



# Avenidas

# Classes



## Avenidas Chinese Community Center 華人社區中心

**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, 每項活動必須預先報名登記。  
**Question please call: 查詢課程, 歡迎致電: 650-289-5428.**

### 全新課程在 AVENIDAS!

#### 社交舞基礎班

導師: 商淑瑞  
社交舞可讓您身心健康又快樂, 舞蹈能提昇智力又能夠強大心肺功能! 跳舞更可以帶給您無比的歡樂。不需要舞伴, 初學者歡迎!  
*課程名額有限, 必須預先報名登記。*  
地點: Avenidas@ Cubberley  
週一, 4月6日至5月11日, 下午12:30時至2時,  
\$20/\$40 #7283

#### 廣東話入門

導師: 勵老師  
誠意邀請您參加這1小時的有趣互動學習, 課程後, 學員將可運用簡易基本的廣東話與朋友交流。  
*課程名額有限, 必須預先報名登記。*  
地點: Avenidas@ Cubberley  
週一, 4月27日至6月8日(5月25日沒課), 上午11時至下午12時, 免費/\$35 #7261

#### 中國國畫班-水墨畫派

導師: 神童  
本課程為水墨畫國畫初級班。學習顏色配搭, 運用基礎花卉技巧作構圖, 針對「梅、蘭、菊、竹」練習。畫具及材料 \$80 元可向老師訂購。  
*課程名額有限, 必須預先報名登記。*  
地點: Avenidas@ Cubberley  
週四, 5月14日至6月18日, 下午1時至2:30,  
\$50/\$72, #7255

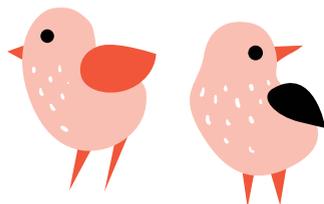
#### 中國國畫班-嶺南畫派

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。  
*課程名額有限, 必須預先報名登記。*  
地點: Avenidas@ Cubberley  
週一, 4月20日至6月1日, (5/25沒課) 下午1時至2時30分,  
\$50/\$72 #7256

### 全新課程在 AVENIDAS!

#### 中西美食好煮意之健康 IP 電子快鍋示範

導師: 區謙遜  
想了解有關如何掌握電子快鍋的一些煮食技巧嗎? 本課程將會教您如何使用電子快鍋造出簡單美味的中西佳肴。課程適合任何愛食或希望擴展烹飪技巧的健康達人。  
\*活動合作贊助夥伴: 巴洛阿圖中華歸主教會。  
*每節課程個別報名登記。*  
地點: Avenidas@ Cubberley  
週三, 下午 1:30 至 3 時, 每次課程\$10/\$15  
4月8日: 乳酪 #7276 4月15日: 意大利麵 #7278  
5月13日: 豬肋條 #7280 5月20日: 羊架 #7279  
6月03日: 牛肉麵 #7281 6月10日: 甜點 #7282



## 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。

課程名額有限, 必須預先報名登記。

地點: Avenidas@Cubberley

週二, 4月7日至5月12日, 2時30分至3時30分,  
\$30/\$35 #7284

## 全新課程在 AVENIDAS!

### 中華文化風俗介紹

導師: 張健

學習有趣的中華文化, 鄉土風俗, 迷信與哲學影響的文化故事, 課程互動有趣, 透過歌曲民謠, 文學和中西文化信仰來學習和探索中國文化。課程內容設計以時令季節為主, 趣味討論各種節日的起源和習俗。歡迎中西學員參加!

課程每學員須繳交\$10 課程材料費。

課程名額有限, 必須預先報名登記。

地點: Avenidas@Cubberley

週四, 5月21日至6月25日, 上午10時30至11:45時,  
免費 #7274

## 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。任何語言都歡迎! 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! 歌曲播放列表將以英語、廣東話及國語進行。

課程名額有限, 必須預先報名登記。

地點: Avenidas@Cubberley

週四, 4月2日至6月18日, 中午12時至下午3時,  
免費/\$35, #7285

## 新增排舞班課程!

### Cubberley 排舞班

導師: 游光騰及許秋英

這不是一般的舞蹈課! 在學習新步法的同時又能鍛煉大腦和身體, 增強平衡力。配合時尚國際流行音樂, 節慶及經典金曲。不需舞伴, 歡迎初學者。流行舞蹈健身又好玩!

