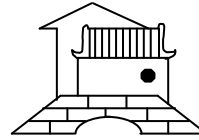


Asian Health & Service Center

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



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

Website: www.ahscpdx.org

February 2010 Calendar (Portland Main Office)

MON	TUE	WED	THUR	FRI
1 Yu-Miao Immersion Preschool 12:00 – 4:00pm Chinese Medicine Clinic	2 Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: Enjoy Chinese Folk Music 10:30-12:30pm Healthy Friends Club (*K): 11:30-12:30pm Asian Senior Lunch Program 12:30-4:00pm Cantonese Opera Appreciation 3:00-5:00pm Massage Therapy	3 Yu-Miao Immersion Preschool 10 – 12pm Chinese Landscape Painting Class 12:30 – 2:30pm Chinese Kung Pi (fine style) Painting Class – Accelerate & Advance Class 2:45 - 4:45pm Chinese Kung Pi (fine style) Painting Class – Beginner & Intermediate Class 1:00 – 3:30pm Clinic Time	4 Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Activity Group 10:00 – 11:15am Portland Evergreen Group (Mandarin) : Eat Healthy! ~Nutrition Topic Updates 10:00-11:30am ESL Class 11:30-12:30pm Asian Senior Lunch Program 12 – 2pm Cantonese Opera Club 2:00-4:00pm Chinese Calligraphy Class – Beginner and Accelerate Class 3:00-5:00pm Massage Therapy	5 Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : Dealing With Neurasthenia 1:00 – 3:00pm Dance Club
8 Yu-Miao Immersion Preschool 12:00 – 4:00pm Chinese Medicine Clinic	9 Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: Chinese New Year Tradition 10:30-12:30pm Healthy Friends Club (*K): 11:30-12:30pm Asian Senior Lunch Program 12:30-4:00pm Cantonese Opera Appreciation 3:00-5:00pm Massage Therapy	10 Yu-Miao Immersion Preschool 10 – 12pm Chinese Landscape Painting Class 12:30 – 2:30pm Chinese Kung Pi (fine style) Painting Class – Accelerate & Advance Class 2:45 - 4:45pm Chinese Kung Pi (fine style) Painting Class – Beginner & Intermediate Class 1:00 – 3:30pm Clinic Time	11 Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Activity Group 10:00 – 11:15am Portland Evergreen Group (Mandarin) : Chinese New Year Celebration 10:00-11:30am ESL Class 11:30-12:30pm Asian Senior Lunch Program 12 – 2pm Cantonese Opera Club 2:00-4:00pm Chinese Calligraphy Class – Beginner and Accelerate Class 3:00-5:00pm Massage Therapy	12 Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : Women Annual Mammogram 1:00 – 3:00pm Dance Club
15 AHSC Retreat Day Center Closed	16 Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: Chinese New Year Celebration 10:30-12:30pm Healthy Friends Club (*K): 11:30-12:30pm Asian Senior Lunch Program 12:30-4:00pm Cantonese Opera Appreciation 3:00-5:00pm Massage Therapy	17 Yu-Miao Immersion Preschool 10 – 12pm Chinese Landscape Painting Class 12:30 – 2:30pm Chinese Kung Pi (fine style) Painting Class – Accelerate & Advance Class 2:45 - 4:45pm Chinese Kung Pi (fine style) Painting Class – Beginner & Intermediate Class 1:00 – 3:30pm Clinic Time	18 Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Activity Group 10:00 – 11:15am Portland Evergreen Group (Mandarin) : Health Education Workshop- Women Health Updates 10:00-11:30am ESL Class 11:30-12:30pm Asian Senior Lunch Program 12 – 2pm Cantonese Opera Club 2:00-4:00pm Chinese Calligraphy Class – Beginner and Accelerate Class 3:00-5:00pm Massage Therapy	19 Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : Healthy recipes for Chinese New Year Celebration 1:00 – 3:00pm Dance Club
22 Yu-Miao Immersion Preschool 12:00 – 4:00pm Chinese Medicine Clinic	23 Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: Health Education: New Facts About Gout & Arthritis 10:30-12:30pm Healthy Friends Club (*K): 11:30-12:30pm Asian Senior Lunch Program 12:30-4:00pm Cantonese Opera Appreciation 3:00-5:00pm Massage Therapy	24 Yu-Miao Immersion Preschool 10 – 12pm Chinese Landscape Painting Class 12:30 – 2:30pm Chinese Kung Pi (fine style) Painting Class – Accelerate & Advance Class 2:45 - 4:45pm Chinese Kung Pi (fine style) Painting Class – Beginner & Intermediate Class 1:00 – 3:30pm Clinic Time	25 Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Activity Group 10:00 – 11:15am Portland Evergreen Group (Mandarin) : World Culture- African Trip 10:00-11:30am ESL Class 11:30-12:30pm Asian Senior Lunch Program 12 – 2pm Cantonese Opera Club 2:00-4:00pm Chinese Calligraphy Class – Beginner and Accelerate Class 3:00-5:00pm Massage Therapy	26 Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : Healthy Organic Rice 1:00 – 3:00pm Dance Club

