祝健安三十五週年慶典



Kin On
35th Anniversary Gala

Saturday, March 14, 2020
Hyatt Regency Lake Washington

Join the Kin On family for a magical evening celebrating
how far we've come together and where we're going.

Purchase tickets at
kinon.org/gala or 206.556.2270