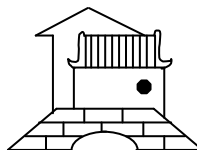


# Asian Health & Service Center

**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: (503)641-4113  
Fax: (503)872-8825

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

## January 2012 Calendar (Portland Main Office)

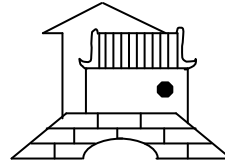
MON	TUE	WED	THUR	FRI
<p><b>2</b> <b>New Year Holiday Center Closed</b></p>	<p><b>3</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: <i>A Tuesday Morning Stroll Down Memory Lane</i> 10:30–12:30pm Healthy Friends Club (*K) : <i>Planning for a Great New Year!</i> 11:30 -12:00pm Asian Senior Lunch Program 11:30 – 3:30pm Chinese Medicine Clinic 12:30 – 4:00pm Cantonese Opera Appreciation</p>	<p><b>4</b> Miao Immersion Preschool 10:00-11:30am Vietnamese Women’s Health Group: <i>Health Education Workshop: Safe Physical Activities Tips for Seniors</i> 1:00 – 3:30pm Clinic Time</p>	<p><b>5</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Senior Group: <i>Exercising our Brain with World Facts and Riddles</i> 9:30 – 11:15am Portland Senior Club: <i>Introducing Basic Physics</i> 11:30-12:00pm Asian Senior Lunch Program 12:30 – 2:30pm Cantonese Opera Club 3:00-5:00pm Massage Therapy</p>	<p><b>6</b> Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : <i>Healthy Kids, Healthy Meals, Healthy World</i> 1:00 – 3:00pm Dance Club 3:00 – 7:00pm Naturopathic Medicine Clinic</p>
<p><b>9</b> Yu-Miao Immersion Preschool 12:00 – 4:00pm Chinese Medicine Clinic</p>	<p><b>10</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: <i>A Reflection of Portland’s Memories</i> 10:30–12:30pm Healthy Friends Club (*K) : <i>Beautiful National Parks</i> 11:30 -12:00pm Asian Senior Lunch Program 11:30 – 3:30pm Chinese Medicine Clinic 12:30 – 4:00pm Cantonese Opera Appreciation</p>	<p><b>11</b> Yu-Miao Immersion Preschool 10:00-11:30am Vietnamese Women’s Health Group: <i>Health Education Workshop: Women’s Health in the Wintertime</i> 10:00–12:00pm Chinese Xie Yi (Flower &amp; Bird) Painting Class 12:30 – 2:30pm Chinese Gongbi (fine style) Painting Class – Accelerate &amp; Advance Class 2:45 - 4:45pm Chinese Gongbi (fine style) Painting Class – Beginner &amp; Intermediate Class 1:00 – 3:30pm Clinic Time</p>	<p><b>12</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Senior Group: <i>Health Education Workshop: Nutritional Benefits of Various Foods</i> 9:30 – 11:15am Portland Senior Club: <i>Women Health Education Workshop: Food and Mood</i> 11:30-12:00pm Asian Senior Lunch Program 12:30 – 2:30pm Cantonese Opera Club 2:00 -4:00pm Chinese Calligraphy Class - Beginner &amp; Accelerate 3:00-5:00pm Massage Therapy</p>	<p><b>13</b> Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : <i>How to Improve Digestive Health</i> 1:00 – 3:00pm Dance Club 3:00 – 7:00pm Naturopathic Medicine Clinic</p>
