Self-Help for the Elderly Geen Mun Senior Center
777 Stockton Street, San Francisco, CA 94108 Tel: (415) 391-3843
Activity Schedule for November, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	**3** 9:00-10:00am TV / News 9:00-10:00am Singing Class 10:00am-12:00noon Karaoke 1:30-3:30pm Karaoke 3:30-5:00pm Music Time	**4** 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-11:00am Music Time 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	**5** 9:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	**6** 9:00-10:00am TV/ News 9:30-11:30am Consumer Education 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	**7** 11:00-12:00noon Sing Along
9 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time **1:30-4:30pm Field Trip**	**10** 9:00-10:00am TV / News 9:00-10:00am Singing Class 10:00am-12:00noon Karaoke **1:00-4:30pm Food Box Distribution** 1:30-3:30pm Karaoke 3:30-5:00pm Music Time	**11** **Veterans Day Center Closed**	**12** 9:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	**13** 9:00-10:00am TV/ News 9:30-11:30am Consumer Education 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	**14** 11:00-12:00noon Sing Along
16 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	**17** 9:00-10:00am TV / News 9:00-10:00am Singing Class 10:00am-12:00noon Karaoke **12:00noon/4:00pm Birthday Party** 1:30-3:30pm Karaoke 3:30-5:00pm Music Time	**18** 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-11:00am Music Time 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	**19** 9:00am-10:15am Karaoke **10:15am-12:00pm Thanksgiving Celebration** 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	**20** 9:00-10:00am TV/ News 9:30-11:30am Consumer Education 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time **1:30-4:30pm Field Trip**	**21** 11:00-12:00noon Sing Along
23/30 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	**24** 9:00-10:00am TV / News 9:00-10:00am Singing Class 10:00am-12:00noon Karaoke 1:30-3:30pm Karaoke 3:30-5:00pm Music Time	**25** 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-11:00am Music Time **11:00-11:30am Big Bingo** 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	**26** **Thanksgiving Luncheon** **11:00am/ 11:45 am/ 12:30 pm**	**27** **Day After Thanksgiving Center Closed**	**28** **Center Closed**

** Brown Rice will be provided daily

November 2015

Chinese Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** Smoked Chicken Thigh Carrot, Green Peas Kiwi	**3** Steamed Fish Fillet Pak Choi Honeydew	**4** Garlic Chicken Broccoli, Carrot Apple	**5** Minced Pork with Waterchesnut & Gourd Banana	**6** Sesame Chicken Cabbage with Carrot Apple	**7** Sweet & Sour Beef Balls Carrot, Peas, Corn Orange
8	**9** Baked Pork Chop with Onion Cabbage with Carrot Kiwi	**10** Teriyaki Chicken Drumstick Mustard Green Apple	**11** Veterans Day Closed	**12** Streamed Spare Ribs with black bean sauce Pak Choy Banana	**13** Steamed Chicken with Chinese Mushroom Corrot, Potato Apple	**14** Fish in Ginger Sauce Cabbage, Carrot Banana
15	**16** Baked Chicken Leg Green Peas, Carrot Kiwi	**17** Braised Pork with Taro Taro Honeydew	**18** Braised Chicken with Ginger Sauce Cabbage，Carrot Banana	**19** Baked Fish Filet with Sweet Corn Pak Choi Apple	**20** Braised Meat Ball with Tomato Suace Carrot, Zucchini Honeydew	**21** Braised Pork Rib Carrot, Peas, Corn Apple
22	**23** Baked Chicken with Curry Sauce Carrot, Potato, Onion Banana	**24** Special Meal (Turkey) Honeydew	**25** Steamed Chicken Wing With Mushroom Black Zucchini, Cauliflower Kiwi	**26** Thanksgiving Day Closed	**27** Day After Thanksgiving Closed	**28** Thanksgiving weekend Closed
29	**30** Steamed Chicken with Shacha Sauce Eggplant Kiwi					

Cataracts occur when there is a buildup of protein in the lens that makes it cloudy. It is likely developed in older adults. Oxidative stress appears to play a significant role in the development of cataracts. Studies have reported an inverse relationship between cataracts and dietary intakes of vitamin C, vitamin E, and carotenoids; taking supplements or eating fruits and vegetables rich in these antioxidant nutrients seems to slow the progression or reduce the risk of developing cataracts. Some fresh vegetables and fruits such as orange and carrot are rich in vitamin C and carotenoids.

