



Class Schedule for May, 2014 五月課程表

Monday 星期一		Tuesday 星期二	
9:00-10:25 Kitchen	音樂教室 Music Workshop (Musical Ensembles) 張恭政 Chester Chang	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 (5/12, 5/19, 5/26) 溫陳麗玉 Julia Wen	9:00-11:00 Kitchen	5/6: 康鶴攝影社 Golden Crane Camera Club
10:30-1:35	卡拉OK -Karaoke (5/12, 5/19, 5/26) 蔡溫純 Wendy Lee	11:00-12:30	5/6: 許國衡 Patrick Hsu - 《瓊花時節談杜牧》 5/13: 魯肇煌 Stephen Lu - 民族樂派三大師:德弗札克(捷克),葛理格(挪威),西比流斯(芬蘭) 3 Maestros of Nationalism: Dvorak, Grieg & Sibelius 5/20: Peggy Huang ** - 黃英英 糖尿病 "DIABETES MELLITUS" 5/27: 伊斯曼- 伊斯曼時間
12:30-2:00 Kitchen	5/12: 書法 Calligraphy -KC Sun 孫國忠 5/19: 摺紙 Origami - 陳恩貝 Betty Kung 5/26: 書法 Calligraphy -KC Sun 孫國忠	Lecture 講座	
5/5 10:30-1:30	慶生及母親節聯歡會 * Monthly Birthday & Mother's Day Celebration "Box Lunch" for registered participants, sign-up required	10:00-10:55	5/13: 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.

- 1, 9:30-10:25 indicates time changes
- 2, 5/5: *慶生及母親節聯歡會 Monthly Birthday & Mother's Day Celebration : "Box Lunch" for registered participants, must sign-up. Flyer attached.
- 3, 5/20: **Peggy Huang, RN, CDE- an accomplished diabetes nurse and educator who co-founded the teaching center in UCSF.
About the special lecture on "Diabetes", a note from Peggy Huang: (also see the attached article)
[Thank you for your email and for organizing the diabetes talk on May 20th at the Golden Crane Senior Center.....
Focus on prevention, I will try to speak for about an hour and allow time for questions. Some of the seniors might already have diabetes; they can ask general questions relating to diabetes and diabetes management as well.]
- 4, 5/16: Monthly Hiking Meet 康鶴健行會 (9:00-12:00, Detail to follow)



***** Special Announcement:** New "Ukulele Class" by Rose Chen starting on Monday 6/16. Sign-up begins on 4/29. See flyer for info.