



康鶴耆英中心 Golden Crane Senior Center

1401 Danville Blvd., Alamo, CA 94507

Class schedule for July, 2013

七月課程表

6/18/2013

Monday 星期一		Tuesday 星期二	
9:00-9:55	太極拳 Tai-Chi 雷錦森 Samuel, 鄭秀美 Gloria, Janice Loo	9:00- 9:55	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang, Janice Loo
10:00-10:55	室內步行/韻律操 Indoor Walking/Aerobic 袁翔文 H.W. Cheng, 王幼薇 Gina Hsu	10:00-10:55	Morning Stretch & more 晨間伸展等等 Janice Loo
Kitchen 9:00-10:50	音樂教室 Music Workshop (Music Performance) 張恭政 Chester Chang (No class 7/1 & 7/8)	11:00-12:30 Lectures 講座	7/2: 許國衡 Patrick Hsu-時事座談: 談談中國夢; 美國夢; “台灣夢”
----- 11:00-12:20 Kitchen	國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen		7/9: 夏祖焯 Frederick Hsia 重要美國小說作家 - 海明威、佛克納及史坦貝克
11:00-1:30	卡拉OK -Karaoke (7/8, 7/15, 7/22) 蔡溫純 Wendy Lee		7/16: 夏祖焯 Frederick Hsia 近代日本文學 - 風雅、物哀、空寂
7/1 11:00-1:30 ***** 1:30-3:30	慶生聯誼會 (請帶菜) Monthly Birthday Celebration –Potluck ***** 康鶴攝影社 Golden Crane Camera Club	9:30-10:55 Kitchen	7/2: 魯肇煌 Stephen Lu- 詞的欣賞- Appreciation of the Chinese “ci.” 7/16: 魯肇煌 Stephen Lu- 詞的欣賞- Appreciation of the Chinese “ci.” 7/9: 魯肇煌 Stephen Lu- Committee Meeting
12:30- 2:00 Kitchen	7/8: 書法 Calligraphy -孫國忠 KC Sun 7/15: 陳思貝 Betty Kung --摺紙 Origami 7/22: 書法 Calligraphy -孫國忠 KC Sun	10:00-11:00 11:30-1:00	7/9: Yolanda Wu 許毓玲 Blood Pressure Screening- 7/16: 學做菜 “Cooking”** TBD
7/29	卡拉OK “大賽” Karaoke “team” tournament **Entry fee applied* Sign-up deadline: 7/16/13	7/30 10:00-4:45	麻將競賽 Mah-Jong Tournament** **Entry fee applied** Sign-up deadline: 7/16/13
1:40-3:40	舞蹈研習 Dance Workshop 沈慧 Amy Jong	1:00-3:00	合唱團練習 Chorus 魯肇煌 Stephen Lu,
3:45-5:00	瑜珈伸展 Yoga Stretch 吳雪芳 Fragrance, 翁惠美 May, 陳蕙玫 Rose	3:05-4:45	排舞 Line Dance 黃婉美 Amy Huang

1, Classes are free but your donations are welcome. 課堂費取自願樂捐方式.

2, (**) Activity/material fees may apply, sign up required. 有材料費, 需報名

3, For more info: Stephen Lu (925) 838-1259, Butterfly Lin (925) 820-0500 or visit www.goldencrane.org

4, Class schedule subjected to change