

2025年4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 9:00-12:30 健身舞蹈課 下午 2 - 3	2 福全福利講解 上午 9:00-12:30 福全福利講解 下午 1:30-5:00	3 福全福利講解 上午 9:00-12:30 太極課 下午 3:30 -4:30	4 老年人的戶外鍛煉 上午 10:00-11:00 福全福利講解 下午 1:30-5:00	5
6	7 福全福利講解 上午 9:00-12:30 氣功課 下午 2 - 3	8 公司培訓關閉	9 福全福利講解 上午 9:00-12:30 手機課 下午 2 - 3	10 福全福利講解上午 9:00-12:30 太極課 下午 3:30-4:30	11 福全福利講解上午 9:00-12:30 福全福利講解 下午 1:30-5:00	12
13	14 福全福利講解 上午 9:00-12:30 氣功課 下午 2 - 3	15 福全福利講解 上午 9:00-12:30 健身舞蹈課 下午 2 - 3 心理健康工作坊: 情緒管理下午 3:10-4:00	16 福全福利講解 上午 9:00-12:30 會員生日會 下午 2 - 3 夏天養生下午 2 - 3 GHC 衛生與清潔 下午 3-4 GHC 加州白卡 下午 4:00-4:30	17 福全福利講解上午 9:00-12:30 植牙的注意事項 下午 2:30-3:30 太極課 下午 3:30-4:30	18 福全福利講解 上午 9:00-12:30 固定牙冠牙橋vs活動假牙 下午 2:30-3:30	19
20	21 福全福利講解上午 9:00-12:30 氣功課 下午 2 - 3 復活節彩蛋裝飾班 下午2:30-4:00	22 福全福利講解 上午 9:00-12:30 健身舞蹈課 下午 2 - 3	23 福全福利講解 上午 9:00-12:30 福全福利講解 下午 1:30-5:00	24 福全福利講解上午 9:00-12:30 太極課 下午 3:30-4:30	25 福全福利講解上午 9:00-12:30 太極基本動作下午 2-3	26
27	28 福全福利講解 上午 9:00-12:30 氣功課 下午 2 - 3	29 福全福利講解 上午 9:00-12:30 健身舞蹈課 下午 2 - 3	30 福全福利講解 上午 9:00-12:30 福全福利講解 下午 1:30-5:00			

在會議上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。

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M10135-A-ZN (03/22)



福全健保

Clever Care Community Center – Monterey Park
117 W. Garvey Ave. #C, Monterey Park, CA 91754

Calendar of Events

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 pm	2 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 pm	3 Clever Care Benefits 9:30am – 12:30pm Tai Chi 3:30-4:30 pm	4 Dr. Zhang Guodong Acupuncture Seminar: Outdoor Exercise for Elderly 10:00 – 11:00 am Clever Care Benefits 1:30 – 5:00 pm	5
6	7 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 pm	8 CLOSED FOR TRAINING	9 Clever Care Benefits 9:30am – 12:30pm Smartphone Class 2 - 3pm	10 Clever Care Benefits 9:30am – 12:30pm Tai Chi 3:30-4:30 pm	11 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 pm	12
13	14 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 pm	15 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 pm Mental Health Workshop: Emotional Intelligence 3:10-4:00pm	16 Clever Care Benefits 9:30am – 12:30pm Member Birthday 2 – 3 pm Dr. Mary Lin Acupuncture Seminar: Summer Regimen 2-3pm GHC Sanitation & Cleanliness Seminar 3-4pm GHC Medi-Cal Seminar 4:00-4:30pm	17 Clever Care Benefits 9:30am – 12:30pm Dr. Linda Hu Dental Seminar: Precautions for dental implants 2:30-3:30 pm Tai Chi 3:30-4:30 pm	18 Clever Care Benefits 9:30am – 12:30pm Dr. Tim Wong Dental Seminar: Fixed crowns, bridges vs removable dentures 2:30 – 3:30pm	19
20	21 Clever Care Benefits 9:30am – 12:30pm Qi Gong Class 2 – 3 pm Easter Egg Decorating Class 2:30-4:00pm	22 Clever Care Benefits 9:30am – 12:30pm Folk Dance 2 – 3 pm	23 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 pm	24 Clever Care Benefits 9:30am – 12:30pm Tai Chi 3:30-4:30 pm	25 Clever Care Benefits 9:30am – 12:30pm Dr. Xinyu Bu Acupuncture Seminar: Basic Tai Chi Movements 2 – 3 pm	26
27	28 Clever Care Benefits 9:30am-12:30pm Qi Gong Class 2 – 3 pm	29 Clever Care Benefits 9:30am-12:30pm Folk Dance 2 – 3 pm	30 Clever Care Benefits 9:30am – 12:30pm Clever Care Benefits 1:30 – 5:00 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.
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