



康鶴耆英中心 Golden Crane Senior Center

Class Schedule for October, 2016 十月課程表

	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	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	10/4: Camera Club Monthly Meet 10/11: Monthly Committee Meeting 幹事會 (9:30-10:45) 10/18: "Drama 戲劇" - 沉浮 Teresa Yu. 10/25: Book Club Monthly Meet - 許國衡 Patrick Hsu
10:30 - 12:00 Small Room ***** 12:00-3:25	10/3: Chinese Brush Painting "嶺南派國畫講座" 鍾維君 James Chung ***** 10/10 & 10/24: 人像素描 Portrait Sketch 王萬淙 Frank Wang, ***** 卡拉OK - Karaoke 蔡溫純 Wendy Lee	10:50-12:15 Lecture 講座	10/4: 許國衡 Patrick Hsu – 《談談“史聖”司馬遷 - 中國歷史上最倒楣的文人》 10/11: Dr. Cynthia Chiu, M.D. Ophthalmologist "Common eye conditions in the geriatric population" 年長族的眼睛狀態和疾病 10/18: 白德群 Tom Pai – “李商隱《無題》詩” (續) 10/25: “伊斯曼 時間” - Eastman
12:30 -1:55 Small Rm.	10/10 & 10/24: 書法 Calligraphy - 孫國忠 KC Sun 10/17: 摺紙 Origami - 陳恩貝 Betty Kung	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 劉曼雲 Gini Lau
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]

10/5 Wed.: Town Hall Meeting, Open House & Class Performance/Exhibition [Lunch \$10.0, sign up needed. Details to follow]

10/7 Fri.: Hiking Club Monthly Meet 康鶴健行會 [Details to follow]

10/17 Mon.: Story to Share 聽我說故事 (Small Room, 10:30 – 12:00)

10/31 Mon.: Jewelry Making Workshop - Ruby Wang (Small Room, 10:30 -12:00) [Material Fees apply, Details to follow]

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