

SENIOR CENTER CLASS SCHEDULE

Class	Day	Dates	No Class	Time	Instructor	Mem. Fee
Accordion	T	3/3-4/21		1:35-3:10	R. DiBono	\$20
Active Chair Volleyball	FLEX T	3/24-5/12		1:30-2:25	M. Yonamine	\$40
Advanced Beading	Th	2/27-3/19		1:15-3:15	D. Hall	\$35
Advanced Kumihimo	Th	2/27-3/19		3:15-5:15	D. Hall	\$35
Beginning Beading	Th	4/2-4/23		1:15-3:15	D. Hall	\$35
Beginning Knitting	T	3/3-3/24		9:30-11:30	D. Hall	\$35
Beginning Knitting	T	4/7-4/28		9:30-11:30	D. Hall	\$35
Beginning Kumihimo	Th	4/2-4/23		3:15-5:15	D. Hall	\$35
Bridge: Competitive Bidding System	Sa	3/7-3/28		10-12	P. Davis	\$28
Bridge: The 2/1 Game Forcing Bidding	Sa	4/4-4/11		10-12	P. Davis	\$14
Chair Exercise	FLEX M, Th	2/24-4/16	3/26	10:15-11:15	P. Hu	\$52
Chinese Brush Painting 傳統與現代中國畫	M	3/16-5/11	3/23	8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	3/16-5/11	3/23	10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	3/3-4/21		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	3/3-4/21		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	3/9-5/1	4/17	8:15-9:45	V. Wong, C. Chung	\$20
Conversational English 英語會話班	M, T	3/9-4/28		10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Level 2	F	3/20-5/15	3/17	10-11	K. Hu	\$40
Conversational Mandarin - Level 3	Th	3/19-5/14		9-10:30	L. Gao	\$40
CSC Wednesday Jam	W	3/4-4/22		3-4:40	J. Cunningham	\$15
ESL - Advanced 高級英語班	Th	3/26-5/14		10-12	L. North	\$30
ESL - Basic and Easy 初級英語班	M	4/13-6/8	5/25	10-12	L. North	\$30
ESL - Intermediate 中級英語班	W	3/4-4/22		10-12	L. North	\$30
ESL - Intermediate Conversation 中級對話班	T	3/31-5/19		1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	3/3-4/21		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	3/16-4/27		3:45-5:15	D. Ng	\$15
Hatha Yoga	FLEX Th	3/5-4/23		2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	3/30-5/18		11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	3/30-5/18		12:55-1:55	J. Pereria-Anderson	\$15
Humanities	T	3/31-5/19		10:30-12:30	C. Jech	\$40
Japanese - Beginning I	Th	3/19-5/7		11-12	K. Wang	\$35
Japanese - Beginning II	T	3/17-5/5		11-12	K. Wang	\$35
Japanese - Intermediate	T, Th	3/17-5/7		9:45-10:45	K. Wang	\$70
Matter of Balance	Th	3/26-5/14		2-4	Stanford	\$0
Nutrition Made Easy: Arthritis, Aches, and Pain Relief	F	4/3		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Celebrating Pie	M	3/9		10-12	J. Oh	\$40
Nutrition Made Easy: Healthy Bones, Preventing Osteoporosis	F	3/20		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Tuscan Farmhouse Flavors	M	4/6		10-12	J. Oh	\$40
Painting w/ Oil & Acrylics at all Levels	Th	3/5-4/23		8:45-11:45	J. Chin, B. Garcia	\$40
U.S. History	T	3/3-3/24		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	3/3-4/28		3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	3/3-4/28		1:30-3	D. Ng	\$22
Ukulele Strum, Pick, and Sing	M	3/30-5/18		1:30-3:15	S. Chen	\$15
VivAsia Chair Lotus	FLEX S	2/29-4/11		11:15-12:15	M. Kao	\$10
VivAsia Lotus	FLEX S	2/29-4/11		10-11	M. Kao	\$10
Yoga for Seniors w. Dr. Sheri Bortz	Th	2/27-3/26		4:30-6	S. Bortz	\$50
Yoga for 50+ Beyond Barre and Stretch	FLEX T	3/3-4/21		4-5	P. Hu	\$40
Yuan Chih Dance 元極舞	FLEX F	2/28-4/10		10-11:30	A. Fung, H. Hwang	\$15
Zumba Gold @ QCC 中老年尊巴	FLEX M	3/23-5/11		2:30-3:30	P. Hu	\$37
Zumba Gold @ QCC 中老年尊巴	FLEX F	3/13-5/1		2:30-3:30	G. DuVal	\$37
Evening Classes						
Chinese Painting with May Shei	Th	4/2-5/14		5:30-8	M. Shei	\$68
Chinese Brush Painting 傳統與現代中國畫	W	2/26-4/22	3/25	6-8	M. Lee	\$60
Line Dance - Beg. 初級排舞	Th	3/26-5/14		7-8:30	K. Chang	\$48
Line Dance - Int. 先進初級排舞	T	3/17-5/5		7-8:30	K. Chang	\$48
Yoga Foundations	T	3/17-5/5		5:15-6:30	R. Narayanan	\$56
Computer and Technology Classes						
Cyber Security	M	3/30-4/20		10-11:20	C. Helvey	\$22
iPad Beginning	T	3/10-4/21		1-3	R. Schiros	\$38
iPad Intermediate	Th	3/12-4/23		1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班	W	4/1-4/22		1-3	L. Su	\$22