



康鶴耆英中心

Golden Crane Senior Center

2009年 三月課程活動表 (只在星期一)

Class Schedule for March 2009 (Mondays Only)

9:00Am-9:55Am	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang
10:00Am-10:55Am	關節操, 太極十八式 伸展 運動 Tai-Chi Stretch Exercise 袁翔文 H.W. Cheng
9:00Am-2:15Pm	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	3/09: Patrick Hsu 許國衡: 瞻望世局, 牛年難過 3/16: Joyce Cheng 洪娉: 戲迷談戲, 看“梅蘭芳”有感 3/23: John Wang 王大莊: “茶花接枝”介紹及示範 3/30: Eastman 伊思曼: Chinese Couplets 對聯
12:20Pm-2:10Pm	卡拉OK 大家唱 Karaoke 魯肇煌 Steve Lu
12:30Pm- 2:00Pm (Kitchen) Except 1 st . Mon. of the Month	書法欣賞 (Chinese Calligraphy Appreciation) 白德群 Tom Pai
3/02/09 11:30Am- 1:55Pm	聯歡, 慶生會 (請帶菜) Monthly Birthday Potluck
2:15Pm-3:40Pm	排舞 Line Dance 黃婉美 Amy Huang
3:45Pm- 5:00Pm	瑜珈 伸展操 Yoga Stretch 吳雪芳 Fragrance Liu

- 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 (活動地點): 1401 Danville Blvd., Alamo, CA 94507
- 3, For more info: Call Butterfly @ (925) 820-0500 or www.goldencrane.org
任何疑問請來電給 蝴蝶@ (925)820-0500