



康鶴耆英中心 Golden Crane Senior Center
2010年六月課程活動表(只在星期一)
Class Schedule for June 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	六通拳 Luk-Tung Kuen 孫國忠 Kuo Chung Sun
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	6/14: 伊斯曼 Eastman - About your Emotion 情緒療養 6/21: 魯肇煌 Stephen Lu-From Angkor Wat to World Expo 千載的對照: 吳哥到世博 6/28: 伊斯曼 Eastman - Chinese Couplets 對聯
12:20PM-2:10PM	卡拉OK 大家唱 Karaoke 蔡溫純 Wendy Lee
12:30PM- 2:00PM 才藝時段 (Kitchen)	6/14: 陳恩貝 Betty Kung : 摺紙 Origami *** 6/21: 孫國忠 KC Sun: 書法練習 6/28: 伍健勝 Chris Ng French Cooking 學做 “法國菜” (***)
6/07/10 11:00AM-2:00PM	慶生聯誼會(請帶菜) Monthly Birthday Celebration-Potluck
6/30/10 8:30 Am-6:00PM	Field trip to State Capital - Sacramento 加州首府一日遊 (**) (Details to be announced soon, need to sign up)
2:15PM-3:40PM	排舞 Line Dance 黃婉美 Amy Huang, 廖佩如 Hanna Fong
3:45PM- 4:55PM	瑜珈 伸展操 Yoga Stretch 吳雪芳 Fragrance Liu, 翁惠美 May Firman

(**) Transportation \$20/person, sign up required. \$20.0 交通費.

(***) Material fee, need to sign up. 有材料費, 需報名

1, Classes are free of charge but your donations are welcome. 課堂費取自願樂捐方式.

2, Program Location (活動地點): 1401 Danville Blvd., Alamo, CA 94507

3, For more info: Call KC Sun (925) 743-1582 or visit www.goldencrane.org