

Tel: (408) 873 - 1183

Bethel Lutheran Church, 940 S. Stelling Road, Cupertino, CA 95014

Contact: Lina Pan

Monday		Tuesday		Wednesday		Thursday		Friday	
09:00-09:30	Exercise	09:00-09:30	Exercise	09:30-11:20	Tai Chi Meet	09:00-09:30	Exercise	09:00-09:30	Exercise
09:30-11:20	Citizenship	09:30-11:20	Basic English	09:30-11:20	Karaoke	09:30-11:20	Phonic	09:30-11:20	N-400 Form
11:30-12:30	Lunch	09:30-11:20	Practical Eng.	10:30-12:10	Massage	09:30-11:20	Advance Eng.	09:30-11:20	Intermediate Eng.
		11:30-12:30	Lunch	11:30-12:30	Lunch	11:30-12:30	Lunch	11:30-12:30	Lunch
							1		2
							Center Closed		Beef Shank w/ Carrot & Chinese Turnips
	5		6		7		8		9
	Sliced BBQ Pork w/ Tofu		Scrambled Egg w/Bay Shrimps & Vegetables		Basil Chicken Noodles		Fish w/ Scallion, Ginger & "Lite" Soy Sauce		Shredded Pork w/ Celery & Tofu
	12		13		14		15		16
	Beef Shank w/ Chinese Turnip		Aromatic Pork & Egg		Fried Fish Fillet w/ "Lite" Corn Sauce; Rice Noodle		Lion Head Meatball		Japanese BBQ Chicken White Rice
	19		20		21		22		23
	Scrambled Egg w/Bay Shrimps & Vegi/White Rice		Sate Sauce w/Beef & Bell Pepper		Pork w/ Onions		Chicken w/ Soybean Skin & Vegetables/ Noodles		Korean BBQ Pork
	26		27		28		29		30
	Sliced Beef w/Celery & Bell Pepper / White Rice		Spareribs w/ Chinese Black Bean Sauce		Japanese BBQ Chicken		Aromatic Pork & Egg		Baked Fish w/Fresh Tomato Sauce / Rice Noodles

Menu is charged for \$0.10/sheet, also available on www.selfhelpelderly.org/Center/Calendar/Cupertino

Make an appointment in advance to receive the Information & Assistance/Mock interview

Make a meal reservation one day before to prevent "sold out"; Receiving meal reservation through phone call only after 10 AM

Lunch time 11:30 AM - 12:30 PM. Please sign in before 12 PM, otherwise your quota will be transferred according to the waiting list.

1/16 Blood Pressure Screening @ 10 AM

1/26 Hair Cut @ 9:30 AM

2015年1月份活動表

南灣安老自助處 --- 庫帕蒂諾中心

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聯絡人: Lina Pan 陳莉娜

星期一	星期二	星期三	星期四	星期五
09:00-09:30 自由活動 09:30-11:20 公民常識(許) 11:30-12:30 午餐	09:00-09:30 自由活動 09:30-11:20 初級英語(梁) 09:30-11:20 應用英語(黎) 11:30-12:30 午餐	09:30-11:20 太極會友 09:30-11:20 卡拉OK 10:30-12:10 推拿服務 11:30-12:30 午餐	09:00-09:30 自由活動 09:30-11:20 英語發音(陳) 09:30-11:20 全英語(Why) 11:30-12:30 午餐	09:00-09:30 自由活動 09:30-11:20 公民表格(鍾) 09:30-11:20 中級英語(張) 11:30-12:30 午餐
			1 中心休息	2 紅白蘿蔔炆牛腩
5 叉燒豆腐	6 滑蛋蝦仁	7 三杯雞 炒麵	8 洋蔥豆豉魚片	9 芹菜香干肉絲
12 蘿蔔炆牛腩	13 五香豬肉加蛋	14 炸魚片佐玉米醬 米粉	15 獅子頭	16 日式烤雞, 白飯 *量血壓服務*
19 滑蛋蝦仁 白飯	20 沙茶青椒牛肉	21 洋蔥豬排	22 蔬菜豆腐皮雞肉 炒麵	23 韓式燒豬肉
26 芹菜青椒牛肉/ 白飯 *剪髮服務*	27 豉汁排骨	28 日式烤雞	29 五香豬肉加蛋	30 蕃茄魚片 米粉

活動表每張十分錢, 或請查閱www.selfhelpelderly.org/Center_Calendar/Cupertino

社工諮詢, 週一模擬入籍面試需先預約;

