

### 2025年6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       |
|-----------|---------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------|-----------|
| <b>1</b>  | <b>2</b><br>福全福利講解上午 9:30-12:30<br>氣功課 下午 2 - 3   | <b>3</b><br>福全福利講解上午 9:30-12:30<br>健身舞蹈課 下午 2 - 3                        | <b>4</b><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                                                 | <b>5</b><br>頸肩腰背痛, 如何自救? 10-11AM<br>太極課 下午3:30 -4:30                             | <b>6</b><br>盛夏護好腸胃 10-11AM<br>福全福利講解 下午 1:30-5:00   | <b>7</b>  |
| <b>8</b>  | <b>9</b><br>福全福利講解 上午 9:30-12:30<br>氣功課 下午 2 - 3  | <b>10</b><br>福全福利講解 上午 9:30-12:30<br>健身舞蹈課 下午 2 - 3                      | <b>11</b><br>福全福利講解 上午 9:30-12:30<br>手機小課堂 下午 2-3                                                       | <b>12</b><br>福全福利講解上午 9:30-12:30<br>如何擁有笑口常開·健康嘅牙齒 2:30-3:30<br>太極課 下午 3:30-4:30 | <b>13</b><br>福全福利講解上午 9:30-12:30<br>父親節慶祝活動 下午 2-3點 | <b>14</b> |
| <b>15</b> | <b>16</b><br>福全福利講解 上午 9:30-12:30<br>氣功課 下午 2 - 3 | <b>17</b><br>福全福利講解 上午 9:30-12:30<br>健身舞蹈課 下午 2 - 3<br>睡眠與健康 下午 3:10-4PM | <b>18</b><br>福全福利講解 上午 9:30-12:30<br>會員生日會 下午 2-3<br>大腦保健操 下午 3-3:30<br>營養入門 下午 3-4<br>加州白卡講解 下午 4-4:30 | <b>19</b><br>六月節 關閉                                                              | <b>20</b><br>福全福利講解 上午 9:30-12:30<br>牙齒講座 2-3PM     | <b>21</b> |
| <b>22</b> | <b>23</b><br>福全福利講解上午 9:30-12:30<br>氣功課 下午 2 - 3  | <b>24</b><br>暫時關門, 開會10:30-1:30pm<br>健身舞蹈課 下午 2 - 3                      | <b>25</b><br>乳房篩檢 9AM-4:30PM<br>福全福利講解 下午 1:30-5:00                                                     | <b>26</b><br>六月溼熱重, 中醫教你“健脾祛溼”之道 10AM-11AM<br>太極課 下午 3:30-4:30                   | <b>27</b><br>福全福利講解上午 9:30-12:30<br>自我穴位按摩 2-3PM    | <b>28</b> |
| <b>29</b> | <b>30</b><br>福全福利講解上午 9:30-12:30<br>氣功課 下午 2 - 3  |                                                                          |                                                                                                         |                                                                                  |                                                     |           |



福全健保

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

## Calendar of Events June 2025

| Sunday    | Monday                                                                         | Tuesday                                                                                                                                        | Wednesday                                                                                                                                                        | Thursday                                                                                                                          | Friday                                                                                                  | Saturday  |
|-----------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------|
| <b>1</b>  | <b>2</b><br>Clever Care Benefits 9:30 – 12:30 PM<br><br>Qi Gong Class 2 – 3 PM | <b>3</b><br>Clever Care Benefits 9:30am – 12:30 PM<br><br>Folk Dance 2 – 3 PM                                                                  | <b>4</b><br>Clever Care Benefits 9:30-12:30 PM<br><br>Clever Care Benefits 1:30 – 5:00 PM                                                                        | <b>5</b><br>About Neck, shoulder, lower back pain 10-11AM<br><br>Tai Chi 3:30-4:30 PM                                             | <b>6</b><br>Take care of your stomach and intestines 10-11AM<br><br>Clever Care Benefits 1:30 – 5:00 PM | <b>7</b>  |
| <b>8</b>  | <b>9</b><br>Clever Care Benefits 9:30-12:30pm<br><br>Qi Gong Class 2 – 3 pm    | <b>10</b><br>Clever Care Benefits 9:30am – 12:30pm<br><br>Folk Dance 2 – 3 pm                                                                  | <b>11</b><br>Clever Care Benefits 9:30– 12:30pm<br><br>Smart phone lesson 2-3PM                                                                                  | <b>12</b><br>Clever Care Benefits 9:30am – 12:30pm<br><br>How to have smiling and healthy teeth 2:30-3:30<br>Tai Chi 3:30-4:30 PM | <b>13</b><br>Clever Care Benefits 9:30 – 12:30pm<br><br>Father's Day Celebration 2-3 PM                 | <b>14</b> |
| <b>15</b> | <b>16</b><br>Clever Care Benefits 9:30- 12:30pm<br><br>Qi Gong Class 2 – 3 pm  | <b>17</b><br>Clever Care Benefits 9:30am – 12:30pm<br><br>Folk Dance 2 – 3 PM<br>Good Sleep for Emotional Wellbeing for Older Adults 3:10-4 PM | <b>18</b><br>Clever Care Benefits 9:30– 12:30pm<br><br>Member Birthday 2-3 PM<br>Brain exercises 3-3:30 PM<br>GHC Nutrition 101 3-4 PM<br>GHC Medi-Cal 4-4:30 PM | <b>19</b><br>JUNETEENTH CLOSED                                                                                                    | <b>20</b><br>Clever Care Benefits 9:30-12:30pm<br><br>Dental Seminar 2-3PM                              | <b>21</b> |
| <b>22</b> | <b>23</b><br>Clever Care Benefits 9:30-12:30pm<br><br>Qi Gong Class 2 – 3 PM   | <b>24</b><br>Temporarily closed 10:30-1:30, Meeting<br><br>Folk Dance 2 – 3 PM                                                                 | <b>25</b><br>Mammogram Screening 9:00-4:30<br><br>Clever Care Benefits 1:30 – 5:00 pm                                                                            | <b>26</b><br>Strengthen the spleen 10AM-11AM<br><br>Tai Chi 3:30-4:30 pm                                                          | <b>27</b><br>Clever Care Benefits 9:30-12:30pm<br><br>Self-acupressure massage 2-3PM                    | <b>28</b> |
| <b>29</b> | <b>30</b><br>Clever Care Benefits 9:30 – 12:30pm<br><br>Qi Gong Class 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

M10135-A-EN (03/22)