



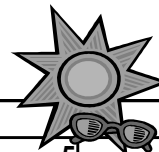
Self-Help for the Elderly Geen Mun Senior Center

777 Stockton Street, San Francisco, CA 94108 Tel: (415) 677-7535

Activity Schedule for August, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00-10:00am TV/ News 10:00-11:00am Game Time 10:00-12:00noon Karaoke 11:00am/4:00pm Exercise 3:30-4:00pm Bingo 4:00-5:00pm Music Time	3 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 2:00-4:00pm Advisory Council Meeting	4 9:00-10:00am TV/ News 9:00-10:00am Singing class 10:00-12:00noon Movie 11:00am/4:00pm Exercise 11:30am Music Time 1:30-3:00pm Folk Dance Class 4:00-5:00pm Music Time	5 9:00-10:00am TV/ News 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 4:00-5:00pm Music Time	6 9:00-10:00am TV/News 10:00-12:00noon Movie 11:00am/4:00pm Exercise 1:00-3:30pm Karaoke Sing Along 3:30-4:00pm Bingo 4:00-5:00pm Music Time	7 11:00-12:00noon Sing Along Lion Dance Fundraiser (Sunset, Richmond and Chinatown)
9 9:00-10:00am TV/ News 10:00-11:00am Game Time 11:00am/4:00pm Exercise 1:00-3:00pm Social Dance Happy Hour 3:30-4:00pm Bingo 4:00-5:00pm Music Time	10 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 4:00-5:00pm Music Time	11 9:00-10:00am TV/ News 9:00-10:00am Singing class 10:00-12:00noon Movie 11:00am/4:00pm Exercise 11:30am /4:00pm Music Time 1:00-5:00pm Food Box Distribution 1:30-3:00pm Folk Dance Class	12 9:00-10:00am TV/ News 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 1:00-4:30pm Field Trip To Golden Gate Park 4:00-5:00pm Music Time	13 9:00-10:00am TV/ News 9:30-12:00noon Movie 11:00am/4:00pm Exercise 1:00-3:30pm Karaoke Sing Along 3:30-4:00pm Bingo 4:30-5:00pm Music Time	14 11:00-12:00noon Sing Along
16 9:00-10:00am TV/ News 10:00-11:00am Game Time 10:00-12:00noon Karaoke 11:00am/4:00pm Exercise 1:00-3:00pm Social Dance Happy Hour 3:30-4:00pm Bingo 4:00-5:00pm Music Time	17 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 4:00-5:00pm Music Time	18 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-12:00noon Movie 11:00am/4:00pm Exercise 1:30-3:00pm Folk Dance Class 4:00-5:00pm Music Time	19 9:00-10:00am TV/ News 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 4:00-5:00pm Music Time	20 9:00-10:00am TV/ News 10:00-12:00noon Movie 11:00am/4:00pm Exercise 1:00-3:30pm Karaoke Sing Along 3:30-4:00pm Bingo 4:00-5:00pm Music Time	21 11:00-12:00noon Sing Along
23 9:00-10:00am TV/ News 10:00-11:00am Game Time 11:00am/4:00pm Exercise 1:00-3:00pm Social Dance Happy Hour 3:30-4:00pm Bingo 4:00-5:00pm Music Time	24 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 11:30am/4:15pm Birthday Party 12:30-3:00pm Karaoke 4:00-5:00pm Music Time	25 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-12:00noon Movie 11:00am/4:00pm Exercise 11:30am Music Time 1:30-3:00pm Folk Dance Class 4:00-5:00pm Music Time	26 9:00-10:00am TV/ News 10:30-11:00am Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 1:00-4:30pm Field Trip To Sea View Super Market 4:00-5:00pm Music Time	27 9:00-10:00am TV/ News 10:00-12:00noon Movie 11:00am/4:00pm Exercise 1:00-3:30pm Karaoke Sing Along 3:30-4:00pm Bingo 4:00-5:00pm Music Time	28 11:00-12:00noon Sing Along
30 9:00-10:00am TV/ News 10:00-11:00am Game Time 11:00am/4:00pm Exercise 1:00-3:00pm Social Dance Happy Hour 3:30-4:00pm Bingo 4:00-5:00pm Music Time	31 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-11:30am Big Bingo 11:00am/4:00pm Exercise 11:30am/2:30pm Game Time 4:00-5:00pm Music Time				