<p><b>16</b> <b>Martin Luther King Jr Holiday - Center Closed</b></p>	<p><b>17</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: <i>Women’s Health Ed: A Peek inside the Digestive System</i> 10:30–12:30pm Healthy Friends Club (*K) : <i>Women Health: Winter Exercises and Healthy Foods</i> 11:30-12:00pm Asian Senior Lunch Program 11:30 – 3:30pm Chinese Medicine Clinic 12:30 – 4:00pm Cantonese Opera Appreciation</p>	<p><b>18</b> Yu-Miao Immersion Preschool 10:00-11:30am Vietnamese Women’s Health Group: <i>Vietnamese New Year Celebration</i> 10:00–12:00pm Chinese Xie Yi (Flower &amp; Bird) Painting Class 12:30 – 2:30pm Chinese Gongbi (fine style) Painting Class – Accelerate &amp; Advance Class 2:45 - 4:45pm Chinese Gongbi (fine style) Painting Class – Beginner &amp; Intermediate Class 1:00 – 3:30pm Clinic Time</p>	<p><b>19</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Senior Group: <i>Vietnamese New Year Celebration 2012</i> 9:30 – 11:15am Portland Senior Club: <i>Introducing New Books and New Movies</i> 11:30-12:00pm Asian Senior Lunch Program 12:30 – 2:30pm Cantonese Opera Club 2:00 -4:00pm Chinese Calligraphy Class - Beginner &amp; Accelerate 3:00-5:00pm Massage Therapy</p>	<p><b>20</b> Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : <i>Physical Activities to Improve Knee Joint</i> 1:00 – 3:00pm Dance Club 3:00 – 7:00pm Naturopathic Medicine Clinic</p>
<p><b>23</b> Yu-Miao Immersion preschool 12:00 – 4:00pm Chinese Medicine Clinic</p>	<p><b>24</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: <i>Welcoming the Year of the Dragon</i> 10:30–12:30pm Healthy Friends Club (*K) : <i>Lunar New Year Celebration!</i> 11:30-12:00pm Asian Senior Lunch Program 11:30 – 3:30pm Chinese Medicine Clinic 12:30 – 4:00pm Cantonese Opera Appreciation</p>	<p><b>25</b> Yu-Miao Immersion Preschool 10:00-11:30am Vietnamese Women’s Health Group: <i>Computer Class: Easy Steps to Computer Maintenance</i> 10:00–12:00pm Chinese Xie Yi (Flower &amp; Bird) Painting Class 12:30 – 2:30pm Chinese Gongbi (fine style) Painting Class – Accelerate &amp; Advance Class 2:45 - 4:45pm Chinese Gongbi (fine style) Painting Class – Beginner &amp; Intermediate Class 1:00 – 3:30pm Clinic Time</p>	<p><b>26</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Vietnamese Senior Group: <i>Health Education Workshop: Psychological Perceptions of the Elderly</i> 9:30 – 11:15am Portland Senior Club: <i>Chinese New Year Celebration</i> 11:30-12:00pm Asian Senior Lunch Program 12:30 – 2:30pm Cantonese Opera Club 2:00 -4:00pm Chinese Calligraphy Class - Beginner &amp; Accelerate 3:00-5:00pm Massage Therapy</p>	<p><b>27</b> Yu-Miao Immersion Preschool 9:30 – 11:30am Women Health Group : <i>Mind-Body Exercise for a Happy Life</i> 1:00 – 3:00pm Dance Club 3:00 – 7:00pm Naturopathic Medicine Clinic</p>
<p><b>30</b> Yu-Miao Immersion Preschool 12:00 – 4:00pm Chinese Medicine Clinic</p>	<p><b>31</b> Yu-Miao Immersion Preschool 9:30 – 11:00am Evergreen Club: <i>Myth or Fact?</i> 10:30–12:30pm Healthy Friends Club (*K) : <i>Understanding Sleep Disorders with guest speaker: Dr Robert Kim</i> 11:30-12:00pm Asian Senior Lunch Program 11:30 – 3:30pm Chinese Medicine Clinic 12:30 – 4:00pm Cantonese Opera Appreciation</p>			

