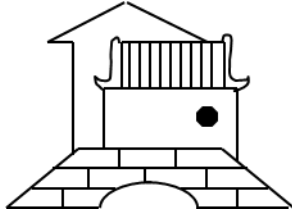


Asian Health & Service Center



Portland Main Office:
9035 SE Foster Rd.,
Portland, OR 97266
Phone: (503) 872-8822
Fax: (503)872-8825

Beaverton Office:
3800 SW Cedar Hills Blvd, #196
Beaverton, OR 97008
Phone: (503) 772-5880

Website: www.ahscpx.org



耆康會秋季 2023

時間：每逢星期二, 早上 10 點-下午 12 點

主題：太極, 遊戲時間, 健康教育

地方：9035 SE Foster Rd., Portland, OR 97266 三樓 展廳 3

2023 十月

10/3—傳染病

10/10 -心臟健康

10/17—**休息-準備晚會**

10/24 - 公共圖書館: 導航和公共交通

10/31 - 萬聖節慶祝

2023 十一月

11/7-糖尿病宣傳月

11/14-氣候變化

11/21-感恩節慶祝活動

11/28- 公共圖書館:歷史和現在

2023 十二月

12/5—失智症健康講座 - OHSU

12/12-唔好咁擔心！

12/19-聖誕節慶祝活動

12/26-年度回顧/ 新年新目標

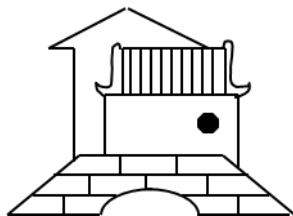


小組以粵語進行，不收費。請預先登記

上述活動可能會更改或重新安排。

欲了解更多信息，請致電 503-772-5889

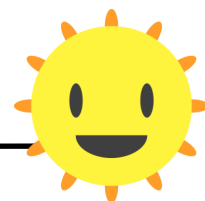
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Evergreen Club Fall 2023

When: Every Tuesday from 10:00am - 12:00pm

What: Exercise, Health Presentation, EO Meal

Where: 9035 SE Foster Rd., Portland, OR 97266 Third Floor Hall 3

October

10/3—Modernization- Communicable Disease

10/10— Health talk- Cardiovascular Health

10/17— **Preparation for Gala (rest)**

10/24 - Public library: Navigation and public transportation

10/31 - Halloween celebration

November

11/7- Health talk -Diabetes

awareness month

11/14- Modernization-

Climate change

11/21- Thanksgiving celebration

11/28- Public library- History and present

December

12/5- Dementia presentation from OHSU

12/12- Don't worry too much!

12/19- Christmas celebration

12/26- Wrap up the year/ New year resolution!



The Group is conducted in Cantonese & is free for everyone.
Please register.

The above activities are subject to change or reschedule.

For more info, please call 503-772-5889