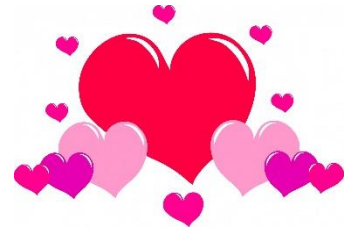


Evergreen Club 2024

When: Every Tuesday from 9:30am - 12:00pm

Topic: Exercise, Health Presentation, EO meal

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



2024 April

4/2 - Plant-Based Plate: Exploring Vegetarian Nutrition

4/9 - BINGO Bonanza: A Fun-filled Game Day

4/16 - Role-play: Safety information with fun!

4/23 - Empowering Asian Communities: Cancer Resources and Support

4/30 - Capstone mentor program, Prevention, Aging and Dental Care

2024 May

5/7 - Celebrating Caregivers:

A Special Mother's Day Tribute

5/14 - Insulation Mastery: Optimizing Your Cup for Hot and Cold Delights

5/21 - Tobacco prevention: How the brain works?

5/28 - Echoes of Tradition: Pipa Performance

2024 June

6/4 - Navigating the Outdoor Realm: Unveiling Hazards in the Modernization Epoch

6/11 - Infinite Love: Gratitude Father's Day Event

6/18 - Cancer Screening Information

6/25 - Lyrical Euphoria: Unlocking Happiness and Ease with Ten English Phrases in Portland—BH



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

耆康會 2024

時間：逢星期二，早上9時30分 – 下午12時

主題：太極、文康活動、節日慶祝、教育及保健講座、郊遊等等

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



2024 四月

4/2 - 探索素食營養的好處及價值

4/9 - 歡樂遊戲: BINGO

4/16 - 日常家居生活安全注意事項

4/23 - 關顧亞裔社區：癌症資源和支援服務

4/30 - Capstone: 牙齒健康與護理

2024 五月

5/7 - 母親節: 向所有母親致敬！

5/14 - 如何認識保溫產品功能: 保溫杯用法的宜忌

5/21 - 菸草預防：大腦如何運作？

5/28 - 中國古典音樂: 琵琶

2024 六月

6/4 - 現今天然災害的危機：應急準備

6/11 - 愛無限: 感恩父親節活動

6/18 - 癌症篩檢資訊

6/25 - 心理健康團隊 - 十個讓你在波特蘭更快樂、更放鬆的英文短語

