



# October 2020 Online Classes & Activities

www.avenidas.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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)**



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

<p>9:30-10:15 Gentle Yoga DEMO <b>5</b>          (#7696 - FREE) *must complete waiver form before class          10:30-12 Lingnan Brush Painting (#7686)          1-1:40 "PinkRose"          Online Office Hours (#7713)</p>	<p>11-12 Line Dance* (#7689) <b>6</b>          • must complete waiver form before class           1-2 Cantonese for Beginners (#7688)</p>	<p><b>7</b></p>	<p style="text-align: right;"><b>1</b></p> <p>10-11 Annual Moon Festival and Culture Learning Virtual Event (#7714 - FREE)</p>	<p style="text-align: right;"><b>2</b></p> <p>10:30-12 Lingnan Brush Painting (#7686)</p>
<p>9:30-10:30 Gentle Yoga <b>12</b>          (#7707) *must complete waiver form before class          10:30-12 Lingnan Brush Painting (#7686)          1-1:40 "PinkRose"          Online Office Hours (#7713)</p>	<p>11-12 Line Dance* (#7689) <b>13</b>          • must complete waiver form before class           1-2 Cantonese for Beginners (#7688)</p>	<p>9:30-10 Virtual Qigong: Baduanjin (#7717) <b>14</b>          *must complete waiver form before class          11-12 "Conversations about Dementia" Workshop (#7693 FREE)          2-3 Incredible World Food Tour (#7716)</p>	<p style="text-align: right;"><b>8</b></p> <p>10-11 Learning Chinese Culture in America (#7685) <b>15</b>           2-3 Healthy Cooking: North African Chicken Soup (#7695)</p>	<p style="text-align: right;"><b>9</b></p> <p>10:30-12 Lingnan Brush Painting (#7686)           1-2 Educational Online Field Trip (#7712)</p>
<p>9:30-10:30 Gentle Yoga <b>19</b>          (#7707) *must complete waiver form before class          10:30-12 Lingnan Brush Painting (#7686)          1-1:40 "PinkRose"          Online Office Hours (#7713)</p>	<p>11-12 Line Dance* (#7689) <b>20</b>          • must complete waiver form before class           1-2 Cantonese for Beginners (#7688)</p>	<p>9:30-10 Virtual Qigong: Baduanjin (#7717) <b>21</b>          *must complete waiver form before class          10:30-12 Presentation: Cruise of a Life Time (#7711 - FREE)          2-3 Incredible World Food Tour (#7716)</p>	<p style="text-align: right;"><b>22</b></p> <p>10-11 Learning Chinese Culture in America (#7685)           2-3 Healthy Cooking: Greek Beef Stew (#7695)</p>	<p style="text-align: right;"><b>23</b></p> <p>10:30-12 Lingnan Brush Painting (#7686)           1-2 Educational Online Field Trip (#7712)</p>
<p>9:30-10:30 Gentle Yoga <b>26</b>          (#7707) *must complete waiver form before class          10:30-12 Lingnan Brush Painting (#7686)          1-1:40 "PinkRose"          Online Office Hours (#7713)</p>	<p>11-12 Line Dance* (#7689) <b>27</b>          • must complete waiver form before class           1-2 Cantonese for Beginners (#7688)</p>	<p>9:30-10 Virtual Qigong: Baduanjin (#7717) <b>28</b>          *must complete waiver form before class           2-3 Incredible World Food Tour (#7716)</p>	<p style="text-align: right;"><b>29</b></p> <p>Learning Chinese Culture in America (NO CLASS)           Healthy Cooking (NO CLASS)</p>	<p style="text-align: right;"><b>30</b></p> <p>Educational Online Field Trip (NO CLASS)</p>



# 2020年10月份網上活動及課程

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週一	週二	週三	週四	週五
<p>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)</p> <p>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。</p>		 	<p><b>1</b></p> <p>10-11 文化學習慶中秋 (#7714 - 免費)</p>	<p><b>2</b></p> <p>10:30-12 中國國畫班 -嶺南畫派 (#7686)</p>
<p>9:30-10:15 輕柔瑜珈 示範課 (#7696 - 免費) *上課前必須完成自負責任同意表</p> <p>10:30-12 中國國畫班-嶺南畫派 (#7686)</p> <p>1-1:40 網上中心服務時間 (#7713)</p> <p><b>5</b></p>	<p>11-12 排舞班* (#7689) • 上課前必須完成自負責任同意表</p> <p>1-2 廣東話入門 (#7688)</p> <p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>	<p>10:30-12 中國國畫班 -嶺南畫派 (#7686)</p> <p>1-2 網上遊學團 (#7712)</p> <p><b>9</b></p>
<p>9:30-10:30 瑜珈課 (#7707) *上課前必須完成自負責任同意表</p> <p>10:30-12 中國國畫班 -嶺南畫派 (#7686)</p> <p>1-1:40 網上中心服務時間 (#7713)</p> <p><b>12</b></p>	<p>11-12 排舞班* (#7689) • 上課前必須完成自負責任同意表</p> <p>1-2 廣東話入門 (#7688)</p> <p><b>13</b></p>	<p>9:30-10 遙距八段锦 (#7717) *上課前必須完成自負責任同意表</p> <p>11-12 "有關失智症的話題 - 邀請阿滋海默症協會主講 (#7693 - 免費)</p> <p>2-3 國際美食博覽團 (#7716)</p> <p><b>14</b></p>	<p>10-11 中華文化風俗介紹 (#7685)</p> <p>2-3 美味人生: 北非雞肉湯 (#7695)</p> <p><b>15</b></p>	<p>10:30-12 中國國畫班 -嶺南畫派 (#7686)</p> <p>1-2 網上遊學團 (#7712)</p> <p><b>16</b></p>
<p>9:30-10:30 瑜珈課 (#7707) *上課前必須完成自負責任同意表</p> <p>10:30-12 中國國畫班 -嶺南畫派 (#7686)</p> <p>1-1:40 網上中心服務時間 (#7713)</p> <p><b>19</b></p>	<p>11-12 排舞班* (#7689) • 上課前必須完成自負責任同意表</p> <p>1-2 廣東話入門 (#7688)</p> <p><b>20</b></p>	<p>9:30-10 遙距八段锦 (#7717) *上課前必須完成自負責任同意表</p> <p>10:30-12 講座: 郵輪上的生命巡遊 (#7711 - 免費)</p> <p>2-3 國際美食博覽團 (#7716)</p> <p><b>21</b></p>	<p>10-11 中華文化風俗介紹 (#7685)</p> <p>2-3 美味人生: 希臘燉牛肉 (#7695)</p> <p><b>22</b></p>	<p>10:30-12 中國國畫班 -嶺南畫派 (#7686)</p> <p>1-2 網上遊學團 (#7712)</p> <p><b>23</b></p>
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