

2025年10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 福全福利講解 上午 9:30-12:30	2 十月中老年養生特別指南 10-11AM 乳房X光造影 9AM-5PM	3 深秋護好你的肺 10-11AM	4
			福全福利講解 下午 1:30-5:00	牙齒缺失的罪魁禍首 2:30-3:30	慶祝中秋節 2-3PM	
5	6 福全福利講解 上午 9:30-12:30	7 福全福利講解 上午 9:30-12:30	8 福全福利講解 上午 9:30-12:30	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
	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	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	
12	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 季節轉換養生之道 10-11AM	17 福全福利講解 上午 9:30-12:30	18
	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 冬天養生 3-3:30PM 急難準備 3-4PM 加州白卡講解 下午 4-4:30PM	做個明智的用藥人 3-3:30pm 太極課 下午 3:30-4:30	植牙 - 加骨粉,重建, 全口修復 2:30-3:30PM	
19	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 福全福利講解 上午 9:30-12:30	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
	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	三高飲食注意事項-BU 2-3PM	
26	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 住房權利講座上午 10:30-11:30	31 福全福利講解 上午 9:30-12:30	
	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。
H7607_22_CM1037_C 03232022

Calendar of Events
OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Clever Care Benefits 9:30am – 12:30pm	2 Special health guide for seniors Oct-Gu 10-11 Mammogram 9AM-5PM	3 Take care of lungs in autumn - ZHANG 10-11AM	4
			Clever Care Benefits 1:30 – 5:00 PM	Periodontal Disease-Dr. Wang2:30-3:30	Mid-Autumn Festival Celebration 2-3PM	
5	6 Clever Care Benefits 9:30am – 12:30pm	7 Clever Care Benefits 9:30am – 12:30pm	8 Clever Care Benefits 9:30am – 12:30pm	9 Clever Care Benefits 9:30am – 12:30pm	10 Clever Care Benefits 9:30am – 12:30pm	11
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 PM	Smart phone lesson 2-3PM	How to care for oral health-Dr. Li 2:30-3:30 Tai Chi 3:30-4:30 PM	Clever Care Benefits 1:30 – 5:00 PM	
12	13 Clever Care Benefits 9:30am – 12:30pm	14 Clever Care Benefits 9:30am – 12:30pm	15 Clever Care Benefits 9:30am – 12:30pm	16 Chinese Medicine's Seasonal Regimen- GU10AM-11AM	17 Clever Care Benefits 9:30am – 12:30pm	18
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 PM	Member Birthday 2-3 PM Winter regimen-DR. Lin 3-3:30PM Emergency Preparedness 3-4PM GHC Medi-Cal 4-4:30 PM	Managing your Medication 3-3:30PM Tai Chi 3:30-4:30 PM	Dr. Wong Dental Implants 2:30-3:30PM	
19	20 Clever Care Benefits 9:30am – 12:30pm	21 Clever Care Benefits 9:30am – 12:30pm	22 Clever Care Benefits 9:30am – 12:30pm	23 Clever Care Benefits 9:30am – 12:30pm	24 Clever Care Benefits 9:30am – 12:30pm	25
	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 PM	Tai Chi 3:30-4:30 pm	Precautions for the three highs diet - BU 2-3PM	
26	27 Clever Care Benefits 9:30am – 12:30pm	28 Clever Care Benefits 9:30am – 12:30 PM	29 Clever Care Benefits 9:30am – 12:30 PM	30 Housing Rights Workshops 10:30 – 11:30 PM	31 Clever Care Benefits 9:30am – 12:30pm	
	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 PM	Tai Chi 3:30-4:30 PM	Clever Care Benefits 1:30 – 5:00 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.
H7607_22_CM1037_C 03232022M10135-A-EN (03/22)