



Self-Help for the Elderly – Daly City Senior Center

Activities Schedule for June 2010

2080 Sullivan Ave., (St. Andrew's Church Piro Center), Daly City, CA 94015 Telephone: (650)757-0881

Website: www.selfhelpelderly.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | 1 10:00 – 11:00 a.m. Dancing Class 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch | 2 10:30 – 11:00 a.m. Brown Bag 10:30 a.m. Nutritious Lunch 11:30 – 12:30 p.m. Bingo | 3 9:30 – 10:30 a.m. English Class 10:30 – 11:30 a.m. Tai Chi Qi-Gong 11:30 – 2:30 p.m. Karaoke & Chess Game 12:00 noon Nutritious Lunch | 4 10:00 – 11:00 a.m. Music Appreciation 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch |
| 7 Meals on Wheels Service only | 8 10:00 – 11:00 a.m. Dancing Class 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch | 9 8:30 – 10:00 a.m. Health Plan Of San Mateo Care Advantage 10:30 – 11:00 a.m. Brown Bag 10:30 a.m. Nutritious Lunch 11:30 – 12:30 p.m. Bingo | 10 9:30 – 10:30 a.m. English Class 10:30 – 11:30 a.m. Tai Chi Qi-Gong 11:30 – 2:30 p.m. Karaoke & Chess Game 12:00 noon Nutritious Lunch | 11 10:00 – 11:00 a.m. Music Appreciation 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch Philippines Independence Day |
| 14 Meals on Wheels Service only | 15 10:00 – 11:00 a.m. Dancing Class 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch | 16 10:30 – 11:00 a.m. Brown Bag 10:30 a.m. Nutritious Lunch 11:30 – 12:30 p.m. Bingo | 17 9:30 – 10:30 a.m. English Class 10:30 – 11:30 a.m. Tai Chi Qi-Gong 11:30 – 2:30 p.m. Father's Day Celebration | 18 10:00 – 11:00 a.m. Music Appreciation 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch |
| 21 Meals on Wheels Service only | 22 10:00 – 11:00 a.m. Dancing Class 11:00 – 3:00 p.m. Social Dance 12:00 noon | 23 10:30 – 11:00 a.m. Brown Bag 10:30 a.m. Nutritious Lunch 11:30 – 12:30 p.m. Bingo | 24 9:30 – 10:30 a.m. English Class 10:30 – 11:30 a.m. Tai Chi Qi-Gong 11:30 – 2:30 p.m. Karaoke & Chess Game 12:00 noon Nutritious Lunch | 25 10:00 – 11:00 a.m. Music Appreciation 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch |
| 28 Meals on Wheels Service only | 29 10:00 – 11:00 a.m. Dancing Class 11:00 – 3:00 p.m. Social Dance 12:00 noon Nutritious Lunch | 30 10:00 – 12:00 noon PBRC Immigration Workshop 10:30 – 11:00 am Brown Bag 10:30 a.m. Nutritious Lunch 11:30 – 12:30 pm Bingo | | |

Home Delivered Meals: 11:30 a.m. – 1:30 p.m. Monday through Friday, except holidays

2nd Wednesday of each month => 8:30 – 10:00 a.m. Health Plan of Mateo Care Advantage

Last Wednesday of each month => 10:00 – 12 noon PBRC Immigration Workshop



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Menu for June 2010

2080 Sullivan Avenue, Daly City, CA 94015

Telephone: (650) 757-0881

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| | 1 Teriyaki chicken Eggplant Brown rice Kiwi or Melon | 2 Pork Adobo Bitter Melon & mung Beans Orange or Cantaloupe | 3 Braised Spareribs with Taro Shanghai Bok Choy Brown rice Banana | 4 Beef Mechado (Saute Beef with Vegetable in Tomato Sauce) Vegetables: Potatoes, Green Pepper, Carrots in Tomato Sauce Canned Pineapple & Peaches |
| 7 Chicken Adobo Cabbage, Potatoes and Bok Choy Orange | 8 BBQ Pork Rib Country Style Chef's Cut Brown rice Apple | 9 Fried Tilapia Mung beans sauté with Spinach and garlic Orange or Cantaloupe | 10 Chicken Curry Potato, Carrot, and onion Kiwi or Melon | 11 BBQ Chicken Pansit: (Bean Thread with shredded Cabbage, Carrot & Onion.) Canned Pineapple & Peaches |
| 14 Catfish Adobo Sauté Bok Choy & Tofu Banana | 15 Dragon Boat Festival Special Menu | 16 Picadillo (Lean Ground Pork with Vegetables) Potatoes, Green Peas, Carrot in Tomato Sauce Sauté Kangkong Orange | 17 Baked Fish with Mushroom Sauce Napa Cabbage with vermicelli Kiwi or Melon | 18 Beef Kare Kare (Stewed beef with vegetables) Bok Choy, Eggplant & Long beans Banana |
| 21 Beef Caldereta (Beef Stew with Vegetables) Carrot, Onion, Potatoes & Green Pepper Mixed Fruit Salad | 22 Fried Fish with Tartar Sauce Corn Kiwi or Melon | 23 Fish Sarciado Sauté Mung Beans and Spinach Canned Pineapple & Peach | 24 Stewed Dried Fungus & Mushroom with Chicken Bok Choy Banana | 25 Menudo (Pork in Tomato Sauce) Bell Peppers, Potatoes and Carrots Seasonal Fruit |
| 28 Picadillo (Lean Ground Pork with Vegetables) Potatoes, Green Peas, Carrot in Tomato Sauce Orange | 29 Braised spareribs with Black Bean Sauce Pumpkin, Brown rice, Ginseng Chicken Soup Kiwi or Melon | 30 Chicken Tinola Papaya & Chili Leaves Canned Pineapple | 父親節快樂! | |

