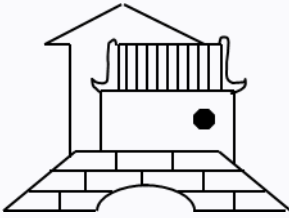


Asian Health & Service Center



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

Evergreen Club 2024

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



2024 January

1/2– Can you hear me?

1/9– Emergency planning part 1: cell
phone

1/16– The history of Chinese Americans in Portland

1/23– Library– skills building

1/30– Know your food, Know your river

2024 February

2/6– Restaurant Etiquette

2/13– Lunar New Year Celebration

2/20– Library– current issues/news

2/27– ACRSS: You & Me

2024 March

3/5– Capstone Community Mentor-
Aging & Dental health

3/12– Modernization part 2 : Emer-
gency Preparedness

3/19– Library –reliable sources

3/26– Mental Health

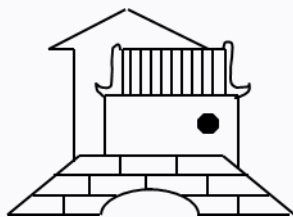


The Group is conducted in Cantonese & is free for everyone.
Please register.

The above activities are subject to change or reschedule.

For more info, please call 503-772-5889

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耆康會 2024

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



2024 一月

1/2-你聽到我嗎？

1/9-緊急準備-第一節：電話教學

1/16-波特蘭華人的歷史

1/23-圖書館：技能培養

1/30-了解你的河流，了解你的食物

2024 二月

2/6-餐桌禮儀

2/13-農曆新年慶祝活動

2/20-圖書館：時事新聞

2/27-亞裔癌症資源和支援服務：關懷您與我

2024 三月

3/5- Capstone 社區導師：老齡化和牙科計劃

3/12- 緊急準備-第二節

3/19 圖書館：可靠的來源

3/26-心理健康



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