

Evergreen Club 2026 (Jul to Sep Activities)

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

Topic: Exercise, Health Presentation, EO meal

Address: 9035 SE Foster Rd., Portland, OR 97266 3/F Hall 3

Jul
7

Top 10 Best
Presidents of the
United States



Jul
14

Health talk –
Stroke



Jul
21

Portland Chinatown
Museum



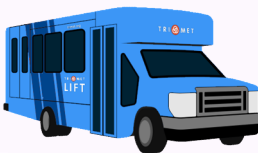
Jul
28

Kidney
Disease: A
Caregiver's
Guide



Aug
4

TriMet LIFT
Paratransit



Aug
11

Understanding
Lung Cancer:
From Risk to
Screening



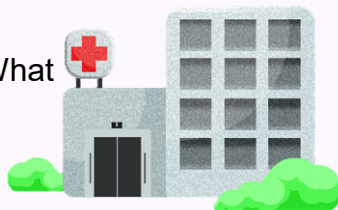
Aug
18

Healthy eating in
Summer



Aug
25

Emergency
Room 101: What
You Need to
Know



Sep
1

Oregon Health Plan
Changes in 2027



Sep
8

Caring for a Loved
One with
Alzheimer's: A
Family Caregiver's
Guide

Sep
15

Senior Got A Talent



Sep
22

Celebrating
Mid-Autumn
Festival
Together 2026



Sep
29

Bingo Day



耆康會 2026 (7 - 9月份活動)

時間：每週二上午 9:30 至 12:00

主題：太極運動、文康活動、教育及保健講座、長者午餐

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

7月
7

美國史上最受推崇的十位總統



7月
14

健康講座：預防中風，守護健康
(註冊護士主講)



7月
21

波特蘭唐人街博物館



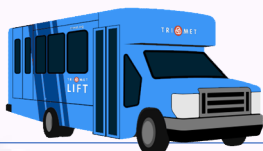
7月
28

腎病照顧者指南
(註冊護士主講)



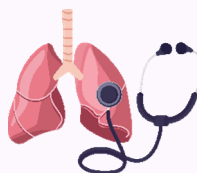
8月
4

TriMet LIFT
無障礙接送服務



8月
11

肺癌知多少：
風險與篩檢指南
(專科醫生主講)



8月
18

夏日健康飲食



8月
25

急診室：您需
要知道的事



9月
1

2027年俄勒岡州
健康計劃 (OHP)
最新變動



9月
8

照顧阿茲海默症
親人：家庭
照顧者指南

9月
15

松柏風華展才藝



9月
22

歡慶中秋
共享團圓



9月
29

賓果遊戲日

