



鶴耆英中心 Golden Crane Senior Center

2/20/16

Class Schedule for March, 2016 三月課程表

	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 (No Class 3/8)	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 (3/7 10:00-11:25)	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	3/1: 康鶴攝影社 Camera Club Monthly Meet 3/8: Monthly Committee meeting 幹事會 3/15: "Drama 戲劇" - 沉浮 Teresa Yu. 3/22: Book Club Monthly Meet - 許國衡 Patrick Hsu
Monday 3/7 11:30 - 1:30	三, 四月慶生聯歡聚餐 March & April's Birthday Celebration- "Potluck" (\$7.00 for person w/o bring foods)	10:50-12:15 Lectures 講座	3/1: 許國衡 Patrick Hsu 《時事座談:一個大法官之死》 3/15: 白德群 Tom Pai – “蘇東坡在黃州(三之二)” 3/22: “伊斯曼 時間” - Eastman
12:00-3:25 (3/7 1:30-3:25)	卡拉OK - Karaoke 蔡溫純 Wendy Lee	10:00-12:30 Special Presentation	3/8: San Ramon Police Department: "Personal Emergency Preparedness" (See attached class description) 個人對“警急情況”之準備及需知
12:30 -1:55 Small Rm.	3/14 & 3/28: 書法 Calligraphy-KC Sun 孫國忠 3/21: 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 Rm.	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 Grace Chiu, Meiwen Chang & Lily Ma.

Specials:

- 1, 3/14/16: **Monday (10:30 - 12:00) Small Room- "Portrait Sketch" by Frank Wang, "人像素描" - 王萬淙**
- 2, 3/17/16: **Thursday (9:00 - 3:00) Hiking Club Monthly Meet & Annual Party 康鶴健行會 (Details to follow)**
- 3, 3/21/16: **Monday (10:30 - 12:00) Small Room- "Story to Share" "聽我說故事" (Monitored by Ping Chi)**
- 4, 3/28/16: **Monday (10:30 - 12:00) Small Room - "Portrait Sketch" by Frank Wang, "人像素描" - 王萬淙**
- 5, 3/29/16: **Tuesday (11:30 - 1:00) Kitchen - "Cooking" 學做菜 By Chris Ng (\$8.00, Sign up needed)**
- 6, 3/29/16: **Tuesday (9:00 - 12:30 or 2:30) Small Room - Friendly Mah-Jong Game 麻將 (4 tables Max. sign up needed)**

Classes are free for registered participants.

For more info, visit www.goldencrane.org

Class schedule is subjected to change.