請於一日前訂餐, 以免向隅; 中心開放日早上十點後始接受電話訂餐

用餐時間為11:30 至12:30, 請於12點以前籤到進餐, 逾時不留, 名額將轉給候補者

1/16 十點量血壓

1/26 九點半剪髮服務

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Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30 Exercise 09:30-11:20 Level 1 English 11:30-12:30 Lunch	09:00-09:30 Exercise 09:30-11:20 Level 2 English 09:30-11:20 Practical Eng. 11:30-12:30 Lunch	09:30-11:20 Tai Chi Meet 09:30-11:20 Karaoke 10:30-12:10 Massage 11:30-12:30 Lunch	09:00-09:30 Exercise 09:30-11:20 Conversation 09:30-11:20 Advance Eng. 11:30-12:30 Lunch	09:00-09:30 Exercise 09:30-11:20 N-400 Form 09:30-11:20 Level 3 Eng. 11:30-12:30 Lunch
2	3	4	5	6
Steamed Eggplant w/ Fish Rice Noodles	Shredded Pork w/ Celery & Tofu	Beef Shank w/ Carrot & Chinese Turnips	Portuguese Style Curry Chicken	Sliced BBQ Pork w/ Tofu
9	10	11	12	13
Chicken w/ Black Fungus & Lily Flower	Scrambled Egg w/Bay Shrimps & Vegetables	Basil Chicken Noodles	Aromatic Pork & Egg New Year Party	Fish w/ Scallion, Ginger & "Lite" Soy Sauce
16	17	18	19	20
Presidents' Day Center Closed	Lion Head Meatball	Fried Fish Fillet w/ "Lite" Corn Sauce; Rice Noodle	Chinese New Year Center Closed	Korean Vermicelli w/ Chicken
23	24	25	26	27
Korean BBQ Pork	Scrambled Egg w/ Shrimps & Vegetables / White Rice	Minced Pork & Tofu w/ Mapo & Bean-Based Sauce	Chicken w/ Soybean Skin & Vegetables/ Noodles	Aromatic Pork & Egg

Menu is also available on www.selfhelpelderly.org/Events/Calendars by location/Cupertino Site

Make an appointment in advance to receive the Information & Assistance/Massage

Reserve meal one day before to prevent "sold out"; Receiving reservation through phone call after 10 AM only

Lunch time 11:30 AM - 12:30 PM. Sign in before 12 PM, otherwise your quota will be transferred according to the waiting list.

2/20 Blood Pressure Screening @ 10 AM

2/23 Hair Cut @ 9:30 AM

2/12 10 AM Party; Please reserve meal one week ahead

2015年2月份活圖表

南圖安老自助圖 --- 圖帕蒂諾中心

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圖圖人: Lina Pan 圖莉娜

星期一	星期二	星期三	星期四	星期五
09:00-09:30 自由活圖	09:00-09:30 自由活圖	09:30-11:20 太圖圖友	09:00-09:30 自由活圖	09:00-09:30 自由活圖
09:30-11:20 初圖英圖(圖)	09:30-11:20 中圖英圖(梁)	09:30-11:20 卡拉OK	09:30-11:20 英圖圖圖(圖)	09:30-11:20 公民表格(圖)
11:30-12:30 午餐	09:30-11:20 圖用英圖(黎) 11:30-12:30 午餐	10:30-12:10 推拿服圖 11:30-12:30 午餐	09:30-11:20 全英圖(Why) 11:30-12:30 午餐	09:30-11:20 高圖英圖(圖) 11:30-12:30 午餐
2	3	4	5	6
圖香茄子圖 米粉	芹菜香干肉圖	圖白圖圖圖牛腩	咖哩□	叉圖豆腐
9	10	11	12	13
金圖圖耳圖	滑蛋圖仁	三杯圖 炒圖	五香圖肉加蛋 新春圖圖圖	洋圖豆豉圖片
16	17	18	19	20
圖圖日休假	圖子圖	炸圖片佐玉米圖 米粉	圖圖新年休假	圖式圖粉圖 *量血圖服圖*
23	24	25	26	27
圖式圖圖肉 *剪圖服圖*	滑蛋圖仁 白圖	麻婆豆腐	蔬菜豆腐皮圖肉 炒圖	五香圖肉加蛋

活圖表可查圖www.selfhelpelderly.org/Events/Calendars by Location/Cupertino Site

社工圖圖需先圖圖

圖於一日前圖餐, 以免向隅; 中心圖放日早上十圖後始接受圖圖圖餐

用餐圖圖圖11:30 至12:30, 圖於12圖以前圖到圖餐, 逾圖不留, 名圖圖圖圖候圖者

2/20 十圖量血圖

2/23 九圖半剪圖服圖