



康鶴耆英中心 Golden Crane Senior Center

10/23/15

Class Schedule for November, 2015 十一月課程表

	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 Monday, 11/2 10:00- 11:00	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	11/3: 康鶴攝影社 Camera Club Monthly Meet 11/10: Monthly Committee meeting 幹事會 11/17: "Play Reading 劇本閱讀" - 沉浮 Teresa Yu. 11/24: Book Club Monthly Meet - 許國衡 Patrick Hsu
Monday 11/2 11:05 -1:25	十月,十一月慶生聯歡聚餐 Birthday Celebration For October & November - "Potluck" (\$7.00 for person w/o bring foods)	10:50-12:15 Lecture 講座	11/3: 許國衡 Patrick Hsu "時事座談：從一個“爛攤子”講起》：“ 11/10: 美國癌症協會加州華人分會- “乳癌知多少？介紹乳癌診斷治療新趨勢”(flyer attached)
Monday 11/30 9:00-4:45	Year End Special 年終“全民大會” Town Hall Meeting, Open House, Exhibitions, & Performances (Details to follow) (Lunch \$6.00, sign-up needed)		11/17: 白德群 Tom Pai – “靖康恥” 11/24: “伊斯曼 時間” - Eastman
12:00-3:25 Monday, 11/2 1:30-3:25	卡拉OK - Karaoke 蔡溫純 Wendy Lee	12:15 -1:00	Lunch Break
12:30 -1:55 Small Rm.	11/9 & 11/23 書法 Calligraphy - KC Sun 孫國忠 11/16: 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, 11/20 Friday (9:00 -.....) - Hiking Club Monthly Meet 康鶴健行會 (Details to follow)

2, 11/23 Monday (10:30-12:00) – iPhone + iPad Workshop – Kenneth Kay (Small class room)