August 2010



Chinese Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Baked Fish with Cheese Sauce Rainbow Chef's Cut Orange	3 Braised spareribs with Black Bean Sauce Pumpkin, Brown rice, Ginseng Chicken Soup Kiwi or Melon	4 Lemon Grass baked with Chicken Thigh Bok Choy Almond Tofu	5 Pork Rib with Char Siu Sauce Napa Cabbage with vermicelli, Brown rice Orange	6 Baked Chicken Leg with Ginger and Green Onion Cabbage Apple	7 Chef's Selection Broccoli Seasonal Fruit
8	9 Beef stew with carrot Bok Choy Apple	10 Teriyaki chicken Eggplant , Brown rice Kiwi or Melon	11 Baked Fsh with Black Bean Sauce Pumpkin Orange	12 Braised Spareribs with Taro Shanghai Bok Choy , Brown rice Banana	13 Baked Chicken Leg with Soy Sauce Cabbage Apple	14 Gourd with Minced Pork Vegetarian platter, Brown rice Orange / Melon
15	16 Baked Chicken Leg with Garlic Mustard Green Apple	17 BBQ Pork Rib Country Style Chef's Cut, Brown rice Apple	18 Ground Pork Patties with Mushroom & Preserved Vegetables Gourd with Vermicelli, Brown rice, Jicama soup Orange	19 Chicken Curry Potato, Carrot, and onion Kiwi or Melon	20 Baked Fish with Tomato Sauce Bok Choy Banana	21 Hainan Chicken Cabbage, Brown rice Orange
22	23 Pork Rib in Plum Sauce Cabbage, Brown rice Kiwi or Melon	24 Baked Chicken Thigh with Korean BBQ Sauce Bok Choy Apple	25 BBQ Beef Short Rib Bean Melody, Brown rice Orange	26 Baked Fish with Mushroom Sauce Napa Cabbage with vermicelli Kiwi or Melon	27 Baked Salted Chicken Thigh Zucchini Orange	28 Gourd Sauteed with Sole Filet Napa Cabbage, Brown rice Orange
29	30 Baked chicken leg with Ginger Napa Cabbage with vermicelli, Brown rice Orange	31 Braised Bean with Pork Cabbage Kiwi or Melon	9/1 Five Spice Sparerib Bitter Melon or Gourd Apple	9/2 Stewed Dried Fungus & Mushroom with Chicken Bok Choy Banana	9/3 Garlic Pork Rib Gourd with Vermicelli, Brown rice Orange	9/4 Barley Beef Stew Carrot & Potato & Onion Orange or Melon

Health Trips

The American Academy of Orthopaedic Surgeons says warning signs of hand arthritis may include: 1.Pain in the hands and fingers, especially after firmly holding an object for a long period. 2.Stiffness and pain that are more noticeable in the morning. 3.Swollen or disfigured joints. 4.A feeling of warmth in the joints. 5.A feeling that the bones in the joints are rubbing together, or that a joint is "loose." 6.Cysts near the joints at the ends of the fingers. If you have one or more warning signs, you should see your family doctor or primary medical provider soon and seek for more help.

