



AGAPE COMMUNITY CENTER

愛加倍社區中心

TUESDAY Adult Programs

星期二 成人及長者課程活動

378-18TH AVE.

9月2日-12月9日  
SEP. 2 - DEC. 9

星期二

TUESDAYS

9:00AM-10:00AM  
ROOM 201

英文 ESL CLASS

9:00AM-11:00AM  
GOSPEL CENTER  
ROOM 310

國畫 CHINESE BRUSH PAINTING  
請自備材料和用具 Please bring your own brushes and ink

10:00AM-11:00AM  
3F CHAPEL

卡拉OK KARAOKE SESSION 1

11:05AM-11:30AM  
2F FELLOWSHIP HALL

報告 ANNOUNCEMENTS

11:30AM-1:00PM  
3F CHAPEL

卡拉OK KARAOKE SESSION 2

9/9, 9/23, 10/14, 10/28  
11/11, 11/25, 12/9  
12:00PM-1:00PM

經絡拍打與拉筋保健法 MERIDIAN TAPPING & STRETCHING  
每月第二 與第四個星期二 Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month

9/9, 9/23, 10/14, 10/28  
11/11, 11/25, 12/9  
1:00PM-3:00PM

耳針服務 EAR ACUPUNCTURE  
每月第二 與第四個星期二 Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month

1:45-2:45PM  
2F FELLOWSHIP HALL

太極運動 TAI QI

FALL REGISTRATION FEE:

\$30 / STUDENT

報名費每季 \$30

Closed on 11/11 for Veterans Day and 11/27 for Thanksgiving

地址: 378 18th Ave. San Francisco, CA 94121

電話: 415-387-7204

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

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



AGAPE COMMUNITY CENTER

愛加倍社區中心

THURSDAY Adult Program

星期四 成人及長者課程活動

378-18TH AVE.

9月4日-12月11日  
SEP. 4 - DEC. 11

星期四

THURSDAYS

9:00AM-3:00PM  
2F FELLOWSHIP HALL

乒乓球 TABLE TENNIS

10:00AM-11:00AM  
2F FELLOWSHIP HALL

長者椅上伸展健康操 SENIOR CHAIR EXERCISES

10:00AM-12:00PM  
3F CHAPEL

卡拉 OK OPEN-MIC/KARAOKE

12:30PM-2:30PM  
3F CHAPEL

電影時光 MOVIE TIME

1:30PM-2:30PM  
GOSPEL HALL

中國舞蹈 CHINESE DANCING

2:00PM-3:00PM  
ROOM 201

針織班 KNITTING AND CROCHETING  
請自備材料和用具 Please bring your own yarn and needles

Closed on 11/11 for Veterans Day and 11/27 for Thanksgiving

地址: 378 18th Ave. San Francisco, CA 94121

電話: 415-387-7204

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

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

