

# Avenidas Chinese Community Center 華人社區中心

Avenidas Chinese Community Center activities are bilingual in English and Mandarin.

華人社區中心活動是以英文及國語進行。

Space is limited. Pre-registration is required.

課程名額有限, 各活動必須預先登記。

歡迎致電 Call 650-289-5428.

## Chinese Brush Painting—Lingnan Painting Style

Instructor: Andrew Siu

Andrew Siu is an internationally recognized master of ink-brush painting who has exhibited in Hong Kong, China and San Francisco. The painting style in this class will mix Eastern and Western techniques with color. Beginners welcome. Art supplies will not be provided. Please bring or purchase your own supplies. Materials may also be purchased from the teacher for \$80.

Location: Avenidas@Cubberley

**Mondays, February 3 to March 16 (no class 2/17), 1:00 to 2:30pm, \$50/\$72 #7001**

## 中國國畫班-嶺南畫派

導師: 蕭日明

蕭日明先生為國際級嶺南派國畫大師, 他曾經於中國、香港及三藩市等地舉辦個人畫展。本課程為國畫基礎, 針對顏色配搭運用, 配合富有現代感色彩的中國畫風, 結合中西合璧混合西方技巧。歡迎初學者! 畫具及材料80元可向老師訂購或自備。

地點: Avenidas@Cubberley

週一, 2月3日至3月16日(2月17日沒課), 1:00 to 2:30pm, \$50/\$72 #7001

## NEW AT AVENIDAS!

### Culture Activities-Lunar New Year

Instructors: Andrew Chang, Dr. Hung, and Mandy Au

It's time to say goodbye to the Pig and say hello to the Year of the Rat. This year's Lunar New Year, which marks the beginning of the 15-day spring festival celebration in China, begins on January 25th, 2020. This is the longest and most important holiday in the Chinese calendar. In this this 3-week pre-celebration, you'll learn about traditions and superstitions, listen to stories as well as make Chinese origami and learn about the Ming Dynasty Imperial food menu to help ensure the year ahead is lucky and prosperous. A materials fee of \$10 is payable on the first day of class.

Location: Avenidas@Cubberley

**Thursdays, January 9 to 23, free #7016**

**January 9: 11am to 12:30pm; January 16 and 23: 1 to 2:30pm**

## 全新課程在AVENIDAS!

### 文化活動系列之-農曆新年

指導老師: 張健, 熊國祥醫生及區貞雯

快要跟豬年說再見, 而我們快要跟鼠年打招呼了。農曆新年標誌著連接的15天為新春節慶活動的開始, 今年的年年初一將會是在2020年1月25日, 這特別的節慶是中國曆法中最長而且最重要的節日。我們特意安排為期3週的農曆新年慶祝活動, 如果你了解而且感受更濃厚的農曆的新年傳統, 聽聽新春民間故事並製作賀年摺紙和認識明朝宮廷新年新春食品等, 讓我們一起迎春接福, 共同分享新春佳節的喜悅。首天課程每學員須繳交\$10 課程材料費。

Location: Avenidas@Cubberley

週四, 1月9日至1月23日, 免費 #7016

1月9日, 上午11至 下午12時30分;

1月16日及 1月23日, 下午1時至 2時30分

## Basic Tai Chi

**Instructor: Master Ching (Andrew) Lee**

Learn basic concepts of Tai Chi, breathing exercises, standing pole postures, muscle strength, balance, and the Thirteen Movement Routine. The classes will begin with fundamentals to understand Qi, feel Qi, and use Tai Chi to attain and maintain good health.

