


Self-Help for the Elderly San Mateo Center

50 E. Fifth Avenue, San Mateo, CA 94401 Tel: (650) 342-0822 Website: <http://www.selfhelpelderly.org>.

Activity Schedule for July, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am Sr. Physical Fitness I * 9:30-12:00 Internet Café 10-11am Sr. Physical Fitness II * 10-12:00 Mu Lan Kuen 1-4pm Cantonese Karaoke 1-4pm Bridge Club 1-4pm Table Tennis	8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am Tai Chi Int 9:30-12pm & 1-4pm Internet Café 10-11am Line Dance Class 10:15-12:15pm Current Events: As The World Turns* 1-2:15pm Mandarin Class-Beg 1-3pm ESL-Beg.* 1:30-4pm Ballroom Dancing 2:15-3:30pm Mandarin Class-Int 3-4pm Citizenship Class *	8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am Tai Chi 9-10am Sr. Physical Fitness I * 10-11am Sr. Physical Fitness II * 10:30-12:00 Chinese Calligraphy 1-2pm Sing Along 1-2:30pm Arts & Crafts 1-3pm ESL-Beg.* 2-4pm Karaoke	8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am Tai Chi Int. 9-10 am Zungu (Traditional) Chen Family Taijiquan * 10-11:30 am Cantonese Karaoke 1-3pm ESL-Beg.* 1:15-4pm Peking Opera 3-4pm Citizenship Class *	8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am Kung Fu Sword Dance 9-10am Sr. Physical Fitness I * 10-11am Sr. Physical Fitness II * 1-3pm ESL-Beg.* 2-3pm Brown Bag 2-4pm Hawaiian Dance
			1 Independence Day Celebration Luncheon No Cantonese Karaoke No Peking Opera	2 No Hawaiian Dance
5 Independence Day Holiday Center Closed	6 11- 12:00 Blood Pressure Screening	7 10-3 pm Hair Cut	8	9 No Hawaiian Dance
12 No Internet Café	13	14 1-4pm Hepatitis B Vaccine for 2nd Shot No Arts & Crafts Birthday Party 	15	16 No Hawaiian Dance
19	20	21 12-12:15pm Rebuilding Together	22	23 No Hawaiian Dance
26	27	28	29	30 No Hawaiian Dance

- Health Insurance Counseling & Advocacy Program (HICAP): Tuesday 2:30pm-4:30pm, please call 1-800-434-0222 for appointment
- Computers for seniors to use are available at the center on Mon & Tue.
- San Mateo Adult School Classes are marked by a *



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Menu for July 2010

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Lunch at 12:15 pm. Please Make Reservation Before 9:30 AM.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Short Ribs (Dinner Roll) Baked Beans Mixed Vegetables Orange	2 Sweet-Corn & Soy Beans Sautéed Fish (Fried Rice) Broccoli Banana
5 Independence Day Holiday Center Closed	6 Ma Po Minced Pork (Not Spicy) (White Rice) Broccoli Banana	7 Stir-Fried Beef with Mushroom, Soy Bean & Black Pepper (Brown Rice) Bok Choy Seasonal Fruit	8 Sweet & Sour Fish (White Rice) Pumpkin Orange	9 Chicken in Plum Sauce (Fried Rice) Cabbage Apple
12 Steamed Minced Pork with Courgette (Brown Rice) Bok Choy Apple	13 Marinated Chicken Drumstick (Chow Mein) Cabbage Banana	14 Stew Fish & Tofu in Brown Sauce (White Rice) Seasonal Vegetable Orange	15 Beef Stew with Turnips (Brown Rice) Broccoli Apple	16 Steamed Spareribs with Pumpkin (White Rice) String Bean Orange
19 Beef with Tomato (Chow Mein) Broccoli Apple	20 Spareribs Braised with Black-Eyed Bean (Brown Rice) String Bean Cantaloupe	21 Teriyaki Chicken (White Rice) Cabbage Dessert	22 Chef's Selection Seasonal Vegetable Orange	23 Baked Fish Mushroom Sauce (Brown Rice) Bok Choy Seasonal Fruit
26 Pork Chop Curry (White Rice) Bok Choy Banana	27 Sautéed Tofu & Fish (Brown Rice) Pumpkin Orange	28 Braised Jumbo Meat Balls in Brown Sauce (White Rice) String Beans Cantaloupe	29 BBQ Beef Short Rib (Brown Rice) Napa Cabbage with Bean Thread Orange	30 Korean Style Vermicelli Broccoli Seasonal Fruit

