



**Self-Help for
the Elderly**
安老自助處

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NEW YEAR' S DAY CENTER CLOSED	2 9:00-10:00am TV/ News 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	3 11:00-12:00noon Sing Along
5 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	6 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	7 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	8 9:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	9 9:00-10:00am TV/ News 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	10 11:00-12:00noon Sing Along
12 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	13 9:00-10:00am TV / News 9:00-10:00am Singing Class 10:00am-12:00noon Karaoke 1:30-3:30pm Karaoke 1:30-4:30pm Field Trip 3:30-5:00pm Music Time	14 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-11:00am Music Time 1:00-4:30pm Food Box Distribution 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	15 9:00am-10:15noon Karaoke 10:15am-12:00noon New Year Celebration 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	16 9:00-10:00am TV/ News 9:30-12:00noon Consumer Education 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	17 11:00-12:00noon Sing Along
19 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	20 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	21 9:00-10:00am TV/ News 9:00-10:00am Singing Class 10:00-11:00am Music Time 12:00noon/4:00pm Birthday Party 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	22 9:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	23 9:00-10:00am TV/ News 9:30-12:00noon Consumer Education 1:30-3:30pm Folk Dance Class 1:30-4:30pm Field Trip 3:30-5:00pm Music Time	24 11:00-12:00noon Sing Along
26 9:00-10:00am TV/ News 10:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	27 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	28 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	29 9:00am-12:00noon Karaoke 1:30-3:30pm Social Dance 3:30-5:00pm Music Time	30 9:00-10:00am TV/ News 9:30-12:00noon Consumer Education 1:30-3:30pm Folk Dance Class 3:30-5:00pm Music Time	31 11:00-12:00noon Sing Along

** Brown Rice will be provided daily

January 2015

Chinese Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy New Year Centers Closed	2 Vietnamese Roasted Chicken Pak Choi and Carrot Apple	3 Braised Pork Rib Cauliflower Banana
4	5 Black Pepper Chicken Fillet Broccoli Orange	6 Lemon Grass Pork Rib Mustard Green Banana	7 Garlic Chicken Stew Zucchini Kiwi	8 Fish in Ginger Sauce Pak Choi Apple	9 Chicken A La Lesbane Celery, Carrot and Onion Orange	10 Baked Chicken Drumstick Cabbage Orange
11	12 Fish Fillet in Black Bean Sauce Snap Pea Orange	13 Meat Ball Zucchini Melon	14 Sesame Chicken Leg Cabbage Banana	15 Spareribs Green Pea and Carrots Orange	16 Chicken Broccoli Apple	17 Baked Fish Broccoli Banana
18	19 Garlic Pork Rib Mustard Green Apple	20 Royal Sauce Chicken Cabbage Orange	21 Spareribs w/ Green Pepper Pak Choi Banana	22 Chicken with ginger and black bean Cauliflower Apple	23 Curry Beef Carrot, Onion, Celery and Zucchini Orange	24 Soy Sauce Marinated Chicken Cabbage Apple
25	26 Honey Pork Rib Cauliflower Apple	27 Baked Chicken Leg w/ Ginger Carrot and Corn Orange	28 Fish Fillet w/ Tomatos and Eggs Broccoli Fruit Cup	29 Chicken and Mushroom Stew Gourd and Carrot Orange	30 Pork Rib Snap Pea Kiwi	31 Fish in Ginger Sauce Broccoli Orange



Dehydration is a risk for older adults. Total body water decrease as people age, so even mild stresses such as fever or hot weather can cause rapid dehydration in older adults. Dehydrated older adults seem to be more susceptible to urinary tract infections, pneumonia, pressure ulcers, and confusion and disorientation. To prevent dehydration, older adults need to drink at least six glasses of water or other beverages every day. Melons and soups are good source of water whereas coffee and caffeinated beverages such as tea are diuretic drinks that cause water loss.

