



Golden Crane Senior Center

Class Schedule for February, 2009 (Only on Mondays)

二月課程活動表 (每星期一)

9:00Am-9:55Am	元極舞 Yuan-Ji Dance 江良慰 Theresa
10:00Am-10:55Am	六通拳 Luk-Tung Kuen 孫國忠 Kuo Chung
9:00Am-1:55Pm	麻將 Mah-Jong
10:00Am-11:30Am (Kitchen)	國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen
11:00Am-12:15Pm 講座 Literature/Seminars	2/16: 魯肇煌 Steve Lu - 題目未定 (TBA) 2/23: 伊思曼 Eastman - 對聯 Chinese Couplets
12:30Pm- 2:00Pm (Kitchen) No class on 2/2 and 2/9	書法欣賞 (Chinese Calligraphy Appreciation) 白德群 Tom Pai
12:20Pm-2:10Pm No class on 2/2 and 2/9	卡拉OK 大家唱 Karaoke 蔡溫純 Wendy
2/2/09 11:45Am-2:00Pm	聖拉模耆英中心 慶中國年 (午餐 \$ 5.00 需登記參加) San Ramon Senior Center-Chinese New Year Celebration (Lunch \$5.00, Sign-up needed)
2/9/09 11:30Am- 1:55Pm	聯誼會(慶生會-請帶菜) Monthly Potluck - Birthday Celebration
2:15Pm-3:40Pm	排舞 Line Dance 黃婉美 Amy
3:45Pm- 4:55Pm	瑜珈 伸展操 Yoga Stretch 吳雪芳 Fragrance

- 1, Classes are free of charge but your donations are welcome.
課堂費暫時採取自願樂捐方式.
- 2, Program Location: 1401 Danville Blvd., Alamo, CA 94507
- 3, For more info: (925) 820-0500 or www.goldencrane.org