

## **From GCSC Board & Center Director**

### **康鶴耆英中心董事會和主任訊息**

Dear Members of GCSC,

Time has flown by, and we are now at the threshold of a new year once more. These past months of 2021 have been a significant time of transition for our Center, and certainly for our personal lives, particularly with the advent of the widespread vaccinations against covid. As our daily routine slowly but surely is becoming a lot less confining, we trust that the impacts of covid-19 will soon be behind all of us.

Our Center has not been spared the difficult times too. With the recent resumption of our classes at our new location in Danville that everyone loves for its quiet, spacious and functional facilities, we hope that we are starting to shake off the pandemic's weight upon us. In the two months since we re-started our activities (with appropriate safety precautions), we already feel the renewed energy of everyone who are so enthused to meet with long-time friends again at the new venue. Because of the eager participation in our activities, we are planning to expand the variety and frequency of our classes. Furthermore, our past president, Grace Chiu, and her video team are making a video to be posted on YouTube to introduce our new facility, classes and activities. To simply put it, starting afresh is such an exhilarating experience, and be assured that we will aspire to keep it going.

To keep on top of our latest developments, please visit the GCSC website [www.goldencrane.org](http://www.goldencrane.org) which also contains our Newsletter that we regularly post. We are planning a year end party on December 29, 2021, the details of which we will publicize to all members shortly. Lastly, a reminder that our membership dues of \$60.00 is due at the beginning of next year, and we thank you in advance for sending it in.

In closing, we sincerely wish to thank you once more for your patience, valued patronage and financial support to GCSC, especially in

these trying times. Due to your generous donations, you make it possible for us to carry out this important mission of ours. We humbly ask you and your friends to continue your generosity for a great cause. Donations and membership dues are be sent to:

Golden Crane Senior Center, PO Box 1314,  
160 Alamo Plaza, Alamo, CA 94507

Finally the Board would like to make the announcement that Juliana the Center Director has been named to continue her current position in 2022. The Board appreciate her valuable contributions in the past years and believe that GCSC will continue to thrive under her leadership in 2022.

Please stay healthy and safe. We wish for all to have a great holiday season at this year's end, and may we be showered with blessings for a wonderful 2022!

親愛的中心會員：

中心在 2020 三月因新冠疫情而關閉，後來陸續開辦了許多 ZOOM 課程，在互聯網上繼續維持了中心的運作。到 2021 的八九月之間，疫情的嚴重性大幅降落，年長的人也都完成了雙劑疫苗的注射，中心同時也幸運的找到了一個理想的場所 (Danville 的 Syccamore Homes Association 或 SHA)，隨即簽定了租約，從十月初開始在謹慎的安全防疫措施下，做三個月試驗性的正常開放。試辦期間很快的就是兩個月過去了，中心也很快的就順利的進入了正常軌道，並且肯定了 SHA 是一個非常理想的可以長期運作的場地。因此中心已經準備同 SHA 簽訂較長期限的合約，從 2022 年 1 月開始在這個新的場所繼續運作，讓我們大家都一同期盼和祝福一個嶄新的開始！

因為疫情的關係，在 2020 和 2021 這兩年，中心會員只需繳納一年的會費，中心現在提醒大家該是繳納 2022 會費的時候了，即日起就可以到中心的值日生桌繳納(\$60)。同時大家也知道中心每年的運作費用基本上靠的是會員的捐款，因此還希望會員們仍然一本過去愛護和支持中心的熱忱，繼續慷慨解囊捐款給中心，讓中心可以去完成開設課程，舉辦活動以及服務社區的任務與使命。  
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捐款和會費請寄: Golden Crane Senior Center  
PO Box 1314, 160 Alamo Plaza, Alamo, CA  
94507

中心準備在 12/29/2021 舉行歲末聯歡會, 詳細情形將在近日內發出海報和通知. 最後董事會鄭重宣布現任主任黃廖雪萍在 2022 年將繼續執掌中心主任職責, 康鶴耆英中心感謝她在過去兩年對中心的貢獻, 並熱烈慶賀她的連任.

### 編者的話 From the Editor

自從中心由 10 月 4 日在新地址復課以後, 很快地已經兩個月過去了, 並且很快地就走上了軌道. 正如中心董事會和主任訊息一文所述, 中心已經準備同 SHA 簽訂較長期限的合約, 從 2022 年 1 月開始在這個新的場所繼續長期的運作.

眼看歲末將至, 又將是送舊迎新的季節, 中心準備在 12/29/2021 舉行歲末聯歡會, 詳細情形將在近日內發出海報和通知.

因為許多的課程仍然採取 ZOOM 方式上課, 如果仔細審閱 GCSC 的課程表, 會發現有許多沒有排課的空檔. 本著物盡其用的原則, 中心決定開放給會員使用, 無論是舉行會議或是開辦派對, 只要是五名會員以上, 都可以向課程組提出申請. 譬如說目前使用 ZOOM 方式上課的班級, 長期在網上見面而無實體的接觸, 不妨考慮利用中心的場地進行一次假期的實體聚會.

