

Avenidas Chinese Community Center

Avenidas 華人社區中心

Avenidas Chinese Community Center activities are bilingual in English and Mandarin.

All ACCC classes are offered on Zoom only. 

Space is limited. Pre-registration is required. Email accc@avenidas.org.


ACCC Online Office Hours: **Mondays, April 25 to June 6, 1 to 1:40pm, free #8676**

Registration opens March 7 for members and March 17 for non-members.

Avenidas will be closed May 30 for Memorial Day.



Avenidas 華人社區中心活動是以英文及國語進行。

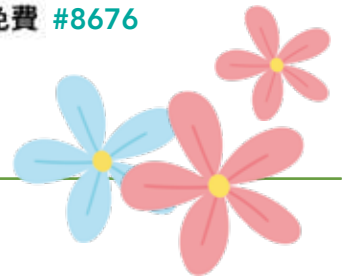
所有 ACCC 課程將以 zoom 呈現。 

名額有限,各項活動必須預先報名登記。登記程序: accc@avenidas.org

ACCC 網上中心服務時間: 週一, 4 月 25 日至 6 月 6 日, 下午 1 時至 1 時 40 分, 免費 #8676

週一, 3 月 7 日開放會員登記報名, 非會員登記報名將於週四, 3 月 21 日開始。

Avenidas 將於 5 月 30 日公眾假期休息。



創意美術及音樂

攝出書妙人生 – 數碼相機攝影初階課程

導師: 沈茂林

攝影就是一項能鍛煉腦筋、提升認知能力的活動,有助預防腦退化,亦可提升自信。而數碼拍攝科技令初學者的學習成本和時間大大減少。這個初階課程會教授一些最基本攝影原理和技巧,認識影像不同的表達方式。通過不同的影像閱讀,令學員能初步對攝影有較全面的基本認識。學員們在指導下將完成一些簡單的影像習作,並於課堂上檢視。

Chris 是一位資深專業攝影師,有十五年經驗,亦贏得無數國際獎項。

*備註:學員須自備相機,初班可以用智能手機

週三, 4 月 13 日至 5 月 18 日,

上午 10 時 30 至 11 時 30 分, \$40/\$65 #8661

Creative Arts

Digital Photography—A Beginners Class

Instructor: Chris Shum

Photography is an excellent activity that can help to keep the brain active, improve cognitive power, and boost memory in seniors. Digital photography makes learning a lot easier for beginners. In this beginner's class, we will teach you some basic principles and techniques of photography. You will learn the different methods to express the subjects through your images. By understanding and critiquing different images, you will have a good first step in photography basics. Students will complete simple assignments with guidance and will share their work in class. Chris has been a professional photographer for over 15 years. He has been awarded in many international photography contests.

*Participants are required to have their own photography device. Smartphones are OK.

Wednesdays, April 13 to May 18, 10:30 to 11:30am, \$40/\$65, #8661

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老師, 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!

名額有限, 請從速預先報名。

週一及週五, 上午10時30至12時,

課程 1: 4月11日至5月6日, \$40/\$65 #8663

課程 2: 5月16日至6月13日, (5/30 沒課) \$40/\$65 #8665

ACCC 網上K歌

讓我們一起歡天喜地歌出好心情! 歡迎提前電郵遞交您喜歡的歌曲及附上YouTube鏈接給我們, 可親的網紅DJ可替您優先添加至播放列表中喔。任何語言都歡迎! 趕快拿起你的耳機聽筒(含麥克風), 便可華麗轉身成為明日網紅! 我們歡迎啦啦隊, 粉絲及愛舞愛動的你出席參與! 名額有限, 敬請預先登記出席。

週五, 4月29日至6月10日, 下午1時至2時, 免費/\$35 #8674

養生運動



遙距八段錦運動

八段錦鍛煉可以改善您的身心健康。班上資深的八段錦義工帶領下將遙距指導學員完成八段錦。加入我們這30分鐘的小組練習。

*上課前必須完成自負責任同意表。

進階班: 週一, 4月11日至6月13日, 下午2時30至3時, (no class: 5/30), 免費, #8672

*進階班學員必須先完成我們之前的遙距八段錦課程。

歡迎初學者: 週三,

4月13日至6月15日, 上午9時30至10時, 免費, #8671

Chinese Brush Painting—Lingnan Painting Style

Instructor: Andrew Siu

Andrew Siu is an internationally recognized teacher 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. Space is limited.

Pre-registration required.

Mondays and Fridays, 10:30am to noon

Session 1: April 12 to May 6, \$40/\$65 #8663

Session 2: May 16 to June 13 (no class: 5/30), \$40/\$65 #8665

ACCC Online Karaoke

Sing your heart out to your favorite songs! Send your favorite songs with YouTube links in any language to us in advance and our virtual DJ will add them to the playlist. Hurry up! Grab your headset (with microphone) and become a virtual super star in no time! We welcome cheerleaders, followers, and anyone who loves dancing along with music to join.

Space is limited. Pre-registration is required.

Fridays, April 29 to June 10, 1 to 2pm, free/\$35 #8674

Fitness



Virtual BaDuanJin Exercise

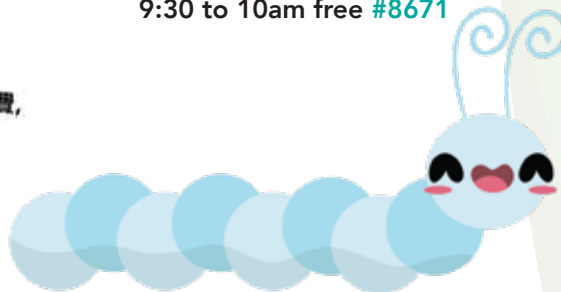
BaDuanJin exercise helps to improve your mind and body. Join us for this 30-minute virtual group exercise practice. A volunteer facilitator will guide you through *Eight Pieces of BaDuanJin* session.