***Center closes on Mondays, only Meals On Wheels Service available.**

Sponsored by Self-Help for the Elderly partially funded by San Mateo County Health System.

| 星期一 | 星期二 | 星期三 | 星期四 | 星期五 |
|-----------------------------|--|--|---|---|
| | 1 10-11am 社交舞班 11-3 pm 社交舞 12時正營養午餐 | 2 10:30-11 am 糧食包 11:30-12:30 pm 賓果 10:30 am 營 | 3 9:30-10:30 am 英文班 10:30-11:30 am 太極氣功 11:30-2:30 pm 卡拉 ok 及棋藝遊戲 12時正營養午餐 | 4 10-11am 音樂欣賞 11-3 pm 社交舞 12時正營養午餐 |
| 7 中心休息 祇限送餐服務 | 8 10-11 am 社交舞班 11-3 pm 社交舞 12時正營養午餐 | 9 8:30-10 am 聖馬刁縣醫療保險指導 10:30-11 am 糧食包 10:30 am 營養午餐 11:30-12:30 pm 賓果 | 10 9:30-10:30 am 英文班 10:30-11:30 am 太極氣功 11:30-2:30 pm 卡拉 ok 及棋藝遊戲 12時正營養午餐 | 11 10-11am 音樂欣賞 11-3 pm 社交舞 12時正營養午餐 慶祝菲律賓獨立日 |
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| 28 中心休息 祇限送餐服務 | 29 10-11am 社交舞班 11-3 pm 社交舞 12時正營養午餐 | 30 10-12:00 pm 移民指導 10:30-11 am 糧食包 11:30-12:30 pm 賓果 10:30 am 營養午餐 | 父親節快樂 | |

每月第二個星期三由上午 8:30 – 10:00 am 聖馬刁縣醫療保險指導

每月最後一個星期三由上午 10:00 – 12 noon PBRC 移民指導



**SELF-HELP
FOR THE
ELDERLY**
安老自助處

安老自助處帝利市康樂中心

二零一零年六月份餐單

2080 Sullivan Avenue, Daly City, CA 94015

電話: (650) 757-0881

網址: <http://www.selfhelpelderly.org>

| 星期一 | 星期二 | 星期三 | 星期四 | 星期五 |
|--|-------------------------------------|---------------------------------|--------------------------------------|--|
| | 1 日式雞扒 茄子, 營養飯 奇異果 或 香瓜 | 2 菲式炆豬排骨 苦瓜, 綠豆 橙或香瓜 | 3 芋頭炆豬排骨仔 青江菜, 營養飯 香蕉 | 4 菲式雜菜炆牛 茄汁雜菜 罐頭菠蘿, 桃子 |
| 17 菲式炆雞 卷心菜, 馬鈴薯, 白菜 時果 | 8 燒豬排骨 田園蔬菜, 營養飯 蘋果 | 9 菲式炸魚 綠豆, 蒜頭菠菜 橙或香瓜 | 10 葡汁雞 薯仔, 洋蔥, 紅蘿蔔 奇異果 或 香瓜 | 11 菲式烤雞 菲式雜菜 罐頭菠蘿, 桃子 |
| 14 菲式鯰魚 嫩煎白菜, 豆腐 香蕉 | 15 端午節特別餐 | 16 菲式炆豬肉片 苦瓜, 綠豆 橙 | 17 蘑菇汁焗魚 紹菜粉絲 奇異果 或 香瓜 | 18 菲式雜菜炆牛 茄汁雜菜 香蕉 |
| 21 菲式雜菜炆牛肉 紅蘿蔔, 洋蔥, 馬鈴薯, 青椒 什果 | 22 炸魚 玉米大雜燴 奇異果 或 香瓜 | 23 菲式魚 綠豆, 菠菜 罐頭菠蘿, 桃子 | 24 雲耳冬菇焗雞 白菜 香蕉 | 25 菲式洋蔥豬排 青椒, 馬鈴薯, 紅蘿 蔔 時果 |
| 28 菲式炆豬肉片 苦瓜, 綠豆 橙 | 29 豉汁豬排骨仔 南瓜, 營養飯 奇異果 或 香瓜 | 30 菲式煮雞 木瓜, 椒葉 罐頭菠蘿 | <h2>Happy Father's Day!</h2> | |

* 中心逢星期一休息, 祇提供送餐服務。節假日除外。

安老自助處主辦。服務經費部份由聖馬刁縣保健服務處長者及成人服務部贊助。