



康鶴耆英中心 Golden Crane Senior Center

Class Schedule for July, 2015 七月課程表

6/24/15

| | 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 | 舞蹈研習 Dance Workshop 沈慧 Amy Jong | 9:00-10:45 Small Rm. | 7/7: 康鶴攝影社 Golden Crane Camera Club 7/14: "Readers' Theater 閱讀劇場" - 沉浮 Teresa Yu. 7/21: Documentary "Beyond Beauty-Taiwan from above" 攝影師齊柏林的一部紀錄片 - "看見臺灣" 7/28: Book Club Monthly Meet - 許國衡 Patrick Hsu |
| 10:30-12:25 Small Rm. 7/6 10:30 - 1:55 | 長者“交誼時光” Leisure Hours 聊天,喝茶(咖啡),下棋,麻將..... Chitchat, Tea, Coffee, Games, Mahjong.... 麻將 Special Mahjong Game @ Small Class Rm. Sign up please | 10:50-12:15 Lecture 講座 | 7/7: 許國衡 Patrick Hsu – “時事座談：南中國海爭端-中美會不會一戰?” 7/14: Performance By “Readers’ Theater” “閱讀劇場”演出 7/21: 白德群 Tom Pai - “蘇東坡—海南島與北歸”(續) 7/28: Eastman - “伊斯曼 時間” |
| 12:00-3:25 | 卡拉OK - Karaoke 蔡溫純 Wendy Lee | 12:15 -1:00 | Lunch Break |
| 12:30 -1:55 Small Rm. | 7/13 & 7/27 書法 Calligraphy - KC Sun 孫國忠 7/20: 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 | 3:05 - 4:50 Small Room | 易筋拍打 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, 7/14 Tuesday: 10:00-10:45 Blood Pressure Screening 量血壓 - Yolanda Banks-Wu
- 2, 7/17 Friday: **Hiking Club Monthly Meet** 康鶴健行會 (Details to follow)

1, Classes are free for registered participants. 2, For more info- visit www.goldencrane.org. 3, Class schedule is subjected to change.