

2025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 勞動節關閉	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 秋季養肺黃金期 GU 上午 10:00-11:00	5 老年人的肚脹肚疼 ZHANG 上午 10:00-11:00	6
		健身舞蹈課 下午 2:00-3:00	福全福利講解 下午 1:30-5:00	如何評估您是否適合植牙 LI 下午 2:30-3:30 太極課 下午 3:30-4:30	慶祝祖父母節 下午 2:00-3:00	
7	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 福全福利講解 上午 9:30-12:30	12 開會關閉	13
	氣功課 下午 2:00-3:00	福全福利講解 下午 1:30-5:00	福全福利講解 下午 1:30-5:00	福全福利講解 下午 1:30-5:00		
14	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 九月調理脾胃 GU 上午 10:00-11:00	19 福全福利講解 上午 9:30-12:30	20
	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 肩頸保健操 LIN 下午 3:00-3:30	壓力管理 DMH 下午3:10-4:00 太極課 下午 3:30-4:30	福全福利講解 下午 1:30-5:00	
21	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 開會暫時關閉 上午 9:00 - 下午2:00	25 福全福利講解上午 9:30-12:30	26 福全福利講解 上午 9:30-12:30	27
	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	太極課 下午 3:30-4:30	代茶飲 BU 下午 2:00-3:00	
28	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				

Calendar of Events
September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY - CLOSED	2 Clever Care Benefits 9:30am -12:30pm	3 Clever Care Benefits 9:30am – 12:30pm	4 Nourishing your lungs in autumn GU 10:00 - 11:00am	5 Bloating & Stomach Pain ZHANG 10:00 -11:00am	6
		Folk Dance 2 – 3 pm	Clever Care Benefits 1:30 – 5:00 pm	Dental implants LI 2:30-3:30 pm Tai Chi 3:30-4:30 pm	Grandparent's Day 2:00-3:00pm	
7	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 Clever Care Benefits 9:30am – 12:30pm	12 CLOSED FOR MEETING	13
	Qi Gong Class 2 – 3 pm	Clever Care Benefits 1:30 – 5:00 pm	Clever Care Benefits 1:30 – 5:00 pm	Clever Care Benefits 1:30 – 5:00 pm		
14	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 Regulate spleen and stomach GU 10:00 - 11:00am	19 Clever Care Benefits 9:30am – 12:30pm	20
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 pm	Member Birthday Event 2:00 – 3:00pm Shoulder & Neck Exercises LIN 3:00-3:30pm	Stress Management DMH 3:10-4:00pm Tai Chi 3:30-4:30 pm	Clever Care Benefits 1:30 – 5:00 pm	
21	22 Clever Care Benefits 9:30am – 12:30pm	23 Clever Care Benefits 9:30am – 12:30pm	24 Temporarily Closed for Meeting 9:00am-2:00pm	25 Clever Care Benefits 9:30am – 12:30pm	26 Clever Care Benefits 9:30am – 12:30pm	27
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 pm	Clever Care Benefits 2:00 – 5:00 pm	Tai Chi 3:30-4:30 pm	Tea Substitute BU 2:00 - 3:00pm	
28	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				

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