

2026年5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 老年心脏健康: 中医疏肝养心、稳定情绪与心脉 ZHANG 上午 10:00-11:00 合唱課 下午 2:00-3:00	2
3	4 HiCare 上午10:00-下午 3:00	5 福全福利講解 上午 9:30-12:30	6 開會暫時關閉 上午 9:00 -下午 2:00	7 福全福利講解 上午 9:30-12:30	8 焦慮症的認識、治療與康復 DMH 上午11:00-下午 12:00	9
	氣功課 下午 2:00-3:00	高血壓點樣預防 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	立夏養心, 安神助眠穩定情緒 GU 下午 2:00-3:00 太極課 下午 3:30-4:30	母親節慶祝活動 下午 2:00-3:00 合唱課 下午 2:00-3:00	
10	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 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
	氣功課 下午 2:00-3:00 植牙的注意事项 LI 下午 3:00-4:00	健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 2:00-5:00	小滿防「熱」, 巧治便秘與皮膚濕疹 GU 下午 2:00-3:00 太極課 下午 3:30-4:30	合唱課 下午 2:00-3:00	
17	18 HiCare 上午10:00-下午 3:00	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 福全福利講解 上午 9:30-12:30	23
	氣功課 下午 2:00-3:00	健身舞蹈課 下午 2:00-3:00	會員生日會 下午 2:00-3:00 輕鬆鍛鍊心肺功能 LIN 下午 3:00-3:30	太極課 下午 3:30-4:30	合唱課 下午 2:00-3:00	
24/31	25 紀念日關閉	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 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
		健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 1:30-5:00	腰部拉伸鍛煉 BU 下午 3:30-4:30	合唱課 下午 2:00-3:00 植牙 WONG 下午 2:30-3:30	

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 May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TCM for Emotional Balance and Cardiovascular Support – ZHANG 10:00 - 11:00am Choir Class 2:00-3:00pm	2
3	4 Hicare 10:00am – 3:00pm Qi Gong Class 2 – 3 pm	5 Clever Care Benefits 9:30am – 12:30pm How to prevent high blood pressure PENG 2:00-3:00pm Folk Dance 2 – 3 pm	6 TEMPORARILY CLOSED 9:00am-2:00pm Clever Care Benefits 2:00 – 5:00 pm	7 Clever Care Benefits 9:30am – 12:30pm Nourishing the heart in early summer GU 2:00-3:00pm Tai Chi 3:30-4:30 pm	8 Clever Care Benefits 9:30am – 12:30pm Awareness, Treatment & Recovery from Anxiety - DMH 11:00-12:00pm Mother's Day Celebration 2:00-3:00pm Choir Class 2:00-3:00pm	9
10	11 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 pm Instructions for dental implants LI 3:00-4:00pm	12 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 pm	13 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 pm	14 Clever Care Benefits 9:30am – 12:30pm Preventing "Heat" in lesser fullness GU 2:00-3:00pm Tai Chi 3:30-4:30 pm	15 Clever Care Benefits 9:30am – 12:30pm Choir Class 2:00-3:00pm	16
17	18 Hicare 10:00am – 3:00pm Qi Gong Class 2 – 3 pm	19 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 pm	20 Clever Care Benefits 9:30am – 12:30pm Member Birthday 2:00-3:00pm Easily improve cardiovascular fitness LIN 3:00-3:30pm	21 Clever Care Benefits 9:30am – 12:30pm Tai Chi 3:30-4:30 pm	22 Clever Care Benefits 9:30am – 12:30pm Choir Class 2:00-3:00pm	23
24/31	25 CLOSED FOR MEMORIAL DAY	26 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 pm	27 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 pm	28 Clever Care Benefits 9:30am – 12:30pm Waist stretching exercises BU 3:30-4:30pm Tai Chi 3:30-4:30 pm	29 Clever Care Benefits 9:30am – 12:30pm Choir Class 2:00-3:00pm Dental Implants – WONG 2:30-3:30pm	30

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)