



# 康鶴耆英中心 Golden Crane Senior Center

1401 Danville Blvd., Alamo, CA 94507

Class schedule for November, 2011

十一月課程表

10/5/2011

<b>Monday 星期一</b>		<b>Tuesday 星期二</b>	
8:45- 9:55	太極拳 Tai-Chi 雷錦森 Samuel Louis, 鄭秀美 Gloria Wang	9:00- 9:55	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang, 王幼薇 Gina Hsu
10:00-10:50	室內步行/韻律操 Indoor Walking/Aerobic 袁翔文 H.W. Cheng, 王幼薇 Gina Hsu	10:00-11:20 Lectures 講座	11/1: 王大莊 John Wang - 音樂大師 “莫札特” “Mozart”
11:00-12:15 Kitchen	國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen		11/8: 黃蜀君 June Wang- “糖尿病”之常識 About “Diabetes” Type 2
11:00-2:00	卡拉OK -Karaoke (11/14, 11/21, 11/28) 蔡溫純 Wendy Lee	11:30-12:10	六通拳 Luk-Tung Kuen 孫國忠 K C Sun , Janice Loo
12:30- 2:00 Kitchen	11/14: 摺紙 Origami -陳恩貝 Betty Kung ** 11/21: 書法 Calligraphy -孫國忠 KC Sun ** Sign-up required	11:30-1:00 Kitchen	11/15: 伍健勝 Chris -學做菜 “French Cooking** Sign-up required
11/7 11:00-2:00	慶生聯誼會 Monthly Birthday Celebration - Potluck (請帶菜)	12:45-3:20	11/1: 呼拉舞 Hula Dance - 沈慧 Amy Jong 11/8: 合唱練習 Chorus -魯肇煌 Stephen Lu 11/15: 呼拉舞 Hula Dance- 沈慧 Amy Jong 11/22: 合唱練習 Chorus -魯肇煌 Stephen Lu
11/12 Saturday	Anniversary Celebration 週年聯歡晚會 5:00PM-9:30PM (Flyer attached)	11/29 Tuesday	Teacher's Appreciation Day 謝師會 (Details to be posted later)
2:15-3:40	中級排舞 Line Dance-intermediate 黃婉美 Amy Huang, 廖佩如 Hanna Fong		
3:45-5:00	瑜珈伸展 Yoga Stretch 吳雪芳 Fragrance, 翁惠美 May, 陳蕙玫 Rose	3:30-4:45	初級排舞 Line Dance-Beginner 黃婉美 Amy Huang, Janice Loo

1, Classes are free but your donations are welcome. 課堂費取自願樂捐方式. 2, (\*\*\*) Activity/material fees, sign up needed. 有材料費, 需報名

3, For more info: Call Amy Huang (925) 831-3488, Edith Hsieh (925) 256-6581 or visit [www.goldencrane.org](http://www.goldencrane.org) 4, Class schedule subjected to change