



三藩市金門公園一日遊 Golden Gate Park (GGP) Day Trip



集合時間GatheringTime: 10:40-11am (7/26/25星期六)

集合地點Gathering Place: GGP Music Concourse

交通:核桃溪捷運至三藩市再市區公車到集合地點

Walnut Creek BART to Glen Park & City Bus to GGP

健行活動Hiking Activity: Will hike the Hippie Hill -

Conservatory of Flowers - Blue Heron Lake loop.

晚餐Dinner: 川府家宴Szechuan Garden in Concord



California Academy of Sciences



Ladies at the Park



Conservatory of Flowers



7/14/25 Happy 98th to Bert

中心瑜珈伸展課吳雪芳老師現住台北, 每星期四在 ZOOM 領導班上同學上課, 日前返美數日特抽空在 7/29/25 來訪. 雪芳為中心創始會員之一, 在中心除擔任瑜珈伸展課老師多年, 並曾任課程組主任, 董事及董事長等重要職務, 對中心貢獻良多.



雪芳和合唱團



雪芳和中心成員



大約二十位康鶴中心會員不約而同的登上了6/6/25-6/28/25 舊金山-安克拉治往返 23 天的 Ruby Princess 大型豪華遊輪, 沿途上岸觀光了阿拉斯加的 Kitchikan Haines Sitka Veldez Seward Skagway Juneau 等九個口岸以及加拿大的 Vancouver & Victoria, 留在船上的時候除了享受船上的豐盛大餐, 觀賞精彩的舞台秀以外, 船公司還免費提供房間, 每個晚上大家唱卡拉 OK, 跳排舞和廣場舞, 真是玩得不亦樂乎!



6/10/25 Wrangell AK



6/12/25 Sitka AK



6/19/25 Icy Strait Point AK

Is COVID-19 Still Going Around in 2025?

According to CDC, as of July 29, 2025, it was estimated that COVID-19 infections are growing or likely growing in 40 states, declining or likely declining in 0 states, and not changing in 9 states.

根據以上的資料, 加州是在 Likely Growing 的情況, 到底是不是嚴重? 一班人都搞不清楚, 不過據筆者所知, 阿拉米達郡裡某個老年人群居的場所, 就因為感染的情形有點嚴重而暫時關閉了飯廳, 因此中心特邀了趙國華博士來談談這個問題。

康鶴耆英中心新冠專題座談 GCSC Special Talk Covid Today: Preparedness and Response

時間 Time:

August 13, 2025 12:30PM - 3PM

地點 Place: GCSC 大教室 Big Room

主講人 Speaker: 趙國華博士 Dr. Kevin Chao
中心將提供聽講人簡便午餐袋(預先前台報名)
Lunch bag to be provided (please sign up)

Currently Covid Strains in circulation and how do they get here. You will learn it fundamentally, how to prevent, and what to do if get it. What about the long covid?
主講人以 2025 最新醫學期刊報告與臨床研究為基礎, 深入分析 COVID-19 尤其是長新冠 Long COVID 的現狀與治療進展, 以中文呈現重點
聯絡 Contact: 415-533-5364/505-550-9998

Learning InShot with AI Assistance, in Autumn 2025:

(Autumn Session)

- InShot training from Beginner to Intermediate level.
 - Learning basic AI technology and use AI interacting with InShot.
 - Will cover all basic skills and intermediate level of InShot.
 - Learn to use AI tool for quick Q&A; also use AI to help weekly Homework.
 - Learn uploading your newly created video to YouTube, add "Thumbnail" to complete it.
 - New Beginner level dates, (Tuesdays) 9/9, 9/16, 9/23 & 9/30. from 1:00 to 4:00 pm
 - New Intermediate level dates, (Tuesdays) 10/14, 10/21, 10/28 & 11/11. from 1:00 to 4:00 pm
 - Welcome all NEW and OLD students.
 - Seats are limited (max of 12) for each class
- Contact: Grace Chiu, email directly ldchiu2020@gmail.com
BEFORE August 31, 2025



康鶴耆英中心 2025 年 8 月課程表

GCSC August 2025 Class Schedule

Address: 635 Old Orchard DR Danville CA 94526

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

Web: <http://www.goldencrane.org/>

星期一 Monday

(8/4 8/11 8/18 8/25)

0900A - 1020A (Big Room)

廣場舞 Chinese Square Dance

(龔怡梅 Yi-Mei Gong)

1030A - 1200P (Big Room)

康鶴舞蹈班 GCSC Dance Class

(陳蕙玫 Rose Chen)

1210P - 0330P (Big Room)

卡拉 OK Karaoke

8/11 & 8/18 0340P - 0530P (Big Room)

戲劇班 Drama Class

(鍾維君 James Chung)

1130A - 0100P (Annex)

音樂教室 Music Workshop (Frank Fong)

8/4 & 8/18 0930A - 1120A (Annex)

國畫 1 Chinese Painting 1 *停課 No class

(溫麗玉 Julia Wen)

8/18 0110P - 0300P (Annex)

國畫 2 Chinese Painting 2

(鍾維君 J. Chung)

8/11 & 8/25 0110P - 0300P (Annex)

書法 Calligraphy

(孫國忠 KC Sun)

8/25 0930A - 1120A (Annex)

人像素描 Portrait Sketch

(王萬宗 Frank Wang)

8/11 0700P - 0900P (Zoom Class)

閱讀會 Book Club (許國衡 Patrick Hsu)

星期二 Tuesday

(8/5 8/12 8/19 8/26)

0830A - 0950A (Big Room)

太極拳 Tai-Chi

(朱天南 Tin Chu & 李安梅 Cynthia Lau)

(續前行 Continued from the previous column)

1000A - 1100A (Big Room)

排舞初級班 Beginning Line Dance

(陸培恩 Grace Chiu, 張美文 Meiwen Chang)

1105A - 1215P (Big Room)

排舞中級班 Intermediate Line Dance

(Linda Johnson)

0100P - 0300P (Big Room)

合唱團練習 Chorus

(魯肇煌 Stephen Lu, 鄭莉莉 Lily Cheng)

8/5 09A - 12P (Annex) 8/12 0715P - 10P (Zoom)

康鶴攝影會 Camera Club

8/5 0200P - 0400P (Annex) *停課 No class

生活花藝班 Living Floral Design (莊君英)

8/5 & 8/26 0100P - 0400P (Annex)

康鶴綉縫班 GCSC Quilters (Carolyn Pon)

8/12 1000A - 1200P (Annex)

插花 Ikebana (張櫻晶 Tomiko Hatsushi)

8/19 1000A - 1200P (Annex)

幹事會 Monthly Committee Meeting

8/26 1100A - 1200P (Annex)

針織 Crochet (周國琳 Linda Tang)

星期三 Wednesday (8/13)

0930A - 1200P (Big Room)

太極拳入門特別班 Tai-Chi for Starters

(朱天南 Tin Chu)

1230P - 0300P (Big Room)

新冠講座 Covid Talk (趙國華 Kevin Chao)

(免費提供午餐袋 Free Lunch Bag Provided)

星期四 Thursday (8/14 8/21 8/28)

0330P - 0500P (*Zoom Class)

瑜珈 Yoga (吳雪芳 Fragrance Liu)

星期五 Friday (8/8)

康鶴健行會每月健行 - 詳情另行通知

Hiking Club Meet - To be announced