



Santa Clara County Senior Nutrition Program

Self Help For The Elderly (San Jose)

Schedule October 2011

MONDAY Roosevelt	TUESDAY Roosevelt	WEDNESDAY Seven Trees	THURSDAY Roosevelt	FRIDAY Seven Trees
3 9:30 Citizenship 10:30 Beginning English 12:00 Lunch: Chicken 9:00-1:00 Social services	4 12:00 Chinese Lunch Pork	5 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:30-11:45 Karaoke 12:00 Lunch : Chicken	6 Roosevelt 9:30 Citizenship 10:30 Social English Conversation	7 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:15-11:30 Karaoke 11:45 Lunch :Fish
10 Columbus Day We will be closed	11 12:00 Chinese Lunch Chicken	12 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:30-11:45 Karaoke 12:00 Lunch : Fish	13 Roosevelt 9:30 Citizenship 10:30 Social English Conversation	14 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:15-11:30 Karaoke 11:45 Lunch : Pork
17 9:30 Citizenship 10:30 Beginning English 12:00 Lunch: Chicken 9:00-1:00 Social services	18 12:00 Chinese Lunch Fish	19 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:30-11:45 Karaoke 12:00 Lunch : Chicken	20 Roosevelt 9:30 Citizenship 10:30 Social English Conversation	21 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:15-11:30 Karaoke 11:45 Lunch : Fish
24 9:30 Citizenship 10:30 Beginning English 12:00 Lunch: Pork 9:00-1:00 Social services	25 12:00 Chinese Lunch Chicken	26 9:00 Morning Exercise 11:00 Line Dance 9:30-11:45 Karaoke 12:00 Lunch : Fish 9:00-1:00 Social services	27 Roosevelt 9:30 Citizenship 10:30 Social English Conversation	28 9:00-10:30 Morning Exercise 10:30-11:30 Line Dance 9:15-11:30 Karaoke 11:45 Lunch : Shrimp
31 9:30 Citizenship 10:30 Beginning English 12:00 Lunch: Fish 9:00-1:00 Social services				

- Roosevelt - 901 E Santa Clara St San Jose CA 95116
- Seven Trees center-3590 Cas Dr San Jose, CA 95111
- M.T.Liang -1505 St. Elizabeth Dr. San Jose CA 95126



Santa Clara County Senior Nutrition Program
Self Help (San Jose) 安老自助处 (圣荷西)

课程活动表 2011年10月

MONDAY 星期一 Roosevelt	TUESDAY 星期二 Roosevelt	WEDNESDAY 星期三 Seven Trees	THURSDAY 星期四 Roosevelt	FRIDAY 星期五 Seven Trees
3 9:30 英语入籍100题 10:30 初级英语 12:00 中餐: 咖喱鸡 9:30-1:00 社工咨询	4 12:00 中式午餐 茄汁猪柳米粉	5 9:00-10:30 晨练 10:30-11:30 Line dance 9:30-11:45 卡拉ok 12:00 中餐:黑椒蘑菇鸡排	6 Roosevelt中心 9:30 英语入籍100题 10:30 初级英语会话	7 9:00-10:30 晨练 10:30-11:30 Line dance 9:15-11:30 卡拉ok 11:45 中餐: 糖醋鱼块
10 哥伦布日 放假一天	11 12:00 中式午餐 烧鸡	12 9:00-10:30 晨练 10:30-11:30 Line dance 9:30-11:45 卡拉ok 12:00 中餐:玉米鱼块	13 Roosevelt中心 9:30 英语入籍100题 10:30 初级英语会话	14 9:00-10:30 晨练 10:30-11:30 Line dance 9:15-11:30 卡拉ok 11:45 中餐: 南瓜排骨
17 9:30 英语入籍100题 10:30 初级英语 12:00 中餐: 蔬菜豆腐皮鸡肉 9:30-1:00 社工咨询	18 12:00 中式午餐 玉米黄豆鱼片	19 9:00-10:30 晨练 10:30-11:30 Line dance 9:30-11:45 卡拉ok 12:00 中餐: :煎鸡片	20 Roosevelt中心 9:30 英语入籍100题 10:30 初级英语会话	21 9:00-10:30 晨练 10:30-11:30 Line dance 9:15-11:30 卡拉ok 11:45 中餐: 咖哩鱼,米粉
24 9:30 英语入籍100题 10:30 初级英语 12:00 中餐: 五香猪肉加蛋 9:30-1:00 社工咨询	25 12:00 中式午餐 青椒马铃薯鸡肉	26 9:00-10:30 晨练 10:30-11:30 Line dance 9:30-11:45 卡拉ok 12:00 中餐: 香菇酱鱼片. 米粉 9:30-1:00 社工咨询	27 Roosevelt中心 9:30 英语入籍100题 10:30 初级英语会话	28 9:00-10:30 晨练 10:30-11:30 Line dance 9:15-11:30 卡拉ok 11:45 中餐: 蔬菜虾仁
31 9:30 英语入籍100题 10:30 初级英语 12:00 中餐: 咖哩鱼.米粉 9:30-1:00 社工咨询	<ul style="list-style-type: none"> • 10/26/11 (周三) 在Seven Trees 中心 有社工资讯 • 本月每周一在Roosevelt中心有社工资讯 		Roosevelt - 901 E Santa Clara St San Jose CA 95116 Seven Trees Center-3590 Cas Dr. San Jose, CA 95111 M.T.Liang - 1050 St. Elizabeth Dr San Jose CA 95126	