



2019年7月課程表 Class Schedule for July 2019 (GCSC Web Site - www.goldencrane.org)

| | 星期一 Monday | | 星期二 Tuesday |
|---|--|----------------------------|--|
| 9:00 - 9:50 | 元極舞 Yuan-Ji Dance 江良慰 Theresa Wang | 9:00 - 9:50 | 太極拳 Tai-Chi 朱天南 Tin Chu, 鄭秀美 Gloria Wang, 郭素芝 Sujer Wang |
| 9:00 - 10:20 Small Rm. | 音樂教室 Music Workshop Rose Chen, Chester Chang | 10:00 - 10:40 | 室內步行/韻律操 Indoor walking/Aerobic 王幼薇 Gina Hsu, Janice Loo |
| 10:00 - 11:50 | 舞蹈研習 Dance Workshop 沈慧 Amy Jong | 9:00 - 10:40 Small Rm. | 7/2: 康鶴攝影會 Camera Club (9:00-12:00) 7/9: 幹事會 Monthly Committee Meeting (9:50-10:50) 7/16: 待定 TBD 7/23: 閱讀會 Book Club Monthly Meet - 許國衡 Patrick Hsu |
| 10:30 - 11:55 Small Room | 7/8 & 7/22: 人像素描 Portrait Sketch 王萬淙 Frank Wang | 10:50 - 12:10 | 7/2: 時事講座: 一塊“飛地”的故事 - 許國衡 Patrick Hsu 7/9 & 16 & 23: 易筋拍打 Yi Jin Patting - 劉曼雲 Gini Lau 7/30: 講座“臨終安寧義工的感想及領悟” - 孔憲倬 <u>Lecture: Hospice Volunteer Experience - Frank Kung</u> |
| 12:30 - 1:50 Small Room | 7/15: 3D 摺紙 Origami - 陳恩貝 Betty Kung | 10:50 - 12:10 Small Rm. | 7/16: 插花 Ikebana - 張櫻晶 Tomiko Hatsushi 7/23: 旅遊報告 Travel Talk - 魯肇煌 Stephen Lu |
| 12:00 - 3:20 | 卡拉 OK Karaoke | 12:20 - 12:50 | 午餐時間 Lunch Time |
| 1:00 - 3:00 & 1:30 - 3:20 & 2:00 - 3:20 Small Room | 7/8 & 7/22 (1:00 - 3:00): 書法 Calligraphy 孫國忠 KC Sun 7/1 (1:30 - 3:20) & 7/15 (2:00 - 3:20): 國畫 Chinese Brush Painting 鍾維君 James Chung | 1:00 - 2:55 | 合唱團練習 Chorus 魯肇煌 Stephen Lu |
| 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 陸培恩 Grace Chiu, 張美文 Meiwen Chang, 宮立平 Li-Ping Kung, 廖佩茹 Hanna Fong |

星期三 Wednesday 7/3/2019:

09:30 - 10:30 易筋拍打 Yi Jin Patting (劉曼雲 Gini Lau)

10:40 - 11:40 排舞 Line Dance (陸培恩 Grace Chiu)

12:00 - 14:30 7月/8月慶生會&餘興節目(請帶菜或繳餐費\$10, 壽星免費, 7/1前登記). **BD Celebration & fun (to be continued next line)**

15:00 - 17:00 戲劇 Drama (鍾維君 James Chung) (Continue here: Potluck or \$10pp, free to BD guys, sign up by July 1)

星期五 Friday 7/12/2019: 康鶴健行會每月健行 Hiking Club Monthly Meet (電郵通知會員 Email notification to club members).