



2025年 10月

19705 E Colima Road, Unit 11, Rowland Heights

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 福全福利講解 下午 2:30-4:30	2 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2:30-3:30	3 福全福利講解 上午 9:30-12:30 福全福利講解 下午 2:30-4:30	4
5	6 福全福利講解 上午 9:30-12:30 中秋節活動 下午 2:00-3:00 瑜珈課 下午 3:30-4:30	7 福全福利講解 上午 9:30-12:30 太極課 下午 3:00-4:00	8 福全福利講解 上午 9:30-12:30 福全福利講解 下午 2:30-4:30	9 小穴位, 大健康: 秋季家庭應急自救穴位指南 上午 10:00-11:00 健身舞蹈課 下午 2:30-3:30	10 福全福利講解 上午 9:30-12:30 福全福利講解 下午 2:30-4:30	11
12	13 福全福利講解 上午 9:30-12:30 瑜珈課 下午 3:30-4:30	14 福全福利講解 上午 9:30-12:30 憂鬱與焦慮 下午 2:00-3:00 太極課 下午 3:00-4:00	15 福全福利講解 上午 9:30-12:30 會員生日會 下午 2:00-3:00	16 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2:30-3:30	17 福全福利講解 上午 9:30-12:30 福全福利講解 下午 2:30-4:30	18
19	20 福全福利講解上午 9:30-12:30 瑜珈課 下午 3:30-4:30	21 福全福利講解 上午 9:30-12:30 太極課 下午 3:00-4:00	22 福全福利講解上午 9:30-12:30 福全福利講解 下午 2:30-4:30	23 福全福利講解上午 9:30-12:30 健身舞蹈課 下午 2:30-3:30	24 福全福利講解 上午 9:30-12:30 福全福利講解 下午 2:30-4:30	25
26	27 福全福利講解上午 9:30-12:30 瑜珈課 下午 3:30-4:30	28 福全福利講解 上午 9:30-12:30 太極課 下午 3:00-4:00	29 租戶權益講座 上午 10:30-11:30 福全福利講解 下午 2:30-4:30	30 秋風起, 防未病: 中醫教你應對季節性感冒與咳嗽 上午 10:00-11:00 健身舞蹈課 下午 2:30-3:30	31 福全福利講解上午 9:30-12:30 福全福利講解 下午 2:30-4:30	

在活動期間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



클레버 케어 커뮤니티 센터

이벤트 캘린더

19705 E Colima Road, Unit 11, Rowland Heights

10월 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	2 클레버 케어 베니핏 9:30-12:30 pm 포크 댄스 2:30 - 3:30 pm	3 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	4
5	6 클레버 케어 베니핏 9:30-12:30 pm Moon Festival Event 2:00 – 3:00pm 요가 클래스 3:30 – 4:30 pm	7 클레버 케어 베니핏 9:30-12:30 pm 태극권 클래스 3:00 – 4:00 pm	8 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	9 A Guide to Acupressure for Emergency Self-Care 10:00-11:00 am 포크 댄스 2:30 – 3:30 pm	10 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	11
12	13 클레버 케어 베니핏 9:30-12:30 pm 요가 클래스 3:30 – 4:30 pm	14 클레버 케어 베니핏 9:30-12:30 pm Depression and Anxiety 2:00 – 3:00pm 태극권 클래스 3:00 – 4:00 pm	15 클레버 케어 베니핏 9:30-12:30 pm Member Birthday 2:00 – 3:00pm	16 클레버 케어 베니핏 9:30-12:30 pm 포크 댄스 2:30 – 3:30 pm	17 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	18
19	20 클레버 케어 베니핏 9:30-12:30 pm 요가 클래스 3:30 – 4:30 pm	21 클레버 케어 베니핏 9:30-12:30 pm 태극권 클래스 3:00 – 4:00 pm	22 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	23 클레버 케어 베니핏 9:30-12:30 pm 포크 댄스 2:30 – 3:30 pm	24 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 pm	25
26	27 클레버 케어 베니핏 9:30-12:30 pm 요가 클래스 3:30 – 4:30 pm	28 클레버 케어 베니핏 9:30-12:30 pm 태극권 클래스 3:00 – 4:00 pm	29 Housing Rights Workshop 10:30–11:30am 클레버 케어 베니핏 2:30-4:30 pm	30 Eastern Medicine Strategies for Seasonal Cold/Cough 10:00-11:00 am 포크 댄스 2:30 – 3:30 pm	31 클레버 케어 베니핏 9:30-12:30 pm 클레버 케어 베니핏 2:30-4:30 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 M10135-A-EN (03/22)



Clever Care Community Center

Calendar of Events

19705 E Colima Road, Unit 11, Rowland Heights

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	2 Clever Care Benefits 9:30–12:30 pm Folk Dance 2:30 – 3:30 pm	3 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	4
5	6 Clever Care Benefits 9:30–12:30 pm Moon Festival Event 2:00 – 3:00pm Yoga 3:30 – 4:30 pm	7 Clever Care Benefits 9:30–12:30 pm TaI Chi 3:00 – 4:00 pm	8 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	9 A Guide to Acupressure for Emergency Self-Care 10:00-11:00 am Folk Dance 2:30 – 3:30 pm	10 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	11
12	13 Clever Care Benefits 9:30–12:30 pm Yoga 3:30 – 4:30 pm	14 Clever Care Benefits 9:30–12:30 pm Depression and Anxiety 2:00 – 3:00pm TaI Chi 3:00 – 4:00 pm	15 Clever Care Benefits 9:30–12:30 pm Member Birthday 2:00 – 3:00pm	16 Clever Care Benefits 9:30–12:30 pm Folk Dance 2:30 – 3:30 pm	17 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	18
19	20 Clever Care Benefits 9:30–12:30 pm Yoga 3:30 – 4:30 pm	21 Clever Care Benefits 9:30–12:30 pm TaI Chi 3:00 – 4:00 pm	22 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	23 Clever Care Benefits 9:30–12:30 pm Folk Dance 2:30 – 3:30 pm	24 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 4:30 pm	25
26	27 Clever Care Benefits 9:30–12:30 pm Yoga 3:30 – 4:30 pm	28 Clever Care Benefits 9:30–12:30 pm TaI Chi 3:00 – 4:00 pm	29 Housing Rights Workshop 10:30–11:30am Clever Care Benefits 2:30 – 4:30 pm	30 Eastern Medicine Strategies for Seasonal Cold/Cough 10:00-11:00 am Folk Dance 2:30 – 3:30 pm	31 Clever Care Benefits 9:30–12:30 pm Clever Care Benefits 2:30 – 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

M10135-A-EN (03/22)