

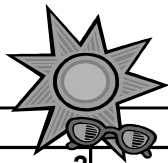


## Self-Help for the Elderly Lady Shaw Senior Center

**1483 Mason Street, 2/F, San Francisco, CA 94133    Tel: (415) 677-7581**

### Activity Schedule for August, 2010

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Singing Class 10:30 – 12:00 noon Line Dance 12:00 – 12:30 pm Latest Information 1:30 – 3:00 pm Karaoke/Line Dance 3:00 – 4:00 pm Computer Game	<b>3</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>4</b> 9:00 – 10:00 am News Reading 10:30 – 11:00 am Tai Chi 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>5</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 9:30 – 10:30 am Singing Class 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Karaoke 12:00 – 12:30 pm Latest Information 1:30 – 3:00 pm Cantonese Opera Class 3:00 – 4:00 pm Computer Game	<b>6</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 10:30 – 11:00 am Exercise 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game
<b>9</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Singing Class 10:30 – 12:00 noon Line Dance 12:00 – 12:30 pm Latest Information 1:30 – 3:00 pm Karaoke/Line Dance 3:00 – 4:00 pm Computer Game	<b>10</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game <b>10:00 – 10:30 am Library on Wheels</b> 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>11</b> 9:00 – 10:00 am News Reading 10:30 – 11:00 am Tai Chi 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading <b>3:00 – 4:30 pm LS Tenant's Meeting</b>	<b>12</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 9:30 – 10:30 am Singing Class 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Karaoke 12:00 – 12:30 pm Latest Information <b>12:30 – 1:00 pm Food Box Distribution</b> 1:30 – 3:00 pm Cantonese Opera Class 3:00 – 4:00 pm Computer Game	<b>13</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 10:30 – 11:00 am Exercise 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game
<b>16</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Singing Class 10:30 – 12:00 noon Line Dance 12:00 – 12:30 pm Latest Information <b>2:30 – 5:00 pm Healthier Living Workshop</b> 3:00 – 4:00 pm Computer Game	<b>17</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game <b>10:30 – 11:00 am Reduce Stress Presentation</b> 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information <b>1:00 – 4:30 pm Field Trip to Dollar Tree</b> 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>18</b> 9:00 – 10:00 am News Reading 10:30 – 11:00 am Tai Chi 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information <b>12:30 – 4:30 pm Field Trip to CA Academy of Sciences</b> 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>19</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 9:30 – 10:30 am Singing Class 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Karaoke 12:00 – 12:30 pm Latest Information 1:30 – 3:00 pm Cantonese Opera Class 3:00 – 4:00 pm Computer Game	<b>20</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 9:30 – 11:30 am Consumer Education/Health Nutrition 10:30 – 11:00 am Exercise 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game
<b>23</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Singing Class <b>10:00 – 11:30 am Free Hair Cut</b> 10:30 – 12:00 noon Line Dance 12:00 – 12:30 pm Latest Information <b>2:30 – 5:00 pm Healthier Living Workshop</b> 3:00 – 4:00 pm Computer Game	<b>24</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information <b>12:00 – 12:30 pm Birthday Party</b> 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>25</b> 9:00 – 10:00 am News Reading 10:30 – 11:00 am Tai Chi 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game	<b>26</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 9:30 – 10:30 am Singing Class 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Karaoke 12:00 – 12:30 pm Latest Information <b>1:30 – 3:00 pm Karaoke (Singing class)</b> 3:00 – 4:00 pm Computer Game	<b>27</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 9:30 – 11:30 am Consumer Education/Health Nutrition 10:30 – 11:00 am Exercise 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game
<b>30</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Singing Class 10:30 – 12:00 noon Line Dance 12:00 – 12:30 pm Latest Information <b>2:30 – 5:00 pm Healthier Living Workshop</b> 3:00 – 4:00 pm Computer Game	<b>31</b> 9:00 – 10:00 am News Reading 9:30 – 10:30 am Computer Game 10:30 – 11:00 am Exercise 11:00 – 12:00 noon Bingo 12:00 – 12:30 pm Latest Information 2:00 – 3:00 pm News Reading 3:00 – 4:00 pm Computer Game			



