Self-Help for the Elderly Jackie Chan Senior Center
5757 Geary Blvd., San Francisco, CA 94121 Tel: (415) 677-7571
Activity Schedule for November, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am – 12:00pm Karaoke 10:15 – 11:15am Bingo 10:15am –12:15pm Game/Movie 12:30–2:30pm Reading Time	**3** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 9:30 – 12:30pm Consumer Education/Health Nutrition 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time	**4** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:15 am – 12:15pm Game/Movie 12:30– 2:30pm Reading Time	**5** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am-12:00pm Karaoke 10:15am -12:15pm Game/Movie 12:30–2:30pm Reading Time 1:30-2:30pm Mandarin Class	**6** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time	**7** 9:00 – 10:00am Line Dance 9:00 – 11:00am Newspaper 9:00–11:00am Group Game 10:30 –11:00am Chair Dance 12:00 – 1:30pm Karaoke
9 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am – 12:00pm Karaoke 10:15 – 11:15am Bingo 10:15am –12:15pm Game/Movie 12:30–2:30pm Reading Time	**10** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 9:30 – 12:30pm Consumer Education/Health Nutrition 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time **1:00-2:00pm Food Box Distribution**	**11** **Veterans Day Center Closed**	**12** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am-12:00pm Karaoke 10:15 – 11:15am Bingo 10:15am -12:15pm Game/Movie 12:30–2:30pm Reading Time 1:30-2:30pm Mandarin Class	**13** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time **1:00-2:00pm Tai Chi Class**	**14** 9:00 – 10:00am Line Dance 9:00 – 11:00am Newspaper 9:00 – 11:00am Group Game 10:30 – 11:00am Chair Dance 12:00 – 1:30pm Karaoke
16 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am – 12:00pm Karaoke 10:15 – 11:15am Bingo 10:15–12:15pm Game/Movie **11:15-11:45am Birthday Party** 12:30–2:30pm Reading Time	**17** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 9:30 – 12:30pm Consumer Education/Health Nutrition 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time	**18** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:15 am – 12:15pm Game/Movie 12:30– 2:30pm Reading Time **1:00-2:00pm Tai Chi Class**	**19** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am-12:00pm Karaoke 10:15 – 11:15am Bingo 10:15am –12:15pm Game/Movie 12:30–2:30pm Reading Time 1:30-2:30pm Mandarin Class	**20** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time **1:00-2:00pm Tai Chi Class**	**21** 9:00 – 10:00am Line Dance 9:00 – 11:00am Newspaper 9:00 – 11:00am Group Game 10:30 – 11:00am Chair Dance 12:00 – 1:30pm Karaoke
23/30 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:00am – 12:00pm Karaoke 10:15 – 11:15am Bingo 10:15am –12:15pm Game/Movie 12:30–2:30pm Reading Time	**24** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 9:30 – 12:30pm Consumer Education/Health Nutrition 10:15am–12:15 Game/Movie 12:30-2:30pm Reading Time **11:30 am Thanksgiving Luncheon**	**25** 9:00 – 10:00am Newspaper 9:15 – 10:15am Exercise 10:15 am – 12:15pm Game/Movie 12:30– 2:30pm Reading Time **1:00-2:00pm Tai Chi Class**	**26** **Thanksgiving Day Center Closed**	**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

安老自助處成龍康樂中心

5757 Geary Blvd., San Francisco, CA 94121 Tel: (415) 677-7571

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 讀報紙 9:15 - 10:15am 運動 10:00am - 12:00pm 卡拉 OK 10:15 - 11:15am 賓果 10:15 - 12:15pm 遊戲/電影 12:30pm - 2:30pm 閱讀時間	3 9:00 - 10:00am 讀報紙 9:15 - 10:15am 運動 9:30 - 12:30pm 消费者健康營養教育讲座 10:15 - 12:15pm 遊戲/電影 12:30 - 2:30pm 閱讀時間	4 9:00 - 10:00am 讀報紙 9:15 - 10:15am 運動 10:15 - 12:15pm 遊戲/電影 12:30 pm - 2:30pm 閱讀時間	5 9:00 - 10:00am 讀報紙 9:15 - 10:15am 運動 10:00am - 12:00pm 卡拉 OK 10:15 - 11:15am 賓果 10:15 - 12:15pm 遊戲/電影 12:30 - 2:30pm 閱讀時間 1:30pm - 2:30pm 國語班	6 9:00 - 10:00am 讀報紙 9:15 - 10:15am 運動 10:15-12:15pm 遊戲/電影 12:30pm - 2:30pm 閱讀時間	7 9:00 - 10:00am 排舞 9:00 - 11:00am 讀報紙 9:00 - 11:00am 集體遊戲 10:30 - 11:00am 椅上運動 12:00 - 1:30pm 卡拉 OK
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**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 煙焗雞上肚 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 燒汁焗雞肚 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 咖哩焗鳥球 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。