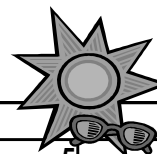




Self-Help for the Elderly Visitacion Valley Senior Center
66 Raymond Avenue, San Francisco, CA 94134 Tel: (415) 467-3075
Activity Schedule for August, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	3 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Karaoke	4 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	5 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Chinese Traditional Songs & Music	6 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game
9 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	10 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Karaoke	11 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	12 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Chinese Traditional Songs & Music	13 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game
16 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	17 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Karaoke	18 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 11:00 – 12:00 noon Birthday Party	19 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Chinese Traditional Songs & Music	20 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game
23 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	24 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Karaoke	25 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	26 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Chinese Traditional Songs & Music	27 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game
30 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game	31 9:30 – 10:00 am Exercise 10:00 – 11:00 am Group Game 12:00 – 2:00 pm Karaoke			

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
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
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
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
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

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.

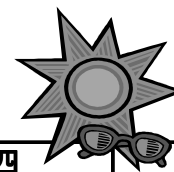


安老自助處訪谷康樂中心

66 Raymond Avenue, San Francisco, CA 94134 Tel: (415) 467-3075

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
2 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	3 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 卡拉 OK	4 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	5 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 中樂欣賞	6 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲
9 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	10 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 卡拉 OK	11 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	12 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 中樂欣賞	13 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲
16 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	17 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 卡拉 OK	18 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 11:00 – 12:00 noon 生日會	19 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 中樂欣賞	20 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲
23 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	24 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 卡拉 OK	25 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	26 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 中樂欣賞	27 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲
30 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲	31 9:30 – 10:00 am 運動 10:00 – 11:00 am 集體遊戲 12:00 – 2:00 pm 卡拉 OK			



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
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
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
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
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

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, 或覺得關節像是鬆了。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。