



2017年6月課程表 Class Schedule for June 2017

星期一 Monday		星期二 Tuesday	
9:00 - 9:55	元極舞 Yuan-Ji Dance 江良慰 Theresa Wang	9:00 - 9:55	太極拳 Tai-Chi 雷錦森 Samuel Louis, 鄭秀美 Gloria Wang
9:00 - 10:25 Small Rm.	音樂教室 Music Workshop Rose Chen, Chester Chang	10:00 - 10:45	室內步行/韻律操 Indoor walking/Aerobic 袁翔文 H.W. Cheng, 王幼薇 Gina Hsu
10:00 - 11:55	舞蹈研習 Dance Workshop 沈慧 Amy Jong	9:00 - 10:45 Small Rm.	6/6: 康鶴攝影會 Camera Club Monthly Meet 6/13: 幹事會 Monthly Committee Meeting (9:30-10:45) 6/20: 戲劇 Drama - 沉浮 Teresa Yu. 6/27: 閱讀會 Book Club Monthly Meet - 許國衡 Patrick Hsu
10:30 - 12:00 Small Room	6/12 & 6/26: 人像素描 Portrait Sketch 王萬淙 Frank Wang	10:50 - 12:15 講座 Lecture	6/6: 《健康講座》老年人與摔倒 - 裴虹 Jasmine Pei 6/13: 《旅遊漫談》 Pole to Pole - 葉寧佳 Ning Yeh 6/20: 《文學講座》唐詩三百首中的七絕(續) - 白德群 Tom Pai 6/27: 《伊斯曼時間》 - Eastman
12:30 - 1:55 Small Room	6/12 & 6/26: 書法 Calligraphy - 孫國忠 KC Sun 6/19: 摺紙 Origami - 陳恩貝 Betty Kung		
12:00 - 3:25	卡拉 OK Karaoke - 蔡溫純 Wendy Lee	12:20 - 12:55	午餐時間 Lunch Time
1:30 - 3:25 Small Room	6/5: 國畫 Chinese Brush Painting 鍾維君 James Chung: “嶺南派國畫講座”	1:00 - 3:00	合唱團練習 Chorus 魯肇煌 Stephen Lu
2:00 - 3:25 Small Room	6/12, 6/19 & 6/26: 國畫 Chinese Brush Painting 溫陳麗玉 Julia Wen	3:05 - 4:50 Small Rm.	易筋拍打 劉曼雲 Gini Lau
3:30 - 4:50	瑜珈伸展 Yoga Stretch 吳雪芳 Fragrance, 翁惠美 May, 陳蕙玫 Rose	3:05 - 4:50	排舞 Line Dance Grace Chiu, Meiwen Chang & Lily Ma.

6月7日星期三端午節慶祝活動/June 7 Dragon Boat Festival Celebrations: 9am - 2:30pm (請看海報 See attached flyer for details)

星期三課程 June 7 Wednesday Class: 3pm - 5pm, 交際舞 Ballroom Dance (Please sign up at front desk)

康鶴健行會每月健行 Hiking Club Monthly Meet: June 14 Wednesday 9:45m - 11:15am (請看野餐健行海報 See attached flyer for details)

6月14日夏日野餐活動/June 14 Annual Picnic : 10:30am - 2:30pm (請看野餐健行海報 See attached flyer for details)

(1) Classes are free for registered members (2) For more info- visit www.goldencrane.org (3) Class schedule is subject to change