

May 2025 Menu

| Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| | | | 1 Baked Pork Spareribs w/Spicy Ground Bean Sauce Green Cabbage, Carrots Banana | 2 Baked Chicken w/Ginger Sauce Green Beans & Beets Mandarin Orange | 3 Soy Sauce Chicken w/ Rice Cabbage & Carrots Apple |
| 5 Baked Turkey Thigh with Sesame Sauce Broccoli & Carrots Apple | 6 Beef Patty with Water Chestnut & Teriyaki Sauce Mustard Greens Orange | 7 Baked Pork Chop with Kimchi & Sweet & Sour Sauce Green Cabbage, Garbanzo Bean Apple | 8 Baked Fish with Sweet Chili Sauce Shanghai Bok Choy, Carrots Banana | 9 Baked Chicken Drumette with Honey Garlic Sauce Zucchini & Yellow Squash Orange | 10 Tomato Sauce Pork Chop w/ Spaghetti Cabbage Orange |
| 12 Beef w/Rosemary Sauce Cauliflower, Carrots Orange | 13 Baked Chicken Thigh with Curry Laksa Napa Cabbage, Red Pepper Apple | 14 Baked Fish with Creamy Corn Green Cabbage, Carrots Orange | 15 Baked Chicken Quarter Leg with Lemon Sauce Green Bell Pepper & Mushroom Banana | 16 Baked Pork with Pumpkin Sauce Mustard Greens Orange | 17 Black Pepper Chicken w/ Rice Cabbage & Carrots Orange |
| 19 Baked Fish with Sweet Vinegar Broccoli, Carrots Apple | 20 Minced Pork Patty with Preserved Vegetables & Shitake Mushroom Cauliflower, Carrots Orange | 21 Beef with Corn & Scrambled Egg Green Cabbage & Baby Corn Banana | 22 Braised Turkey Thigh with Gravy Sauce Garbanzo Bean & Spinach Mandarin Orange | 23 Baked Chicken with Sha Cha Sauce Bok Choy, Carrots Banana | 24 Onion Pork Chop w/ Rice Cabbage Apple |
| 26 Memorial Day Center Closed | 27 Baked Fish w/Cilantro & Miso Sauce Shanghai Bok Choy Apple | 28 Zong Zi Green Peas, Carrots & Corn Mandarin Orange | 29 Baked Chicken Thigh w/Apple Cinnamon Sauce Turnips & Carrots Banana | 30 Minced Beef w/Lemongrass Sauce Beets & Purple Cabbage Apple | 31 Soy Sauce Chicken w/ Rice Cabbage & Carrots Apple |

Effective October 5, 2024, the Saturday Brunch program (from 11:30AM - 12:30PM) at Geen Mun and Jackle Chan Senior Center has resumed!

Please note seasonal fruits may be used in place of fruit listed on the menu

Our menu meets 1/3 dietary reference intakes for all target nutrients except Vitamin D and potassium. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Vitamin D and potassium needs.

2025年5月菜單

| 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 |
|------------------------------------|-------------------------------------|------------------------------------|--------------------------------------|------------------------------------|----------------------------------|
| | | | 1 辣豆瓣醬焗排骨 椰菜, 紅蘿蔔 香蕉 | 2 沙薑焗雞 四季豆, 紅菜頭 桔 | 3 豉汁雞扒飯 椰菜, 紅蘿蔔 蘋果 |
| 5 芝麻醬焗火雞肉 西蘭花, 紅蘿蔔 蘋果 | 6 燒汁馬蹄焗牛肉餅 芥菜 橙 | 7 泡菜甜酸汁焗豬扒 椰菜, 鷹嘴豆 蘋果 | 8 泰式甜辣醬焗魚塊 青江菜, 紅蘿蔔 香蕉 | 9 蒜蜜焗雞翼批 意瓜, 黃瓜 橙 | 10 茄汁豬排意粉 椰菜 橙 |
| 12 迷迭香牛肉 椰菜花, 紅蘿蔔 橙 | 13 咖喱叻沙焗雞扒 紹菜, 紅椒 蘋果 | 14 粟米奶油焗魚塊 椰菜, 紅蘿蔔 橙 | 15 香檸焗雞全腩 青椒, 蘑菇 香蕉 | 16 南瓜醬焗豬肉 芥菜 橙 | 17 黑椒雞扒飯 椰菜, 紅蘿蔔 橙 |
| 19 糖醋焗魚塊 西蘭花, 紅蘿蔔 蘋果 | 20 梅菜香菇焗豬肉餅 椰菜花, 紅蘿蔔 橙 | 21 粟米滑蛋焗牛肉 椰菜, 粟米仔 香蕉 | 22 肉汁焗火雞 菠菜, 鷹嘴豆 桔 | 23 沙茶醬焗雞 白菜, 紅蘿蔔 香蕉 | 24 洋蔥豬排飯 椰菜 蘋果 |
| 26 國傷日 中心休息 | 27 香菜味噌焗魚塊 青江菜 蘋果 | 28 粽子 青豆, 粟米, 紅蘿蔔 柑 | 29 蘋果肉桂焗雞上比 白蘿蔔, 紅蘿蔔 香蕉 | 30 香茅焗牛肉鬆 紫椰菜, 紅菜頭 蘋果 | 31 豉汁雞扒飯 椰菜, 紅蘿蔔 蘋果 |

