



# Dallas Chinese Community Center November and December 2017

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A Center Dedicated to Promoting Chinese Culture and Community Services

All events listed are open to public

## Our Upcoming Events:

### November and December

#### Nutrition Course

營養健康課程

The DCCC and the Asian American Cancer Care Services (AACCS) are organizing a series of "Nutrition and Wellness" courses to promote healthy living and lifestyles in the Chinese community. For additional information and registration please contact AACCS ([469-358-7239](tel:469-358-7239)) [asiancancercare@yahoo.com](mailto:asiancancercare@yahoo.com).



中心(DCCC) 和亞美健康關懷服務(AACCS)共同協辦營養健康課程，報名請洽亞美健康關懷服務 [469-358-7239](tel:469-358-7239) / [972-638-0808](tel:972-638-0808)。課程表如下：

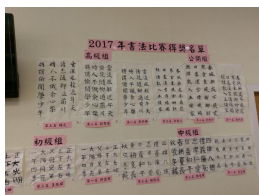
十月七日營養基礎知識；十月十四日食用不同顏色的食物；十月廿一日分量控制；十月廿八日食品安全及衛生；十一月四日食物和疾病；十一月十一日更換食譜達到平衡；十一月十八日食物偵探；十二月二日癌症預防和早期診斷。

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### December 9 (Saturday) 5:00pm

#### Chinese Calligraphy Competition Award Ceremony

書法比賽頒獎典禮



The awards ceremony for all the winners of the Chinese Calligraphy Competition will be on Saturday, December 9 at 5:00 pm. Congratulations to all the winners and we look forward to seeing you at the awards ceremony! All are welcome to come celebrate.

十二月九日（週六）下午五點正在中心大廳舉行頒獎典禮，表揚此屆書法比賽的優勝者。得獎作品已展示在中心的大廳，頒獎典禮也將邀請活動贊助單位的負責人前來頒獎。

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### December 16 (Saturday) 10:30am-12:00pm

#### Children Roadway Safety Workshop

兒童交通安全研習遊戲活動

The DCCC will be hosting a Children's Roadway Safety Workshop on December 16(Saturday) from 10:30 am to 12:00 pm. Through playing games, kids will learn about traffic safety such as recognizing important traffic signs and knowing basic traffic rules. All youth participants will get to play games, enjoy drinks and snacks, bring home a small prize, and most importantly build a foundation for traffic safety. Please RSVP by calling [972-480-0311](tel:972-480-0311). A special thank you to State Farm for supporting and sponsoring this program.



中心將於十二月十六日（星期六）上午十時卅分至十二點舉行交通安全研習遊戲活動。此活動贊助者為State Farm保險公司，主要的目的是透過有趣及互動的遊戲設計讓小朋友學習到交通安全的常識：例如認識交通標誌，學習基本交通安全規則。早日啟發孩子們對交通安全的注意，更重要的是能學到基本交通安全常識來保護寶貴的生命。參加的小朋友可以參與各種不同的遊戲，中心會備有飲料和點心，活動結束時中心還有小禮物贈送給參與者。名額有限，請電(972)480-0311預先報名參加。

## January 8 to April 19

### Adult English Class: Registration for Spring 2018 Session

成人英文班：2018年春季班招生

The adult ESL class will cover writing, proper pronunciation, and grammar. The program is an intensive learning experience that will help improve English skills. Registration for the spring session is now open and classes will start on January 8.

