



Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
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Service Location: 2400 Moorpark Ave #111, San Jose CA 95128
 General information: (408)975-2730 Eunice (184) or Jasmine (177)
 Lunch Reserve: (408)975-2374 Lunch reservation from 8:30-10:00am

Class schedule subjects to change due to special circumstance,
 AACI Senior Wellness Program reserves the rights for all changes

<p style="text-align: right;">5</p> <p>8:30-9:30am 元極舞 Yuan- Ji 9:30-11:30am 英文課 ESL</p>	<p style="text-align: right;">6</p> <p>8:30-9:30 乒乓/健身操 Ping Pong/ Exercise 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-1:30pm Line Dance (Beef w/ Five Spice 五香牛肉)</p>	<p style="text-align: right;">7</p> <p>8:30-9:00 乒乓 Ping Pong 9:00-9:30 瑜珈 Chair yoga 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-2:00pm Social Dance (Baked Spareribs 蒜香焗排骨)</p>	<p style="text-align: right;">1</p> <p>8:30-9:30 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 10:00-11:30am 太極 Tai Chi 11:30-12:00pm 營養午餐 Senior Lunch 12:15-1:30pm 唱歌 Karaoke 1:30-3:30pm Vocal Training (Pork w/ Corn Sauce 粟米燴豬肉)</p>	<p style="text-align: right;">2</p> <p>8:30-9:30am 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior lunch 12:30-2:00pm Social Dance (Baked Chicken 沙羌焗雞扒)</p>
<p style="text-align: right;">12</p> <p>8:30-9:30am 元極舞 Yuan- Ji 9:30-11:30am 英文課 ESL</p>	<p style="text-align: right;">13</p> <p>8:30-9:30 乒乓/健身操 Ping Pong/ Exercise 10:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-1:30pm Line Dance (Baked Chicken 煙焗雞下批)</p>	<p style="text-align: right;">14</p> <p>8:30-9:00 乒乓 Ping Pong 9:00-9:30 瑜珈 Chair yoga 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-2:00pm Social Dance (Baked Fish 雪菜焗魚塊)</p>	<p style="text-align: right;">8</p> <p>8:30-9:30 乒乓 Ping Pong 8:30-9:30 血壓檢查 Blood Pressure Screening 9:30-11:30am 英文課 ESL 10:00-11:30am 太極 Tai Chi 11:30-12:00pm 營養午餐 Senior Lunch 12:15-1:30pm 唱歌 Karaoke 1:30-3:30pm Vocal Training (Baked Chicken Wings 蠔油薯仔炆雞翼)</p>	<p style="text-align: right;">9</p> <p>8:30-9:30am 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior lunch 12:30-2:00pm Social Dance (Baked Fish 薑蔥焗魚塊)</p>
<p style="text-align: right;">19</p> <p>8:30-9:30am 元極舞 Yuan- Ji 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch (Baked Chicken 蠔油彩椒雞肉)</p>	<p style="text-align: right;">20</p> <p>8:30-9:30 乒乓/健身操 Ping Pong/ Exercise 9:30-10:30 急救講座 Hands-only CPR Training 10:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-1:30pm Line Dance (Steamed Pork 粉絲蛋蒸肉餅)</p>	<p style="text-align: right;">21</p> <p>8:30-9:00 乒乓 Ping Pong 9:00-9:30 瑜珈 Chair yoga 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-2:00pm Social Dance (Baked Chicken 檸檬汁焗雞扒)</p>	<p style="text-align: right;">15</p> <p>8:30-9:30 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 10:00-11:30am 太極 Tai Chi 11:30-12:00pm 營養午餐 Senior Lunch 12:15-1:30pm 唱歌 Karaoke 1:30-3:30pm Vocal Training (Baked Pork 洋蔥焗豬扒)</p>	<p style="text-align: right;">16</p> <p>8:30-9:30am 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior lunch 12:30-2:00pm Social Dance (Baked Chicken 蜜汁黑椒焗雞上批)</p>
<p style="text-align: right;">26</p> <p>8:30-9:30am 元極舞 Yuan- Ji 9:30-11:30am 英文課 ESL</p>	<p style="text-align: right;">27</p> <p>8:30-9:30 乒乓/健身操 Ping Pong/ Exercise 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-1:30pm Line Dance (Steamed Chicken 冬菇雲耳蒸雞)</p>	<p style="text-align: right;">28</p> <p>8:30-9:00 乒乓 Ping Pong 9:00-9:30 瑜珈 Chair yoga 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-2:00pm Social Dance (Beef w/ Cumin 孜然牛肉)</p>	<p style="text-align: right;">22</p> <p>8:30-9:30 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 10:00-11:30am 太極 Tai Chi 11:30-12:00pm 營養午餐 Senior Lunch 12:15-1:30pm 唱歌 Karaoke (Baked Spareribs 柱候冬菇炆排骨)</p>	<p style="text-align: right;">23</p> <p>8:30-9:30am 乒乓 Ping Pong 9:30-11:30am 英文課 ESL 11:30-12:00pm 營養午餐 Senior Lunch 12:30-2:00pm Social Dance (Braised Beef 梅子牛肉)</p>
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AACI Senior Wellness Program Activities