Location: Avenidas@Cubberley

**Thursdays, January 9 to March 26 (no class: 2/13 and 2/20), 9 to 10:30am, free/\$35, #7010**

## 文化小組俱樂部-太極基本功

**導師: 李靖大師**

你常常閃到腰?常常站不穩摔跤嗎?常常虛弱喘不過氣嗎?你希望更年輕健康嗎?現代科學已證明, 炁是每個人身上都具有的生命能量, 而中國醫書黃帝內經早就記載經脈能決死生、處百病、調虛實, 不可不通。太極養生的概念, 簡言之就是善用炁這個與生俱來能量, 打通阻塞的經絡, 讓身體愈來愈健康。李靖大師累積數十年研習太極與氣功之心得, 課程將講解太極基本觀念、訓練吐納、站樁、肌肉強度、平衡感、13式套路等;深入淺出地引導認識炁、感受炁、運用太極功法打通經絡, 達到養生保健、祛病強身、延年益壽的功效。

地點: Avenidas@Cubberley

週四, 1月9日 to 至 3月26日, (2月13及2月20日沒課)上午9時至10:30, 免費/\$35, #7010

## Tai Chi Principles & Concepts

**Instructor: Master Ching (Andrew) Lee**

Tai Chi Chuan nourishes health.

This class will teach you how to utilize your body in daily life in order to promote a sense of balance and harmony. Instead of just imitating the teacher's moves, theory will be explained and immediately put into practice in order to understand how to integrate Tai Chi into our lives.

Location: Avenidas@Cubberley

**Tuesdays, January 7 to March 24 (no class 1/21, 2/11 and 2/18), 9 to 11am, free/\$35 #7011**

## 太極原理與概念

**導師: 李靖大師**

你知道名揚中外的太極拳是如何養生的?太極拳又是如何增進我們的平衡感與協調性?你知道日常生活中我們使用自己身體的方法是正確的嗎?又該如何使用?這些答案讓我們在 李靖太極課中告訴你。使我們不再只是模仿老師的招式打太極拳。在課堂上講解之後馬上練習, 真正的認識太極拳如何和我們的生活結合。

地點: Avenidas@ Cubberley

週二, 1月7日 至 3月24日, (1月21日, 2月11日及2月18日沒課沒課), 上午9時至 11時, 免費/\$35 #7011

## NEW AT AVENIDAS!

### Exploring Chinese Culture through Mandarin

**Instructor: Sandra Tung, VivAsia**

Learn about the traditional Chinese festivals and holidays and much more in Mandarin. This class provides a friendly and fun environment to learn and practice your Mandarin-speaking skills. The class focuses on basic vocabulary used in daily conversations, social activities, and while traveling. Meet new friends from different cultures and enjoy exploring together.

Location: Avenidas@Cubberley

**Mondays, January 6 to February 24 (no class 1/20 and 2/17), 10:30 to 11:15am, \$30/\$35 #7015**

### 全新課程在AVENIDAS

#### 普通話探索中國文化

**導師: 董珊元, VivAsia**

課程於友好溫馨的學習環境裡進行, 學習如何用普通話打招呼、問好及簡單日用對話; 並瞭解中國傳統節日和習俗。課程包括簡單生字、普通對話、社交語句、及旅遊用詞等。誠邀你來交新朋友及體驗不同文化交流。

地點: Avenidas@ Cubberley

週一, 1月6日至2月24日 (1月20日及2月17日沒課), 10時30分至 11時15分, \$30/\$35 #7015

### Karaoke Mingle Hour

Sing your heart out to your favorite songs! Send your favorite songs in any language to us in advance and we will add them to the playlist. Grab the mic and be a star! Karaoke songs collection will be available in English, Cantonese and Mandarin.

Location: Avenidas@Cubberley

**Thursdays, January 9 to March 26 (No session 1/30), Noon to 3pm, free/\$35 #7008**

### 卡拉OK 歡聚時光

讓我們一起歡天喜地歌出好心情! 歡迎提前遞交您喜歡的歌曲給我們, 添加至我們播放列表中。任何語言...歡迎! 拿起麥克風成為明日之星! 歡迎啦啦隊, 粉絲及愛舞愛動的你出席參與! 歌曲播放列表將暫以英語、廣東話及國語進行。

地點: Avenidas@ Cubberley

週四, 1月9日 to 3月26日 (1/30暫停), 中午12時至下午3時,, 免費/\$35, #7008

## Line Dancing

Instructors: Kent You & Sandy Hsu

Not your usual line-dancing class! Exercise your brain and body while enhancing balance as you learn new steps. Dance to a wide variety of international music—including pop music, classics, and seasonal songs. No partner needed. Beginners welcome. Dance is fun!

