

2025年8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
					1 老年人秋季進補-ZHANG 10-11AM	2
					福全福利講解 下午 1:30-5:00	
3	4 福全福利講解 上午 9:30-12:30	5 關閉	6 福全福利講解 上午 9:30-12:30	7 立秋潤燥不着急I-GU 10-11AM	8 福全福利講解 上午 9:30-12:30	9
	氣功課 下午 2 - 3		福全福利講解 下午 1:30-5:00	如何呵護口腔健康 2:30-3:30pm 太極課 下午 3:30-4:30	福全福利講解 下午 1:30-5:00	
10	11 福全福利講解 上午 9:30-12:30	12 福全福利講解 上午 9:30-12:30	13 福全福利講解 上午 9:30-12:30	14 福全福利講解 上午 9:30-12:30	15 福全福利講解 上午 9:30-12:30	16
	氣功課 下午 2 - 3	健身舞蹈課 下午 2 - 3	手機小課堂 下午 2-3PM	太極課 下午 3:30-4:30	牙齒講座 2-3PM	
17	18 福全福利講解 上午 9:30-12:30	19 福全福利講解 上午 9:30-12:30	20 福全福利講解 上午 9:30-12:30	21 三伏灸、貼敷收官攻略-GU 10AM-11AM	22 福全福利講解 上午 9:30-12:30	23
	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 頸痛的預防治療-LIN 3-3:30PM 長者居家整理指南 3-4PM 加州白卡講解 下午 4-4:30PM	改善囤積物品的習慣 2:30-3:30 太極課 下午 3:30-4:30	食療養生-BU 2-3PM	
24	25 福全福利講解 上午 9:30-12:30	26 福全福利講解 上午 9:30-12:30	27 福全福利講解 上午 9:30-12:30	28 福全福利講解 上午 9:30-12:30	29 福全福利講解 上午 9:30-12:30	30/31
	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	福全福利講解 下午 1:30-5:00	

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。

Calendar of Events

AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Autumn tonic for the elderly - ZHANG 10-11AM Clever Care Benefits 1:30 – 5:00 PM	2
3	4 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 pm	5 CLOSED	6 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 PM	7 Traditional Chinese medicine phased health regimen - GU 10-11 How to care for oral health 2:30-3:30PM Tai Chi 3:30-4:30 PM	8 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 PM	9
10	11 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 pm	12 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 PM	13 Clever Care Benefits 9:30am – 12:30pm Smart phone lesson 2-3PM	14 Clever Care Benefits 9:30am – 12:30pm Tai Chi 3:30-4:30 PM	15 Clever Care Benefits 9:30am – 12:30pm Dr. Wong Dental Implants - Fixed VS Active 2:30-3:30PM	16
17	18 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 PM	19 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 PM	20 Clever Care Benefits 9:30am – 12:30pm Member Birthday 2-3 PM Preventive treatment of neck pain - LIN 3-3:30PM GHC Decluttering Senior's Home 3-4PM GHC Medi-Cal 4-4:30 PM	21 Final guide to moxibustion and sticking during the three volts - GU 10AM-11AM Hoarding 2:30-3:30 Tai Chi 3:30-4:30 pm	22 Clever Care Benefits 9:30am – 12:30pm Diet and health - BU 2-3PM	23
24	25 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 PM	26 Clever Care Benefits 9:30am – 12:30 PM Folk Dance 2 – 3 PM	27 Clever Care Benefits 9:30am – 12:30 PM Clever Care Benefits 1:30 – 5:00 PM	28 Clever Care Benefits 9:30am – 12:30 PM Tai Chi 3:30-4:30 PM	29 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 PM	30/31

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.