星期一	星期二	星期三	星期四	星期五	星期六
		3	1 新年元旦日 中心休息	2 9:00-10:00am 電視/新聞 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	3 11:00-12:00pm 齊齊唱
5 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	6 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	7 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	8 9:00am-12:00noon 卡拉 OK 1:30-3:30pm 歡樂社交舞 3:30-5:00pm 音樂欣賞	9 9:00-10:00am 電視/新聞 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	10 11:00-12:00pm 齊齊唱
12 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	13 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 1:30-4:30pm 半日遊 3:30-5:00 pm 音樂欣賞	14 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:00-11:00am 音樂欣賞 1:00-4:30pm 糧食盒派發日 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	15 9:00am-12:00noon 卡拉 OK 10:15am-12:00noon 新天新地 新年慶會 1:30-3:30pm 歡樂社交舞 3:30-5:00pm 音樂欣賞	16 9:00-10:00am 電視/新聞 9:30-12:00noon 消費者健康講座 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	17 11:00-12:00pm 齊齊唱
19 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	20 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	21 9:00-10:00am 電視/新聞 9:00-10:00am 歌唱班 10:00-11:00am 音樂欣賞 12:00noon/4:00pm 生日會 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	22 9:00am-12:00noon 卡拉 OK 1:30-3:30pm 歡樂社交舞 3:30-5:00pm 音樂欣賞	23 9:00-10:00am 電視/新聞 9:30-12:00noon 消費者健康講座 1:30-3:30pm 民族舞蹈班 1:30-4:30pm 半日遊 3:30-5:00pm 音樂欣賞	24 11:00-12:00pm 齊齊唱
26 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	27 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	28 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 大賣果 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	29 9:00am-12:00noon 卡拉 OK 1:30-3:30pm 歡樂社交舞 3:30-5:00pm 音樂欣賞	30 9:00-10:00am 電視/新聞 9:30-12:00noon 消費者健康講座 1:30-3:30pm 民族舞蹈班 3:30-5:00pm 音樂欣賞	31 11:00-12:00pm 齊齊唱

星期日	星期一	星期二	星期三	星期四	星期五	星期六
				1 新年快樂! 中心休息	2 越南燒雞 白菜,紅蘿蔔 蘋果	3 燜排骨 椰菜 香蕉
4	5 黑椒雞扒 西蘭花 橙	6 香茅豬扒 芥菜 香蕉	7 蒜子燜雞 意大利瓜 奇異果	8 薑蔥魚 白菜 蘋果	9 咖喱雞腿 芹菜,紅蘿蔔,洋蔥 橙	10 焗雞髀 椰菜 橙
11	12 豉汁魚片 四季豆 橙	13 肉丸炒意大利瓜 香瓜	14 芝麻雞脾 椰菜 香蕉	15 豉汁排骨 青豆、紅蘿蔔 橙	16 西蘭花燴雞 蘋果	17 香蒜焗魚柳 西蘭花 香蕉
18	19 香蒜豬扒 芥菜 蘋果	20 貴妃汁雞肫 椰菜 橙	21 青椒排骨 雜錦時蔬 香蕉	22 薑蔥豆豉雞 椰菜花 蘋果	23 咖喱焗牛 芹菜紅蘿蔔意大利 橙	24 豉油皇雞 椰菜 蘋果
25	26 蜜汁豬扒 椰菜花 蘋果	27 沙薑雞腿 粟米,紅蘿蔔 橙	28 番茄蛋魚 西蘭花 水果杯	29 冬菇燜雞 節瓜粉絲 橙	30 冬菇支竹燜排骨 四季豆 奇異果	31 薑蔥魚柳 西蘭花 橙



老人脫水症：老人缺水很普遍，但常常被忽略了。防止老人缺水可以避免進一步的健康並發症，如便秘、尿路感染、肺炎、褥瘡及思維混亂等。老人每天起碼需要六杯的水或者飲料。這可以從一些含水份高的瓜果或湯水裡攝取；避免咖啡和含咖啡因的飲料如茶；提供方便喝水條件；幫助尿失禁的恐懼因為有些老人不願喝水是害怕尿失禁或上廁所。