



**Self-Help for  
the Elderly**

安老自助處

[www.selfhelpelderly.org](http://www.selfhelpelderly.org)

氣壯山河  
歲次壬寅  
婉明畫



YEAR OF THE TIGER  
農曆壬寅年

2022

Chinese Painting By Amy Tam

**PLEASE MARK YOUR CALENDAR FOR OUR MAJOR EVENTS IN 2022.**

二月 FEBRUARY	<b>13</b> SUNDAY	Chinese New Year Lion Dance Fundraiser	Ulferts Center, Milpitas & Dublin
二月 FEBRUARY	<b>14</b> MONDAY	Always in My Heart	Lady Shaw Senior Center, San Francisco
二月 FEBRUARY	<b>19</b> SATURDAY	Year of the Tiger Community Street Fair	Chinatown, San Francisco
二月 FEBRUARY	<b>20</b> SUNDAY	Year of the Tiger Community Street Fair	Chinatown, San Francisco
八月 AUGUST	<b>15</b> MONDAY	Invitational Charity Golf Tournament	Palo Alto Hills Golf & Country Club
九月 SEPTEMBER	<b>10</b> SATURDAY	Longevity Walkathon	Portsmouth Square, San Francisco
九月 SEPTEMBER	<b>17</b> SATURDAY	San Mateo Autumn Moon Festival	San Mateo Central Park, San Mateo
十一月 NOVEMBER	<b>19</b> SATURDAY	Longevity Gala	Hyatt Regency, Burlingame
十一月 NOVEMBER	<b>24</b> THURSDAY	Thanksgiving Luncheon	Lady Shaw & various locations in San Francisco
TBD	TBD	Annual Chinese Opera Benefit	TBD



Event details and sponsorship opportunities, please contact us:

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