



# 康鶴耆英中心 Golden Crane Senior Center

## Class Schedule for July (7/1 to 7/15, 2014) 七月課程表

<b>Monday 星期一</b>		<b>Tuesday 星期二</b>	
9:00- 10:25 Kitchen	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 Kitchen	國畫 Chinese Brush Painting (7/14) 溫陳麗玉 Julia Wen	9:00-11:00 Kitchen	7/1: 康鶴攝影社 Golden Crane Camera Club
10:30-1:35	卡拉OK - Karaoke (7/14) 蔡溫純 Wendy Lee	11:00-12:30  Lecture 講座	7/1: 許國衡 Patrick Hsu - 《爻，燹，珏，晶——中國文字趣談》 7/8: 胡南海 John Hu (Guest Speaker from Louisiana) 摺紙藝術 Modular Origami (see flyer) 7/15: 林雅曾 Y.T. Lin - 淺談銀行: 風險管理, 社區回饋, 及銀行監理 Banking A B C: Risk Management, Community Reinvestment & Regulatory Oversight
12:30- 2:00 Kitchen	書法 Calligraphy (7/14) KC Sun 孫國忠		7/8: Yolanda Banks-Wu 許毓玲 Blood Pressure Screening - 量血壓
<b>7/7</b> 10:30-1:30	<b>慶生聯歡會 (聚餐)</b> Monthly Birthday Potluck	10:00-10:55	合唱團練習 Chorus 魯肇煌 Stephen Lu
1:40-3:40	舞蹈研習 Dance Workshop 沈慧 Amy Jong	1:00-3:00	排舞 Line Dance 黃婉美 Amy Huang
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	

1, Classes are free for registered participants. 2, For more info: Call Butterfly Lin (925) 820-0500 or visit [www.goldencrane.org](http://www.goldencrane.org). 3, Class schedule subjected to change.

**SPECIAL: Hiking Club will meet as usual - on 3<sup>rd</sup> Friday of July, August and September**  
**Friday- 7/18, 8/15 and 9/19: Monthly Hiking Meet 康鶴健行會 (9:00-12:00, Details to follow)**

**\*\*Announcement\*\*:** Alamo Women's Club building is scheduled for renovation (from Mid. July to Mid. September), all classes after 7/15 will be on hold until further notice. Stay Tune.....

“中心”場地整修工程將於七月中至九月中進行, 在這段施工期間所有課程都將暫停, 請隨時留意最新發展狀況.