



2026年9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 福全福利講解 上午 9:30-12:30	4 免疫力管理：四季养生与体质辨识 ZHANG 上午 10:00-11:00	5
		心同腎保養 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	秋季養肺黃金期：呼吸繫統疾病預防之道 GU 下午 2:00-3:00 合唱課 下午 1:45-2:45	太極課 下午 3:00-4:00	
6	7 勞動節關閉	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 你是 I 人還是 E 人? 不同人格特質正在重塑我們怎麼理解自己」DMH 上午 11:00-12:00	12
		健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 2:00-5:00	九月調理脾胃，為冬季進補打好基礎 GU 下午 2:00-3:00 合唱課 下午 1:45-2:45	太極課 下午 3:00-4:00	
13	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 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 福全福利講解 上午 9:30-12:30	19
	氣功課 下午 2 :00-3:00 牙齒缺失的罪魁禍首——牙周病 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 中醫食療 LIN 下午 3:00-3:30	合唱課 下午 1:45-2:45	牙冠和牙橋 WONG 下午 2:00-3:00 太極課 下午 3:00-4:00	
20	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 開會關閉上午 10:30- 下午 2:00	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
	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	代茶飲 BU 下午 3:30-4:30 合唱課 下午 1:45-2:45	祖父母節以及中秋節慶祝活動 下午 2:00-3:30 太極課 下午 3:00-4:00	
27	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 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			

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



福全健保

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

Calendar of Events

September 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 Clever Care Benefits 9:30am – 12:30pm	4 Immune Health Management –ZHANG 10:00-11:00am	5
		Heart & Kidney Care - PENG 2:00-3:00pm Folk Dance 2 – 3 pm	Clever Care Benefits 2:00 – 5:00 pm	Preventing Respiratory Diseases – GU 2:00-3:00pm Choir Class 1:45-2:45pm	Tai Chi 3:00-4:00 pm	
6	7 CLOSED FOR LABOR DAY HOLIDAY	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 I or E? How Personality Types Are Changing How We See Ourselves - DMH 11:00am-12:00pm	12
		Folk Dance 2 – 3 pm	Clever Care Benefits 2:00 – 5:00 pm	Regulating the Spleen & Stomach - GU 2:00-3:00pm Choir Class 1:45-2:45pm	Tai Chi 3:00-4:00 pm	
13	14 Clever Care Benefits 9:30am – 12:30pm	15 Clever Care Benefits 9:30am – 12:30pm	16 Clever Care Benefits 9:30am – 12:30pm	17 Clever Care Benefits 9:30am – 12:30pm	18 Clever Care Benefits 9:30am – 12:30pm	19
	Qi Gong Class 2 – 3 pm Periodontal Disease - LI 3:00-4:00pm	Folk Dance 2 – 3 pm	Member Birthday 2:00-3:00pm Traditional Chinese Medicine Dietary Therapy - LIN 3:00-3:30pm	Choir Class 1:45-2:45pm	Crown & Bridges – WONG 2:00-3:00pm Tai Chi 3:00-4:00 pm	
20	21 Clever Care Benefits 9:30am – 12:30pm	22 Clever Care Benefits 9:30am – 12:30pm	23 Closed for meeting 10:30am-2:00pm	24 Clever Care Benefits 9:30am – 12:30pm	25 Clever Care Benefits 9:30am – 12:30pm	26
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 pm	Clever Care Benefits 2:00 – 5:00 pm	Tea Substitute - BU 3:30-4:30pm Choir Class 1:45-2:45pm	Grandparents' Day & Mid-autumn Festival Celebration 2:00-3:30pm Tai Chi 3:00-4:00 pm	
27	28 Clever Care Benefits 9:30am – 12:30pm	29 Clever Care Benefits 9:30am – 12:30pm	30 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			

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 03232022