



Activity Schedule for NOVEMBER 2015
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>.
 * HICAP: 2nd & 4th Tuesday 2:30pm-4:00pm, please call 1-800-434-0222 for appointment

Monday	Tuesday	Wednesday	Thursday	Friday
8-9am Luk Tung Kuen 9-10am Wai Daan Kung <u>Assembly Room:</u> 9-10am Sr. PhysicalFitness I * 10-11am Sr. Physical Fitness II* 1 – 4pm Cantonese Karaoke <u>Room A:</u> 10 – 11:30 am Mu Lan Dance 1 – 4 pm Bridge Club <u>Room B:</u> 1 – 4pm Table Tennis	8-9am Luk Tung Kuen 9-10am Wai Daan Kung <u>Assembly Room:</u> 10-11am Line Dance Class 1:30-4pm Ballroom Dancing <u>Room A:</u> 10 – 11 am Tablets Class 1 – 2:15 pm Mandarin Class I 2:15-3:30pm Mandarin Class II <u>Room B:</u> 1 – 3 pm Intermediate II English	8-9am Luk Tung Kuen 9-10am Wai Daan Kung <u>Assembly Room:</u> 9- 10am Sr. Physical Fitness I * 10-11am Sr. Physical Fitness II * 1 - 4pm Karaoke <u>Room A:</u> 9-10am Tai Chi Beginner Class 1 - 2:30pm Arts & Crafts <u>Room B:</u> 10:30-12:00pm Chinese Calligraphy 1 – 2:15pm Intermediate I English 2:30– 3:30pm Beginners English	8-9am Luk Tung Kuen 9-10am Wai Daan Kung <u>Assembly Room:</u> 9-11:00am Cantonese Karaoke 1:15-4pm Peking Opera <u>Room A:</u> 1:30 PM – 3:30 PM Cooking Class (Last Class: 11/5) <u>Room B:</u> 10:00-11:30am Pencil Drawing Class 1 – 3 pm Cantonese Opera Acting	8-9am Luk Tung Kuen 9-10am Wai Daan Kung <u>Assembly Room:</u> 9- 10am Sr. Physical Fitness I * 10 – 11 am Line Dance 2 – 3:30pm Hawaiian Dance <u>Room A:</u> 10 – 11 am Sr. Physical Fitness II* 2 – 3 pm Brown Bag <u>Room B:</u> 10 – 11:30 am Conversational English 1-4pm Table Tennis
MAH JONG AVAILABLE EVERYDAY !				
2	3	4	5	6
9	10	11 <u>VETERANS DAY CENTER CLOSED</u>	12	13
16	17	18 BIRTHDAY PARTY	19	20
23	24	25 THANKSGIVING LUNCHEON <i>Please reserve meal ticket in advance</i>	26 THANKSGIVING DAY <u>CENTER CLOSED</u>	27 DAY AFTER THANKSGIVING <u>CENTER CLOSED</u>
30				

San Mateo Adult School Classes are marked by a *



Self-Help for the Elderly San Mateo Center (November 2015)

Telephone: (650) 342-0822 12:00pm – 1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Braised Sparerib with Turnips Broccoli & Carrot Banana Brown & White Rice</p>	<p>3 Curry Pork Chop Cauliflower Orange Brown & White Rice</p>	<p>4 Braised Jumbo Meatballs Shanghai Boy Choy Banana Brown & White Rice</p>	<p>5 Sweet & Sour Spareribs Gourd, Peas & Carrots with Vermicelli Orange Brown & White Rice</p>	<p>6 Tofu & Chickpeas Cauliflower & Pepper Apple Brown & White Rice</p>
<p>9 Baked Fish in Cheese and White Sauce Sweet Corn Orange Brown & White Rice</p>	<p>10 Pork Chop Jicama & Pepper Apple Brown & White Rice</p>	<p>11 CLOSED</p>	<p>12 Roasted Chicken in Plum Sauce String Bean Banana Brown & White Rice</p>	<p>13 Braised Spareribs Broccoli with Black Mushroom Banana Brown & White Rice</p>
<p>16 Pork Patty Gourd with Vermicelli Orange Brown & White Rice</p>	<p>17 Fish in Black Bean Sauce Bok Choy Apple Brown & White Rice</p>	<p>18 Peking Spareribs Mustard Green Banana Fried Rice</p>	<p>19 Baked Fish with Mushroom Sauce Sweet Corn, Peas & Carrots Orange Chow Mein</p>	<p>20 Portuguese Style Curry Chicken Cabbage Banana Brown & White Rice</p>
<p>23 Braised Fish Napa Cabbage & Carrot Apple Brown & White Rice</p>	<p>24 Braised Chicken in Bean Curd Sauce Taro, Carrot & Green Beans Orange Brown & White Rice</p>	<p>25** Spareribs in Black Bean Sauce Cabbage Apple Brown & White Rice</p>	<p>26 CLOSED</p>	<p>27 CLOSED</p>
<p>30 Supreme Soy Sauce Chicken Pepper, Onions & Carrots Apple Brown & White Rice</p>				

