



康鶴耆英中心 Golden Crane Senior Center

Class Schedule for December, 2014 十二月課程表

Monday 星期一		Tuesday 星期二	
9:00- 10:25 Kitchen	音樂教室 Music Workshop Ukulele for Beginners, 陳蕙玫 Rose Chen	9:00- 9:55	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang
9:30-10:25	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	太極拳 Tai-Chi 雷錦森 Samuel Louis, 鄭秀美 Gloria Wang
10:30-12:20 Small Rm.	國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen	9:00-11:00 Small Rm.	12/2: 康鶴攝影社 Golden Crane Camera Club
10:30-1:35	卡拉OK - Karaoke (12/8, 12/15, 12/22, 12/29) 蔡溫純 Wendy Lee	11:00-12:30	12/2: 許國衡 Patrick Hsu - 《時事座談：從 APEC 講起》 12/9: 洪娉: 笑談我的他如何面對生老病...及愛 12/16: Introducing "Readers Theater" "閱讀劇場" 示範演出-張愛玲小說 - "金鎖記" 編導: 沉浮 Teresa Yu. 12/23: 伊斯曼- 伊斯曼時間
12:30- 2:00 Small Rm.	書法 Calligraphy (12/8, 12/22, 12/29) - KC Sun 孫國忠 摺紙 Origami (12/15) - 陳恩貝 Betty Kung	Lecture 講座	
12/1 8:30-4:30	Year End Special Town Hall meeting, Open House & Anniversary Celebration (Lunch \$5.00, sign-up needed)	10:00-10:55	12/9: Yolanda Banks-Wu 許毓玲 Blood Pressure Screening - 量血壓
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
3:45-4:50	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 for registered participants. 2, For more info: Call Butterfly Lin (925) 820-0500 or visit www.goldencrane.org. 3, Class schedule subjected to change.

Specials:

Friday: 12/19 9:00 -12:00 Monthly Hiking Meet 康鶴健行會 (Details to follow)

Tuesday: 12/2, 12/9 & 12/16 10:00-12:00 Readers Theater 閱讀劇場

Tuesday: 12/2, 12/9, 12/16, & 12/23 Drawing/Sketch Class 速描 (3:00PM-4:45PM)

Tuesday: 12/30 Dumpling Festival 餃子宴 (Details to follow)