



**Self-Help for the Elderly Manilatown Senior Center**  
**848 Kearny Street, 3/F, San Francisco, CA 94108 Tel: (415) 398-3250**  
**Activity Schedule for January 2015**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>1</b>  <b>New Year's Day Center Closed</b>	<b>2</b>  9:30 - 11:30 am Karaoke <b>12:00 -2:00 pm Dance Party</b>
<b>5</b> 9:30 – 11:30 am Karaoke 12:00 – 1:00 pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>6</b> <b>9:30 – 10:30 am Yoga Class</b> 10:30 – 11:30am Karaoke 12:00 -2:00 pm Karaoke	<b>7</b> 9:30 – 11:30 am Karaoke 10:00 – 11:30 am Paper Folding Class 12:00 – 1:00pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>8</b> 9:30 – 10:30 am Yoga Class <b>10:30 – 11:30 am</b> <b>Volunteer Happy Hour</b> <b>12:30– 2:00 pm Social Dance</b> <b>Class Graduation</b>	<b>9</b> 9:30 - 11:30 am Karaoke <b>12:00 -2:00 pm Dance Party</b>
<b>12</b> 9:30 – 11:30 am Karaoke 12:00 – 1:00 pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>13</b> <b>9:30 – 10:30 am Yoga Class</b> 10:30 – 11:30 am Karaoke 12:00 -2:00 pm Karaoke	<b>14</b> 9:30 – 11:30am Karaoke 10:00 – 11:30 am Paper Folding Class 12:00 – 1:00pm Game Time <b>1:00 – 2:00pm Always Active</b>	<b>15</b> 9:30 – 10:30 am Yoga Class <b>10:30 – 11:30 am</b> <b>Volunteer Happy Hour</b> 12:30 – 2:00 pm Social Dance Class	<b>16</b> 9:30 - 11:30 am Karaoke <b>12:00 -2:00 pm Dance Party</b> <b>1:30 -4:00 pm Field Trip</b>
<b>19</b> 9:30 – 11:30 am Karaoke 12:00 – 1:00 pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>20</b> <b>9:30 – 10:30 am Yoga Class</b> 10:30 – 11:15am Karaoke <b>11:15 – 11:30 am Noon Drama</b> 12:00 -2:00 pm Karaoke	<b>21</b> 9:30 – 11:30 am Karaoke 10:00 – 11:30 pm Paper Folding Class <b>11:30 am – 12:00 noon Birthday Party</b> 12:00 – 1:00pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>22</b> 9:30 – 10:30 am Yoga Class <b>10:30 – 11:30 am</b> <b>Volunteer Happy Hour</b> 12:30 – 2:00 pm Social Dance Class	<b>23</b> 9:30 - 11:30 am Karaoke <b>12:00 -2:00 pm Dance Party</b>
<b>26</b> 9:30 – 11:30 am Karaoke 12:00 – 1:00 pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>27</b> <b>9:30 – 10:30 am Yoga Class</b> 10:30 – 11:30am Karaoke 12:00 -2:00 pm Karaoke	<b>28</b> 9:30 – 11:30 am Karaoke 10:00 – 11:30 pm Paper Folding Class 12:00 – 1:00pm Game Time <b>1:00 – 2:00 pm Always Active</b>	<b>29</b> 9:30 – 10:30 am Yoga Class <b>10:30 – 11:30 am</b> <b>Volunteer Happy Hour</b> 12:30 – 2:00 pm Social Dance Class	<b>30</b> 9:30 - 11:30 am Karaoke <b>12:00 -2:00 pm Dance Party</b>

\*\* 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  <b>新年元旦日</b>  中心休息	2 9:30 - 11:30 am 卡拉 OK 12:00 - 2:00 pm 舞會
5 9:30- 11:30 am 卡拉 OK 12:00 - 1:00 pm 遊戲時間 1:00- 2:00 pm 總是活躍運動班	6 9:30-10:30 am 瑜加班 10:30-11:30 am 卡拉 OK 12:00 - 2:00 pm 卡拉 OK	7 9:30- 11:30 am 卡拉 OK 10:00- 11:30 am 摺紙班 12:00 - 1:00 pm 遊戲時間 1:00- 2:00pm 總是活躍運動班	8 9:30 - 10:30 am 瑜加班 10:30-11:30am 義工歡樂時間 12:30 - 2:00pm 社交舞班畢業禮	9 9:30- 11:30 am 卡拉 OK 12:00 - 2:00 pm 舞會
12 9:30- 11:30 am 卡拉 OK 12:00 - 1:00 pm 遊戲時間 1:00- 2:00 pm 總是活躍運動班	13 9:30- 10:30 am 瑜加班 10:30 - 11:30 am 卡拉 OK 12:00 - 2:00 pm 卡拉 OK	14 9:30 - 11:30 am 卡拉 OK 10:00- 11:30 am 摺紙班 12:00 - 1:00 pm 遊戲時間 1:00- 2:00pm 總是活躍運動班	15 9:30 - 10:30 am 瑜加班 10:30-11:30am 義工歡樂時間 12:30 - 2:00pm 社交舞班	16 9:30 - 11:30 am 卡拉 OK 12:00 - 2:00 pm 舞會 1:30 - 4:00 pm 半日遊
19 9:30- 11:30 am 卡拉 OK 12:00 - 1:00 pm 遊戲時間 1:00- 2:00 pm 總是活躍運動班	20 9:30-10:30 am 瑜加班 10:30-11:15 am 卡拉 OK 11:15 - 11:30 am 午間劇場 12:00 - 2:00 pm 卡拉 OK	21 9:30- 11:30 am 卡拉 OK 10:00- 11:30 am 摺紙班 11:30 am - 12:00 noon 生日會 12:00 - 1:00 pm 遊戲時間 1:00- 2:00pm 總是活躍運動班	22 9:30 - 10:30 am 瑜加班 10:30-11:30am 義工歡樂時間 12:30 - 2:00pm 社交舞班	23 9:30 - 11:30 am 卡拉 OK 12:00 - 2:00 pm 舞會
26 9:30- 11:30 am 卡拉 OK 12:00 - 1:00 pm 遊戲時間 1:00- 2:00pm 總是活躍運動班	27 9:30-10:30 am 瑜加班 10:30-11:30 am 卡拉 OK 12:00 - 2:00 pm 卡拉 OK	28 9:30- 11:30 am 卡拉 OK 10:00- 11:30 am 摺紙班 12:00 - 1:00 pm 遊戲時間 1:00- 2:00pm 總是活躍運動班	29 9:30 - 10:30 am 瑜加班 10:30-11:30am 義工歡樂時間 12:30 - 2:00pm 社交舞班	30 9:30 - 11:30 am 卡拉 OK 12:00 - 2:00 pm 舞會

\*\*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士服務局及其他贊助機構贊助。