

2025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 福全福利講解 上午 9:30-12:30 太極課 下午3:30 -4:30	2 慎防阿爾茨海默病 上午 10:00-11:00 福全福利講解 下午 1:30-5:00	3
4	5 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	6 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 – 3	7 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	8 福全福利講解上午 9:30-12:30 太極課 下午 3:30-4:30	9 福全福利講解上午 9:30-12:30 母親節慶祝活動下午 2:00-3:00	10
11	12 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	13 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 – 3 憂鬱與焦慮下午 3:10-4:00	14 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	15 福全福利講解上午 9:30-12:30 太極課 下午 3:30-4:30	16 福全福利講解 上午 9:30-12:30 安心茶話屋 下午 3:00-5:00	17
18	19 福全福利講解上午 9:30-12:30 氣功課 下午 2 – 3	20 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 – 3	21 關閉 上午 10:00 -下午 2:00	22 福全福利講解上午 9:30-12:30 太極課 下午 3:30-4:30	23 福全福利講解上午 9:30-12:30 腰部拉伸鍛煉 下午 2-3	24
25	26 國殤紀念日關閉	27 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 - 3	28 福全福利講解 上午 9:30-12:30 會員生日會 下午 2:00-3:00 肩關節疼痛預防治療 下午 3:00-3:30	29 福全福利講解上午 9:30-12:30 太極課 下午 3:30-4:30	30 福全福利講解上午 9:30-12:30 福全福利講解 下午 1:30-5:00	31

Calendar of Events
May 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	Clever Care Benefits 9:30am – 12:30pm	2	Dr. Zhang Guodong Acupuncture Seminar: Beware of Alzheimer's Disease 10:00 – 11:00 am	3	
									Tai Chi 3:30-4:30 pm		Clever Care Benefits 1:30 – 5:00 pm		
4		5	Clever Care Benefits 9:30am – 12:30pm	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	
			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		Mother's Day Celebration 2:00-3:00pm		
11		12	Clever Care Benefits 9:30am – 12:30pm	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	Clever Care Benefits 9:30am – 12:30pm	17	
			Qi Gong Class 2 – 3 pm		Folk Dance 2 – 3 pm Mental Health Workshop: Depression & Anxiety 3:10-4:00pm		Clever Care Benefits 1:30 – 5:00 pm		Tai Chi 3:30-4:30 pm		Heart to Heart Café 3:00-5:00pm		
18		19	Clever Care Benefits 9:30am – 12:30pm	20	Clever Care Benefits 9:30am – 12:30pm	21	CLOSED 10:00am – 2:00pm	22	Clever Care Benefits 9:30am – 12:30pm	23	Clever Care Benefits 9:30am – 12:30pm	24	
			Qi Gong Class 2 – 3 pm		Folk Dance 2 – 3 pm				Tai Chi 3:30-4:30 pm		Dr. Xinyu Bu Acupuncture Seminar: Waist Stretching Exercises 2 – 3 pm		
25		26	CLOSED – MEMORIAL DAY	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	Clever Care Benefits 9:30am – 12:30pm	31	
					Folk Dance 2 – 3 pm		Member Birthday 2:00-3:00pm Dr. Mary Lin Acupuncture Seminar: Shoulder pain prophylaxis 3:00-3:30pm		Tai Chi 3:30-4:30 pm		Clever Care Benefits 1:30 – 5:00 pm		