



Joint Chinese College Alumni Association

美南大專院校聯合校友會風雅集

2022 Spring Zoom Class Registration

Click Here to Register: <https://forms.gle/RUJiv9M3o3scPtAC8>



Senior Yoga and Body Alignments

February – March Every Monday at 3p.m.

2/7/22-3/28/22 Limited to thirty-six members

Instructor: Carol Datta



Dance Exercise 101 & Advance Class

February – March Every Thursday at 3:00p.m.

2/3/22-3/31/22

Instructor: Aileen Don



Leisure Learning - 生活園地

Cooking Class, 生活 DIY 以及各類講座

February – March Every Wednesday at 3:00p.m.

2/2/22 -3/20/22

February - March Every Wednesday Leisure Learning Program

Date	Daily Talk 3:00pm	Cooking 3:30pm	Leisure Learning 4:00p.m.
02/02/22	Introduction	台灣小吃系列 - 彰化肉圓	果樹選擇、接種及栽培
02/09/22	COVID Health update	台灣小吃系列 - 碗粿	氣功原理、實踐、保養及療愈
02/16/22	生活小妙招	洛神花醬果凍蜜餞及飲品	Trust & Will
02/23/22	How to prepare compost	花生及草莓冰棒	East Africa Safari
03/02/22	How to deal with spam calls	How to cook a perfect steak	A Crash Course for Joint Pain, Hip and Knee Arthritis
03/09/22	Solar Panel -Save Electricity Bill	Authentic Indian Cooking	Health Concerns for Seniors
03/16/22	Field Trip - Visiting a Garden Master's Home & get Free Seeds for Your Garden		
03/23/22	Steam Cleaner	四季豆包子	The world of UFO - unidentified flying object
03/30/22	Best Fine dining Restaurants	雞肉炊飯 & 四角飯糰	Practical Investment strategies

Spring Class Registration Deadline: Saturday January 29, 2022

2022 New members Registration: Register online <https://forms.gle/N16Ved7RSoySzxqo6>

2022 Renewal Registration: Register online <https://forms.gle/BGRJwGowivZLV25L7>

FOR MORE INFORMATION or REGISTER for KICK-OFF: llc@jccaa.org

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