

WWW.AVENIDAS.ORG

# JULY 2023 ACCC CLASSES AND ACTIVITIES

**MOST ACCC ACTIVITIES WILL BE PRESENTED IN BOTH CHINESE AND ENGLISH ONLINE, EXCEPT WHERE NOTED. AGES 50+ ARE WELCOME TO JOIN. TO REGISTER AND RECEIVE A CLASS ZOOM LINK, PLEASE CONTACT US ACCC@AVENIDAS.ORG**

**\*FREE CLASSES IN GREEN**  
Note: Class schedule subject to change

**ACCC OFFERS ONLINE, HYBRID AND IN-PERSON CLASSES MON TO FRI. \*THE CENTER IS OPEN 9AM 3PM BY APPOINTMENT ONLY. AVENIDAS MEMBERS HAVE PRIORITY ACCESS FOR ADVANCE BOOKING.**

**IN-PERSON CLASS, MUST SIGN UP IN ADVANCE^**
















































**ONLINE ONLY** **HYBRID CLASS^**

ACCC@AVENIDAS.ORG



Avenidas 華人社區中心  
Chinese Community Center

**\*=MUST COMPLETE WAIVER FORM BEFORE CLASS. +=PRE-REGISTRATION FREE EVENT, PLEASE REGISTER ONE-WEEK IN ADVANCE.**  
**^= IN-PERSON CLASS SPACE IS LIMITED. MEMBERS HAVE PRIORITY, ALL PARTICIPANT MUST REGISTER ONE WEEK IN ADVANCE.**  
**THE WAITING LIST IS AVAILABLE. !MASKS ARE RECOMMENDED. PLEASE STAY HOME IF YOU ARE SICK.**

MON		TUE		WED		THU		FRI	
3		4		5		6		7	
<div></div> <p>ACCC CENTER CLOSED</p>				<div></div>		<div><p>1:15-2:45PM TAI CHI AT 450 BRYANT #9566</p></div>		<div><p>1-3PM KARAOKE #9571</p></div> <div></div>	
10		11		12		13		14	
<div></div> <div><p>10AM-1PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE</p></div>		<div></div>		<div><p>11AM-12:30PM CLUB MEMBER CREATIVE "WE ROCK!" PAINTING #9725</p></div> <div><p>12:30-2PM CLUB MEMBER CANTONESE BROWN BAG SOCIAL</p></div>		<div></div> <div><p>9-10AM TECHNOLOGY IN MANDARIN</p></div> <div><p>11:30AM-2:30PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE</p></div> <div><p>1:15-2:45PM TAI CHI AT 450 BRYANT #9566</p></div>		<div><p>10:30AM-12PM CLUB MEMBER LINGNAN STYLE PAINTING</p></div> <div><p>1-3PM KARAOKE #9571</p></div>	
17		18		19		20		21	
<div><p>10AM-1PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE</p></div>		<div></div> <p>11AM-12PM LINE DANCE* #9563   #9562</p>		<div></div> <div><p>9:20-10:15AM BEGINNER BADUANJIN* #9561   #9559   #9560</p></div> <div><p>10:30-12:30PM PING PONG CLUB TWO OR FOUR PLAYERS MUST BE MEMBERS. RESERVE ADVANCE ONLY</p></div>		<div></div> <div><p>9-10AM TECHNOLOGY IN MANDARIN</p></div> <div><p>11:30AM-2:30PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE</p></div> <div><p>1:15-2:45PM TAI CHI AT 450 BRYANT #9566</p></div>		<div></div> <div></div> <div><p>9:20-10:05AM LOTUS DANCE* #9565   #9564</p></div> <div><p>11-12PM SINGINGSONGS IN CHINESE WITH UKULELE #9569   IP#9570</p></div> <div><p>1-3PM KARAOKE #9571</p></div>	
24		25		26		27		28	
<div><p>10AM-1PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE</p></div> <div><p>2:20-3PM INTERMEDIATE BADUANJIN* #9558</p></div>		<div></div> <p>11AM-12PM LINE DANCE* #9563   #9562</p> <div><p>1-2PM REMEMBER THIS SONG? #9581   #9580</p></div>		<div></div> <div><p>9:20-10:15AM BEGINNER BADUANJIN* #9561   #9559   #9560</p></div> <div><p>10:30-12:30PM PING PONG CLUB TWO OR FOUR PLAYERS MUST BE MEMBERS. RESERVE ADVANCE ONLY</p></div>		<div></div> <div><p>9-10AM TECHNOLOGY IN MANDARIN</p></div> <div><p>11:30AM-2:30PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE</p></div> <div><p>1:15-2:45PM TAI CHI AT 450 BRYANT #9566</p></div>		<div></div> <div></div> <div><p>9:20-10:05AM LOTUS DANCE* #9565   #9564</p></div> <div><p>11-12PM SINGINGSONGS IN CHINESE WITH UKULELE #9569   IP#9570</p></div> <div><p>1-3PM KARAOKE #9571</p></div>	
31		<div></div>							
10AM-1PM MAHJONG CLUB ALL FOUR PLAYERS MUST BE MEMBERS. RESERVE ONE WEEK IN ADVANCE									
2:20-3PM INTERMEDIATE BADUANJIN* #9558									