*Program partially funded by Department of Aging and Adult Services, City and County of San Mateo, and other supported Agencies.

2015年11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 大課室: 9-10am 耆英體操 I* 10-11am 耆英體操 II* 1-4pm 粵曲卡拉 OK A 課室: 10-11:30am 中國木蘭拳 1-4pm 橋牌樂 B 課室: 1-4pm 乒乓球	8-9am 六通拳 9-10am 外丹功 大課室: 10-11am 排舞班 1:30-4pm 社交舞 A 課室: 10-11am 平板電腦班 1-2:15pm 普通話班 I 2:15-3:30pm 普通話班 II B 課室: 1-3pm 中級英語班 II	8-9am 六通拳 9-10am 外丹功 大課室: 9-10am 耆英體操 I* 10-11am 耆英體操 II* 1-4pm 自由卡拉 OK A 課室: 9-10am 初級太極拳 1-2:30pm 手工班 B 課室: 10:30am-12:00pm 中國書法 1:00-2:15pm 初學英語課 2:30m-3:30pm 中級英語班 I	8-9am 六通拳 9-10am 外丹功 大課室: 9-11:00am 粵曲卡拉 OK 1:15-4pm 京劇班 A 課室: 1:30-3:30pm 第五期烹飪班菜式 (最後一堂 11/5) B 課室: 10-11:30am 鉛筆畫課 1-3pm 粵劇表演藝術	8-9am 六通拳 9-10am 外丹功 大課室: 9-10am 耆英體操 I* 10-11am 排舞班 2-4pm 夏威夷舞 A 課室: 10-11am 耆英體操 II* 2-3pm 發送糧食包 B 課室: 10-11:30am 英語會話班 1-4pm 乒乓球
~ 每天都有麻將打! ~				
2	3	4	5	6
9	6	7 退伍軍人節 中心休息	8	9
16	13	14 生日會	15	16
23	20	21 感恩節午餐 請預先買飯票	22 感恩節 中心休息	23 感恩節翌日 中心休息
30				

星期一	星期二	星期三	星期四	星期五
2 白蘿蔔焗排骨 西蘭花配紅蘿蔔 香蕉 營養飯	3 沙爹豬扒 椰菜花 香瓜 營養飯	4 紅燒獅子頭 青江菜 香瓜 營養飯	5 糖醋排骨 節瓜粉絲, 紅蘿蔔 香瓜 營養飯	6 素豆腐雪蓮子 青胡椒, 椰菜花 蘋果 營養飯
9 白汁芝士焗魚 玉米 橙 營養飯	10 煎豬排 墨西哥白蘿蔔, 青胡椒 蘋果 營養飯	11 CLOSED 中心休息	12 梅子燒雞 四季豆 香瓜 營養飯	13 冬菇焗排骨 西蘭花 香蕉 營養飯
16 馬蹄肉餅 節瓜粉絲 橙 營養飯	17 豉汁魚 白菜 蘋果 營養飯	18 京都排骨 芥菜 香蕉 炒飯	19 蘑菇汁焗魚 青豆、玉米、紅蘿蔔 橙 炒麵	20 葡汁咖哩雞 椰菜 香蕉 營養飯
23 蔥燒魚 紹菜, 紅蘿蔔 蘋果 營養飯	24 豆瓣醬芋頭炆雞 長葉生菜 橙 營養飯	25 豉汁排骨 椰菜 蘋果 營養飯	26 CLOSED 中心休息	27 CLOSED 中心休息
30 豉油皇雞肉 青胡椒, 洋蔥, 蘿蔔 蘋果 營養飯				