英文和中文最大的不同是在文字與文法，要克服這些差異需要不斷的學習與練習，沒有速成的方法。英文寫作比口語更注重文法及正式的用法，所以基本文法要扎實，寫作時自然游刃有餘。本中心的ESL老師教學經驗豐富、認真。只要用心上課，不用再擔心英文說不出口。即日起接受報名，每班額滿十人才開課。一月份開課的時間表如下：

第一冊(下) 週二 與 週四 上午十點 至十二點 一月九日 開課  
第二冊(下) 週一 與 週三 上午十點 至十二點 一月八日 開課

春季班上課日期為一月八日至四月十九日，不收學費，每期每冊僅收報名費\$25.00和教材費\$50.00。課程有說、聽、讀、寫及會話。凡年滿18歲，不分國籍或新、舊移民，只要有學英文的興趣與決心，都歡迎報名上課。名額有限，請盡速報名(972)480-0311

這期上課日期為一月八日至四月十九日，不收學費，每期每冊僅收報名費\$25.00和教材費\$50.00。課程有說、聽、讀、寫及會話。凡年滿18歲，不分國籍或新、舊移民，只要有學英文的興趣與決心，都歡迎報名上課。名額有限，請盡速報名(972)480-0311



## Looking Back on our Events:

### November 4 (Saturday)

#### Successful Health fair on November 4

年終義診圓滿成功

Many people came to DCCC's Annual Health fair to get free consultations with various specialists and a free flu shot. We appreciate all the physicians, dentists, nurses, the city of Richardson Police Department and the executive director of our community center for volunteering their time on their day off.

Special thanks to BB&T Bank, State Farm, Texas Instruments (TI), Cathay Pacific Bank, John Lee Insurance Agency, the Chinese Medical Association of Dallas, the Asian American Cancer Care Service Center, and the Chinese Nursing Association for sponsoring this event.



下午一時起，由西南醫學院學生社團（DFW Hepatitis B Free Project - UT Southwestern Medical School）做免費B型C型肝炎篩檢及由腸胃專科醫生Dr. Son Do提供預防須知教育。

下午二時中心大廳義診開始：小兒科王健醫師、內科家庭醫師蕭宏、劉穎暉眼科何宇光醫師、心臟科Dr. John Reuter、骨科Dr. Jennifer Chu、中醫眼科Olivia Sun醫師、婦產科Linda Do醫師、脊椎骨科物理治療醫師孫樂璋、聽力測試朱行蘇醫師、腸胃科郭瀚文醫師、營養學張學軍醫師等。中心十二萬分的感謝所有參與的醫生們，他們都從繁忙的日程中抽身到中心為僑胞義診。同時在會議室由亞美健康關懷服務與中心合辦的營養課程邀請葉基華醫生講解一食物和疾病的相關資訊。另外現場還有護理協會的護士替大家注射流感疫苗，共有五十多位僑胞接受這項免費服務。

現場還有李察遜市警局提供酒駕測試體驗、亞洲乳癌協會的專員現場提供填寫申請表及解答疑問服務、以及亞美健康關懷服務(AACCS)開始為亞裔提供免費的全民健康保險保險交易市場（marketplace enrollments）的申請服務等。

此次義診非常成功，中心特此感謝所有參加的醫生護士和志工，貢獻專業時間和精力服務僑社。也非常謝謝BB&T Bank、State Farm、Texas Instruments (TI)以及國泰銀行、李元鐘保險公司、德州中華醫生協會、亞美健康關懷服務及中華護理協會等贊助這項極有意義的義診活動。感謝熱情參與的理事們，並謝謝所有來參加的僑胞對活動中心的贊助與支持。

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## November 11 (Saturday)

### Passport Service for Taiwan Citizen.

駐休士頓台北經濟文化辦事處行動領務服務



The Taipei Economic and Cultural Office brought their mobile Passport Service to the DCCC on November 11.

中心謹代表達福地區的僑胞感謝駐休士頓臺北經濟文化辦事處的德政，能到中心來辦理行動領務服務免去僑胞們舟車勞累，是日共為六十幾位僑胞提供了服務。

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Our gratitude goes to our generous sponsors for various programs which are listed below in alphabetical order:

Blue Cross and Blue Shield of Texas, Cathay Bank, Community Foundation of Texas, Neiman Marcus, Richardson Arts Commission, State Farm, Texas Instruments and many other individual and corporate donors

**All details for courses and future event registration, please contact DCCC.**

欲登記註冊課程和活動，請直接與中心連絡

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