



Self-Help for the Elderly Woolf House Senior Center
801 Howard Street, San Francisco, CA 94103 Tel: (415) 495-0931
Activity Schedule for January, 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NEW YEAR' S DAY CENTER CLOSED	2 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation
5 10:00 – 10:30 am Newspaper Discussion 10:30 – 11:00 am Movie 11:00 – 11:30 am Medicare Part D Explanation	6 9:00 - 10:00am Food Box Distribution 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Karaoke 11:30 am – 12:30 pm Chinese Opera Appreciation	7 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation	8 10:00 – 10:30 am Fitness Exercise 10:30 am – 12:30pm Chinese Opera Appreciation	9 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation
12 10:00 – 10:30 am Newspaper Discussion 10:30 am – 12:30 pm Movie	13 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Karaoke 11:30 am – 12:30 pm Chinese Opera Appreciation	14 10:00 – 10:30 am Fitness Exercise 10:30– 11:00 am Stress Management Workshop 11:00 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation	15 10:00 – 10:30 am Fitness Exercise 10:30 am – 12:30pm Chinese Opera Appreciation	16 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation
19 10:00 – 10:30 am Newspaper Discussion 10:30 am – 12:30 pm Movie	20 9:00-10:00am Food Box Distribution 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Karaoke 11:30 am – 12:30 pm Chinese Opera Appreciation	21 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation	22 10:00 – 10:30 am Fitness Exercise 10:30 am – 12:30pm Chinese Opera Appreciation	23 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation
26 10:00 – 10:30 am Newspaper Discussion 10:30 am – 12:30 pm Movie 11:00 – 11:30am Birthday Party 12:45 – 4:00pm Field Trip	27 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Karaoke 11:30 am – 12:30 pm Chinese Opera Appreciation	28 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation	29 10:00 – 10:30 am Fitness Exercise 10:30 am – 12:30pm Chinese Opera Appreciation	30 10:00 – 10:30 am Fitness Exercise 10:30 – 11:30 am Bingo 11:30 am – 12:30 pm Dance & Music Appreciation

** 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 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞
5 10:00 - 10:30 am 新聞討論 10:30 - 11:00 am 電影欣賞 11:00 - 11:30 am 聯邦醫療保險 處方藥物計劃講座	6 9:00 - 10:00 am 糧食盒派發 10:00 - 10:30 am 健身操 10:30 - 11:30 am 卡拉OK 11:30 am - 12:30 pm 粵曲欣賞	7 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞	8 10:00 - 10:30 am 健身操 10:30 am - 12:30 pm 粵曲欣賞	9 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞
12 10:00 - 10:30 am 新聞討論 10:30 am - 12:30 pm 電影欣賞	13 10:00 - 10:30 am 健身操 10:30 - 11:30 am 卡拉OK 11:30 am - 12:30 pm 粵曲欣賞	14 10:00 - 10:30 am 健身操 10:30 - 11:00 am 靜心講座 11:00 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞	15 10:00 - 10:30 am 健身操 10:30 am - 12:30 pm 粵曲欣賞	16 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞
19 10:00 - 10:30 am 新聞討論 10:30 am - 12:30 pm 電影欣賞	20 9:00 - 10:00 am 糧食盒派發 10:00 - 10:30 am 健身操 10:30 - 11:30 am 卡拉OK 11:30 am - 12:30 pm 粵曲欣賞	21 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞	22 10:00 - 10:30 am 健身操 10:30 am - 12:30 pm 粵曲欣賞	23 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞
26 10:00 - 10:30 am 新聞討論 10:30 am - 12:30 pm 電影欣賞 11:00am - 11:30 am 生日會 12:45 - 4:00 pm 半日遊	27 10:00 - 10:30 am 健身操 10:30 - 11:30 am 卡拉OK 11:30 am - 12:30 pm 粵曲欣賞	28 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞	29 10:00 - 10:30 am 健身操 10:30 am - 12:30 pm 粵曲欣賞	30 10:00 - 10:30 am 健身操 10:30 - 11:30 am 賓果 11:30 am - 12:30 pm 舞蹈歌曲欣賞

**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。