

2025年11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<br>福全福利講解 上午 9:00-12:30<br>福全福利講解 下午 1:00-4:00  |
| 2     | 3<br>福全福利講解 上午 9:30-12:30<br>氣功課 下午 2:00-3:00   | 4<br>福全福利講解 上午 9:30-12:30<br>健身舞蹈課 下午 2 – 3             | 5<br>福全福利講解 上午 9:30-12:30<br>福全福利講解 下午 1:30-5:00                            | 6<br>氣血雙補迎寒冬：冬季調養指南 – GU 上午 10:00-11:00<br>植牙的注意事项 – LI 下午 2:30-3:30<br>太極課 下午 3:30-4:30 | 7<br>氣候變冷慎防腦卒中 – ZHANG 上午 10:00-11:00<br>福全福利講解 下午 1:30-5:00 | 8<br>福全福利講解 上午 9:00-12:30<br>福全福利講解 下午 1:00-4:00  |
| 9     | 10<br>福全福利講解 上午 9:30-12:30<br>氣功課 下午 2 :00-3:00 | 11<br>糖尿病的預防與治療 – PENG 上午 10:00-11:00<br>健身舞蹈課 下午 2 – 3 | 12<br>福全福利講解 上午 9:30-12:30<br>福全福利講解 下午 2:00-5:00                           | 13<br>福全福利講解 上午 9:30-12:30<br>太極課 下午 3:30-4:30                                           | 14<br>暫時關閉 上午 10:00-11:00<br>福全福利講解 下午 1:30-5:00             | 15<br>福全福利講解 上午 9:00-12:30<br>福全福利講解 下午 1:00-4:00 |
| 16    | 17<br>福全福利講解 上午 9:30-12:30<br>氣功課 下午 2 :00-3:00 | 18<br>福全福利講解 上午 9:30-12:00<br>暫時關閉 下午 12:00-5:00        | 19<br>福全福利講解 上午 9:30-12:30<br>會員生日會 下午 2:00-3:00<br>腰痛預防治療 LIN 下午 3:00-3:30 | 20<br>冬季關節養護：中醫防寒止痛妙招 - GU 上午 10:00-11:00<br>假日憂鬱 DMH 下午 3:10-4:00<br>太極課 下午 3:30-4:30   | 21<br>福全福利講解 上午 9:30-12:30<br>福全福利講解 下午 1:30-5:00            | 22<br>福全福利講解 上午 9:00-12:30<br>福全福利講解 下午 1:00-4:00 |
| 23/30 | 24<br>福全福利講解 上午 9:30-12:30<br>氣功課 下午 2 :00-3:00 | 25<br>福全福利講解 上午 9:30-12:30<br>健身舞蹈課 下午 2 – 3            | 26<br>福全福利講解 上午 9:30-12:30<br>感恩節慶祝活動 下午 2:00-3:00                          | 27<br>感恩節關閉                                                                              | 28<br>感恩節關閉                                                  | 29<br>福全福利講解 上午 9:00-12:30<br>福全福利講解 下午 1:00-4:00 |

Calendar of Events  
November 2025

| Sunday | Monday                                                                | Tuesday                                                                                         | Wednesday                                                                                                                                              | Thursday                                                                                                                                                | Friday                                                                                                    | Saturday                                                                          |
|--------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|        |                                                                       |                                                                                                 |                                                                                                                                                        |                                                                                                                                                         |                                                                                                           | 1<br>Clever Care Benefits 9:00am – 12:30pm<br>Clever Care Benefits 1:00 – 4:00pm  |
| 2      | 3<br>Clever Care Benefits 9:30am – 12:30pm<br>Qi Gong Class 2 – 3 pm  | 4<br>Clever Care Benefits 9:30am -12:30pm<br>Folk Dance Class 2 – 3pm                           | 5<br>Clever Care Benefits 9:30am – 12:30pm<br>Clever Care Benefits 1:30 – 5:00 pm                                                                      | 6<br>A guide to taking care of yourself in winter – Dr. GU 10:00-11:00am<br>Precaution for dental implants – Dr. LI 2:30-3:30pm<br>Tai Chi 3:30-4:30 pm | 7<br>Preventing a stroke in cold weather – Dr. ZHANG 10:00-11:00am<br>Clever Care Benefits 1:30 – 5:00 pm | 8<br>Clever Care Benefits 9:00am – 12:30pm<br>Clever Care Benefits 1:00 – 4:00pm  |
| 9      | 10<br>Clever Care Benefits 9:30am – 12:30pm<br>Qi Gong Class 2 – 3 pm | 11<br>Prevention and Treatment of Diabetes – Dr. PENG 10:00-11:00am<br>Folk Dance Class 2 – 3pm | 12<br>Clever Care Benefits 9:30am – 12:30pm<br>Clever Care Benefits 2:00 – 5:00 pm                                                                     | 13<br>Clever Care Benefits 9:30am – 12:30pm<br>Tai Chi 3:30-4:30 pm                                                                                     | 14<br>Temporarily closed 10:00am-11:00am<br>Clever Care Benefits 1:30 – 5:00 pm                           | 15<br>Clever Care Benefits 9:00am – 12:30pm<br>Clever Care Benefits 1:00 – 4:00pm |
| 16     | 17<br>Clever Care Benefits 9:30am – 12:30pm<br>Qi Gong Class 2 – 3 pm | 18<br>Clever Care Benefits 9:30am -12:00pm<br>Temporarily closed 12:00-5:00pm                   | 19<br>Clever Care Benefits 9:30am – 12:30pm<br>Member Birthday Event 2:00 – 3:00pm<br>Preventive treatment of low back pain – Dr. Mary Lin 3:00-3:30pm | 20<br>Winter joint care – Dr. GU 10:00-11:00am<br>Holiday Blues DMH 3:10-4:00pm<br>Tai Chi 3:30-4:30 pm                                                 | 21<br>Clever Care Benefits 9:30am – 12:30pm<br>Clever Care Benefits 1:30 – 5:00 pm                        | 22<br>Clever Care Benefits 9:00am – 12:30pm<br>Clever Care Benefits 1:00 – 4:00pm |
| 23/30  | 24<br>Clever Care Benefits 9:30am – 12:30pm<br>Qi Gong Class 2 – 3 pm | 25<br>Clever Care Benefits 9:30am – 12:30pm<br>Folk Dance Class 2 – 3 pm                        | 26<br>Clever Care Benefits 9:30am – 12:30pm<br>Thanksgiving Celebration 2:00 – 3:00pm                                                                  | 27<br>CLOSED FOR THANKSGIVING                                                                                                                           | 28<br>CLOSED FOR THANKSGIVING                                                                             | 29<br>Clever Care Benefits 9:00am – 12:30pm<br>Clever Care Benefits 1:00 – 4:00pm |