從 2024 年 10 月 5 日開始, 我們已恢復在建民中心及成龍中心供應的星期六營養餐(上午11:30至下午12:30)。



請注意菜單上的水果可能會以時令水果代替

此餐單達到除維生素D及鉀以外所有目標膳食參考攝入量三分之一的建議。安老自助處的營養師會就如何達到維生素D及鉀的每日建議攝取量提供健康資訊。



May 2025 Activity Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Ba Duan Jin 9:30-11:00AM Music Appreciation 11:00-1:30PM</p>  | <p>Newspaper 9:00-11:00AM Karaoke 🎤 9:30-11:30AM Movie 🎬 11:30-1:30PM</p> | <p>Brain Teasers 9:30-11:30AM Music Appreciation 11:00-1:30PM</p> | <p>Blood Pressure Monitoring 9:30-10:30AM Bingo 🎮 10:30-11:30PM Movie 🎬 11:30-1:30PM</p> | <p>Karaoke 🎤 9:30-11:30AM Music Appreciation 🎵 11:00-1:30PM</p>  |
| | | | 1 Stress Relief 11:30-12:00PM | 2 |
| 5 | 6 | 7 Stress Relief 10:00-10:30AM | 8 | 9 |
| 12 Community Safety Presentation 11:30-12:30PM | 13 Chinese chess Endgame 9:30-11:30AM | 14 | 15 | 16 13th Alzheimer's Association Annual Cantonese Forum 11:30-12:30PM |
| 19 | 20 Children's voices accompany you 10:30-11:30AM | 21 | 22 | 23 Father's & Mother's Day Celebration 10:30-12:00PM 🎂 |
| 26 Memorial day Center close | 27 Chinese chess Endgame 9:30-11:30AM | 28 | 29 | 30 |





| 星期一 | 星期二 | 星期三 | 星期四 | 星期五 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>八段錦 9:30-11:00AM</p> <p>音樂欣賞 11:00-1:30PM</p>  | <p>讀書看報 9:00-11:00AM</p> <p>卡拉OK 🎤 9:30-11:30PM</p> <p>精選電影 🎬 11:30-1:30PM</p> | <p>腦筋急轉彎 9:30-11:30AM</p> <p>音樂欣賞 11:00-1:30PM</p> | <p>測量血壓 9:30-10:30AM</p> <p>🎮 賓果遊戲 10:30-11:30AM</p> <p>精選電影 🎬 11:30-1:30PM</p> | <p>卡拉OK 🎤 9:30-11:30AM</p> <p>音樂欣賞 🎵 11:00-1:30PM</p>  |
| | | | 1 定心講座 11:30-12:00PM | 2 |
| 5 | 6 | 7 定心講座 10:00-10:30PM | 8 | 9 |
| 12 社區安全講座 11:30-12:30PM | 13 高手解棋 9:30-11:30AM | 14 | 15 | 16 第十三屆阿茲海默症協會年度粵語論壇 11:30-12:30PM |
| 19 | 20 童聲伴您 10:30-11:30AM | 21 | 22 | 23 父母親節慶祝會 & 生日會 🎂 10:30-12:00PM |
| 26 國殤日 中心關閉 | 27 高手解棋 9:30-11:30AM | 28 | 29 | 30 |



