



康鶴耆英中心 Golden Crane Senior Center

1401 Danville Blvd., Alamo, CA 94507

Class schedule for December, 2011 十二月課程表

11/20/2011

Monday 星期一		Tuesday 星期二	
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	12/6: Amy Yu - "Healthy Life Style" (健康的生活習慣) 12/13: 電影 Movie (Movie Title TBD)
11:00-12:15 Kitchen	國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen		12/27: 伊斯曼- Eastman - 對聯 Chinese Couplets
11:00-2:00	卡拉OK -Karaoke (12/12, 12/19, 12/26) 蔡溫純 Wendy Lee	11:30-12:10	六通拳 Luk-Tung Kuen 孫國忠 K C Sun , Janice Loo
		11:30-1:00 Kitchen	12/6 陸培恩 Grace Chiu: 學做菜 Cooking ** Sign-up required
12/5 11:00-2:00	慶生聯誼會 Monthly Birthday Celebration – Potluck (請帶菜)	12/20 10:30-3:30 Tuesday	慶佳節, 迎新年 Holiday Celebration (Details to be posted later 細節將隨後公佈)
12:30- 2:00 Kitchen	12/12: 摺紙 Origami -陳恩貝 Betty Kung ** 12/19: 書法 Calligraphy -孫國忠 KC Sun ** Sign-up required	12:45-3:20	12/6: 呼拉舞 Hula Dance - 沈慧 Amy Jong 12/13: 合唱練習 Chorus -張恭政 Chester Chang 12/27: 合唱練習 Chorus -張恭政 Chester Chang
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 4, Class schedule subjected to change