




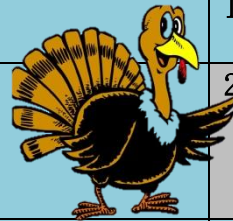




# November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>DEEP Workshop</b> 9:00-11:00 AM (Registration Required)</p>	<p><b>Chair Exercise</b> 9:30 – 10:30 AM</p>	<p><b>Healthy Eating Healthy Aging Workshop (HEHA)</b> 9:00 – 11:00 AM (Registration Required)</p> <p><b>Citizenship Class</b> 1:00 – 3:00 PM (Assembly Room)</p> <p><b>SF Connected Computer Class</b> 12:00 – 3:00 PM</p>	<p><b>Chair Exercise</b> 9:30 – 10:30 AM</p>	<p><b>Citizenship Class</b> 1:00 – 3:00 PM (Assembly Room)</p>

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		


Please ask center coordinator for more information about programs and activities.





# 2016年11月份活動


星期一	星期二	星期三	星期四	星期五
<p>糖尿病自我管理課程 9:00 – 11:00 AM (請預先報名)</p>	<p>椅子運動 9:30 – 10:30 AM</p>	<p>健康教育講座 9:00 – 11:00 AM (請預先報名)</p> <p>入籍班 1:00 – 3:00 PM (大課室)</p> <p>SF Connected 電腦班 12:00 – 3:00 PM</p>	<p>椅子運動 9:30 – 10:30 AM</p>	<p>入籍班 1:00 – 3:00 PM (大課室)</p>


	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	25	
28	29	30		

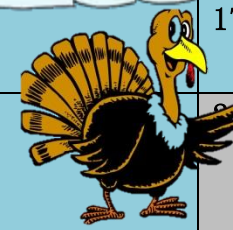












請向中心經理查詢有關活動詳情。