



**San Francisco Lands End
A Day of Hiking & More**
健行觀光聚餐金山一日遊

Gathering Time 集合時間
Saturday 星期六 7/25/2026 11AM

Gathering Place 集合地點
SF Lands End Lookout Parking Lot
Golden Gate National Recreation Area
(Use public transportation or carpooling)
請搭乘公共交通工具或組成拼車

Activities 活動項目
Bring your Lunch 午餐(自備)
Hiking & Sight Seeing 健行&觀景(分三組)
Visit 參觀 Palace of Legion of Honor
Dinner 晚宴

Sign Up at Front Desk 即日起前台報名
Members 會員 \$15 / Others 非會員 \$20

See Page 2 for Detail 細節見第 2 頁



Lunch Line 排隊領餐



GCSC Chorus 康鶴合唱團



Hula Dance(1) 呼拉舞(一)



Hula Dance(2) 呼拉舞(二)



Chinese Zumba 廣場舞



6/10/26 GCSC Picnic 夏日烤肉大會



Hiking Participants 健行隊



Part of Volunteers 義工組(部分)

Instructions for 7/25/26 Outing

(1) We will meet at the parking lot next to the Lands End Lookout (680 Point Lobos Ave, north side of the street near 48th Ave, please see map in the attachments) at **11AM on Saturday 7/25/2023**. Please form car pools or use public transportation (i.e., BART & SF MUNI bus #38R). When you sign up for the outing, you need to select either 1. car pool driver 2. Car pool rider 3. Public transportation.

(2) Driving instruction for car pool driver (estimated driving time 80 min.):

Take Bay BR to San Francisco ► Take exit 1B to merge onto US101N toward Golden Gate BR ► Continue on Octavia BL ► Turn left onto Fell ST ► Turn right onto Stanyan ST ► Turn left onto Fulton ST ► Turn right onto 43rd AV ► Turn left onto Point Lobos AV ► Turn right to enter the parking lot.

(3) For BART riders please get off at the Montgomery station and walk to the bus stop at Market & Montgomery (north side of Market) to board #38R outbound bus to the end stop at Geary & 48th Ave. Then walk toward north on 48th Ave for one block and turn left at Point Lobos Ave and you will see the Lands End Lookout on your right hand side. Total time from Walnut Creek BART to here is about 110 min.

(4) We will visit Sutro Baths and have simple lunch at the gathering point. The Lands End Lookout sells snacks, hot and cold beverages and gelato bars if you don't bring your own. Please be sure to use the restrooms here since we will not see another one until we reach Palace of Legion of Honor. Since Palace of Legion of Honor is free on Saturday for all 9 bay area county residents, we will also visit there as part of our outing.

(5) We plan to start hiking the Coastal Trail toward Eagle's Point at 12:00. Participants will be divided into 3 groups.

Group A: We'll start on Coastal Trail toward Eagle's Point, the distance is about 1.45 miles with 100 feet elevation gains, we stop along

the way to take photo. Since China Beach is close for renovations. We'll walk along the El Camino Del Mar to see the house there or we could go to the Baker Beach (Which is about .2 miles from China Beach) depend on the group's condition. The one way distance is about 2 miles or 2.2 miles. After that we'll head back to Legion of Honor along the El Camino Del Mar. We'll visit Legion of Honor for about 1 hour depend on how much time we had. After visit Legion of Honor, we'll head back to the parking lots through USS San Francisco Memorial. We should be back to the parking lot before 4pm.

Group B: The first part is the same as Group A. We'll start on Coastal Trail toward Eagle's Point, the distance is about 1.45 miles with 100 feet elevation gains, we stop along the way to take photo. After that we'll go to Legion of Honor along the El Camino Del Mar. We'll visit Legion of Honor for about 2 hours depend on how much time we had. After visit Legion of Honor, we'll head back to the parking lots through USS San Francisco Memorial. We should be back to the parking lot before 4pm.

Group C: We'll walk along the Coastal trail for about half a miles to see the view there. After that we'll go back to the parking lot and then we'll have a ride to USS San Francisco Memorial. We'll visit there for about 15 minutes. After that we'll have a ride to Legion of Honor. We'll visit there for 2 hours. This group could go the Restaurant for tea before the dinner time.

(6) We'll have dinner at Szechuan Garden 「川府家宴」 (1050 Contra Costa Blvd, Concord CA 94523) around 5:00pm to 5:15pm. The cost of dinner is \$15 for member and \$20 for non-member. If you want to have dinner, please paid at the front desk or ask someone to pay for you.

(7) For questions please call Juliana Wong 415-533-5364 or Anita Wong 505-550-9998.

(Thanks to Yeao-Nan for providing the detail instructions)



康鶴耆英中心 2026 年 7 月課程表
GCSC July 2026 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

(7/6 7/13 7/20 7/27)

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
(關文娟 Lillian Poon)

1210P - 0330P (Big Room)

卡拉 OK Karaoke

7/13 & 7/20 0340P - 0530P (Big Room)

戲劇班 Drama Class *本月停課 No class
(鍾維君 James Chung)

1130A - 0100P (Annex) *7/27 停課 No class

音樂教室 Music Workshop
(Frank Fong)

7/6 0110P - 0400P (Annex)

康鶴縫紉班 GCSC Quilters
(Carolyn Pon)

7/13&7/27 0110P - 0300P (Annex)

書法 Calligraphy *本月停課 No class
(孫國忠 KC Sun)

7/20 0110P - 0300P (Annex)

國畫 Chinese Painting2
(鍾維君 J. Chung)

7/27 0930A - 1120A (Annex)*本月停課 No class

人像素描 Portrait Sketch
(王萬宗 Frank Wang)

7/13 0700P - 0900P (Zoom) *本月停課 No class

閱讀會 Book Club
(許國衡 Patrick Hsu)

星期二 Tuesday

(7/7 7/14 7/21 7/28)

0830A - 0950A (Big Room)

太極拳 Tai-Chi
(朱天南 Tin Chu & 李安梅 Cynthia Lau)

1000A - 1100A (Big Room)

排舞初級班 Beginning Line Dance
(陸培恩 Grace Chiu, 張美文 Meiwen Chang)

1105A - 1220P (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)

7/7 09A-12P (Annex) **7/21** 0715P-10P (Zoom)

康鶴攝影會 Camera Club

7/7 0200P - 0400P (Annex)

生活花藝班 Living Floral Design (莊君英)

7/14 1000A - 1200P (Annex)

插花 Ikebana (張櫻晶 Tomiko Hatsushi)

7/14&7/28 0100P - 0400P (Annex) *停課 No class

AI Tools & InShot (陸培恩 Grace Chiu)

7/21 1000A - 1200P (Annex)

幹事會 Monthly Committee Meeting

7/21 0100P - 0400P (Annex)

康鶴縫紉班 GCSC Quilters (Carolyn Pon)

7/28 1100A - 1200P (Annex) *停課 No class

針織 Crochet (周國琳 Linda Tang)

星期四 Thursday

(7/2) *7/9 7/16 7/23 7/30 停課 No class

0330P - 0500P (Zoom Class)

瑜珈 Yoga (吳雪芳 Fragrance Liu)

星期六 Saturday (7/25)

康鶴中心金山一日遊(詳情見前頁海報及細節)
SF Lands End Outing (See Flyer/Detail on Page 1)