



# 康鶴耆英中心 Golden Crane Senior Center

## Class Schedule for September, 2016 九月課程表

	<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	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00-10:45 Small Rm.	9/6: Camera Club Monthly Meet 9/13: Monthly Committee Meeting 幹事會 (9:30-10:45) 9/20: "Drama 戲劇" - 沉浮 Teresa Yu. 9/27: Book Club Monthly Meet - 許國衡 Patrick Hsu
<b>10:30 - 12:00</b> Small Room *****	<b>9/12 &amp; 9/26</b> <b>人像素描 Portrait Sketch</b> <b>王萬淙 Frank Wang,</b> ***** 卡拉OK - Karaoke 蔡溫純 Wendy Lee	10:50-12:15 Lecture 講座	9/6: 楊韻泉 YC Yang – “15年中國大陸的義務支教經歷” "My 15 Years' Volunteer work experience in China" 9/13: Dr. Philip Yang (楊磊醫師) – 養生系列 (Details to follow) 9/20: 白德群 Tom Pai – “李商隱《無題》詩” 9/27: “伊斯曼 時間” - Eastman
12:00-3:25	9/12 & 9/26 書法 Calligraphy - 孫國忠 KC Sun 9/19: 摺紙 Origami - 陳恩貝 Betty Kung	1:00 - 3:00	合唱團練習 Chorus 魯肇煌 Stephen Lu
12:30 -1:55 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
2:00 - 3:25 Small Rm.	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.
3:30-4:50			

**[Specials:]**

9/2 Fri. : Hiking Club Monthly Meet 康鶴健行會 (Details Attached)

9/7 Wed.: 9:00-10:00 羽毛球 (Coordinator- Butterfly Lin. Flyer attached)

10:00-4:30 九/十月慶生及中秋同樂 Sept./Oct.'s Birthday & Mid-Autumn Festival Celebration (Flyer attached)

**9/27 Tue. : 10:50 am to 12:30 GCSC Board meeting (Small Room)**