

2025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 盛夏養陽黃金期：中醫三伏天養生全攻 略上午 10:00-11:00	4 獨立日關閉	5
		健身舞蹈課 下午 2:00-3:00	獨立日慶祝活動下午 2:00-3:00	太極課 下午 3:30-4:30		
6	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 科學喝水保健康 上午 10:00-11:00	12
	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	太極課 下午 3:30-4:30	福全福利講解 下午 1:30-5:00	
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 夏季脾胃危機：中醫破解食欲差、腹瀉、溼氣重略 上午 10:00-11:00	18 福全福利講解 上午 9:30-12:30	19
	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 秋天養生下午 3:00-3:30	牙科研討會下午 2:30-3:30 太極課 下午 3:30-4:30	暫時關閉 下午 2:00 - 5:00	
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 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 暫時關閉上午 11:15 -下午 5:00	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 1:30-5:00	太極課 下午 3:30-4:30	會員感謝活動	
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	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	太極課 下午 3:30-4:30		

Calendar of Events
July 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1	Clever Care Benefits 9:30am -12:30pm	2	Clever Care Benefits 9:30am – 12:30pm	3	Dr. Pingrong Gu Acupuncture Seminar: Nourishing Yang in Midsummer 10:00 – 11:00am	4	CLOSED FOR INDEPENDENCE DAY	5	
					Folk Dance 2 – 3 pm		July 4 th Celebration 2:00 – 3:00pm		Tai Chi 3:30-4:30 pm				
6		7	Activity Corner 10:00 am – 11:00am	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	Dr. Danny (Guodong) Zhang Acupuncturist Seminar: Drink water scientifically to keep you healthy 10:00 - 11:00am	12	
			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		
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	Dr. Pingrong Gu Acupuncture Seminar: Summer Spleen and stomach crisis 10:00 – 11:00am	18	Clever Care Benefits 9:30am – 12:30pm	19	
			Qi Gong Class 2 – 3 pm		Folk Dance 2 – 3 pm		Member Birthday 2:00-3:00pm Dr. Mary Lin Acupuncture Seminar: Autumn Regimen 3:00 - 3:30pm		Dr. Linda Hu Dental Seminar 2:30 - 3:30pm Tai Chi 3:30-4:30 pm		Temporarily Closed 2:00 – 5:00pm		
20		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	Temporarily Closed 11:15 am – 5:00pm for Member Appreciation Event	26	
			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				
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	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				

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