


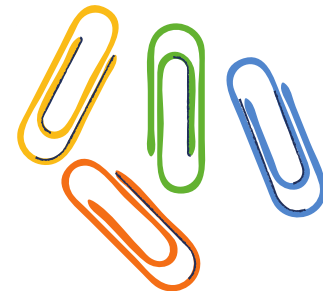
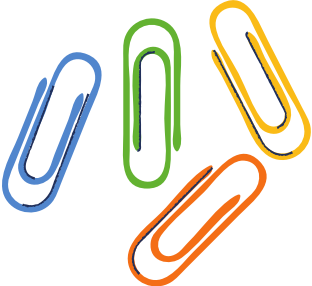


# September 2020 Online Classes & Activities

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| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <br> Like us on Facebook | <b>11-12 Line Dance* (#7556) 1</b><br><ul style="list-style-type: none"> <li>• must complete waiver form before class</li> </ul> <b>1-2 Cantonese for Beginners (#7546)</b>  | <b>2</b><br><b>1-1:40 "PinkRose" Online Office Hours (#7561)</b>  | <b>3</b><br><b>10-11 Learning Chinese Culture in America (#7547)</b><br><b>2-3 Healthy Cooking: Dessert (#7560)</b>   | <b>4</b><br><b>CENTER CLOSED</b>                              |
| <b>7</b><br><b>LABOR DAY - HOLIDAY CENTER CLOSED</b>   | <b>11-12 Line Dance* (#7556) 8</b><br><ul style="list-style-type: none"> <li>• must complete waiver form before class</li> </ul> <b>1-2 Cantonese for Beginners (#7546)</b>  | <b>9</b><br><b>1-1:40 "PinkRose" Online Office Hours (#7561)</b>  | <b>10</b><br><b>10-11 Learning Chinese Culture in America (#7547)</b>   | <b>11</b><br><b>1-2 Educational Online Field Trip (#7558)</b> |
| <b>14</b><br><b>1-1:40 "PinkRose" Online Office Hours (#7561)</b>  | <b>11-12 Line Dance* (#7556) 15</b><br><ul style="list-style-type: none"> <li>• must complete waiver form before class</li> </ul> <b>1-2 Cantonese for Beginners (#7546)</b> | <b>16</b><br><b>1-1:40 "PinkRose" Online Office Hours (#7561)</b>   | <b>17</b><br><b>10-11 Learning Chinese Culture in America (#7547)</b>   | <b>18</b><br><b>1-2 Educational Online Field Trip (#7558)</b> |
|  <b>21</b><br><b>1-1:40 "PinkRose" Online Office Hours (#7713)</b>                                       | <b>22</b><br><b>11-12 Line Dance* (#7556)</b><br><ul style="list-style-type: none"> <li>• must complete waiver form before class</li> </ul>                                  | <b>23</b><br><b>11-12 Alzheimer's Workshop: "Effective Communication Strategies" (#7576)</b>  | <b>24</b>   | <b>25</b>   |
| <b>9:30-10:15 Gentle Yoga DEMO (#7696) 28</b><br><b>10:30-12 Lingnan Brush Painting (#7686)</b><br><b>1-1:40 "PinkRose" Online Office Hours (#7713)</b>                                    | <b>29</b><br><b>11-12 Line Dance* (#7689)</b><br><ul style="list-style-type: none"> <li>• must complete waiver form before class</li> </ul>                                  | <b>10:30-11:30 Second Harvest Food Bank Connection (#7690) 30</b><br><b>2-3 Annual Moon Festival &amp; Virtual Food Celebration (#7715)</b> | <p>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 <b>Rosie Chow (rchow@avenidas.org)</b> and/or <b>Pinki Fung (pfung@avenidas.org)</b></p> <p>Note: Class schedule may change or be cancelled due to the shelter-in-place orders or restrictions.</p> |   |



# 2020年9月份網上活動及課程

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| 週一   | 週二   | 週三   | 週四   | 週五                             |
|--|--|--|--|--------------------------------|
| <br> Like us on Facebook | <b>1</b><br>11-12 排舞班* (#7556)<br>• 上課前必須完成自負責任同意表<br><br>1-2 廣東話入門 (#7546)  | <b>2</b><br>1-1:40 網上中心服務時間 (#7561)  | <b>3</b><br>10-11 中華文化風俗介紹 (#7547)<br><br>2-3 美味人生: 甜點 (#7560)   | <b>4</b><br>中心休息               |
| <b>7</b><br>美國勞動節假期<br>中心休息  | <b>8</b><br>11-12 排舞班* (#7556)<br>• 上課前必須完成自負責任同意表<br><br>1-2 廣東話入門 (#7546)  | <b>9</b><br>1-1:40 網上中心服務時間 (#7561)  | <b>10</b><br>10-11 中華文化風俗介紹 (#7547)  | <b>11</b><br>1-2 網上遊學團 (#7558) |
| <b>14</b><br>1-1:40 (#7561)<br>網上中心服務時間  | <b>15</b><br>11-12 排舞班* (#7556)<br>• 上課前必須完成自負責任同意表<br><br>1-2 廣東話入門 (#7546) | <b>16</b><br>1-1:40 網上中心服務時間 (#7561)                                       | <b>17</b><br>10-11 中華文化風俗介紹 (#7547)  | <b>18</b><br>1-2 網上遊學團 (#7558) |
| <b>21</b><br>秋季課程開始<br><br>1-1:40 (#7713)<br>網上中心服務時間  | <b>22</b><br>11-12 排舞班* (#7556)<br>• 上課前必須完成自負責任同意表                          | <b>23</b><br>11-12 有效的溝通策略<br>-邀請阿滋海默症協會主講 (#7576)                         | <b>24</b>  | <b>25</b>                      |
| <b>28</b><br>9:30-10:15 輕柔瑜珈示範課 (#7696)<br>10:30-12 中國國畫班-嶺南畫派 (#7686)<br>1-1:40 網上中心服務時間 (#7713)  | <b>29</b><br>11-12 排舞班* (#7689)<br>• 上課前必須完成自負責任同意表                          | <b>30</b><br>10:30-11:30 食物銀行之社區資訊 (#7690)<br><br>2-3 中秋佳節網上美食文化慶祝 (#7715) | 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)<br><br>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。 |                                |