



# 康鶴耆英中心 Golden Crane Senior Center

Class Schedule for January 2015 一月課程表

12/12/2014

Monday 星期一		Tuesday 星期二	
9:00-9:55	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang	9:00- 9:55	太極拳 Tai-Chi 雷錦森 Samuel Louis, 鄭秀美 Gloria Wang
9:00- 10:25 Small Rm.	音樂教室 Music Workshop Rose Chen, Chester Chang	10:00-10:45	室內步行/韻律操 Indoor walking/Aerobic 袁翔文 H.W. Cheng, 王幼薇 Gina Hsu
10:00-11:55 (10:00-11:25 1 <sup>st</sup> Monday)	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	1/6: 康鶴攝影社 Golden Crane Camera Club 1/13: Committee meeting 1/20: Board meeting (Jan. March, July, Sept. & Nov.) 1/27: Book Club Monthly Meet (許國衡 Patrick Hsu)
12:00-3:25 (1:30-3:25 1 <sup>st</sup> Monday)	卡拉OK - Karaoke 蔡溫純 Wendy Lee	10:50-12:15	1/6: 許國衡 Patrick Hsu 《“曾經滄海難為水”：談多情詩人元稹》 1/13: 周洛 Larry Chow - Travel-Tibet 西藏風光 1/20: 白德群 Tom Pai - “聽白老師講課” 1/27: Eastman - “伊斯曼 時間”
12:00 -1:55 Small Rm.	1/12: 書法 Calligraphy – KC Sun 孫國忠 1/19: 摺紙 Origami - Betty Kung 陳恩貝 1/26: 書法 Calligraphy – KC Sun 孫國忠 國畫	Lecture 講座	
1/5/2015 11:30-1:25	慶生聯歡會 - 聚餐 Monthly Birthday Celebration – Potluck	1/27 11:00-12:30 ----- 1/13 10:00-10:45	“Cooking 學做菜” – Grace Chiu 上海菜飯 (sign up needed, Class fees) ----- Yolanda Banks-Wu Blood Pressure Screening - 量血壓
2:00 - 3:25 Small Rm.	Chinese Brush Painting 溫陳麗玉 Julia Wen	1:00-3:00	合唱團練習 Chorus 魯肇煌 Stephen Lu
3:30-4:50	瑜珈伸展 Yoga Stretch 吳雪芳 Fragrance, 翁惠美 May, 陳蕙玫 Rose	3:05-4:55	排舞 Line Dance 黃婉美 Amy Huang

## Specials:



- 1, Hiking Club Monthly Meet: Friday 1/16, 9:00 to 12:00 (Detail to follow)
- 2, iPhone/iPad Workshops: Tuesday 1/20, 3:00 to 4:45 Kenneth Kay 郭應強 (Sign up needed, small class room)
- 3, “Lapel Pin Making” Special: Tuesday 1/27 3:00 to 4:45 Guest Instructor Barbara Mahan (Sign-up needed, Material fees)

1, Classes are free for registered participants.

2, For more info- visit [www.goldencrane.org](http://www.goldencrane.org).  
Location: 1401 Danville Blvd. Alamo CA

3, Class schedule is subjected to change.