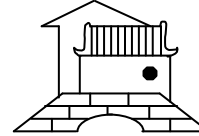


# Asian Health & Service Center

**Portland Main Office:**

3430 SE Powell Blvd.  
 Portland, OR 97202  
 Phone: (503)872-8822  
 Fax: (503)872-8825



Website: [www.ahsccpx.org](http://www.ahsccpx.org)

**Beaverton Office:**

12500 SW Allen Blvd.  
 Beaverton, OR 97008  
 Phone/Fax: (503)641-4113

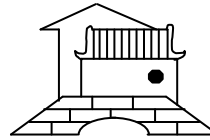
## July 2010 Calendar (Beaverton Office)

MON	TUE	WED	THUR	FRI
			<b>1</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>2</b> 9:30-11:30 Beaverton Friday Group : Writing Workshop for Preventing Dementia 9:30 – 12:30 p.m. Healthy Friends Club (*k) :
<b>5</b> 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 1:00-3:00pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office)	<b>6</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>7</b> 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: Independence Day Celebration 1:00-3:00pm Living in America (*K)	<b>8</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>9</b> 9:30-11:30 Beaverton Friday Group : The Law you need to know 9:30 – 12:30 p.m. Healthy Friends Club (*k) :
<b>12</b> 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 1:00-3:00pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office)	<b>13</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>14</b> 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: Outdoor Program (Pre- registration required) 1:00-3:00pm Living in America (*K)	<b>15</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>16</b> 9:30-11:30 Beaverton Friday Group : Appreciating the Nature: Yellow Stone National Park 9:30 – 12:30 p.m. Healthy Friends Club (*k) :
<b>19</b> 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 1:00-3:00pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office )	<b>20</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>21</b> 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: Health Education Workshop: Sleeping Disorders 1:00-3:00pm Living in America (*K)	<b>22</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>23</b> 9:30-11:30 Beaverton Friday Group : Women Health & Iron 9:30 – 12:30 p.m. Healthy Friends Club (*k) :
<b>26</b> 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 1:00-3:00pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office)	<b>27</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>28</b> 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: Discovering World Cuisines 1:00-3:00pm Living in America (*K)	<b>29</b> 3:00-5:00 p.m. Massage Therapy (PDX Office)	<b>30</b> 9:30-11:30 Beaverton Friday Group : Outing for Health & Peace 9:30 – 12:30 p.m. Healthy Friends Club (*k) :

\*K: Activity conducted in Korean

**For further information about activities, please call (503) 641-4113**

華人服務中心  
Asian Health & Service Center



Website: [www.ahsdpdx.org](http://www.ahsdpdx.org)

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Beaverton, OR 97008  
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2010年七月份活動內容 (比弗頓辦事處)

星期一	星期二	星期三	星期四	星期五
			1 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	2 上午 9:30-11:30 比弗頓星期五小組: 甜蜜回憶錄 上午 9:30-12:30 康友社(*k)
5 上午 10:00-12:00 中國寫意花鳥畫班 下午 1:00-3:00 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	6 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	7 上午 10:00-12:00 福友社: 獨立紀念日慶祝活動	8 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	9 上午 9:30-11:30 比弗頓星期五小組: 法律須知 上午 9:30-12:30 康友社(*k)
12 上午 10:00-12:00 中國寫意花鳥畫班 下午 1:00-3:00 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	13 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	14 上午 10:00-12:00 福友社: 戶外活動 (須先報名)	15 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	16 上午 9:30-11:30 比弗頓星期五小組: 介紹黃石國家公園 上午 9:30-12:30 康友社(*k)
19 上午 10:00-12:00 中國寫意花鳥畫班 下午 1:00-3:00 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	20 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	21 上午 10:00-12:00 福友社: 健康教育講座-您睡得好嗎?	22 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	23 上午 9:30-11:30 比弗頓星期五小組: 健康講座:安全補鐵質 上午 9:30-12:30 康友社(*k)
26 上午 10:00-12:00 中國寫意花鳥畫班 下午 1:00-3:00 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	27 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	28 上午 10:00-12:00 福友社: 世界美食	29 下午 3:00 - 5:00 按摩治療 (波特蘭辦事處)	30 上午 9:30-11:30 比弗頓星期五小組: 夏日郊遊趣 上午 9:30-12:30 康友社(*k)

\*K: 活動以韓語進行

歡迎參加我們的各項活動，請電: (503) 641-4113 查詢詳情。