



康鶴耆英中心 Golden Crane Senior Center

Class Schedule for October, 2013 十月課程表

9/20/2013

| 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 |
| 9:00-10:50 | 音樂教室 Music Workshop (Popular Piano) 張恭政 Chester Chang | 11:00-12:30 Lectures | 10/1 : 許國衡 Patrick Hsu <時事座談: 烽煙又起> |
| 11:00-12:20 (Kitchen) | 國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen | | 10/8: 魯肇煌 Stephen Lu - Movie Animation 電影動化 |
| 11:00-1:30 | 卡拉OK -Karaoke (10/14, 10/21, 10/28) 蔡溫純 Wendy Lee | | 10/15: 周珞 Larry Chow -TBA |
| 12:30- 2:00 Kitchen | 10/14: 書法 Calligraphy - 孫國忠 KC Sun 10/21: 摺紙 Origami - 陳恩貝 Betty Kung 10/28: 書法 Calligraphy - 孫國忠 KC Sun | 講座 | 10/22: 伊斯曼- 伊斯曼時間 |
| 10/7 11:00-1:30 | 慶生聯誼會 (請帶菜) Monthly Birthday Potluck | 9:00-11:00 Kitchen | 10/1: 康鶴攝影社 Golden Crane Camera Club |
| 10/19 Saturday 5:30-11:00 | 六週年聯歡晚會 6th Anniversary Celebration - @ Just Dance Ballroom \$25.00 / Ticket (Poster Attached) | 10:00-11:00 11:30-1:00 | 10/8 Yolanda Wu 許毓玲 Blood Pressure Screening 10/15: 學做菜 "Cooking"*** TBA |
| 1:40-3:40 | 舞蹈研習 Dance Workshop - 沈慧 Amy Jong | 10/29 10:00-4:45 | 麻將競賽 Mah-Jong Tournament** **Entry fee applied** Sign-up deadline: 10/22/13 |
| 3:45-5:00 | 瑜珈伸展 Yoga Stretch 吳雪芳Fragrance, 翁惠美May, 陳蕙玫Rose | 1:00-3:00 | 合唱團練習 Chorus 魯肇煌 Stephen Lu |
| | | 3:05-4:45 | 排舞 Line Dance 黃婉美 Amy Huang |

1, Classes are free but 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: Call Stephen Lu (925) 838-1259, Butterfly Lin (925) 820-0500 or visit www.goldencrane.org 4, Class schedule subjected to change