



August 2020 Online Classes & Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11-12 Lingnan Chinese Brush Painting (#7650) 3 1:00-1:40 "PinkRose" Online Office Hours (#7561)	11-12 Line Dance* (#7556) 4 <ul style="list-style-type: none"> • must complete waiver form before class 1-2 Cantonese for Beginners (#7546)	11-12 Workshop: "Understanding Alzheimer's & Dementia" (#7575) 5 1:00-1:40 "PinkRose" Online Office Hours (#7561)	10-11 Learning Chinese Culture in America Guest Speaker Series: "Discovering the Hidden Histories of San Jose Japantown" (#7733) 6 Healthy Cooking (NO CLASS)	11-12 Lingnan Chinese Brush Painting (#7650) 7 1-1:40 Educational Online Field Trip (#7558)
11-12 Lingnan Chinese Brush Painting (#7650) 10 1:00-1:40 "PinkRose" Online Office Hours (#7561)	11-12 Line Dance* (#7556) 11 <ul style="list-style-type: none"> • must complete waiver form before class 1-2 Cantonese for Beginners (#7546)	1:00-1:40 "PinkRose" Online Office Hours (#7561) 12	10-11 Learning Chinese Culture in America (#7547) 13 2-3 Healthy Cooking: Rack of Lamb (#7560)	11-12 Lingnan Chinese Brush Painting (#7650) 14 1-1:40 Educational Online Field Trip (#7558)
11-12 Lingnan Chinese Brush Painting (#7650) 17 1:00-1:40 "PinkRose" Online Office Hours (#7561)	11-12 Line Dance* (#7556) 18 <ul style="list-style-type: none"> • must complete waiver form before class 1-2 Cantonese for Beginners (#7546)	1:00-1:40 "PinkRose" Online Office Hours (#7561) 19	Learning Chinese Culture in America (NO CLASS) 20 2-3 Healthy Cooking: Grilled Pork Ribs (#7560)	11-12 Lingnan Chinese Brush Painting (#7650) 21 Educational Online Field Trip (NO CLASS)
1:00-1:40 "PinkRose" Online Office Hours (#7561) 24	11-12 Line Dance* (#7556) 25 <ul style="list-style-type: none"> • must complete waiver form before class 1-2 Cantonese for Beginners (#7546)	1:00-1:40 "PinkRose" Online Office Hours (#7561) 26	10-11 Learning Chinese Culture in America (#7547) 27 2-3 Healthy Cooking: Chicken Soup (#7560)	1-1:40 Educational Online Field Trip (#7558) 28

"PinkRose" Online Office Hours (NO CLASS) **31**

All ACCC activities will be presented in Chinese and English. Welcome to ages 50+ to join. To register and receive a class Zoom link, please contact **Rosie Chow (rchow@avenidas.org)** and/or **Pinki Fung (pfung@avenidas.org)**

Note: Class schedule may change or cancelled due to the shelter-in-place order or restrictions.



2020年8月份網上活動及課程

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週一	週二	週三	週四	週五
11-12 中國國畫班-嶺南畫派 (#7650) 3 1:00-1:40 (#7561) 網上中心服務時間	11-12 排舞班* (#7556) 4 • 上課前必須完成自負責任同意表 1-2 廣東話入門 (#7546)	11-12 了解阿滋海默症和失智症-邀請阿滋海默症協會主講 (#7575) 5 1:00-1:40 (#7561) 網上中心服務時間	10-11 探索聖荷西日本城背後的隱藏歷史 (#7733) 6 美味人生 (暫停)	11-12 中國國畫班-嶺南畫派 (#7650) 7 1-1:40 網上遊學團 (#7558)
11-12 中國國畫班-嶺南畫派 (#7650) 10 1:00-1:40 (#7561) 網上中心服務時間	11-12 排舞班* (#7556) 11 • 上課前必須完成自負責任同意表 1-2 廣東話入門 (#7546)	1:00-1:40 (#7561) 網上中心服務時間 12	10-11 中華文化風俗介紹 (#7547) 13 2-3 美味人生: 羊架 (#7560)	11-12 中國國畫班-嶺南畫派 (#7650) 14 1-1:40 網上遊學團 (#7558)
11-12 中國國畫班-嶺南畫派 (#7650) 17 1:00-1:40 (#7561) 網上中心服務時間	11-12 排舞班* (#7556) 18 • 上課前必須完成自負責任同意表 1-2 廣東話入門 (#7546)	1:00-1:40 (#7561) 網上中心服務時間 19	中華文化風俗介紹 (暫停) 20 2-3 美味人生: 豬排骨 (#7560)	11-12 中國國畫班-嶺南畫派 (#7650) 21 網上遊學團 (暫停)
1:00-1:40 (#7561) 24 網上中心服務時間	11-12 排舞班* (#7556) 25 • 上課前必須完成自負責任同意表 1-2 廣東話入門 (#7546)	1:00-1:40 (#7561) 網上中心服務時間 26	10-11 中華文化風俗介紹 (#7547) 27 2-3 美味人生: 雞湯 (#7560)	1-1:40 網上遊學團 (#7558) 28

網上中心服務時間 (暫停) **31**

Avenidas華人社區中心所有活動和課程將以中英文進行。歡迎50歲或以上學員報名參加!。敬請各學員預先發電郵給我們報名登記出席! 如果您對我們的課程有興趣或疑問, 請我們聯繫 Rosie Chow (rchow@avenidas.org) 或 Pinki Fung (pfung@avenidas.org)

請注意: 中心課程可能因應居家避疫令或其限制而作出課程變動及影響或課程有可能被取消。