ACCC@ CUBBERLEY COMMUNITY CENTER (\*BY APPOINTMENT ONLY)  
4000 MIDDLEFIELD ROAD BUILDING H, ROOM 5, PALO ALTO, CA 94303

LEAVE MSG (650)289-5416



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# 2023年7月份 ACCC課程及活動

除非特別註明，所有活動和課程將以網上中英文進行。歡迎50歲或以上學員報名參加。如欲登記網上課程或活動，敬請預先發電郵給我們報名登記！

如有問題，請電郵給我們聯絡

ACCC@avenidas.org

\*免費課程以綠色顯示  
註：所有課程均有變動或取消的可能。

本中心提供週一至週五網上、實體現場混合課程。\*ACCC 華人社區中心實體中心目前僅限上午9至下午3時預約，AVENIDAS 會員可優先預約活動。

實體現場課程，必須預先登記註冊^



只限網上



混合課程^



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\*上課前必須完成自負責任同意表。+=預先登記免費活動，請一週前登記出席。  
^=實體現場課程名額有限，會員優先，各學員必須預先一週前登記註冊。等候名單開放中。  
!現場上課時建議配戴口罩，如有不適，請留於家中休息。

星期一

星期二

星期三

星期四

星期五

3  ACCC 中心休息	4  ACCC 中心休息	5 	6  1:15-2:45PM 李靖大師 太極拳 @450 BRYANT #9566	7  1-3PM K歌歡樂時光 #9571
10   10AM-1PM 智力麻將必須每桌滿四位會員並提前一周預約	11   10AM-1PM 智力麻將必須每桌滿四位會員並提前一周預約	12  11AM-12:30PM 會員創意“我們搖滾”石繪畫美術組 #9725  12:30-2PM 會員廣東話自備午餐聯誼會小組	13  9-10AM通訊科技國語電腦班  11:30AM-2:30PM 智力麻將必須每桌滿四位會員並提前一周預約  1:15-2:45PM 李靖大師 太極拳 @450 BRYANT #9566	14  10:30AM-12PM 嶺南派國畫研習組  1-3PM K歌歡樂時光 #9571
17  10AM-1PM 智力麻將必須每桌滿四位會員並提前一周預約	18  11AM-12PM 排舞班* #9563   #9562	19  9:20-10:15AM 八段錦初階班* #9561   #9559   #9560  10:30-12:30PM 乒乓球必須每桌滿兩位或四位會員並提前預約	20  9-10AM通訊科技國語電腦班  11:30AM-2:30PM 智力麻將必須每桌滿四位會員並提前一周預約  1:15-2:45PM 李靖大師 太極拳 @450 BRYANT #9566	21  9:20-10:05AM 蓮花舞健身運動* #9565   #9564  11-12PM 夏威夷小吉他彈唱班#9569   現場#9570  1-3PM K歌歡樂時光 #9571
24  10AM-1PM 智力麻將必須每桌滿四位會員並提前一周預約  2:20-3PM 八段錦進階班* #9558	25  11AM-12PM 排舞班* #9563   #9562  1-2PM 那些年的金曲 #9581   #9580	26  9:20-10:15AM 八段錦初階班* #9561   #9559   #9560  10:30-12:30PM 乒乓球必須每桌滿兩位或四位會員並提前預約	27  9-10AM通訊科技國語電腦班  11:30AM-2:30PM 智力麻將必須每桌滿四位會員並提前一周預約  1:15-2:45PM 李靖大師 太極拳 @450 BRYANT #9566	28  9:20-10:05AM 蓮花舞健身運動* #9565   #9564  11-12PM 夏威夷小吉他彈唱班#9569   現場#9570  1-3PM K歌歡樂時光 #9571
31  10AM-1PM 智力麻將必須每桌滿四位會員並提前一周預約  2:20-3PM 八段錦進階班* #9558				

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