\*K: Activity conducted in Korean

Letter Reading Time: Everyday 11:00 – 11:30am

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

# 華人服務中心



## 波特蘭總辦事處:

3430 SE Powell Blvd.  
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## 2012年一月份活動內容 (波特蘭總辦事處)

星期一	星期二	星期三	星期四	星期五
<p><sup>2</sup> 元旦假期 中心休假</p>	<p><sup>3</sup> 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 當年歲月 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 上午 11:30-下午 3:30 中醫診療 下午 12:30 - 4:00 粵曲欣賞會</p>	<p><sup>4</sup> 育苗學前雙語融入學校 上午 10:00-11:30 越南婦女健康組 下午 1:00-3:30 看診時間</p>	<p><sup>5</sup> 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 9:30-11:15 波特蘭長春俱樂部(普通話): 雷老師教物理 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:30-2:30 粵曲欣賞組 下午 3:00 - 5:00 按摩治療</p>	<p><sup>6</sup> 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 紅綠燈飲食指南 下午 1:00 - 3:00 舞蹈社 下午 3:00 - 7:00 自然診療</p>
<p><sup>9</sup> 育苗學前雙語融入學校 中午 12:00-下午 4:00 中醫診療</p>	<p><sup>10</sup> 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 波特蘭回憶錄 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 上午 11:30-下午 3:30 中醫診療 下午 12:30 - 4:00 粵曲欣賞會</p>	<p><sup>11</sup> 育苗學前雙語融入學校 上午 10:00-11:30 越南婦女健康組 上午 10:00-12:00 中國寫意花鳥畫班 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><sup>12</sup> 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 9:30-11:15 波特蘭長春俱樂部(普通話): 吃對食物好心情 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:30-2:30 粵曲欣賞組 下午 2:00 - 4:00 中國書法班 提高及初級班 下午 3:00 - 5:00 按摩治療</p>	<p><sup>13</sup> 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 改善消化系統保健法 下午 1:00 - 3:00 舞蹈社 下午 3:00 - 7:00 自然診療</p>
<p><sup>16</sup> 馬丁路德金假期 中心休假</p>	<p><sup>17</sup> 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 健康講座: 細看消化路 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 上午 11:30-下午 3:30 中醫診療 下午 12:30 - 4:00 粵曲欣賞會</p>	<p><sup>18</sup> 育苗學前雙語融入學校 上午 10:00-11:30 越南婦女健康組 上午 10:00-12:00 中國寫意花鳥畫班 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><sup>19</sup> 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 9:30-11:15 波特蘭長春俱樂部(普通話): 新書、新電影、新知識介紹 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:30-2:30 粵曲欣賞組 下午 2:00 - 4:00 中國書法班 提高及初級班 下午 3:00 - 5:00 按摩治療</p>	<p><sup>20</sup> 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 愛護你的膝關節 下午 1:00 - 3:00 舞蹈社 下午 3:00 - 7:00 自然診療</p>
<p><sup>23</sup> 育苗學前雙語融入學校 中午 12:00-下午 4:00 中醫診療</p>	<p><sup>24</sup> 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 齊齊迎龍年 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 上午 11:30-下午 3:30 中醫診療 下午 12:30 - 4:00 粵曲欣賞會</p>	<p><sup>25</sup> 育苗學前雙語融入學校 上午 10:00-11:30 越南婦女健康組 上午 10:00-12:00 中國寫意花鳥畫班 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><sup>26</sup> 育苗學前雙語融入學校 上午 9:30-11:00 越南小組 上午 9:30-11:15 波特蘭長春俱樂部(普通話): 農曆新年慶祝活動 上午 11:30-下午 12:30 亞裔長者午餐 下午 12:30-2:30 粵曲欣賞組 下午 2:00 - 4:00 中國書法班 提高及初級班 下午 3:00 - 5:00 按摩治療</p>	<p><sup>27</sup> 育苗學前雙語融入學校 上午 9:30-11:30 婦女健康小組: 快樂乒乓賀新年 下午 1:00 - 3:00 舞蹈社 下午 3:00 - 7:00 自然診療</p>
<p><sup>30</sup> 育苗學前雙語融入學校 中午 12:00-下午 4:00 中醫診療</p>	<p><sup>31</sup> 育苗學前雙語融入學校 上午 9:30-11:00 耆康會: 流言睇真 D 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 上午 11:30-下午 3:30 中醫診療 下午 12:30 - 4:00 粵曲欣賞會</p>			

K\*: 活動以韓語進行

開信時間: 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。