# August 2010

## Lady Shaw Center Special Menu

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

**Monthly Tips** 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.

# 安老自助處邵逸夫爵士夫人康樂中心

1483 Mason Street, 2/F, San Francisco, CA 94133 Tel: (415) 677-7581


## 二零一零年八月份活動表



SELF-HELP  
FOR THE  
ELDERLY

星期自助處

星期自助處	星期二	星期三	星期四	星期五
<b>2</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 歌唱班 10:30 – 12:00 noon 排排舞 12:00 – 12:30 pm 生活常識須知 1:30 – 3:00 pm 卡拉OK / 排舞 3:00 – 4:00 pm 電腦遊戲	<b>3</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 10:30 – 11:00 am 運動 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>4</b> 9:00 – 10:00 am 新聞閱讀 10:30 – 11:00 am 太極 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>5</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 / 歌唱班 10:30 – 11:00 am 運動 11:00 – 12:00 noon 卡拉OK 12:00 – 12:30 pm 生活常識須知 1:30 – 3:00 pm 粵曲班 3:00 – 4:00 pm 電腦遊戲	<b>6</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 10:30 – 11:00 am 運動 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲
<b>9</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 歌唱班 10:30 – 12:00 noon 排排舞 12:00 – 12:30 pm 生活常識須知 1:30 – 3:00 pm 卡拉OK / 排舞 3:00 – 4:00 pm 電腦遊戲	<b>10</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 <b>10:00 – 10:30 am 流動圖書館</b> 10:30 – 11:00 am 運動 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>11</b> 9:00 – 10:00 am 新聞閱讀 10:30 – 11:00 am 太極 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 <b>3:00 – 4:30 pm 邵逸夫中心住客會</b>	<b>12</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 / 歌唱班 10:30 – 11:00 am 運動 11:00 – 12:00 noon 卡拉OK 12:00 – 12:30 pm 生活常識須知 <b>12:30 – 1:00 pm 食物盒派發日</b> 1:30 – 3:00 pm 粵曲班 3:00 – 4:00 pm 電腦遊戲	<b>13</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 10:30 – 11:00 am 運動 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲
<b>16</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 歌唱班 10:30 – 12:00 noon 排排舞 12:00 – 12:30 pm 生活常識須知 <b>2:30 – 5:00 pm 實踐健康生活研討會</b> 3:00 – 4:00 pm 電腦遊戲	<b>17</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 <b>10:30 – 11:00 am 減壓講座</b> 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 <b>1:00 – 4:30 pm 一圓店之旅</b> 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>18</b> 9:00 – 10:00 am 新聞閱讀 10:30 – 11:00 am 太極 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 <b>12:30 – 4:30 pm 加洲科學館之旅</b> 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>19</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 / 歌唱班 10:30 – 11:00 am 運動 11:00 – 12:00 noon 卡拉OK 12:00 – 12:30 pm 生活常識須知 1:30 – 3:00 pm 粵曲班 3:00 – 4:00 pm 電腦遊戲	<b>20</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 9:30 – 11:30 am 消費者健康營養教育講座 10:30 – 11:00 am 運動 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲
<b>23</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 歌唱班 <b>10:00 – 11:30 am 免費剪髮日</b> 10:30 – 12:00 noon 排排舞 12:00 – 12:30 pm 生活常識須知 <b>2:30 – 5:00 pm 實踐健康生活研討會</b> 3:00 – 4:00 pm 電腦遊戲	<b>24</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 10:30 – 11:00 am 運動 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 <b>12:00 – 12:30 pm 生日會</b> 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>25</b> 9:00 – 10:00 am 新聞閱讀 10:30 – 11:00 am 太極 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲	<b>26</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 / 歌唱班 10:30 – 11:00 am 運動 11:00 – 12:00 noon 卡拉OK 12:00 – 12:30 pm 生活常識須知 <b>1:30 – 3:00 pm 卡拉OK 歌唱班</b> 3:00 – 4:00 pm 電腦遊戲	<b>27</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 9:30 – 11:30 am 消費者健康營養教育講座 10:30 – 11:00 am 運動 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲
<b>30</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 歌唱班 10:30 – 12:00 noon 排排舞 12:00 – 12:30 pm 生活常識須知 <b>2:30 – 5:00 pm 實踐健康生活研討會</b> 3:00 – 4:00 pm 電腦遊戲	<b>31</b> 9:00 – 10:00 am 新聞閱讀 9:30 – 10:30 am 電腦遊戲 10:30 – 11:00 am 運動 11:00 – 12:00 noon 賓果 12:00 – 12:30 pm 生活常識須知 2:00 – 3:00 pm 新聞閱讀 3:00 – 4:00 pm 電腦遊戲			

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 廚師精選 西蘭花 香蕉 或 時果	6 薑蔥焗雞腿 椰菜 蘋果	7 
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 釀節瓜 雜菜, 營養飯 橙 或 香瓜	13 豉油雞腿 椰菜 蘋果	14
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 海南雞 椰菜 橙	20 蕃茄汁焗龍利魚 白菜 香蕉	21 
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 節瓜燴龍利魚柳 紹菜, 營養飯 橙	27 鹽焗雞扒 意大利瓜 橙	28
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 炆牛腩 薯仔, 紅蘿蔔, 洋葱, 蕃茄, 營養飯 橙	9/3 香蒜豬排 節瓜粉絲, 營養飯 橙	9/4 

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。