Welcome Seniors 55+ to join. All activities are available to register for AACI Senior Wellness Program members.
For membership fee and registration, please contact Senior Wellness Program (408)975-2339 or
Visit 2400 Moorpark Ave #111, San Jose, CA 95128, Monday to Friday 8:30am-2:00pm, weekends & holidays closed

ESL- Daily Conversation Mon to Fri 9:30-11:30am

Class is based on the principle of lifelong learning. To help support and increase the elderly's ability to communicate with others living in the USA. Class focus on Life experience, Great motivation, Building Confidence, Social Element and Memory

\$40 annually for member

J. Huang/ S. Wei

Line Dance Tuesday 12:30-1:30pm

Socialize and brain training with rhythm of music. Brain-hand- feet training all at once to maintain or even improve muscle strength, balance, endurance, and other forms of physical health in older adults. No partner needed.

\$20 quarterly for member only

S. Wei

Social Dance Wed & Fri 12:30-2:00 pm

Social Dance gives the brain and body healthy stimulations. To improve physical health to creating strong social connections that enhance self-confident. Some Basic Dance skill required.

\$20 quarterly for member only

F. Fang

Vocal Training Thursday 1:30-3:30pm

Class enhances an impressive impact to elderly daily life. Help to build more confident and more comfortable conveying ideas and thoughts during speaking. It's also support in lung exercise and overall health.

\$20/ session for member only

D. Chou

Karaoke Thursday 12:15-1:30pm

Karaoke Social offers opportunity to build friendship and social network. Practice the learning form Vocal training class and improve the strength of your voice. *Non vocal students please check availability with staffs*

For Vocal students only

No instructor

Yuan-Ji Dance Mondays 8:30-9:30am

A mixture of martial arts, physical therapy, meditation, dance and qigong exercise. This multicultural dance promotes health and well-being for elderly.

FREE for member only

A. Fung

Hands-only CPR Tue 8/20/2019 9:30-10:30am **NEW**

Helps let people know what they are able to do when an emergency has occurred. This is a hands only CPR training class.

FREE (MUST sign up with AACI Staffs)

American Red Cross

Morning Exercise Tuesdays 8:30-9:30am

Group exercise helps maintain good health and balance Build confident and new friendship.

FREE for member only

No instructor

Chair Yoga for Elderly Wed 9:00-9:30am

Chair Yoga is one of the gentlest forms of yoga. Seniors perform postures and breathing exercises with a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

\$5 quarterly for member only

M. Niwa/ A. Liu

Tai-chi (Yang-style 24 forms) Thursdays 10:00-11:30am

Class comprises gentle physical exercise & stretching with mindfulness (Yang style). It can help maintain strength, flexibility, and balance.

