



# Agape Community Center 愛加倍社區中心

378-18<sup>th</sup> Avenue, San Francisco, CA 94121 Phone: 415-387-7204 Fax: 415-751-6389

Website: [www.accsf.org](http://www.accsf.org)

Email: [accsf@accsf.org](mailto:accsf@accsf.org)

Office hours vary; please call 請致電諮詢辦公時間

**2025 Spring Semester: 01/07 - 05/06**

**2025 年春季班: 1月7日 - 5月6日**

**Semester Registration Fee: \$30 per student**

**報名費每季 \$30**

## Adult/Senior Program Schedule 成人及長者課程活動

### Tuesday 星期二 09:00 am - 04:00 pm

09:00am-10:00am	▪ ESL	英文
09:00am-11:15am	▪ *Chinese Painting	*國畫
10:00am-11:00am	▪ Line Dance-Beginners	初階排舞
10:00am-11:00am	▪ Karaoke (Session 1)	卡拉 OK
11:05am-11:25am	▪ Announcement	報告
11:25am-12:00pm	▪ Lunch	午餐
11:30am-1:30pm	▪ Chinese Dance	中國舞蹈
12:00pm-1:00pm	▪ Karaoke (Session 2)	卡拉 OK
12:30pm-2:45pm	▪ Free Ear Acupuncture	免費耳針服務
1:45pm-2:45pm	▪ Tai Chi	太極運動
3:00pm-4:00pm	▪ Ballroom Dance	標準舞
3:00pm-4:00pm	▪ Meridian Tapping & Stretching Health Techniques	經絡拍打與拉筋保健法 (註冊中醫師主講)

\*Please bring your own supplies

\*請自備材料和用具

### Saturday 星期六 09:30 am - 11:30 am

09:30am-10:30am	▪ Line Dance- Intermediate Every Saturday	中階排舞 (每星期六)
10:30am - 11:30am	▪ Mobile Device Q&A 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays	手機及平板電腦問答 (每月第二與第四個星期六)



Please Scan the QR code to register online

請用手機掃描左邊的二維碼在網上報名

Enrollment is required for all classes/activities. Space is limited. 所有活動和課程都需報名及繳報名費名額有限，報名從速。  
A class may be cancelled if enrollment is less than the minimum required. 請注意：如註冊人數不足，該課程有可能被取消