



# 康鶴耆英中心 Golden Crane Senior Center

12/13/15

## Class Schedule for January, 2016 一月課程表

	<b>Monday 星期一</b>		<b>Tuesday 星期二</b>
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	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	1/5: 康鶴攝影社 Camera Club Monthly Meet 1/12: Monthly Committee meeting 幹事會 1/19: "Drama 戲劇" - 沉浮 Teresa Yu. 1/26: Book Club Monthly Meet - 許國衡 Patrick Hsu
<b>Monday</b> <b>1/4</b> <b>12:00 -1:30</b>	<b>一, 二月慶生聯歡聚餐</b> <b>January &amp; February's Birthday Celebration-</b> <b>"Potluck"</b> (\$7.00 for person w/o bring foods)	10:50-12:15 Lecture 講座	1/5: 許國衡 Patrick Hsu –TBD 待定 1/12: 李宗儀 Lily Li "亂離何依" 書背後的故事。(Flyer attached) 1/19: 白德群 Tom Pai – "北宋以後唯一大家 - 元好問(詩詞文史)" 1/26: "伊斯曼 時間" - Eastman
12:00-3:25 (1/4 1:30-3:25)	卡拉OK - Karaoke 蔡溫純 Wendy Lee	12:15 -1:00	<b>Lunch Break</b>
12:30 -1:55 Small Rm.	1/11 & 1/25 書法 Calligraphy - KC Sun 孫國忠 1/18: 摺紙 Origami - Betty Kung 陳恩貝	1:00 - 3:00	合唱團練習 Chorus 魯肇煌 Stephen Lu
2:00 - 3:25 Small Rm.	Chinese Brush Painting 國畫 * 溫陳麗玉 Julia Wen <b>*(Exhibition at Orinda Library from 1/3 -1/31/2016)</b>	3:05 - 4:50 Small Rm.	<b>易筋拍打</b> Gini Lau 劉曼雲
3:30-4:50	瑜珈伸展 Yoga Stretch 吳雪芳 Fragrance, 翁惠美 May, 陳蕙玫 Rose	3:05 - 4:50	排舞 Line Dance 黃婉美 Amy Huang

### Specials:

- 1, 1/11/16: **Monday (10:30 - 12:00) - iPhone and iPad workshop by Kenneth Kay.**
- 2, 1/15/16: **Friday (9:00 - ) - Hiking Club Monthly Meet 康鶴健行會 (Details to follow).**
- 3, 1/18/16: **Monday (10:30 - 12:00) - "Story to Share" "往事" 共享 (To be monitored by Ping Chi)**

Classes are free for registered participants.

2, For more info- visit [www.goldencrane.org](http://www.goldencrane.org).

3, Class schedule is subjected to change.