

2026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
2	3 福全福利講解 上午 9:30-12:30	4 福全福利講解 上午 9:30-12:30	5 福全福利講解 上午 9:30-12:30	6 福全福利講解 上午 9:30-12:30	7 Dr. Zhang上午10-11, 中医防跌倒	8
	氣功課 下午 2 - 3	Dr.Peng,下午2-3脊椎保健操 健身舞蹈課 下午 2 - 3	福全福利講解 下午 1:30-5:00	Dr. Peng, 下午2:00-3:00, 立秋潤燥養生法 太極課 下午 3:30-4:30	合唱班下午 1:45-2:45	
9	10 福全福利講解 上午 9:30-12:30	11 NMO (廣東話) C-SNP 10:30-11:30	12 福全福利講解 上午 9:30-12:30	13 NMO 普通話 C-SNP10:30-11:30	14 福全福利講解 上午 9:30-12:30	15
	氣功課 下午 2 - 3 Dr. Li,下午3-4, 评估是否适合植牙	健身舞蹈課 下午 2 - 3	手機小課堂 下午 2-3PM	Dr. Gu下午2:00-3:00, 冬病夏治 太極課 下午 3:30-4:30	合唱班下午 1:45-2:45	
16	17 福全福利講解 上午 9:30-12:30	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 福全福利講解上午 9:30-12:30	22
	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, 下午3-3:30 中老年人養生 GHC 下午3-4 預防中暑	太極課 下午 3:30-4:30	Dr. Wong 下午 2:00-3:00 假牙 合唱班下午 1:45-2:45	
23/30	24/31 福全福利講解 上午 9:30-12:30	25 NMO (廣東話) L & V 10:30-11:30	26 福全福利講解 上午 9:30-12:30	27 NMO 普通話 L&V,10:30-11:30	28 福全福利講解 上午 9:30-12:30	29

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	健身舞蹈課 下午 2 – 3	福全福利講解 下午 1:30-5:00	Dr. Bu, 下午 3:30-4:30 食療養生 太極課 下午3:30 -4:30	合唱班下午 1:45-2:45	
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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

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Clever Care Benefits 9:30am – 12:30pm	4 Clever Care Benefits 9:30am – 12:30pm	5 Clever Care Benefits 9:30am – 12:30pm	6 Clever Care Benefits 9:30am – 12:30pm	7 Dr. Zhang 10-11, TCM Fall Prevention	8
	Qi Gong Class 2 – 3 pm	Dr. Peng 2-3 Spine health exercises Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 PM	Dr. Gu 2:00-3:00pm, Autumn Nourishment Approach Tai Chi 3:30-4:30 PM	Choir Class 1:45-2:45pm	
9	10 Clever Care Benefits 9:30am – 12:30pm	11 NMO (Canto) C-SNP 10:30-11:30	12 Clever Care Benefits 9:30am – 12:30pm	13 NMO (Mando) C-SNP 10:30-11:30	14 Clever Care Benefits 9:30am – 12:30pm	15
	Qi Gong Class 2 – 3 pm Dr. Li 3-4 Dental implants Indications	Folk Dance 2 – 3 PM	Smart phone lesson 2-3PM	Dr. Gu 2:00-3:00, Winter Disease Summer Treatment Tai Chi 3:30-4:30 PM	Choir Class 1:45-2:45pm	
16	17 Clever Care Benefits 9:30am – 12:30pm	18 Clever Care Benefits 9:30am – 12:30pm	19 Clever Care Benefits 9:30am – 12:30pm	20 Clever Care Benefits 9:30am – 12:30pm	21 Clever Care Benefits 9:30am – 12:30pm	22
	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Member Birthday 2-3 PM Dr. LIN 3-3:30 Seniors Health maintenance GHC 3-4PM Heatstroke Prevention	Tai Chi 3:30-4:30 pm	Dr. Wong 2:00-3:00 Dentures Choir Class 1:45-2:45pm	
23/30	24/31 Clever Care Benefits 9:30am – 12:30pm	25 NMO (Canto) L & V 10:30-11:30am	26 Clever Care Benefits 9:30am – 12:30 PM	27 NMO (Mando) L & V10:30-11:30	28 Clever Care Benefits 9:30am – 12:30pm	29

	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 PM	Dr.Bu 3:30-4:30 Diet and health Tai Chi 3:30-4:30 PM	Choir Class 1:45-2:45pm	
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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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M10135-A-EN (03/22)

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。
H7607_22_CM1037_C 03232022

M10135-A-ZN (03/22)