FREE for member only

J. Chan

Senior Nutrition Lunch Tue to Fri 11:30-12:00pm

This program designs in support to elderly healthy, socialize and independent in their communities. Lunch is serve on site no takeout or delivery available. Reserve Lunch by 10am, (408)975-2374

\$3 suggested donation fee for 60+ seniors, otherwise \$9

美亞耆英中心活動

歡迎 55 歲以上的長者來參加活動。參加活動必須為美亞耆英中心的會員。
若想了解本中心會員收費標準更多關於動登記。歡迎聯絡美亞耆英中心電話 (408)975-2339 或者
親臨本中心 2400 Moorpark Ave #111, San Jose, CA 95128,
活動中心開放時間為週一至週五早上 8:30 到下午 2:00, 週末和特別節日將不開放

英文班- 對話

週一至週五 早上 9:30 到 11:30

本課程內容包括互動對話，促進長者學習興趣，提升美國文化及知識從而增加生活樂趣及體驗，使長者生活更有動力及建立自信心及了解社會文化元素及練習記憶力以保持身心健康

\$40/每年只限會員

J. Huang/ S. Wei

排舞

週二下午 12:30 到 1:30

本課程綜合音樂韻律來幫助訓練大腦和交流能力。大腦，手和腳一起來維持或加強肌肉的力道，平衡度耐力...等, 促進長者健康。本課程歡迎個人參加。

\$20/每期只限會員

S. Wei

社交舞

週三和週五下午 12:30 到 2:00

本課程幫助長者大腦訓練及身體協調，長者將學習各種社交舞蹈，幫助身心健康及提升自信，本課程需有基本舞蹈基礎。

\$20/每期只限會員

F. Fang

唱歌班

週四下午 1:30-3:30

本課程提升長者日常生活質素，幫助建立自信心和增長交談中的表達能力及自我想法，課程還可幫助肺功能鍛練

\$20/每期只限會員

D. Chou

卡拉 OK

週四 下午 12:15-1:30

社交時間給予長者交友機會，認識社區及建立友誼，本課程特別開放結唱歌班學員們，提供練習機會及加強聲線。非唱歌班學員/ 其他會員必須預先與中心登記

唱歌班學員免費

長者互動時間

元極舞

週一早上 8:30 到 9:30

元極舞綜合跳舞，太極，物理治療以及”氣”運動，健康的舞姿配合優雅音樂進行。這個課程可以幫助長者健康。

會員免費

A. Fung

基本心肺復甦術急救課程

週二 8/20/2019 早上 9:30 到 10:30 **NEW**

本講座包括基本心肺復甦術常識及學習如何在緊急狀況下提供急救幫助。請注意本課程為基本知識班，完成課程後將不獲發證書或一切證明文件。

免費(必須預先報名, 請與美亞查詢) American Red Cross

早操

週二早上 8:30 到 9:30

團體早操提升個人健康及保持平衡力，社交時間給予長者交友機會。

會員免費

長者互動時間

長者椅子瑜珈

週三早上 9:00 到 9:30

本課程為基礎溫和瑜珈課程，課程包括一些椅子上柔和呼吸運動，動作溫和適合長者鍛練身體，提升平衡力，肌肉筋骨強度，柔軟度及靈活性和舒展身心。

\$5/每期只限會員

M. Niwa/ A. Liu

太極 (楊家二十四式)

週四早上 10:00 到 11:30

本課程綜合一般健康運動，簡單拉筋及心靈意念練習，課程幫助保持身體健康加強筋骨強度及柔軟度，改善平衡力。

會員免費

J. Chan

長者營養午餐

週二到週五 早上 11:30 到 12:00

本活動幫助提升長者營養健康，改善社交和增加獨立性。必須出席用膳，恕不提供外帶服務請於 10 點前訂午餐。

60 歲以上長者建議費用為\$3，其他人仕為\$9