

Dear All,

This is a friendly reminder that New Jersey Living Well Club (紐澤西生活充實俱樂部) will have our weekly gathering from 10 am to 3 pm on Wednesday, October 9, 2019 at Somerset Presbyterian Church (SPC), 100 John F. Kennedy Blvd, Somerset, NJ 08873.

1. At this week's special topic session at 1pm 蔡啟東醫師 will talk about “U.S. National Parks” .

2. There will be two special talks on 10/16/2019:

1) 王政卿 醫師 Dr. Jen Chin Wang M.D. will come to visit and give a talk “对癌症的瞭解--(從免疫學治療的觀點)” at 10:30 am.

Dr. Jen Chin Wang, M.D. (王政卿)

Professor of Medicine

New York Medical College

Division of Hematology/Oncology

Brookdale University Hospital Medical Center

1 brookdale Plaza CHC 134Brooklyn, NY 11212

Past President , NATMA (北美洲台灣人醫師協會

2) 高龍榮博士 will talk about “The difference between Brand Name and Generic drugs 原廠藥和學名藥有什麼區別” at 1:30pm.

3. Special thanks to 陳光榮 醫師 for giving an wonderful talk “What can an Urologist do for you?” and very helpful Q&A session in last week's special topic session.

4. If you want the Club to order lunch box for you, please sign your name and the number of lunch box in the “Lunch Order Sheet” or let C.K.Lin (732-829-6085) know or use Lunch-Box order sheet at the Living-Official ASAP or no later than 10:30 am Wednesday, 10/9/2019. Thank you in advance for your help and cooperation.

5. Many thanks to

·玉屏 for for ordering and 再蘭 for picking up a special birthday cake for October Birthday-of-the-month celebration.

·炯冠&慧珠& Jeanne for ordering and picking up our lunch boxes

·玲珠 for leading Yoga class

·國珍 for coaching and leading bridge game

- 月雲 for leading the line dance/exercise
- Those who helped with the kitchen, setting up the tables/chairs, and the cleaning up
- Everyone attending the Club gathering.

Here is the program for Wednesday, 10/9/2019:

10:00 am - 10:10 am	Door open and room set up
10:10 am - 12:00 am	Fellowship time (coffee and refreshment)
10:10 am - 12:00 pm	Bridge Game
10:10 am - 12:00 pm	Life experiences sharing/開講
11:15 am - 12:00 pm	Yoga exercises
12:00 pm - 1.00 pm	Lunch & 幽默笑话 sharing
1.00 pm - 2:15 pm	“U.S. National Parks” 蔡啟東醫師
2.15 pm -2.55 pm	Line Dance/Exercise
2:55 pm	Clean up

Hope to see you all!

Best Regards,

茂清