



美亞耆英中心 AACI Senior Wellness Program

六月份 June 2019

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
3 8:30-9:30am 元極舞 Yuan- Ji 9:30-11:30am 英文課 ESL	4 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 (Steamed Chicken 冬菇云耳蒸雞)	5 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)	6 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 12:15-1:15pm 唱歌 Karaoke 1:15-3:15pm Vocal Training (Baked Fish 燒汁焗魚塊)	7 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 芝麻焗雞扒)
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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

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

\$25 annually for member *J. Huang/ S. Wei*

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*

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.

\$15/ session for member only *S. Wei*

Social Dance Tue, Thurs. & Fri 8:30-9:30am

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.

\$10/ session for member only *F. Fang*

Vocal Training Thursday 1:15-3:30pm

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.

\$10/ session for member only *D. Chou*

Karaoke Thursday 12:15-1:15pm

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*

\$10/ session for Vocal students only *No instructor*

AARP iPhone TEK Day Friday 6/14/2019 **NEW**

Learn to use iPhone with AARP, Classes offer in beginner & intermediate level.

Beginner class: Text, takes photos, use apps, and browse webs safely... and more

Intermediate class: Map, voice dictation, photos sharing and editing, and protecting your device...and more

Beginner: Session 1 10:30 am

Session 2 3:00 pm

Intermediate: Session 1 12:30 pm

Session 2 5:00 pm

FREE (MUST sign up with AACI Staffs) *AARP*

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.

FREE for member only *M. Niwa/ A. Liu*

Tai-chi 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

\$25/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。

\$15/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。

\$10/每期只限會員

F. Fang

唱歌班

週四下午 1:15-3:30

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

\$10/每期只限會員

D. Chou

卡拉 OK

週四 下午 12:15-1:15

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

會員及唱歌班學員免費/\$5 其他會員 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

AARP 蘋果手機課 週五 6/14/2019 **NEW**

了解如何使用蘋果手機, 課程分初級班和中級班。初級班內容包括發短信、拍攝照片、使用應用程式和安全瀏覽。中級班內容包括如何使用地圖、語音聽寫、分享跟修改照片和安全應用手機。

初級班：第一堂早上 10:30

第二堂下午 3:00

中級班：第一堂中午 12:30

第二堂下午 5:00

免費 (必須預先報名, 請與美亞查詢)

AARP

長者椅子瑜珈

週三早上 9:00 到 9:30

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

會員免費

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 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