課程名額有限, 必須預先報名登記。

地點: Avenidas@Cubberley

週二, 4月14日至6月16日, 下午1時至2時30分,  
免費/\$35 #7257

週五, 4月24日至6月12日, 下午12時30至2時,  
免費/\$35 #7258

## 蓮花舞

導師: 陳曉茜, VivAsia

蓮花舞為有氣舞蹈運動, 舞蹈充滿活力。課程將結合不同的舞蹈風格, 輕快音樂和文化潮流, 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。課程以英語及國語進行。

課程名額有限, 必須預先報名登記。

地點: Avenidas@Cubberley

週三, 4月8日至5月13日, 上午9時至9:45分, 免費 #7265

## 太極內觀

導師: 李靖大師

學習太極拳, 冥想靜思, 呼吸運動, 立杆平衡姿勢, 增強肌肉, 和混合十三套路的運動基本概念。本課程將從了解你個人的氣, 感受氣和平衡使用太極拳的基礎為本。靜座冥想也有包括在本課程。在課程讓您感受您的個人能量, 真正的認識太極拳如何把我們的生活結合。

地點: Avenidas@450 Bryant

週二, 4月6日至5月18日, (5/25及6月沒課),  
上午8時至9時30, 免費/\$35 #7260

## 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](mailto:Avenidas@Cubberley)

週四, 4月2日至5月28日, (六月沒課),  
上午9時至10:30, 免費/\$35, #7263

## 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? 李靖太極課會告訴你。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。

[課程名額有限, 必須預先報名登記](#)

地點: [Avenidas@Cubberley](mailto:Avenidas@Cubberley)

週二, 4月7日至5月19日, (六月沒課) 上午9時至11時,  
免費/\$35, #7262

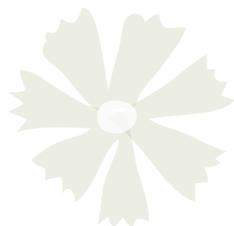
## 元極舞

導師: 陳明珠

元極舞是一種有氧及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](mailto:Avenidas@Cubberley)

週一, 4月6日至6月22日 (5月25沒課)  
上午10時至11時正, 免費#7264



# Avenidas Chinese Community Center

Chinese Community Center activities are bilingual in English and Mandarin.

*Space is limited. Pre-registration is required.*

**Questions please call 650-289-5428.**

## NEW AT AVENIDAS!

### Basic Ballroom Dancing

**Instructor: Sharon Shang**

No partner needed. Ballroom dancing will make you stronger, happier, healthier and smarter! Dancing is fun and it will bring you joy. Beginners welcome.

*Register early. Space is limited.*

*Location: Avenidas@Cubberley*

**Mondays, April 6 to May 11, 12:30pm to 2pm,  
\$20/\$40 #7283**

### Cantonese for Beginners

**Instructor: Ingrid Lai**

Join an hour-long interactive fun learning environment with other friends. By the end of the class, you will be able to carry basic conversation with other Cantonese.

*Space is limited. Pre-registration is required.*

*Location: Avenidas@Cubberley*

**Mondays, April 27 to June 8, (no class 5/25)  
11am to 12pm, free/\$35 #7261**

### Chinese Brush Painting—Black and White Style

**Instructor: Tony West Ho**

Chinese painting Master Tony Ho will guide students in learning the techniques of traditional Chinese painting. From the time he was young, Tony studied ink-brush painting with teachers who were disciples of the renowned master Lu Zishu. Learn about brush handling, black and white color mixing and matching, and different flower painting techniques (plum blossom, orchid, bamboo, and chrysanthemum) you can use to create your own beautiful works of art. Plus, landscape basic will be included. Art supplies will not be provided. Please bring or purchase your own supplies. Materials may also be purchased from the teacher for \$80.

*Space is limited. Pre-registration required.*

*Location: Avenidas@Cubberley*

**Thursdays, May 14 to June 18, 1pm to 2:30pm,  
\$50/\$72 #7255**

### 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.

*Space is limited. Pre-registration required.*

*Location: Avenidas@Cubberley*

**Mondays, April 20 to June 1, 1 to 2:30pm, \$50/\$72  
#7256**

## NEW AT AVENIDAS!

### East meets West Healthy Cooking Demo with Instant Pot

**Instructor: Samson Ou**

Would you like to learn some tips and tricks on how to master the Instant Pot? This hands-on class will teach you how to use this instant pot using easy and delicious recipes. This class is great for everyone and anyone looking to expand their culinary skills. \*Cooking demo co-sponsored by Community for Christ Church of Palo Alto.