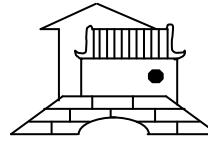
*K: Activity conducted in Korean

For further information about activities, please call (503) 872-8822 Ext.200

Letter Reading Time: Everyday 11:00 - 11.30am ***New Chinese Kung Pi Painting Class 10:00-12:00n (Sat. only, 2/20-4/10)**

華人服務中心 Asian Health & Service Center

波特蘭總辦事處：
3430 SE Powell Blvd.
Portland, OR 97202
電話: (503)872-8822
傳真: (503)872-8825



Website: www.ahsccpd.org

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

2010年二月份活動內容(波特蘭總辦事處)

星期一	星期二	星期三	星期四	星期五
<p>1 育苗學前雙語融入學校 中午 12:00-下午 4:00 中醫診療</p>	<p>2 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 賀年歌曲欣賞 上午 10:30-下午 12:30 健康朋友俱樂部 (K*) 上午 11:30-下午 12:30 亞裔長者午餐 中午 12:30-4:00 粵曲欣賞會 下午 3:00-5:00 按摩治療</p>	<p>3 育苗學前雙語融入學校 上午 10:00-12:00 中國寫意山水畫班 下午 12:30-2:30 中國工筆畫提高及高班 下午 2:45-4:45 中國工筆畫初及中班 下午 1:00-3:30 看診時間</p>	<p>4 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 10:00-11:15 波特蘭長春俱樂部 (普通話): 營養學新知 上午 10:00-11:30 ESL 英文班 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:00-2:00 粵曲欣賞組 下午 2:00-4:00 中國書法提高及初班 下午 3:00-5:00 按摩治療</p>	<p>5 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 婦女神經衰弱 下午 1:00-3:00 舞蹈社</p>
<p>8 育苗學前雙語融入學校 中午 12:00-下午 4:00 中醫診療</p>	<p>9 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 新年家鄉習俗 上午 10:30-下午 12:30 健康朋友俱樂部 (K*) 上午 11:30-下午 12:30 亞裔長者午餐 中午 12:30-4:00 粵曲欣賞會 下午 3:00-5:00 按摩治療</p>	<p>10 育苗學前雙語融入學校 上午 10:00-12:00 中國寫意山水畫班 下午 12:30-2:30 中國工筆畫提高及高班 下午 2:45-4:45 中國工筆畫初及中班 下午 1:00-3:30 看診時間</p>	<p>11 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 10:00-11:15 波特蘭長春俱樂部 (普通話): 歡慶農曆新年 上午 10:00-11:30 ESL 英文班 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:00-2:00 粵曲欣賞組 下午 2:00-4:00 中國書法提高及初班 下午 3:00-5:00 按摩治療</p>	<p>12 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 女性對抗乳癌 下午 1:00-3:00 舞蹈社</p>
<p>15 職員退修日 中心休假</p>	<p>16 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 歡賀農曆新年 上午 10:30-下午 12:30 健康朋友俱樂部 (K*) 上午 11:30-下午 12:30 亞裔長者午餐 中午 12:30-4:00 粵曲欣賞會 下午 3:00-5:00 按摩治療</p>	<p>17 育苗學前雙語融入學校 上午 10:00-12:00 中國寫意山水畫班 下午 12:30-2:30 中國工筆畫提高及高班 下午 2:45-4:45 中國工筆畫初及中班 下午 1:00-3:30 看診時間</p>	<p>18 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 10:00-11:15 波特蘭長春俱樂部 (普通話): 健康教育講座-婦女新知 上午 10:00-11:30 ESL 英文班 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:00-2:00 粵曲欣賞組 下午 2:00-4:00 中國書法提高及初班 下午 3:00-5:00 按摩治療</p>	<p>19 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 賀年健康美點 下午 1:00-3:00 舞蹈社</p>
<p>22 育苗學前雙語融入學校 中午 12:00-下午 4:00 中醫診療</p>	<p>23 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 健康講座: 認識痛風、關節炎 上午 10:30-下午 12:30 健康朋友俱樂部 (K*) 上午 11:30-下午 12:30 亞裔長者午餐 中午 12:30-4:00 粵曲欣賞會 下午 3:00-5:00 按摩治療</p>	<p>24 育苗學前雙語融入學校 上午 10:00-12:00 中國寫意山水畫班 下午 12:30-2:30 中國工筆畫提高及高班 下午 2:45-4:45 中國工筆畫初及中班 下午 1:00-3:30 看診時間</p>	<p>25 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 10:00-11:15 波特蘭長春俱樂部 (普通話): 非洲之旅 上午 10:00-11:30 ESL 英文班 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:00-2:00 粵曲欣賞組 下午 2:00-4:00 中國書法提高及初班 下午 3:00-5:00 按摩治療</p>	<p>26 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 有機米纖維高 下午 1:00-3:00 舞蹈社</p>

*K:活動以韓語進行 閱信時間: 每天上午 11:00-11:30 歡迎參加我們的各項活動, 請電: (503) 872-8822 內線 200 查詢詳情。

*新中國工筆畫班 2月20日至4月10日(逢星期六)上午十時至十二時