

2026年7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 福全福利講解 上午 9:30-12:30	3 獨立日關閉	4
			福全福利講解 下午 2:00-5:00	盛夏養陽黃金期：中醫三伏天養生全攻略 GU 下午 2:00-3:00 太極課 下午 3:30-4:30		
5	6 福全福利講解 上午 9:30-12:30	7 NMO 廣東話 C-SNP 上午 10:30-11:30	8 福全福利講解 上午 9:30-12:30	9 NMO 國語 C-SNP 上午 10:30-11:30	10 福全福利講解 上午 9:30-12:30	11
	氣功課 下午 2:00-3:00	中醫中藥的未來發展 PENG 下午 2:00-3:00 健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 2:00-5:00	夏季脾胃危機：中醫破解食欲差、腹瀉、溼氣重 GU 下午 2:00-3:00 太極課 下午 3:30-4:30	合唱課 下午 1:45-2:45	
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 會議關閉 上午 10:00 - 11:30	16 福全福利講解 上午 9:30-12:30	17 福全福利講解 上午 9:30-12:30	18
	氣功課 下午 2:00-3:00 呵護口腔健康，共筑全身健康，品味老年幸福 LI 下午 3:00-4:00	健身舞蹈課 下午 2:00-3:00	會員生日會 下午 2:00-3:00 秋天養肝 LIN 下午 3:00-3:30	太極課 下午 3:30-4:30	合唱課 下午 1:45-2:45	
19	20 福全福利講解 上午 9:30-12:30	21 NMO 廣東話 L & V 上午 10:30-11:30	22 福全福利講解 上午 9:30-12:30	23 活動關閉 上午 11:00 - 下午 5:00	24 福全福利講解 上午 9:30-12:30	25
	氣功課 下午 2:00-3:00	健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 2:00-5:00		合唱課 下午 1:45-2:45	
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 NMO 國語 L & V 上午 10:30-11:30	31 福全福利講解 上午 9:30-12:30	
	氣功課 下午 2:00-3:00	健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 1:30-5:00	如果獲得好的睡眠BU 下午 3:30-4:30 太極課 下午 3:30-4:30	合唱課 下午 1:45-2:45	

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。



福全健保

Clever Care Community Center – Monterey Park
117 W. Garvey Ave. #C, Monterey Park, CA 91754

Calendar of Events July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Clever Care Benefits 9:30am – 12:30pm	2 Clever Care Benefits 9:30am – 12:30pm	3 CLOSED FOR INDEPENDENCE DAY (OBSERVED)	4
			Clever Care Benefits 2:00 – 5:00 pm	Midsummer: The Golden Period for Nourishing Yang - GU 2:00-3:00pm Tai Chi 3:30-4:30 pm		
5	6 Clever Care Benefits 9:30am – 12:30pm	7 NMO Cantonese C-SNP 10:30am – 11:30am	8 Clever Care Benefits 9:30am – 12:30pm	9 NMO Mandarin C-SNP 10:30am – 11:30am	10 Clever Care Benefits 9:30am – 12:30pm	11
	Qi Gong Class 2 – 3 pm	The Future of Traditional Chinese Medicine PENG 2:00-3:00pm Folk Dance 2 – 3 pm	Clever Care Benefits 2:00 – 5:00 pm	TCM Solutions for poor appetite, diarrhea, and excessive dampness - GU 2:00-3:00pm Tai Chi 3:30-4:30 pm	Choir Class 1:45-2:45pm	
12	13 Clever Care Benefits 9:30am – 12:30pm	14 Clever Care Benefits 9:30am – 12:30pm	15 CLOSED FOR MEETING 10:00am – 11:30am	16 Clever Care Benefits 9:30am – 12:30pm	17 Clever Care Benefits 9:30am – 12:30pm	18
	Qi Gong Class 2 – 3 pm Oral Health & overall health LI 3:00-4:00pm	Folk Dance 2 – 3 pm	Member Birthday 2:00-3:00pm Nurturing the liver in autumn LIN 3:00-3:30pm	Tai Chi 3:30-4:30 pm	Choir Class 1:45-2:45pm	
19	20 Clever Care Benefits 9:30am – 12:30pm	21 NMO Cantonese L & V 10:30am – 11:30am	22 Clever Care Benefits 9:30am – 12:30pm	23 CLOSED FOR EVENT 11:00am – 5:00pm	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		Choir Class 1:45-2:45pm	
26	27 Clever Care Benefits 9:30am – 12:30pm	28 Clever Care Benefits 9:30am – 12:30pm	29 Clever Care Benefits 9:30am – 12:30pm	30 NMO Mandarin L & V 10:30am – 11:30am	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	Get a good night's sleep BU 3:30-4:30pm Tai Chi 3:30-4:30 pm	Choir Class 1:45-2:45pm	

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.