

華人服務中心

ASIAN HEALTH & SERVICE CENTER

波特蘭中心:
3430 SE Powell Blvd.,
Portland, OR 97202
電話: (503) 872-8822
傳真: (503)872-8825

網址: www.ahsdpdx.org

比弗頓中心:
12500 SW Allen Blvd.,
Beaverton, OR 97008
電話: (503) 641-4113
傳真: (503) 872-8825



* 比弗頓星期五小組 *

活動時間：每週五上午九時三十分至十一時

活動地點：比弗頓華人服務中心，

12500 SW Allen Blvd., Beaverton



2012

一月

- 1/6 從紙鈔看美國歷史
- 1/13 婦女健康:吃對食物好心情
- 1/20 歡笑乃人生最佳良藥
- 1/25 (週三) 農曆新年慶祝活動
- 1/27 活動暫停一次

2012

二月

- 2/3 另類旅館介紹
- 2/10 動手做做看
- 2/17 流言教室
- 2/24 帶給你健康的室內盆栽

2012

三月

- 3/2 健康教育講座:心靈之旅
- 3/9 動腦遊戲
- 3/16 奧勒岡州自然資源介紹
- 3/23 有趣的星座故事
- 3/30 先說物，再說理



比弗頓星期五小組以粵語進行，不需會費，歡迎所有華人參加。

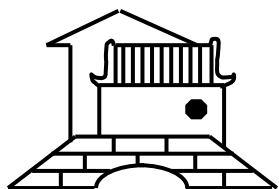
以上活動或有調動，如需查詢，請電 503-872-8822 分機 222 冼潔清

或 503-872-8822 分機 230 雷濟源。



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Beaverton Friday Group

Time : Friday 9:30-11:00am

Location: Beaverton Asian Health & Service Center , 12500 SW Allen Blvd., Beaverton

2012

JANUARY



- 1/6 A Look into US History inside the Dollar
- 1/13 Women's Health Ed: Discover the Power of Comfort Foods
- 1/20 Laughter is Our Strongest Medicine
- 1/25 (Wed) Lunar New Year Celebration
- 1/27 *Program Cancelled*



2012

FEBRUARY

- 2/3 Healthy Families- Discover a Unique Way of Lodging
- 2/10 Hands-On Origami to Improve Dexterity
- 2/17 Urban Legends: Are they true?
- 2/24 In-Home Nature Nurtures Peace

2012

MARCH

- 3/2 Health Ed: A Mind at Peace
- 3/9 Brain Fitness and Jigsaw Fun
- 3/16 An Exploration of Oregon's Natural Wonders
- 3/23 Exploring Interesting Astrological Stories
- 3/30 A Step into the World of Physics

The Beaverton Friday Group is conducted in Cantonese Chinese and is free for everyone.

The above activities are subject to change or rescheduling.

For more info, please call Vanessa Sin at 503-872-8822 ext.222 or Eddie Lui at ext. 230.