安老自助處聖馬刁康樂中心

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二零一零年七月活動表

星 期 一	星 期 二	星 期 三	星 期 四	星 期 五
8-9am 六通拳 9-10am 外丹功 9-10am 耆英體操 I* 9:30-12:00 網際網路班 10-11am 耆英體操 II* 10-12:00 中國木蘭拳 1-4pm 粵曲卡拉 OK 1-4pm 橋牌樂 1-4pm 乒乓球	8-9am 六通拳 9-10am 外丹功 9-10am 中級太極拳 9:30-12pm & 1-4pm 網際網路班 10-11am 排舞班 10:15-12:15pm 時事討論* 1-2:15pm 初級普通話班 1-3pm 英文基礎班* 1:30-4pm 社交舞 2:15-3:30pm 中級普通話班 3-4pm 公民入籍班*	8-9am 六通拳 9-10am 外丹功 9-10am 太極氣功三十六式 9-10am 耆英體操 I* 10-11am 耆英體操 II* 10:30-12:00 中國書法 1-2pm 唱歌班 1-2:30pm 手工班 1-3pm 初級英文班* 2-4pm 卡拉 OK	8-9am 六通拳 9-10am 外丹功 9-10am 中級太極拳 9-10am 尊古陳氏太極拳* 10-11:30am 粵曲卡拉 OK 1-3pm 英文基礎班* 1:15-4pm 京劇班 3-4pm 公民入籍班*	8-9am 六通拳 9-10am 外丹功 9-10am 木蘭從軍劍舞 9-10am 耆英體操 I* 10-11am 耆英體操 II* 1-3pm 初級英文班* 2-3pm 發送糧食包 2-4pm 夏威夷舞
			1 慶祝美國獨立 紀念日午餐會 粵曲卡拉 OK (暫停) 京劇班 (暫停)	2 夏威夷舞 (暫停)
5 美國獨立紀念日 中心休息	6 11-12 noon 血壓檢驗	7 10-3pm 理髮服務	8	9 夏威夷舞 (暫停)
12 網際網路班 (暫停)	13	14 1-4pm 乙型肝炎疫苗 第二次注射 手工班 (暫停) 生日會	15	16 夏威夷舞 (暫停)
19	20	21 12-12:15pm 維修房屋講座	22	23 夏威夷舞 (暫停)
26	27	28	29	30 夏威夷舞 (暫停)

• 健康保險輔導及倡導服務計劃(HICAP): 星期二 下午 2:30-4:30 請電: 1-800-434-0222

• 逢星期一、二 中心有電腦供長者使用
 • *號活動由聖馬刁成人社區教育中心主辦



安老自助處聖馬刁康樂中心

二零一零年七月份 (營養午餐)

電話: (650) 342-0822 網址: <http://www.selfhelpelderly.org>.

午餐時間: 中午十二時十五分 請在九時三十分前預訂

星期一	星期二	星期三	星期四	星期五
			1 燒牛排骨 (餐包) 焗豆、雜菜 橙	2 毛豆玉米魚塊 (炒飯) 西蘭花 香蕉
5 美國獨立紀念日 中心休息	6 不辣麻婆豆腐 (白飯) 西蘭花 香蕉	7 黑椒, 蘑菇, 毛豆炒牛肉 (營養飯) 白菜 時果	8 甜酸魚 (白飯) 南瓜 橙	9 梅子燒雞 (炒飯) 椰菜 蘋果
12 瓜子肉 (營養飯) 白菜 蘋果	13 滷水雞腿 (炒麵) 椰菜 香蕉	14 紅燒豆腐魚 (白飯) 時菜 橙	15 蘿蔔燜牛肉 (營養飯) 西蘭花 蘋果	16 南瓜燜排骨 (白飯) 四季豆 橙
19 番茄牛肉 (炒麵) 西蘭花 蘋果	20 眉豆燜排骨 (營養飯) 四季豆 香瓜	21 日式雞扒 (白飯) 椰菜 甜品	22 廚師精選 時菜 橙	23 蘑菇汁焗魚 (營養飯) 白菜 時果
26 椰汁咖喱豬扒 (白飯) 白菜 香蕉	27 豆腐燜魚球 (營養飯) 南瓜 橙	28 紅燒獅子頭 (白飯) 四季豆 香瓜	29 燒牛排骨 (營養飯) 椰菜粉絲 橙	30 韓式粉絲 西蘭花 時果

安老自助處主辦。服務經費部份由聖馬刁縣健康服務部贊助。