



Self-Help for the Elderly John King Senior Center
500 Raymond Avenue, San Francisco, CA 94134 Tel: (415) 239-9919
Activity Schedule for January 2015

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | 1 NEW YEAR'S DAY CENTER CLOSED | 2 9:00–10:30am News Discussion 9:45–11:45am Karaoke 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class |
| 5 9:00–10:30am News Discussion 9:30–11:00am Health Class 11:30am–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pmTalent Class | 6 9:00–10:30am News Discussion 9:30–11:00am English Class 9:45–10:45am Movie/Concert Video 10:00–11:00am Exercise/Tai Chi 10:30am-2:30pm Karaoke 11:30am-12:00pm Medicare Part D Explanation 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class | 7 9:00–10:30am News Discussion 10:00am–2:00pm Cantonese Opera 10:30am-2:30pm Karaoke 11:00am-12:00pm Consumer Education/ Health Nutrition 12:00–2:00pm Group Game 1:30-3:00pm SF Connected Computer Class | 8 9:00–10:30am News Discussion 9:30–11:00am English Class 10:30am–12:30pm Movie 10:30am–2:00pm Visitacion Valley Opera 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game | 9 9:00–10:30am News Discussion 9:45–11:45am Karaoke 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class |
| 12 9:00–10:30am News Discussion 9:30–11:00am Health Class 11:30am–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pmTalent Class | 13 9:00–10:30am News Discussion 9:30–11:00am English Class 9:45–10:45am Movie/Concert Video 10:00–11:00am Exercise/Tai Chi 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class | 14 9:00–10:30am News Discussion 10:00am–2:00pm Cantonese Opera 10:30am-2:30pm Karaoke 11:00am-12:00pm Consumer Education/ Health Nutrition 12:00–2:00pm Group Game 1:30-3:00pm SF Connected Computer Class | 15 9:00–10:30am News Discussion 9:30–11:00am English Class 10:30am–12:30pm Movie 10:30am–2:00pm Visitacion Valley Opera 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game | 16 9:00–10:30am News Discussion 9:45–11:45am Karaoke 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class |
| 19 9:00–10:30am News Discussion 9:30–11:00am Health Class 11:30am–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pmTalent Class | 20 9:00–10:30am News Discussion 9:30–11:00am English Class 9:45–10:45am Movie/Concert Video 10:00–11:00am Exercise/Tai Chi 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class 1:00-4:30pm Field Trip | 21 9:00–10:30am News Discussion 10:00am–2:00pm Cantonese Opera 10:30am-2:30pm Karaoke 11:00am-12:00pm Consumer Education/ Health Nutrition 12:00–2:00pm Group Game 1:30-3:00pm SF Connected Computer Class | 22 9:00–10:30am News Discussion 9:30–11:00am English Class 10:30am -12:30pm Birthday Party 10:30am–12:30pm Movie 10:30am–2:00pm Visitacion Valley Opera 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game | 23 9:00–10:30am News Discussion 9:45–11:45am Karaoke 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class |
| 26 9:00–10:30am News Discussion 9:30–11:00am Health Class 11:30am–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pmTalent Class | 27 9:00–10:30am News Discussion 9:30–11:00am English Class 9:45–10:45am Movie/Concert Video 10:00–11:00am Exercise/Tai Chi 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class | 28 9:00–10:30am News Discussion 10:00am–2:00pm Cantonese Opera 10:30am-2:30pm Karaoke 11:00am-12:00pm Consumer Education/ Health Nutrition 12:00–2:00pm Group Game 1:30-3:00pm SF Connected Computer Class | 29 9:00–10:30am News Discussion 9:30–11:00am English Class 10:30am–12:30pm Movie 10:30am–2:00pm Visitacion Valley Opera 10:30am-2:30pm Karaoke 12:00–2:00pm Group Game | 30 9:00–10:30am News Discussion 9:45–11:45am Karaoke 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class |

** Brown Rice will be provided daily

January 2015

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|--|----------|
| | | | | 1 Happy New Year Centers Closed | 2 Vietnamese Roasted Chicken Pak Choi and Carrot Apple | 3 |
| 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 |
| 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 |
| 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 |
| 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 |



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 |
|---|--|--|---|--|
| | | | 1 新年元旦日 中心休息 | 2 9:00-10:30am 新聞討論 9:45-11:45am 卡拉 OK 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 |
| 5 9:00-10:30am 新聞討論 9:30-11:00am 養生班 11:30am-1:30pm 入籍班 12:00-2:00pm 集體遊戲 12:30-2:30pm 學藝班 | 6 9:00-10:30am 新聞討論 9:30-11:00am 英文班 9:45-10:45am 懷舊影視 10:00-11:00am 健身操 10:30am-2:30pm 卡拉 OK 11:30am-12:00pm 聯邦醫療保險處方藥物計劃講座 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 | 7 9:00-10:30am 新聞討論 10:00am-2:00pm 中樂欣賞 10:30am-2:30pm 卡拉 OK 11:00am-12:00pm 消費者健康營養教育講座 12:00-2:00pm 集體遊戲 1:30-3:00pm 電腦班 | 8 9:00-10:30am 新聞討論 9:30-11:00am 英文班 10:30am-12:30pm 電影欣賞 10:30am-2:00pm 訪谷區樂團 10:30am-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲 | 9 9:00-10:30am 新聞討論 9:45-11:45am 卡拉 OK 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 |
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**營養飯每天供應

二零一五年一月

| 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 |
| 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 咖哩雞腿 芹菜,紅蘿蔔,洋蔥 橙 | 10 |
| 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 |
| 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 咖哩燜牛 芹菜紅蘿蔔意大利 橙 | 24 |
| 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 |



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。

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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。