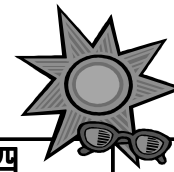


安老自助處建民康樂中心

777 Stockton Street, San Francisco, CA 94108 Tel: (415) 677-7535

二零一零年八月份活動表

星期一	星期二	星期三	星期四	星期五	星期六
2 9:00-10:00am 電視/新聞 10:00-11:00am 遊戲天地 10:00-12:00noon 卡啦 OK 11:00am/4:00pm 運動 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	3 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 2:00-4:00pm 耆英顧問會議	4 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:00-12:00noon 電影 11:00am/4:00pm 運動 11:30am 音樂欣賞 1:30-3:00pm 民族舞蹈班 4:00-5:00pm 音樂欣賞	5 9:00-10:00am 電視/新聞 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 4:00-5:00pm 音樂欣賞	6 9:00-10:00am 電視/新聞 10:00-12:00noon 電影 11:00am/4:00pm 運動 1:00-3:30pm 卡啦 OK 齊齊唱 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	7 11:00-12:00noon 齊齊唱 舞獅籌款(日落區, 列治文區及唐人埠)
9 9:00-10:00am 電視/新聞 10:00-11:00am 遊戲天地 11:00am/4:00pm 運動 1:00-3:00pm 社交舞歡樂時光 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	10 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 4:00-5:00pm 音樂欣賞	11 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:00-12:00noon 電影 11:00am/4:00pm 運動 11:30am/4:00pm 音樂欣賞 1:00-5:00pm 食物盒分派日 1:30-3:00pm 民族舞蹈班	12 9:00-10:00am 電視/新聞 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 1:00-4:30pm 金門公園半日遊 4:00-5:00pm 音樂欣賞	13 9:00-10:00am 電視/新聞 10:00-12:00noon 電影 11:00am/4:00pm 運動 1:00-3:30pm 卡啦 OK 齊齊唱 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	14 11:00-12:00noon 齊齊唱
16 9:00-10:00am 電視/新聞 10:00-11:00am 遊戲天地 10:00-12:00noon 卡啦 OK 11:00am/4:00pm 運動 1:00-3:00pm 社交舞歡樂時光 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	17 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 4:00-5:00pm 音樂欣賞	18 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:00-12:00noon 電影 11:00am/4:00pm 運動 1:30-3:00pm 民族舞蹈班 4:00-5:00pm 音樂欣賞	19 9:00-10:00am 電視/新聞 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 4:00-5:00pm 音樂欣賞	20 9:00-10:00am 電視/新聞 10:00-12:00noon 電影 11:00am/4:00pm 運動 1:00-3:30pm 卡啦 OK 齊齊唱 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	21 11:00-12:00noon 齊齊唱
23 9:00-10:00am 電視/新聞 10:00-11:00am 遊戲天地 11:00am/4:00pm 運動 1:00-3:00pm 社交舞歡樂時光 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	24 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 11:30am/4:15pm 生日會 12:30-3:00pm 卡啦 OK 4:00-5:00pm 音樂欣賞	25 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:00-12:00noon 電影 11:00am/4:00pm 運動 11:30am 音樂欣賞 1:30-3:00pm 民族舞蹈班 4:00-5:00pm 音樂欣賞	26 9:00-10:00am 電視/新聞 10:30-11:00am 賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 1:00-4:30pm 海景超級市場之旅 4:00-5:00pm 音樂欣賞	27 9:00-10:00am 電視/新聞 10:00-12:00noon 電影 11:00am/4:00pm 運動 1:00-3:30pm 卡啦 OK 齊齊唱 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	28 11:00-12:00noon 齊齊唱
30 9:00-10:00am 電視/新聞 10:00-11:00am 遊戲天地 11:00am/4:00pm 運動 1:00-3:00pm 社交舞歡樂時光 3:30-4:00pm 賓果 4:00-5:00pm 音樂欣賞	31 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:30-11:30am 大賓果 11:00am/4:00pm 運動 11:30am/2:30pm 遊戲天地 4:00-5:00pm 音樂欣賞				



星期日	星期一	星期二	星期三	星期四	星期五	星期六
1 	2 芝士焗龍利魚 彩色什錦菜 橙	3 豉汁豬排骨仔 南瓜, 營養飯, 人參雞湯 奇異果 或 香瓜 	4 香茅雞扒 白菜 杏仁豆腐	5 叉燒汁焗豬排 紹菜粉絲, 營養飯 橙	6 薑蔥焗雞腿 椰菜 蘋果 	7 廚師精選 西蘭花 香蕉 或 時果
8	9 紅蘿蔔焗牛肉 白菜 蘋果	10 日式雞扒 茄子, 營養飯 奇異果 或 香瓜	11 豉汁焗龍利魚 南瓜 橙	12 芋頭炆豬排骨仔 青江菜, 營養飯 香蕉	13 豉油雞腿 椰菜 蘋果	14 釀節瓜 雜菜, 營養飯 橙 或 香瓜
15 	16 蒜香雞腿 芥菜 蘋果 	17 燒豬排骨 田園蔬菜, 營養飯 蘋果	18 沖菜冬菇豬肉餅 節瓜粉絲, 營養飯, 豬骨葛湯 橙	19 葡汁雞 薯仔, 紅蘿蔔, 洋蔥 奇異果 或 香瓜	20 蕃茄汁焗龍利魚 白菜 香蕉 	21 海南雞 椰菜, 營養飯 橙
22	23 梅汁焗豬排 椰菜, 營養飯 奇異果 或 香瓜	24 燒烤汁焗雞扒 白菜 蘋果	25 燒牛排骨 五豆大雜燴, 營養飯 橙	26 蘑菇汁焗魚 紹菜粉絲 奇異果 或 香瓜	27 鹽焗雞扒 意大利瓜 橙 	28 節瓜燴龍利魚柳 紹菜, 營養飯 橙
29	30 沙薑雞腿 紹菜粉絲, 營養飯 橙	31 眉豆焗豬肉 椰菜 奇異果 或 香瓜 	9/1 五香排骨仔 涼瓜 蘋果	9/2 雲耳冬菇焗雞 白菜 香蕉 	9/3 香蒜豬排 節瓜粉絲, 營養飯 橙	9/4 炆牛腩 薯仔, 紅蘿蔔, 洋蔥, 番茄 橙

小貼士

根據美國骨科醫學會，手部關節炎的一些警告性症狀包括有：1.手部和手指出現疼痛；特別是在長時間緊緊地抓住一件物件之後，痛楚增加。2.關節的疼痛或僵硬感大多出現在早上。3.關節腫脹或變形。4.關節有點熱的感覺。5.覺得骨頭和骨頭像互相在摩擦，或覺得關節像是松了。6.在手指尖的關節附近有囊腫。如果你有以上的一個或多個症狀，請儘快諮詢你的家庭醫生或醫療機構更多關於關節炎的資料。