*Participants must complete a waiver prior to class.

Intermediate Level: Mondays, April 11 to June 13, (no class 5/30), 2:30 to 3pm, free #8672

*Intermediate students must have completed at least ONE quarter of BaDuanJin class with us.

Welcome Beginners: Wednesdays, April 13 to June 15, 9:30 to 10am free #8671



ACCC 排舞班

導師:游光騰及許秋英

這非一般的舞蹈課! 在學習新步法的同時又能鍛煉大腦和身體。增強平衡力。配合時尚國際流行的輕快音樂。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。

*上課前必須完成自負責任同意表。

週二, 4月12日至6月14日, 上午11時至12時, 免費/\$35 #8673

蓮花舞健身運動

導師: 陳曉茜, VivAsia

蓮花舞為有氧舞蹈運動, 舞蹈能讓你增添活力, 提昇個人鍛鍊指數。課程將結合不同的亞洲舞蹈風格。音樂和文化潮流。帶來有趣的運動新體驗。課程包括風格多樣的舞蹈(扇形舞蹈。太極打鼓。寶萊塢。班達里舞等)及文化氣息。以帶來有趣的舞蹈運動新體驗。參加者可以一邊跳舞一邊坐著或站立。並會使用水果。筷子。毛巾等家居用品作舞具!

*上課前必須完成自負責任同意表。

週五, 4月15日至6月10日,
上午9時30至10時15分, 免費, #8664

探索文化



國際美食博覽團

隊長導師: 勵老師

帶您網上遨遊各國。八週課堂中我們探討特別的傳統風味美食及瞭解當地的文化背景。趣味和資訊並重。請跟我們尋找美食一起穿梭不同的大城小市!

週三, 4月27日至6月15日下午2時至3時, (5/4沒課),
免費/\$35 #8667

特別活動, 必須於4/27前預先登記:

ACCC 國際美食博覽團之網上母親節下午茶

週三, 5月4日, 下午2時至3時, 免費活動 #8675

ACCC Line Dancing

Instructors: Kent You & Sandy Hsu

Not your usual line-dancing Zoom 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!

*Participants must complete a waiver prior to class.

Tuesdays, April 12 to June 14, 11am to noon,
free/\$35 #8673

Lotus Dance Fitness

Instructor: Corinna Shi, VivAsia

Add the "spice of culture" to your personal fitness program! Lotus Dance is an aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes include different styles of dance (fan dance, taiko drumming, Bollywood, bandari and more) with cultural props for a fun experience. Participants can sit or stand while dancing and use household items such as fruit, chopsticks, towels and more!

*Participants must complete a waiver prior to class.

Fridays, April 15 to June 10, 9:30 to 10:15am,
free #8664

Cultural



Incredible World Food Tour Tour Guide: Ingrid Lai

On this 8-week virtual Food Tour of the World, you will get a "taste" of the local cuisine and learn about the culture at each stop on this wonderful journey. Visit local restaurants, night markets, street food vendors, and home cooks in Taiwan, India, Paris, and more!

Wednesdays, April 27 to June 15, 2 to 3pm, (no class: 5/4), free/\$35, #8667

Special event, RSVP required by 4/27:

ACCC Incredible World Food Tour: Mother's Day
Virtual Afternoon Tea

Wednesday, May 4, 2 to 3pm, free #8675

廣東話入門

導師: 勵老師

誠意邀請您參加這有趣又好玩的60分鐘互動學習,課程後,學員將可運用簡單的基本廣東話與朋友交流。

週二, 4月19日至6月7日下午1時至2時, 免費/\$35
#8666

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·文學和中西文化背景學習, 探索中華文化。課程內容設計以時令季節為主, 趣味討論各種傳統節日之起源和習俗。

週四, 4月21日至6月2日, 上午10時至11時, 免費/\$35
#8668

特別活動, 必須於 5/1 前預先登記:

ACCC 網上母親節及墨西哥五五節

週四, 5月5日, 上午10時至11時, 免費 #8669

特別活動, 必須於 5/25 前預先登記:

ACCC 網上賀端午文化學習活動

週四, 6月2日, 上午10時至11時, 免費 #8670

Introduction to Cantonese

Instructor: Ingrid Lai

Join a 60-minute interactive, fun online learning environment with other friends. By the end of the class, you will be able to hold basic conversation with other Cantonese speakers.

Tuesdays, April 19 to June 7, 1 to 2pm, free/\$35
#8666

Learning Chinese Culture in America

Instructor: Andrew Chang

Learn and explore Chinese Culture through stories, folklore, songs, literature, and belief influenced by religion, superstitions, and philosophies. Whenever possible, discussions of origins and customs of various festivals will coincide with events occurring in the current quarter.

Thursdays, April 21 to June 2, 10 to 11am, free/\$35,
#8668

Special event, RSVP required by 5/1:

ACCC Virtual Cinco De Mayo and Mother's Day
Thursday, May 5, 10 to 11am, free #8669

Special event, RSVP required by 5/25:

ACCC Dragon Boat Festival Cultural Learning
Virtual Event
Thursday, June 2nd, 10 to 11am, free #8670