Sponsored by Self-Help for the Elderly partially funded by the Office on the Aging and other donors.
安老自助處主辦。服務經費部分由三藩市耆英及殘障人仕服務局及其他贊助機構贊助。

Self-Help for the Elderly
安老自助處

安老自助處建民康樂中心

三藩市士德頓街 777 號　Tel: (415) 391-3843

二零一五年十一月份活動表

星期一	星期二	星期三	星期四	星期五	星期六
2 9:00–10:00am 電視/新聞 10:00am–12:00noon 卡拉 OK 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞	**3** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00am–12:00noon 卡拉 OK 1:30–3:30pm 卡拉 OK 3:30–5:00 pm 音樂欣賞	**4** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00–11:00am 音樂欣賞 1:30–3:30pm 民族舞蹈班 3:30–5:00pm 音樂欣賞	**5** 9:00am–12:00noon 卡拉 OK 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞	**6** 9:00 – 10:00am 電視/新聞 9:30 – 11:30am 消費者健康講座 1:30–3:30pm 民族舞蹈班 3:30–5:00pm 音樂欣賞	**7** 11:00–12:00pm 齊齊唱
9 9:00–10:00am 電視/新聞 10:00am–12:00noon 卡拉 OK 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞 **1:30–4:30pm 半日遊**	**10** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00am–12:00noon 卡拉 OK **1:00–4:30pm 糧食盒派發日** 1:30–3:30pm 卡拉 OK 3:30–5:00 pm 音樂欣賞	**11** 退伍軍人節 中心休息	**12** 9:00am–12:00noon 卡拉 OK 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞	**13** 9:00 – 10:00am 電視/新聞 9:30 – 11:30am 消費者健康講座 1:30–3:30pm 民族舞蹈班 3:30–5:00pm 音樂欣賞	**14** 11:00–12:00pm 齊齊唱
16 9:00–10:00am 電視/新聞 10:00am–12:00noon 卡拉 OK 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞	**17** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00am–12:00noon 卡拉 OK **12:00noon/4:00pm 生日會** 1:30–3:30pm 卡拉 OK 3:30–5:00 pm 音樂欣賞	**18** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00–11:00am 音樂欣賞 1:30–3:30pm 民族舞蹈班 3:30–5:00pm 音樂欣賞	**19** 9:00am–11:00am 卡拉 OK **10:15am–12:00pm 感恩節慶會** 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞	**20** 9:00–10:00am 電視/新聞 9:30–11:30am 消費者健康講座 1:30–3:30pm 民族舞蹈班 3:30–5:00pm 音樂欣賞 **1:30–4:30pm 半日遊**	**21** 11:00–12:00pm 齊齊唱
23/30 9:00–10:00am 電視/新聞 10:00am–12:00noon 卡拉 OK 1:30–3:30pm 歡樂社交舞 3:30–5:00pm 音樂欣賞	**24** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00am–12:00noon 卡拉 OK 1:30–3:30pm 卡拉 OK 3:30–5:00 pm 音樂欣賞	**25** 9:00–10:00am 電視/新聞 9:00–10:00am 歌唱班 10:00–11:00am 音樂欣賞 **11:00–11:30am 大賓果** 1:30–3:30pm 民族舞蹈班 3:30–5:00pm 音樂欣賞	**26** 感恩節午餐 11:00am/11:45am/ 12:30pm	**27** 感恩節翌日 中心休息	**28** 中心休息

**營養飯每天供應

二零一五 年 十一 月

中國式菜譜

星期日	星期一	星期二	星期三	星期四	星期五	星期六
1	2 煙焗雞上肶 紅蘿蔔, 青豆 奇異果	3 冬菜焗魚塊 白菜 哈密瓜	4 大蒜雞片 西蘭花, 紅羅蔔 蘋果	5 榨菜馬蹄肉餅 節瓜 香蕉	6 芝麻焗雞扒 紅羅蔔, 椰菜 蘋果	7 甜酸牛肉丸 紅蘿蔔青豆粟米 橙
8	9 洋蔥焗豬扒 紹菜, 紅羅蔔 奇異果	10 日本汁焗雞鼓槌 芥菜 蘋果	11 退伍軍人節 休息一天	12 豉汁蒸排骨 白菜 香蕉	13 冬菇蒸雞 薯仔紅羅蔔 蘋果	14 薑蔥魚 紅蘿蔔青豆粟米 香蕉
15	16 燒汁焗雞肶 紅羅蔔,青豆 奇異果	17 芋頭炆豬肉 哈密瓜	18 沙羌雞球 椰菜，紅羅蔔 香蕉	19 粟米焗魚塊 白菜 蘋果	20 番茄醬豬肉球 紅羅蔔, 意大利瓜 哈密瓜	21 燜排骨 紅蘿蔔青豆粟米 蘋果
22	23 咖哩焗鳰球 薯仔,洋蔥, 紅羅蔔 香蕉	24 馬蹄蒸肉餅 紅羅蔔, 意大利瓜 哈密瓜	25 冬菇雲耳蒸雞翼 意大利瓜, 椰菜花 奇異果	26 感恩節 休息一天	27 感恩節翌日 休息一天	28 感恩節周末 休息一天
29	30 沙茶雞蒸茄子 茄子 奇異果					

老人白內障：白內障是老年人最常見的眼科疾病，表示眼球內的水晶體變黃而混濁，光線無法完全穿透造成視覺模糊所致。造成白內障的因素是多重的，氧化壓力是誘發白內障的重要因素之一；所以抗氧化劑如維他命C、維他命E及類胡蘿蔔素可以緩慢或降低誘發白內障進展的危險。新鮮的水果蔬菜，如橙子及紅蘿蔔含有豐富的維他命C及胡蘿蔔素。

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安老自助處主辦。服務經費部分由三藩市耆英及殘障人仕服務局及其他贊助機構贊助。