



康鶴耆英中心 Golden Crane Senior Center  
 2010年 五月課程活動表 (只在星期一)  
 Class Schedule for May, 2010 (Mondays)

9:00AM-9:55AM	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang, 王幼薇 Gina Hsu
10:00AM-10:55AM	室內步行韻律操 Indoor Walking/Stretch Exercise 袁翔文 H.W. Cheng, 王幼薇 Gina Hsu
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	05/10: Eastman 伊斯曼 - Blood Screen for Cancer 癌症血液篩檢 05/17: Chilin Cheng 鄭期霖先生 - Green Buildings 環保綠建築 05/24: Eastman 伊斯曼 - Chinese Couplets 對聯
12:20PM-2:10PM	卡拉OK 大家唱 Karaoke 蔡溫純 Wendy Lee
12:30PM- 2:00PM Arts/Crafts 才藝時段 (Kitchen)	05/10: 陳恩貝 Betty Kung : 摺紙 Origami (***) 05/17: 孫國忠 KC Sun: 書法練習 05/24: 伍健勝 Chris Ng French Cooking “法國菜” (***)
05/03/10 11:00AM- 2:00PM	母親節和慶生聯誼會(供應午餐, \$5.00/客人) Mother's Day & Monthly Birthday Celebration- Participant-free, Guest-\$5.00 ea.
05/22/10 8:00AM-2:00PM	Garage Sale (Alamo Women's Club) Volunteers are needed
05/31/10 11:30AM-5:00PM	“同樂時光”茶會活動 “Happy Hours” Tea-Party
2:15PM-3:40PM (No class 5/31)	排舞 Line Dance 黃婉美 Amy Huang, 廖佩如 Hanna Fong
3:45PM- 4:55PM (No class 5/31)	瑜珈 伸展操 Yoga Stretch 吳雪芳 Fragrance Liu, 翁惠美 May Firman

(\*\*\*) Material fees to be determined later, need to sign up. 有材料費, 需報名

- Classes are free of charge but your donations are welcome.  
課堂費暫時採取自願樂捐方式.
- Program Location (活動地點): 1401 Danville Blvd., Alamo, CA 94507
- For more info: Call KC Sun (925) 743-1582 or [www.goldencrane.org](http://www.goldencrane.org)  
任何疑問請來電給 孫國忠 (925) 743-1582