### 會員來稿 (袁翔文)

因為疫情困在家中, 我打發時間的方式就是翻閱多年珍藏的剪報或短文. 今天正好讀到這篇有關時間的短文, 特別分享於中心的友好們.

“善用您的零碎時間”

費點時間去思索 - 這是力量的泉源  
抽點時間去閱讀 - 這是智慧的基礎  
勻點時間去幫助別人 - 這是快樂的大道  
尋點時間放眼四顧 - 這是通項無私的捷徑  
用點時間放聲大笑 - 這是靈魂的音樂

### Happy Birthday (December 2021)

祝十二月壽星福如東海壽比南山

Sun Chui Ying 韓翠英 Wang Theresa 江良慰  
Wang Han Chung 王漢鐘 Wang Maria 陳小倩  
Lin Butterfly 蝴蝶 Lam Iris 連淑吟  
Liang Ann 詹安霞 Tsai Chi 陳綺天  
Yeung Yvonne 楊笑婉 Hsieh Yeao-nan 謝耀南  
Kung Li-Ping 宮立平 Lee David 李大偉  
Chen Susan 黃雪卿 Chen Michael 陳恩奕  
Norton Angela Ma Toney 馬綸章  
Lee Karen Goo Pam  
Huang Yide Chen 黃懿德 So Helen 于悅  
Liaw Margaret 陳維宜 Wu Lannie 吳台蘭  
Lu Yen Chiao 崔燕嬌 Johnson Linda  
Choi Ken

(以上名單謝耀南提供)



康鶴排舞班

星期二 10:50AM 上課



卡拉 OK 班

星期一 12:10PM 上課



康鶴耆英中心 2021 年 12 月課程表  
GCSC December 2021 Class Schedule

Address: 635 Old Orchard DR Danville CA 94526

Email: golden.crane.sc.contact@gmail.com

星期一 Monday

0930A - 1200P (Big Room)

舞蹈研習 Dance Workshop

(沈慧 Amy Jong)

1210P - 0330P (Big Room)

卡拉 OK Karaoke

1130P - 0100P (Annex)

音樂教室 Music Workshop

(Rose Chen & Chester Chang)

12/13 0930A - 1120A (Annex)

戲劇 Drama (鍾維君 James Chung)

12/13 & 12/27 0110P - 0300P (Annex)

書法 Calligraphy (孫國忠 KC Sun)

12/20 1230P - 0150P (2<sup>nd</sup> FL Lobby)

3D 摺紙 Origami (陳恩貝 Betty Kung)

0330P - 0500P (Zoom Class)

Yoga 瑜珈 (吳雪芳 Fragrance Liu)

12/13 0700P - 0900P (Zoom Class)

閱讀會 Book Club (許國衡 Patrick Hsu)

星期二 Tuesday

0830A - 0950A (Big Room) \*No class on 12/28

太極拳 Tai-Chi

(朱天南 Tin Chu & 郭素芝 Sujer Wang)

1000A - 1040A (Big Room) \*No class on 12/28

室內步行/韻律操 Indoor walking/Aerobic

(Janice Loo)

1050A - 1220P (Big Room) \*No class on 12/28

排舞 Line Dance (陸培恩 Grace Chiu &

張美文 Meiwen Chang & 廖佩茹 Hanna Fong)

0100P - 0300P (Big Room) \*No class on 12/28

合唱團練習 Chorus (魯肇煌 Stephen Lu)

0310P - 0420P (Zoom Class)

易筋拍打 Yi Jin Patting (劉曼雲 Gini Lau)

星期二(續) Tuesday

12/07 & 12/14 0100P - 0330P (Annex)

InShot Video Editing (陸培恩 Grace Chiu)

12/14 1000A - 1200P (Annex)

插花 Ikebana (張櫻晶 Tomiko Hatsushi)

12/21 1000A - 1200P (Annex)

幹事會 Monthly Committee Meeting

12/21 1230P - 0230P (Annex)

米其林創意美食班 (葛守雯 Bella Lee)

12/07 0915A - 1200P & 12/21 0715P - 1000P  
(Zoom Class)

康鶴攝影會 Camera Club

12/07 0700P - 0900P (Zoom Class)

時事座談 News Talk (許國衡 Patrick Hsu)

《虛擬乎?實在乎? 拜習視訊峰會後的中美關係》

星期三 Wednesday

12/01 & 12/29 0950A - 1100A (Big Room)

初級班排舞 Beginners Line Dance

(陸培恩 Grace Chiu & 張美文 Meiwen Chang)

12/01 1130A - 0150P (Big Room)

米其林創意美食班 (葛守雯 Bella Lee)

12/29 1200P - 0400P (Big Room)

2021 歲末聯歡聚餐/和平音樂舞蹈演出會

Year End Party with Peace Love Music/Dance

12/15 1030A - 1200P (Zoom Class)

人像素描 Portrait Sketch (王萬淙 Frank Wang)

12/22 0700P - 0900P (Zoom Class)

電影研討 Movie Club (魯肇煌 Stephen Lu)

星期五 Friday

康鶴健行會每月健行 - 時間地點另行通知

Hiking Club Monthly Meet - To be announced  
to the club members by email