



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

FALL REGISTRATION FEE: \$30 / STUDENT

報名費每季 \$30

9:00AM-10:00AM

英文 ESL CLASS

9:00AM-11:00AM

國畫 CHINESE BRUSH PAINTING

請自備材料和用具 Please bring your own brushes and ink

10:00AM-11:00AM

卡拉OK KARAOKE SESSION 1

11:05AM-11:30AM

報告 ANNOUNCEMENTS

11:30AM-1:00PM

卡拉OK KARAOKE SESSION 2

11:30AM-1:30PM

中國舞蹈 CHINESE DANCING A

12:00-1:00PM

9/9, 9/23, 10/14, 10/28
11/11, 11/25, 12/9

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

1:00-3:00PM

9/9, 9/23, 10/14, 10/28
11/11, 11/25, 12/9

耳針服務 Ear Acupuncture
每月第二 與第四個星期二 Every 2nd and 4th Tuesday of each month

1:45-2:45PM

太極運動 TAI QI

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



Email: 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

乒乓球 TABLE TENNIS

10:00AM-11:00AM

長者椅上伸展健康操 CHAIR EXERCISES

10:00AM-12:00PM

卡拉 OK OPEN-MIC/KARAOKE

12:30PM-2:30PM

電影時光 MOVIE TIME

1:30PM-2:30PM

中國舞蹈 CHINESE DANCING B

2:00PM-3:00PM

針織班 KNITTING AND CROCHETING

請自備材料和用具 Please bring your own yarn and needles

假如任何一項課程註冊人數不足, 本中心有權取消該課程。Classes are subject to cancellation if the minimum participant requirement is not met for that class.

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



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