May 2025 Online Class 2025 年五月份網上課堂
 Please visit the following website to sign up 請到以下網站報名登記
<https://www.sfchamps.org/virtual-classes/>

| Date Time | | | | Thursday 星期四 | Friday 星期五 | Saturday 星期六 | |
|--------------|--|--|------------------------------------------------|------------------------------------------------|----------------------------------------|--------------------------------------------------|-----------------------------------------|
| | | | | May-1 | May-2 | May-3 | |
| 9:30-10:30 | | | | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 Forever Young Fitness 永遠年輕健身 | |
| 10:30-11:30 | | | | 9:30-10:30 瑜伽 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | | 9:30-10:30 你講我講大家講 Group Diussion |
| 11:30-12:30 | | | | 11:30-12:30 社聯網快訊 Community info updates | 11:30-1:30 開心電影 Happy Movie Time | | 10:30-11:30 齊齊唱出好音樂 Singing Class |
| | | | 11:30-1:30 開心電影 Happy Movie Time | 11:30-12:30 太極 Taichi | | | |
| | | | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | | | |

| Date Time | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 | Saturday 星期六 |
|--------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|--------------------------------------------------|
| | May-5 | May-6 | May-7 | May-8 | May-9 | May-10 |
| 9:30-10:30 | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 Forever Young Fitness 永遠年輕健身 |
| | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜伽 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜伽 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | |
| | 9:30-11:30 總是活躍運動 Always Active | 10:00-11:00 初級綫舞班 Beginners Line Dance | | | 9:30-10:30 你講我講大家講 Group Diussion | |
| 10:30-11:30 | 10:30-11:30 健康資訊講座 Health Education | 10:30-11:30 賓果運動 Bingocize | 10:30-11:30 齊齊唱出好音樂 Singing Class | 10:30-11:30 賓果運動 Bingocize | 10:30-11:30 齊齊唱出好音樂 Singing Class | |
| 11:30-12:30 | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | |
| | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | |
| 1:30-2:30 | 1:30-3:30 英語會話班 English Class | | | | | |

| Date Time | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 | Saturday 星期六 |
|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------|
| | May-12 | May-13 | May-14 | May-15 | May-16 | May-17 |
| 9:30-10:30 | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 Forever Young Fitness 永遠年輕健身 |
| | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜珈 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜珈 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | |
| | 9:30-11:30 總是活躍運動 Always Active | 10:00-11:00 初級綫舞班 Beginners Line Dance | | | 9:30-10:30 你講我講大家講 Group Discussion | |
| 10:30-11:30 | 10:30-11:30 健康資訊講座 Health Education | 10:30-11:30 賓果運動 Bingocize | 10:30-11:30 齊齊唱出好音樂 Singing Class | 10:30-11:30 賓果運動 Bingocize | 11:30-12:30 第十三屆阿茲海默症協會 年度粵語論壇 13th Annual Alzheimer's Cantonese Forum | |
| 11:30-12:30 | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | 11:30-1:30 開心電影 Happy Movie Time | | |
| | | | 11:30-12:30 Stress Relief 定心Q & A | | | |
| 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:00 越食越健康 Eat&Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | | |
| | | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | | | | |
| 1:30-2:30 | 1:30-3:30 英語會話班 English Class | | | 2:00-3:00 Kaiser Permanente 健康講座 KP health Education | | |

| Date Time | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 | Saturday 星期六 |
|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|--------------------------------------------------|
| | May-19 | May-20 | May-21 | May-22 | May-23 | May-24 |
| 9:30-10:30 | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 Forever Young Fitness 永遠年輕健身 |
| | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜珈 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜珈 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | |
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| | | | 11:30-12:30 定心講座 Stress Relief | | | |
| 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:00 越食越健康 Eat&Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | |
| | | | | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | | |
| 1:30-2:30 | 1:30-3:30 英語會話班 English Class | | | | | |



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|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|--------------------------------------------------|
| Time | May-26 | May-27 | May-28 | May-29 | May-30 | May-31 |
| 9:30-10:30 | Memorial day 國殤日 | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 椅上伸展操 Chair Exercise | 9:30-10:30 Forever Young Fitness 永遠年輕健身 |
| | | 9:30-10:30 瑜珈 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | 9:30-10:30 瑜珈 Yoga Exercise | 9:30-10:30 健康操 Healthy Exercises | |
| | | 10:00-11:00 初級綫舞班 Beginners Line Dance | | | 9:30-10:30 你講我講大家講 Group Diussion | |
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| 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | | 12:00-1:30 當令藥膳保健 Chinese Herbs & Health | | | |
| 1:30-2:30 | | | | | | |

Sponsored by Self-Help for the Elderly & partially funded by the Department of Disability and Aging Services and other donors.
 安老自助處主辦。服務經費部份由三藩市殘障人士及長者服務部及其他機構贊助。

Classes and activities are subject to change. Contact Benny Chan (415) 677-7607
 課程和活動可能會變動,有關活動詳情請向陳先生查詢。查詢電話:(415) 677-7607

