





## 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 January, 2012


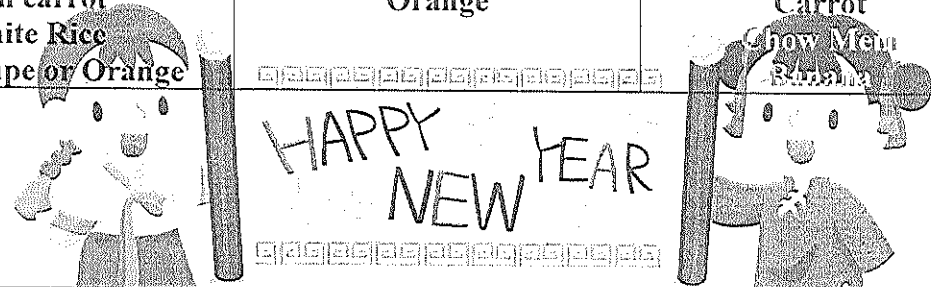
Monday	Tuesday	Wednesday	Thursday	Friday
8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am Sr. Physical Fitness I * 9:30-12:00 Internet Café 10-11am Sr. Physical Fitness II * 10-12:00 Mu Lan Kuen 1-4pm Cantonese Karaoke 1-4pm Bridge Club 1-4pm Table Tennis	8-9am Luk Tung Kuen 9-10am Wai Daan Kung 9-10am 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 Intermediate Chinese Class 1-3pm ESL-Beg.* 1:30-4pm Ballroom Dancing 2:15pm-3:30pm Chinese Cultural Class 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. 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 Class
<b>2</b> <b>CENTER CLOSED</b> <b>NO MOW SERVICES</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9</b>	<b>10</b> <b>Blood Pressure Screening</b> <b>11am</b> 	<b>11</b> <b>Birthday Party</b> 	<b>12</b>	<b>13</b>
<b>16</b>	<b>17</b>	<b>18</b> <b>Chinese New Year Bazaar</b> <b>11am-1pm</b>	<b>19</b>	<b>20</b>
<b>23</b> <b>CENTER CLOSED</b> <b>NO MOW SERVICES</b>	<b>24</b> <b>Chinese New Year Luncheon</b> <b>12noon-1pm</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>30</b>	<b>31</b>			

- 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 \*



# Self-Help for the Elderly San Mateo Center Menu for January 2012

Telephone: (650) 342-0822    Website: <http://www.selfhelpelderly.org>  
Lunch at 12:15 pm. Please Make Reservation Before 9:30 AM.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;"><b>CENTER CLOSED NO MOW SERVICES</b></p> 	<p>3</p> <p style="text-align: center;">Sparerib in Black Bean sauce Gourd with Bean Thread Brown Rice Orange</p>	<p>4</p> <p style="text-align: center;">Stir-Fry Beef with Mushroom, Soy Bean &amp; Black Pepper Bok Choy Chow Mein Seasonal Fruit</p>	<p>5</p> <p style="text-align: center;">Sweet &amp; Sour Fish Pumpkin White Rice Orange</p>	<p>6</p> <p style="text-align: center;">Stir-Fry Shrimp with Tofu and Soy Bean Broccoli with Carrot White Rice Banana</p>
<p>9</p> <p style="text-align: center;">Chicken in Soy Sauce Brown rice Cabbage Apple</p>	<p>10</p> <p style="text-align: center;">Stew Fish &amp; Tofu in Brown Sauce Seasonal vegetable White Rice Orange</p>	<p>11</p> <p style="text-align: center;">Braised spareribs with Pumpkin Stir-fry String bean with Carrot White Rice Orange</p>	<p>12</p> <p style="text-align: center;">Stew Beef Shank with Turnips Mustard Greens Brown rice Apple</p>	<p>13</p> <p style="text-align: center;">Korean style Vermicelli Broccoli Banana</p>
<p>16</p> <p style="text-align: center;">Fish in Tomato Sauce Broccoli Brown Rice Apple</p>	<p>17</p> <p style="text-align: center;">Spareribs braised with black-eyed bean Stir-fry String bean with carrot Chow Mein Cantaloupe or Orange</p>	<p>18</p> <p style="text-align: center;"><i>Chinese New Year Bazaar</i></p>	<p>19</p> <p style="text-align: center;">Chef's Selection Romaine Lettuce Orange</p>	<p>20</p> <p style="text-align: center;">Baked fish mushroom sauce Bok Choy Brown rice Seasonal fruit</p>
<p>23</p> <p style="text-align: center;"><i>Chinese New Year</i></p> <p style="text-align: center;"><b>CENTER CLOSED NO MOW SERVICES</b></p>	<p>24</p> <p style="text-align: center;"><i>Chinese New Year Luncheon</i></p>	<p>25</p> <p style="text-align: center;">Braised Jumbo Meatballs in brown sauce Stir-fry String bean with carrot White Rice Cantaloupe or Orange</p>	<p>26</p> <p style="text-align: center;">Sautéed Tofu &amp; fish Pumpkin Brown Rice Orange</p>	<p>27</p> <p style="text-align: center;">Baked Chicken Leg with Salt Stir-Fry Cabbage with Carrot Chow Mein Banana</p>
<p>30</p> <p style="text-align: center;">Sweet and Sour Spareribs Bok Choy Brown Rice Apple</p>	<p>31</p> <p style="text-align: center;">Singapore-Styled Vermicelli Broccoli Banana</p>			

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

# 安老自助處聖馬刁康樂中心

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

## 二零一二年一月份活動表

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 中級漢語班 1-3pm 英文基礎班* 1:30-4pm 社交舞 2:15-3:30pm 中文文化班 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 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
2 中心休息一天 送飯服務暫停	3	4	5	6
9	10 量血壓 11am 	11 生日會 	12	13
16	17	18 迎春賣物會 11am-1pm	19	20
23 中心休息一天 送飯服務暫停	24 開年午餐 12noon-1pm	25	26	27
30	31			

• 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  
二零一二年一月份 (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
2 中心休息一天 送飯服務暫停 	3 豉汁排骨 節瓜粉絲 營養飯 橙	4 黑椒, 蘑菇 毛豆炒牛肉 白菜, 炒麵 時果	5 甜酸魚 南瓜 白飯 橙	6 蝦仁毛豆燴豆腐 西蘭花炒紅蘿蔔 白飯 香蕉
9 豉油雞 椰菜 營養飯 蘋果	10 紅燒豆腐魚 時菜 白飯 橙	11 南瓜燴排骨 四季豆炒紅蘿蔔 白飯 橙	12 蘿蔔燴牛展 芥菜 營養飯 蘋果	13 韓式粉絲 西蘭花 香蕉
16 番茄魚球 西蘭花 營養飯 蘋果	17 眉豆燴排骨 四季豆炒紅蘿蔔 炒麵 香瓜或橙	18 迎春賣物會 11am-1pm	19 廚師精選 長葉生菜 橙	20 蘑菇汁焗魚 白菜 營養飯 時果
23 農曆新年 中心休息一天 送飯服務暫停	24 開年午餐 12noon-1pm	25 紅燒獅子頭 四季豆炒紅蘿蔔 白飯 香瓜或橙	26 豆腐燴魚球 南瓜 營養飯 橙	27 鹽焗雞腿 炒椰菜和紅蘿蔔 炒麵 香蕉
30 糖醋排骨 白菜, 營養飯 蘋果	31 星州炒米 西蘭花 香蕉			