



2026年2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	福全福利講解上午 9:30-12:30	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	Dr. Zhang 糖尿病中医智慧10-11	7	
			氣功課 下午 2 – 3		健身舞蹈課 下午 2 – 3		Dr. Peng 針灸治療&養生 2-3pm		Dr. Gu 血壓情緒調節2:00-3:00 太極課 下午3:30 -4:30		福全福利講解 下午 1:30-5:00		
8		9	福全福利講解上午 9:30-12:30	10	福全福利講解 上午 9:30-12:30	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	
			氣功課 下午 2 – 3 Dr. Li 3-4pm 口腔健康&全身健康		健身舞蹈課 下午 2 – 3		手機小課堂 下午 2-3		Dr. Gu 老胃病&感冒預防2-3PM 太極課 下午 3:30-4:30		DMH 鍛鍊大腦提升記憶 2-2:45PM 情人節與農曆新年慶祝 2-3pm		
15		16	總統日休息	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	
			關閉		健身舞蹈課 下午 2 – 3		會員生日會 下午 2-3PM Dr. Lin 敏感同衛生 3-3:30 GHC 脊椎健康 3 -4PM		太極課 下午 3:30-4:30		福全福利講解 下午 1:30-5:00		
22		23	福全福利講解上午 9:30-12:30	24	福全福利講解上午 9:30-12:30	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	

	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, 中醫八大體質如何調理? 3:30-4:30 太極課 下午 3:30-4:30	福全福利講解 下午 1:30-5:00	
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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

Feb 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clever Care Benefits 9:30– 12:30	3 Clever Care Benefits 9:30– 12:30	4 Clever Care Benefits 9:30– 12:30	5 Clever Care Benefits 9:30– 12:30	6 Dr. Zhang- Hypertension & Diabetes 10-11	7
	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Dr. Peng benefits of acupuncture2-3	Gu- Blood Pressure & Emotional control 2-3 Tai Chi 3:30-4:30 PM	Clever Care Benefits 1:30 – 5:00 PM	
8	9 Clever Care Benefits 9:30 – 12:30	10 Clever Care Benefits 9:30 – 12:30	11 Clever Care Benefits 9:30 – 12:30	12 Clever Care Benefits 9:30 – 12:30	13 Clever Care Benefits 9:30 – 12:30	14
	Qi Gong Class 2 – 3 pm Dr. Li Oral & overall health 3-4	Folk Dance 2 – 3 pm	Smart phone lesson 2-3PM	Gu, Against Gastric Issues & Colds 2-3 Tai Chi 3:30-4:30 PM	DMH Preserving Your Memory 2-2:45 Valentine & Lunar New Year Celebration 2-3pm	
15	16 CLOSED FOR	17 Clever Care Benefits 9:30– 12:30	18 Clever Care Benefits 9:30– 12:30	19 Clever Care Benefits 9:30– 12:30	20 Clever Care Benefits 9:30– 12:30	21
	PRESIDENT'S DAY	Folk Dance 2 – 3 PM	Member Birthday 2-3pm Dr. Lin Sensitive & hygienic 3-3:30 GHC Spine Health 3-4Pm	Tai Chi Class 3:30-4:30pm	Clever Care Benefits 1:30 – 5:00 PM	
22	23 Clever Care Benefits 9:30– 12:30	24 Clever Care Benefits 9:30– 12:30	25 Clever Care Benefits 9:30– 12:30	26 Clever Care Benefits 9:30– 12:30	27 Clever Care Benefits 9:30– 12:30	28

	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 pm	Dr. Bu Eight major constitutions of Chinese medicine? 3:30-4:30pm Tai Chi Class 3:30-4:30pm	Clever Care Benefits 1:30 – 5:00 pm	
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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。
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M10135-A-ZN (03/22)