



## 2026年6月 活動日程

星期日	星期一	星期二	星期三	星期四	1. 星期五	星期六
	<b>1</b> 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	<b>2</b> 福全福利講解 上午 9:30-12:30 Dr. Peng 下午2-3 心梗自救及措施 健身舞蹈課 下午 2 - 3	<b>3</b> 福全福利講解 上午 9:30-12:30 剪貼簿活動 下午2:30-4:00	<b>4</b> 福全福利講解 上午 9:30-12:30 Dr. Gu 下午 2:00-3:00, 如何緩解頸部&肩膀疼痛 太極課 下午 3:30-4:30	<b>5</b> Dr. Zhang 10-11脾胃养护与老年营养管理 合唱班下午 1:45-2:45	<b>6</b>
<b>7</b>	<b>8</b> 福全福利講解 上午 9:30-12:30 Dr. Li, 3-4 牙齿发酸的原因及解决方法 氣功課 下午 2 - 3	<b>9</b> 新會員福利說明-粵語 C-SNP 10:30-11:30 健身舞蹈課 下午 2 - 3	<b>10</b> 福全福利講解 上午 9:30-12:30 手機小課堂 下午 2-3PM	<b>11</b> 新會員福利說明-國語 C-SNP 上午 10:30-11:30 Dr. Gu, 下午2:00-3:00, 六月健脾祛溼 太極課 下午 3:30-4:30	<b>12</b> DMH 11:00-12:00 情緒健康與壓力 合唱班下午 1:45-2:45	<b>13</b>
<b>14</b>	<b>15</b> HiCare 10 am-3:00pm 氣功課 下午 2 - 3	<b>16</b> 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 - 3	<b>17</b> 福全福利講解 上午 9:30-12:30 會員生日會 下午 2-3, Dr. Lin 3-3:30 如何快速止暈 加州白卡講解 下午 3:00-4:00 關節炎	<b>18</b> 福全福利講解 上午 9:30-12:30 太極課 下午 3:30-4:30	<b>19</b> 六月節關閉	<b>20</b>
<b>21</b>	<b>22</b> 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	<b>23</b> 新會員福利說明-粵語 L & V 上午10:30-11:30 健身舞蹈課 下午 2 - 3	<b>24</b> 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	<b>25</b> 新會員福利說明-國語 L & V 上午10:30-11:30 Dr. Bu 3:30-4:30自我穴位按摩 太極課 下午 3:30-4:30	<b>26</b> 福全福利講解上午 9:30-12:30 父親節慶祝活動 下午 2-3 合唱班下午 1:45-2:45	<b>27</b>
<b>28</b>	<b>29</b> 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	<b>30</b> 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 - 3				

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

### JUNE 2026

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Clever Care Benefits 9:30– 12:30 Qi Gong Class 2 – 3 pm	<b>2</b> Clever Care Benefits 9:30– 12:30 Dr. Peng 2-3pm Self-help for a heart attack Folk Dance 2 – 3 PM	<b>3</b> Clever Care Benefits 9:30am – 12:30pm Scrapbooking event 2:30-4:00pm	<b>4</b> Clever Care Benefits 9:30am – 12:30pm Dr. Gu 2:00-3:00, How to relieve pain Neck & Shoulder Tai Chi 3:30-4:30 PM	<b>5</b> Dr. Zhang 10-11am Stomach Care & Nutrition Choir Class 1:45-2:45pm	<b>6</b>
<b>7</b>	<b>8</b> Clever Care Benefits 9:30 –12:30 Dr. Li 3-4pm solutions for tooth sensitivity Qi Gong Class 2 – 3 pm	<b>9</b> NMO (Canto) C-SNP 10:30-11:30 Folk Dance 2 – 3 PM	<b>10</b> Clever Care Benefits 9:30am – 12:30pm Smart phone lesson 2-3PM	<b>11</b> NMO (Mando) C-SNP 10:30-11:30am Dr. Gu 2:00-3:00 In June Removing Dampness Tai Chi 3:30-4:30 PM	<b>12</b> DMH 11:00-12:00, Emotional Wellbeing & Stress Choir Class 1:45-2:45pm	<b>13</b>
<b>14</b>	<b>15</b> HiCare 10 am-3:00pm Qi Gong Class 2 – 3 pm	<b>16</b> Clever Care Benefits 9:30 –12:30 Folk Dance 2 – 3 PM	<b>17</b> Clever Care Benefits 9:30am – 12:30pm Member Birthday 2-3 PM, Dr.Lin 3:00-3:30pm How to quickly stop dizziness GHC Medi-Cal 3:00-4:00 Arthritis	<b>18</b> Clever Care Benefits 9:30am – 12:30pm Tai Chi 3:30-4:30 PM	<b>19</b> <b>CLOSED FOR JUNETEENTH</b>	<b>20</b>
<b>21</b>	<b>22</b> Clever Care Benefits 9:30 –12:30 Qi Gong Class 2 – 3 PM	<b>23</b> NMO (Canto) L & V 10:30-11:30 Folk Dance 2 – 3 PM	<b>24</b> Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 PM	<b>25</b> NMO (Mando) L & V 10:30-11:30am Dr. Bu 3:30-4:30pm Self-acupressure Tai Chi 3:30-4:30 PM	<b>26</b> Clever Care Benefits 9:30am – 12:30pm Father's Day Celebration 2-3pm Choir Class 1:45-2:45pm	<b>27</b>
<b>28</b>	<b>29</b> Clever Care Benefits 9:30 –12:30	<b>30</b> Clever Care Benefits 9:30 –12:30				

	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 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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