*Sign up for each class individually.*

*Location: Avenidas@Cubberley*

**Wednesdays, 1:30pm to 3pm, \$10/\$15 each class**

**April 8: Yogurt #7276      April 15: Pasta #7278**

**May 13: Pork Ribs #7280      May 20: Lamb #7279**

**June 3: Beef Noodle #7281**

**June 10: Dessert #7282**

### Exploring Chinese Culture through Mandarin

**Instructor: Corinna Shi, VivAsia Fitness**

Join this interactive, fun, learning environment and make new friends! By the end of the class, you will be able to hold a basic conversation in Mandarin.

*Space is limited. Pre-registration required.*

*Location: Avenidas@Cubberley*

**Tuesdays, April 7 to May 12, 2:30 to 3:30pm,  
\$30/\$35 #7284**



## NEW AT AVENIDAS!

### Introduction to Chinese Culture in America

**Instructor: Andrew Chang**

Learn about and explore Chinese Culture through stories, folklore, songs, literature, and beliefs influenced by religion, superstitions and philosophies. Discussions of seasonal festivals will be included. A materials fee of \$10 is payable to the instructor.

*Space is limited. Pre-registration required.*

Location: Avenidas@Cubberley

**Thursdays, May 21 to June 25, 10:30am to 12pm, free #7274**

### Karaoke Mingle

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.

*Space is limited. Pre-registration required.*

Location: Avenidas@Cubberley

**Thursdays, April 2 to June 18, 12pm to 3pm, free/\$35 #7285**

### Line Dancing@Cubberley

**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!

*Register early. Space limited.*

Location: Avenidas@Cubberley

**Tuesdays, April 14 to June 16, 1pm to 2:30pm, free/\$35 #7257**

**TGIFriday class!**

**Fridays, April 24 to June 12, 12:30pm to 2pm, free/\$35 #7258**

### Lotus Dance Fitness

**Instructor: Corinna Shi, VivAsia Fitness**

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, April 8 to May 13, 9pm to 9:45am, free #7265**

### Tai Chi & Health Awareness

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

Learn basic concepts of Tai Chi, meditation, 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. Meditation will be a part of this class.

Location: Avenidas@450 Bryant

**Mondays, April 6 to May 18, 8am to 9:30am, free/\$35 #7260**

### Tai Chi Basic

**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, April 9 to May 2, (no class 5/25 & June) 9am to 10:30am, free/\$35 #7263**

### Tai Chi Principles & Concepts

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

Do you know how the world-renowned Tai Chi Chuan nourishes health? How does Tai Chi Chuan promote our senses of balance and harmony? Do you know whether the ways we utilize our body in our daily life are correct, or how they should be utilized? Let us provide you with these answers in Master Lee Ching's Tai Chi class starting in this October. We will no longer just imitate the teacher's moves to practice Tai Chi. After explaining the theory in class, we will immediately practice in order to really understand how to integrate Tai Chi into our life.

*Space is limited. Pre-registration required.*

Location: Avenidas@Cubberley

**Tuesdays, April 7 to May 19, (no class in June) 9am to 11am, free/\$35 #7262**





**Yuan Ji Dance**

**Instructor: Ming Chu 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, April 6 to June 22, (no class 5/25)  
10am to 11am, free #7264**



**Avenidas**  
**@450 Bryant**

**450 Bryant Street  
Palo Alto, CA 94301  
(650) 289-5400**



**Avenidas**  
**@Cubberley**

**4000 Middlefield Road  
Palo Alto, CA 94303  
(650) 289-5409**

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**Serving these areas:**

- Palo Alto • Mountain View • Stanford • Woodside • Los Altos**
- Menlo Park • Atherton • East Palo Alto • Portola Valley • Los Altos Hills**

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**Visit our website at [www.avenidas.org](http://www.avenidas.org)**

**Our innovative programs and compassionate staff enrich the lives of more than 8,500 mature adults and their families each year.**

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