



Self-Help for the Elderly San Mateo Center

50 E. Fifth Avenue, San Mateo, CA94401 Tel: (650) 342-0822 Website: <http://www.selfhelpelderly.org>.

Activity Schedule for January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
8-9am Luk Tung Kuen 9-10am WaiDaan Kung Assembly Room: 9-10am Sr. PhysicalFitness I * 10-11am Sr. Physical Fitness II* 1 – 4pmCantonese Karoke Room A: 1 – 4 pmBridge Club Room B: 10 – 11:30 amMu Lan Dance 1 – 4pmTable Tennis	8-9am Luk Tung Kuen 9-10am WaiDaan Kung Assembly Room: 9-10am Tai Chi Intermediate 10-11am Line Dance Class 1:30-4pm Ballroom Dancing Room A: 10 – 11 am Tablets Class (Closed until further notice) 1 – 2:15 pm Intermediate Chinese 2:15-3:30pm Chinese Cultural Class Room B: 1 – 3 pm Intermediate English	8-9am Luk Tung Kuen 9-10am WaiDaan Kung Assembly Room: 9- 10am Sr. Physical Fitness I * 10-11amSr. Physical Fitness II * 1 - 4pm Karaoke Room A: 9-10amTai Chi Beginner Class 1 - 2:30pm Arts & Crafts Room B: 10:30-12:00 pm Chinese Calligraphy 1 - 4pm Beginning English	8-9am Luk Tung Kuen 9-10am WaiDaan Kung Assembly Room: 9-10am Tai Chi Intermediate 10-11:30 am Cantonese Karaoke 1:15-4pm Peking Opera Room A: 9:30 – 11:30 am Cooking Class Season 2 (New) Room B: 10:00-11:30 Pencil Drawing Class (Re-Open) 1 – 4 pm Table Tennis	8-9am Luk Tung Kuen 9-10am WaiDaan Kung Assembly Room: 9- 10am Sr. Physical Fitness I * 10 – 11 am Line Dance 2 – 4pm Hawaiian Dance Room A: 10 – 11 am Sr. Physical Fitness II* 2 – 3 pm Brown Bag Room B: 10 – 11:30 am Conversational English 1-4pm Table Tennis
MAH JONG EVERYDAY !				
			1	2
5	6	7 <u>BIRTHDAYPARTY</u>	8 <u>SHARINGMEMORIES</u> <u>BLOOD</u> <u>PRESSURECHECK</u>	9
12	13	14 <u>SPRING FUNDRAISER</u>	15	16
19	20	21 <u>HEALTH&WELLNESS</u> <u>SEMINAR</u>	22	23
26 <u>COMPLEMENTARY</u> <u>DIM SUM</u> (With Same Day Meal Reservations)	27	28 <u>FAI CHUN GIVEAWAY</u>	29	30

* Health Insurance Counseling & Advocacy Program (HICAP): Tuesday 2:30pm-4:30pm, please call 1-800-434-0222 for appointment * Computers for seniors to use are available at the center on Mon & Tue.



安老自助處聖馬刁康樂中心

50 E. Fifth Ave., San Mateo, CA 94401 電話:(650)342-0822 網址: <http://www.selfhelpelderly.org>.

2015年1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 大课室: 9-10am 耆英體操 I* 10-11am 耆英體操 II* 1-4pm 粵曲卡拉 OK A 课室: 10-11:30 am 中國木蘭拳 1-4pm 橋牌樂 B 课室: 1-4pm 乒乓球	8-9am 六通拳 9-10am 外丹功 大课室: 9-10am 中級太極拳 10-11am 排舞班 1:30-4pm 社交舞 A 课室: 10-11 平板電腦班 1-2:15pm 中級漢語班 2:15-3:30pm 中文文化班 B 课室: 10-12 pm 時事讨论 1-3pm 中級英語班	8-9am 六通拳 9-10am 外丹功 大课室: 9-10am 耆英體操 I* 10-11am 耆英體操 II* 1-4pm 自由卡拉 OK A 课室: 9-10am 初級太極拳 1-2:30pm 手工班 B 课室: 10:30-12:00 中國書法 1-3pm 英語及入籍班	8-9am 六通拳 9-10am 外丹功 大课室: 9-10am 中級太極拳 10-11:30am 粵曲卡拉 OK 1:15-4pm 京劇班/卡拉 OK A 课室: 9:30AM-11:30AM 第二期烹飪班 (新) B 课室: 10-11:30am 鉛筆劃課 (從開) 1-4pm 乒乓球	8-9am 六通拳 9-10am 外丹功 大课室: 9-10am 耆英體操 I* 10-11am 排舞班 A 课室: 10-11am 耆英體操 II* 2-3pm 發送糧食包 B 课室: 10-11:30am 英語會話班 1-4pm 乒乓球
~ 每天都有麻將打! ~				
			1	2
5	6	7 生日會	8 談笑風生有特別嘉賓 量血壓	9
12	13	14 春季義賣會	15	16
19	20	21 歐醫生的健康講座	22	23
26 敬贈賀年糕點 (只限預定飯票者)	27	28 新年揮春大贈送	29	30