

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
1	2 福全福利講解上午 9:30-12:30 氣功課 下午 2 - 3	3 福全福利講解上午 9:30-12:30 健身舞蹈課 下午 2 - 3	4 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	5 頸肩腰背痛，如何自救? 10-11AM 太極課 下午3:30 -4:30	6 盛夏護好腸胃 10-11AM 福全福利講解 下午 1:30-5:00	7
8	9 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	10 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 - 3	11 福全福利講解 上午 9:30-12:30 手機小課堂 下午 2-3	12 福全福利講解上午 9:30-12:30 如何擁有笑口常開·健康嘅牙齒 2:30-3:30 太極課 下午 3:30-4:30	13 福全福利講解上午 9:30-12:30 父親節慶祝活動 下午 2-3點	14
15	16 福全福利講解 上午 9:30-12:30 氣功課 下午 2 - 3	17 福全福利講解 上午 9:30-12:30 健身舞蹈課 下午 2 - 3 睡眠與健康 下午 3:10-4PM	18 福全福利講解 上午 9:30-12:30 會員生日會 下午 2-3 大腦保健操 下午 3-3:30 營養入門 下午 3-4 加州白卡講解 下午 4-4:30	19 六月節 關閉	20 福全福利講解 上午 9:30-12:30 牙齒講座 2-3PM	21
22	23 福全福利講解上午 9:30-12:30 氣功課 下午 2 - 3	24 暫時關門，開會10:30-1:30pm 健身舞蹈課 下午 2 - 3	25 福全福利講解 上午 9:30-12:30 福全福利講解 下午 1:30-5:00	26 六月溼熱重，中醫教你“健脾祛溼”之道 10AM-11AM 太極課 下午 3:30-4:30	27 福全福利講解上午 9:30-12:30 自我穴位按摩 2-3PM	28
29	30 福全福利講解上午 9:30-12:30 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
1	2 Clever Care Benefits 9:30 – 12:30 PM	3 Clever Care Benefits 9:30am – 12:30 PM	4 Clever Care Benefits 9:30-12:30 PM	5 About Neck, shoulder, lower back pain 10-11AM	6 Take care of your stomach and intestines 10-11AM	7
	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 PM	Tai Chi 3:30-4:30 PM	Clever Care Benefits 1:30 – 5:00 PM	
8	9 Clever Care Benefits 9:30-12:30pm	10 Clever Care Benefits 9:30am – 12:30pm	11 Clever Care Benefits 9:30– 12:30pm	12 Clever Care Benefits 9:30am – 12:30pm	13 Clever Care Benefits 9:30 –12:30pm	14
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 pm	Smart phone lesson 2-3PM	How to have smiling and healthy teeth 2:30-3:30 Tai Chi 3:30-4:30 PM	Father's Day Celebration 2-3 PM	
15	16 Clever Care Benefits 9:30- 12:30pm	17 Clever Care Benefits 9:30am – 12:30pm	18 Clever Care Benefits 9:30– 12:30pm	19 JUNETEENTH CLOSED	20 Clever Care Benefits 9:30–12:30pm	21
	Qi Gong Class 2 – 3 pm	Folk Dance 2 – 3 PM Good Sleep for Emotional Wellbeing for Older Adults 3:10-4 PM	Member Birthday 2-3 PM Brain exercises 3-3:30 PM GHC Nutrition 101 3-4 PM GHC Medi-Cal 4-4:30 PM		Dental Seminar 2-3PM	
22	23 Clever Care Benefits 9:30-12:30pm	24 Temporarily closed 10:30-1:30, Meeting	25 Clever Care Benefits 9:30– 12:30pm	26 Strengthen the spleen 10AM-11AM	27 Clever Care Benefits 9:30-12:30pm	28
	Qi Gong Class 2 – 3 PM	Folk Dance 2 – 3 PM	Clever Care Benefits 1:30 – 5:00 pm	Tai Chi 3:30-4:30 pm	Self-acupressure massage 2-3PM	
29	30 Clever Care Benefits 9:30 – 12:30pm					
	Qi Gong Class 2 – 3 PM					