



Self-Help for the Elderly West Portal Clubhouse

131 Lenox Way, San Francisco, CA 94127 Tel: (415) 753-7038

Activity Schedule for November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 – 11:30am Board Game Time 11:30am – 12:30pm Music Appreciation 1:00-2:00pm Tai Chi Class	3 10:00-11:00am Always Active 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Smartphone Tutoring 1:00-4:30pm Field Trip	4 9:00 – 10:30am Board Game Time 9:30 – 11:30am Line Dancing 12:30-2:00pm Bingo Time	5 10:00-11:00 Always Active 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Karaoke	6 9:00 – 10:30am Board Game Time 10:00 – 11:00am Arts & Craft 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Wii: Group Game 1:00-2:00pm Tai Chi Class
9 9:00 – 11:30am Board Game Time 11:30am – 12:30pm Music Appreciation 1:00-2:00pm Tai Chi Class	10 10:00-11:00am Always Active 11:30am-12:30pm Stress Management Presentation 12:30-1:30pm Smartphone Tutoring	11 Veterans Day Center Closed	12 10:00-11:00 Always Active 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Karaoke 10:30-12:30pm Birthday Party	13 9:00 – 10:30am Board Game Time 10:00 – 11:00am Arts & Craft 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Wii: Group Game 1:00-2:00pm Tai Chi Class
16 9:00 – 11:30am Board Game Time 11:30am – 12:30pm Music Appreciation 1:00-2:00pm Tai Chi Class	17 10:00-11:00 Always Active 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Smartphone Tutoring	18 9:00 – 10:30am Board Game Time 9:30 – 11:30am Line Dancing 12:30-2:00pm Bingo Time	19 10:00-11:00 Always Active 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Karaoke	20 9:00 – 10:30am Board Game Time 10:00 – 11:00am Arts & Craft 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Wii: Group Game 1:00-2:00pm Tai Chi Class
23 9:00 – 11:30am Board Game Time 11:30am – 12:30pm Music Appreciation 1:00-2:00pm Tai Chi Class	24 10:00-11:00 Always Active 11:30am – 12:30pm Music Appreciation 12:30-1:30pm Smartphone Tutoring	25 9:00 – 10:30am Board Game Time 9:30 – 11:30am Line Dancing 12:30-2:00pm Bingo Time	26 Thanksgiving Day Center Closed	27 Day After Thanksgiving Center Closed
30 9:00 – 11:30am Board Game Time 11:30am – 12:30pm Music Appreciation 1:00-2:00pm Tai Chi Class				

** Brown Rice will be provided daily

November 2015

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
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
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
22	23 Baked Chicken with Curry Sauce Carrot, Potato, Onion Banana	24 Special Meal (Turkey) Honeydew	25 Steamed Chicken Wing With Mushroom Black Fungus Zucchini, Cauliflower Kiwi	26 Thanksgiving Day Closed	27 Day After Thanksgiving Closed	28
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.



安老自助處 West Portal 康樂中心

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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
2 9:00-11:30am 棋盤遊戲 11:30am - 12:30pm 音樂欣賞 1:00-2:00pm 太極班	3 10:00-11:00am 總是活躍運動班 11:30am - 12:30pm 音樂欣賞 12:30-1:30pm 智能手機輔導班 1:00-4:30pm 半日遊	4 9:00 - 10:30am 棋盤遊戲 9:30 - 11:30am 排舞 12:30 - 2:00pm 賓果时间	5 9:30-10:30am 總是活躍運動班 11:30am - 12:30pm 音樂欣賞 12:30-2:00pm 卡拉 OK	6 9:00 - 10:30am 棋盤遊戲 10:00 - 11:00am 串珠及首飾製作班 11:30am - 12:30pm 音樂欣賞 12:30-1:30pm 電玩遊戲 Wii: 集體遊戲 1:00-2:00pm 太極班
9 9:00-11:30am 棋盤遊戲 11:30am - 12:30pm 音樂欣賞 1:00-2:00pm 太極班	10 10:00-11:00am 總是活躍運動班 11:30am - 12:30pm 靜心講座 12:30-1:30pm 智能手機輔導班	11 退伍軍人節 中心休息	12 10:00-11:00am 總是活躍運動班 11:30am - 12:30pm 音樂欣賞 12:30-2:00pm 卡拉 OK 10:30-12:30pm 生日會	13 9:00 - 10:30am 棋盤遊戲 10:00 - 11:00am 串珠及首飾製作班 11:30am - 12:30pm 音樂欣賞 12:30-1:30pm 電玩遊戲 Wii: 集體遊戲 1:00-2:00pm 太極班
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30 9:00-11:30am 棋盤遊戲 9:30-11:30am 11:30am - 12:30pm 音樂欣賞 1:00-2:00pm 太極班				

**營養飯每天供應

二零一五年十一月

星期日	星期一	星期二	星期三	星期四	星期五	星期六
1	2 煙焗雞上腩 紅蘿蔔, 青豆 奇異果	3 冬菜焗魚塊 白菜 密瓜	4 大蒜雞片 西蘭花, 紅蘿蔔 蘋果	5 榨菜馬蹄肉餅 節瓜 香蕉	6 芝麻焗雞扒 紅蘿蔔, 椰菜 蘋果	7
8	9 洋蔥焗豬扒 紹菜, 紅蘿蔔 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 薯仔紅蘿蔔 蘋果	14
15	16 燒汁焗雞腩 紅蘿蔔, 青豆 奇異果	17 芋頭炆豬肉 密瓜	18 沙爹雞球 椰菜, 紅蘿蔔 香蕉	19 粟米焗魚塊 白菜 蘋果	20 番茄醬豬肉球 紅蘿蔔, 意大利瓜 密瓜	21
22	23 咖哩焗鷄球 薯仔, 洋蔥, 紅蘿蔔 香蕉	24 特別火雞餐 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
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士服務局及其他贊助機構贊助。