Location: Avenidas@Cubberley

**Tuesdays, January 7 to March 24 (no class 1/21), 1 to 2:30pm, free/\$35 #7012**

## 排舞班

導師:游光騰及許秋英

這不是一般的舞蹈課! 在學習新步驟的同時更能鍛煉大腦和身體, 增強平衡力。與國際流行音樂共舞 - 包括流行音樂, 經典和節慶歌曲。不需要合作夥伴, 初學者歡迎。舞蹈健美流行又好玩!

地點: Avenidas@Cubberley

週二, 1月7日至3月24日, (1月21日沒課), 下午1時至2時30分, 免費/\$35 #7012

## Lotus Dance

Instructor: Corinna Shi, VivAsia

Add the "spice of culture" to your personal fitness program. Lotus Dance is an aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes will combine different dance styles, music, and cultural props for a fun experience. Enjoy Bollywood, bandari, k-pop, taiko drumming, fan dance, and more!

Location: Avenidas@Cubberley

**Wednesdays, January 8 to March 25, 9 to 9:45am, free #7013**

## 文化小組俱樂部-蓮花舞

導師: 陳曉茜, VivAsia

蓮花舞為有☐舞蹈運動, 舞蹈充滿活力的文化。課程將結合不同的舞蹈風格, 音樂和文化潮流, 帶來有趣的運動體驗。享受寶萊塢, 班納里, 韓國k-pop, 打鼓, 扇舞等。

地點: Avenidas@Cubberley

週三, 1月8日至3月25日, 上午9時至9:45分, 免費 #7013

## Vocal Training Camp

Instructor: David Chou

Learn how to project your voice and maximize your lung capacity.

Location: Avenidas@Cubberley

**Thursdays, January 9, 2020 to March 26 (no class 1/30), 10:30 to 11:45am, free/\$35 #7002**

## 發聲秘訣班

導師: 周老師

開揚發聲新領域, 倍增潛力肺能量!

地點: Avenidas@Cubberley

週四, 1月9日至3月26日 (1月30日沒課), 上午10時30分至11時45分, 免費/\$35 #7002

## Yuan Ji Dance

Instructor: Ming Chi Chen

Yuanji Dance, a low impact dance, is one of China's most popular forms of exercise. Historically, it was only practiced by kings and emperors. During the Yuan Dynasty in the 1300's, Zhixiang Zhang helped so it became accessible to everyone. Yuanji Dance is a combination of Tai Chi, Qi Gong, medicine, martial arts, and the rhythm of yuanji music. The movements are simple and elegant as well as easy to learn. The class is considered a Qi practice and benefits could include improved balance, flexibility, coordination, concentration, and memory.

Location: Avenidas@Cubberley

**Mondays, January 6 to March 23, (no class 1/20 and 2/17) 10 to 11am, free #7009**

## 元極舞

導師: 陳明珠

元極舞是一種持久收益的修煉舞蹈。這套功法修煉式的舞蹈源於元朝年代, 貴族方可修煉。張志祥為元極舞功法掌門人, 他將家藏功法公諸於世, 元極舞因而誕生。元極舞是太極拳, 氣功, 醫學及武術配合輕快元極音樂節奏結合而成。動作簡單優雅, 易於學習, 行之有效持久收益的修煉舞蹈。課程混合氣功, 其益處包括改善平衡, 提升身體靈活性, 身心協調性, 增強敏銳力和記憶力能力。

地點: Avenidas@Cubberley

週一, 1月6日至3月23日 (1月20日及2月17日沒課), 上午10時至11時, 免費 #7009