

## 2026年4月 活動日程

星期日	星期一	星期二	星期三	星期四	星期五	星期六
			<b>1</b> 開會中,暫時關閉 10:30-2:00	<b>2</b> 福全福利講解 上午 9:30-12:30	<b>3</b> Dr. Zhang, 失眠的調理與穴位自護 10-11	<b>4</b>
			福全福利講解 下午 2:00-5:00	Dr. Gu 穀雨祛濕遠離關節沉重消化不 2-3 太極課 下午 3:30-4:30	Dr. Wong 牙齦病 2:30-3:30	
<b>5</b>	<b>6</b> 福全福利講解 上午 9:30-12:30	<b>7</b> HiCare, 上午10:00-下午3:00	<b>8</b> 福全福利講解 上午 9:30-12:30	<b>9</b> 福全福利講解 上午 9:30-12:30	<b>10</b> 開會關閉	<b>11</b>
	氣功課 下午 2 - 3	Dr. Peng, 中草藥對冠狀病毒治療 2-3 健身舞蹈課 下午 2 - 3	手機小課堂 下午 2-3PM	Dr. Gu 預防中風與養護心腦 下午2-3 太極課 下午 3:30-4:30		
<b>12</b>	<b>13</b> 福全福利講解 上午 9:30-12:30	<b>14</b> 福全福利講解 上午 9:30-12:30	<b>15</b> 福全福利講解 上午 9:30-12:30	<b>16</b> 福全福利講解 上午 9:30-12:30	<b>17</b> DMH 憂鬱症治療與康復11:00-12:00	<b>18</b>
	氣功課 下午 2 - 3	健身舞蹈課 下午 2 - 3	會員生日會 下午 2-3PM DR. LIN 夏天養心下午 3-3:30 GHC, 足部健康 3:00-4:00	太極課 下午 3:30-4:30	合唱班 下午2:00-3:00PM	
<b>19</b>	<b>20</b> HiCare, 上午10:00-下午3:00	<b>21</b> 福全福利講解 上午 9:30-12:30	<b>22</b> BCS Screening 9:00-5:00pm	<b>23</b> 福全福利講解 上午 9:30-12:30	<b>24</b> 福全福利講解上午 9:30-12:30	<b>25</b>
	氣功課 下午 2 - 3	健身舞蹈課 下午 2 - 3	福全福利講解 下午 1:30-5:00	太極課 下午 3:30-4:30	合唱班 下午2:00-3:00PM	
<b>26</b>	<b>27</b> 福全福利講解 上午 9:30-12:30	<b>28</b> 福全福利講解 上午 9:30-12:30	<b>29</b> 福全福利講解 上午 9:30-12:30	<b>30</b> 福全福利講解 上午 9:30-12:30		

在會議上如有需要特殊協助的朋友們歡迎撥打：普通話: (833) 808-8153 (TTY: 711)/粵語: (833) 808-8161 (TTY: 711) 無須註冊即可獲得免費精美好禮, 送完為止。

氣功課 下午 2-3 Dr. Li 牙周病 & 牙齒缺失 3-4pm	健身舞蹈課 下午 2-3	福全福利講解 下午 1:30-5:00	Dr. Bu 太極基本動作 3:30-4:30 太極課 下午3:30 -4:30	
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 **福全健保**  
Center -Monterey Park  
Ave. #C, Monterey Park, CA 91754

Clever Care Community  
117 W. Garvey

## Calendar of Events APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> CLOSED FOR A MEETING 10:30-2:00	<b>2</b> Clever Care Benefits 9:30 - 12:30 Dr. Gu, Dampness Removal for Alleviating Joint Heaviness 2-3pm Tai Chi 3:30-4:30 PM	<b>3</b> Dr. ZHANG Better Sleep, Better Health 10-11 Dr. Wong, Gum Disease 2:30-3:30 PM	<b>4</b>
			Clever Care Benefits 2:00 - 5:00 PM			
<b>5</b>	<b>6</b> Clever Care Benefits 9:30- 12:30 Qi Gong Class 2 - 3 pm	<b>7</b> HiCare 10:00am-3:00pm Dr. Peng, Chinese Herbal Medicine for Corona 2-3 Folk Dance 2 - 3 PM	<b>8</b> Clever Care Benefits 9:30 - 12:30 Smart phone lesson 2-3PM	<b>9</b> Clever Care Benefits 9:30 - 12:30 Dr. Gu Stroke & Heart-Brain Health 2-3 Tai Chi 3:30-4:30 PM	<b>10</b> CLOSED FOR A MEETING	<b>11</b>
<b>12</b>	<b>13</b> Clever Care Benefits 9:30- 12:30 Qi Gong Class 2 - 3 PM	<b>14</b> Clever Care Benefits 9:30 - 12:30 Folk Dance 2 - 3 PM	<b>15</b> Clever Care Benefits 9:30 - 12:30 Member Birthday 2-3 PM Dr. Lin Nurturing the heart Summer 3-3:30 PM GHC, Foot Care 3:00-4:00pm	<b>16</b> Clever Care Benefits 9:30 - 12:30 Tai Chi 3:30-4:30 PM	<b>17</b> DMH, Recovery from Depression 11-12PM Choir Class 2-3pm	<b>18</b>
<b>19</b>	<b>20</b> HiCare 10:00am-3:00pm Qi Gong Class 2 - 3 PM	<b>21</b> Clever Care Benefits 9:30 - 12:30 Folk Dance 2 - 3 PM	<b>22</b> BCS Screening 9:00-5:00pm Clever Care Benefits 1:30 - 5:00 PM	<b>23</b> Clever Care Benefits 9:30 - 12:30 Tai Chi 3:30-4:30 pm	<b>24</b> Clever Care Benefits 9:30 - 12:30 Choir Class 2-3pm	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

	Clever Care Benefits 9:30 – 12:30	Clever Care Benefits 9:30 – 12:30	Clever Care Benefits 9:30 – 12:30	Clever Care Benefits 9:30 – 12:30		
	Qi Gong Class 2 – 3 PM Dr. Li Tooth loss from periodontal disease 3-4 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 PM	Dr. Bu Basic Tai Chi movements 3:30-4:30 Tai Chi 3:30-4:30 PM		

For accommodation of persons with special needs at meetings, call 1-833-388-8168 (TTY: 711). Free gift without obligation to enroll. Available while supplies last.  
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