



January 2021 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 us at ACCC@avenidas.org



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

* = must complete waiver form before class

4	5	6	7	8
1-1:40 ACCC Online Office Hours (#7876)				
11	12	13	14	15
1-1:40 ACCC Online Office Hours (#7876)	11-12 Line Dance* (#7877)	9:30-10 Qigong Baduanjin* (#7875) 10:30-11:15 Gentle Yoga DEMO + Q&A* (#7878 - FREE) 2-3 Incredible World Food Tour (#7889)	9-9:45 Lotus Dance* (#7881 - FREE) 10-11 Learning Chinese Culture in America (#7891)	
18	19	20	21	22
MLK HOLIDAY CENTER CLOSED	11-12 Line Dance* (#7877)	9:30-10 Qigong Baduanjin* (#7875) 10:30-11:20 Gentle Yoga* (#7879) 2-3 Incredible World Food Tour (#7889)	9-9:45 Lotus Dance* (#7881 - FREE) 10-11 Learning Chinese Culture in America (#7891)	1:30-2:30 Health Workshop: "Ask a Dietitian" (#7882 - FREE)
25	26	27	28	29
10:30-12 Lingnan Brush Painting (#7687) 1:30-2:30 Mandarin Wellness Workshop: "Understanding Hospice & Palliative Care" (#7883 - FREE) ACCC Online Office Hours (No Session)	11-12 Line Dance* (#7877) 1-2 Cantonese for Beginners (#7890)	9:30-10 Qigong Baduanjin* (#7875) 10:30-11:20 Gentle Yoga* (#7879) 2-3 Incredible World Food Tour (#7889)	9-9:45 Lotus Dance* (#7881 - FREE) 10-11 Learning Chinese Culture in America (#7891)	10:30-12 Lingnan Brush Painting (#7687)



2021年1月份網上活動及課程

www.avenidas.org

週一	週二	週三	週四	週五
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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, 請聯繫 ACCC@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。

* =上課前必須完成自負責任同意表

4	5	6	7	8
1-1:40 網上中心服務時間 (#7876)				
11	12	13	14	15
1-1:40 網上中心服務時間 (#7876)	11-12 排舞班* (#7877)	9:30-10 遙距八段錦* (#7875) 10:30-11:15 輕柔瑜珈-示範課* (#7878 - 免費) 2-3 國際美食博覽團 (#7889)	9-9:45 蓮花舞* (#7881 - 免費) 10-11 中華文化風俗介紹 (#7891)	
18	19	20	21	22
美國假期 中心休息	11-12 排舞班* (#7877)	9:30-10 遙距八段錦* (#7875) 10:30-11:15 輕柔瑜珈* (#7879) 2-3 國際美食博覽團 (#7889)	9-9:45 蓮花舞* (#7881 - 免費) 10-11 中華文化風俗介紹 (#7891)	1:30-2:30 請問營養師之如何透過飲食和健康作息來預防糖尿病 線上健康講座 - El Camino 醫院華人社區促進計畫 (#7882 - 免費)
25	26	27	28	29
10:30-12 中國國畫班-嶺南畫派 (#7687) 1:30-2:30 認識安寧緩和療護 (#7883 - 免費) 網上中心服務時間 (沒課)	11-12 排舞班* (#7877) 1-2 廣東話入門 (#7890)	9:30-10 遙距八段錦* (#7875) 10:30-11:15 輕柔瑜珈* (#7879) 2-3 國際美食博覽團 (#7889)	9-9:45 蓮花舞* (#7881 - 免費) 10-11 中華文化風俗介紹 (#7891)	10:30-12 中國國畫班-嶺南畫派 (#7687)