

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, September 18, 2019 at Somerset Presbyterian Church (SPC),

100 John F. Kennedy Blvd, Somerset, NJ 08873.

1. 9/18/2019 special topic, we will watch a NHK program "Bring Down Your Sugar".

It is an interesting and entertaining show but very science-based. It is about 45 min long. Bring Down Your Blood Sugar! - GATTEN! Welcome one and all to come and enjoy this short film.

2. Special thanks to 台南市立法委員 葉宜津女士來 Living Well Club 訪問. She not only gave an in-depth talk on 2020 臺灣選情的分析, but also shared her life experiences, especially, in politic. The Q&A session after the talk was heated but very colorful. Everyone had enjoyed the exchange. Many thanks to her generous donation of her honorarium (\$120) to LWC.

3. 9/25/2019 李正福教授 will give a talk on “台灣財經政策的探討與建議”. The talk should be interesting and informative. I encourage everyone to come and enjoy. Please mark your calendar.

4. We celebrated this year's " Mid-Autumn-Festival " (中秋節) on Wednesday, 09/11/2019.

Special thanks to 聰珠 & 价民 with many helping hands (慧珠, Jeanne, JC, 素連, Yoko & 讚美) prepared a special lunch (古早味的米粉芋, 鷄卷和台式中秋月餅 (綠豆凸)) for all attendees.

Many thanks to all who helped and cooperated in making special effort by responding to the early RSVP request. The prepared foods just enough to satisfy the largest attendee (over 100) of the weekly gathering. Special thanks to 聰珠 & 价民 for their generous donation of the lunch proceed of \$ 630 to LWC.

5. It was very good to see our old friends, Dr. & Mrs. Chanchi Lee (李常吉 & 陳玲珠), came and celebrated the festivity with us. Special thanks to them for their enerous donation of \$ 300 to LWC.

6. 一日遊: Tour at the National Constitution Center, Philadelphia, PA

·日期: U. S. Constitution Day, 9 月 17 日(星期二)

位於費城的美國獨立公園 Independence Mall 最北邊的大樓是美國憲法中心 U.S. Constitution Center, 是一個博物館, 每年只有在 9/17 日是免費的.

·Plan: Yardley Train Station 乘坐早上 9:02 分的火車, 於 10:06 抵達 Jefferson Station, 步行 10-15 分鐘到達 Constitution Center. (停車四個二十五分= 4 quarters, 紙幣一元不行, (車資有 Medicare 者是單程一塊美元,車上付錢. 參觀完後大家可以在約五時於華人城聚餐, 然後賦歸.”

·請到 Living Well Club LINE 族群的 Living-official 報名, 以便估計參加人數.

7. 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, 09/18/2019.

Thank you in advance for your help and cooperation.

Many thanks to

- 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
- 千惠 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, 9/18/2019:

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	View a short video " Bring Down Your Blood Sugar! - GATTEN! " NHK Program
2.15 pm – 2.55 pm	Line Dance/Exercise
2:55 pm	Clean up

Hope to see you all!

Best Regards,

价民