

YEAR OF THE RABBIT
農曆癸卯年

2023

HAPPY NEW YEAR



玉兔迎春
癸卯晚明畫



Chinese Painting By Amy Tam



Self-Help for
the Elderly

安老自助處

PLEASE MARK YOUR CALENDAR FOR OUR MAJOR EVENTS IN 2023

FEBRUARY 二月	FEBRUARY 二月	MARCH 三月	JUNE 六月	AUGUST 八月
5 SUNDAY	14 TUESDAY	24 FRIDAY	10 SATURDAY	21 MONDAY
Lion Dance Fundraiser	Always In My Heart	Spring Banquet	Longevity Gala	Invitational Charity Golf Tournament
Ulferts Centers Dublin & Milpitas	Lady Shaw Senior Center San Francisco	Old St.Mary's Cathedral San Francisco	Hyatt Regency Burlingame	Palo Alto Hills Golf & Country Club
AUGUST 八月	SEPTEMBER 九月	SEPTEMBER 九月	OCTOBER 十月	NOVEMBER 十一月
28 MONDAY	16 SATURDAY	23 SATURDAY	1 SUNDAY	23 THURSDAY
Walk, Run, Ride to the Moon	Longevity Walkathon	San Mateo Autumn Moon Festival	Chinese Opera Benefit	Thanksgiving Luncheon
Virtual Campaign Launch	Portsmouth Square San Francisco	San Mateo Central Park	Yerba Buena Center for the Arts San Francisco	Lady Shaw & various locations in San Francisco

Event details and sponsorship opportunities, please contact us:

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selfhelpelderly.org      安老聯