



# 康鶴耆英中心 Golden Crane Senior Center

## Class Schedule for June, 2015 六月課程表

5/22/15

	<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 [6/1 10:00-11:00]	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	6/2: 康鶴攝影社 Golden Crane Camera Club 6/9: "Readers' Theater 閱讀劇場" - 沉浮 Teresa Yu. 6/16: "Readers' Theater 閱讀劇場" - 沉浮 Teresa Yu. 6/23: Book Club Monthly Meet - 許國衡 Patrick Hsu 6/30: "Readers' Theater 閱讀劇場" - 沉浮 Teresa Yu.
10:30-12:25 Small Rm.	<b>長者“交誼時光” Leisure Hours</b> 聊天,喝茶(咖啡),下棋,麻將..... <b>Chitchat, Tea, Coffee, Games, Mahjong....</b>	10:50-12:15	6/2: 許國衡 Patrick Hsu - 《端午時節憶屈原》 6/9: <b>鄭邵穎-大腸癌</b> <b>American Cancer Society- Chinese Unit</b>
6/1/2015 11:05 -1:25	<b>六月,七月慶生聯歡聚餐</b> <b>Birthday Celebration For June &amp; July</b> "Potluck" (\$7.00 for person w/o bring foods)	Lecture 講座	6/16: 白德群 Tom Pai - “蘇東坡 - 海南島與北歸” 6/23: Eastman - “伊斯曼 時間” 6/30: 陳正炘 Bob Chen “騎腳踏車需知 -談我的經驗” "Bike riding - Things to Know & My Own Experience".
12:00-3:25 [6/1 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.	6/8, 6/22 & 6/29: 書法 Calligraphy - KC Sun 孫國忠 6/15: 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	<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, **6/9** Tuesday: 10:00-10:45 Blood Pressure Screening 量血壓 - Yolanda Banks-Wu
- 2, **6/16** Tuesday: **10:50 -12:30 Cooking 學做菜**(Kitchen) – By Chris (Sign up needed. Material fees apply, details to follow)
- 3, **6/17** Wednesday: **Annual Picnic @** Osage Station Park in Danville (Sign up needed, see flyer for details)
4. **6/19** Friday, **Hiking Club Monthly Meet** 康鶴健行會 9:00 to 12:00 (Details to follow)

1, 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.