

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。



Self-Help for the Elderly
安老自助處

Manilatown Senior Center

848 Kearny Street, Room 306, San Francisco, CA 94108 Tel: (415) 398-3250



May 2025 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Always Active 10:00-11:00AM Music Appreciation 🎵 11:30-12:30PM 	Exercise 9:30-10:30AM Dance 10:30-11:30AM Music Appreciation 11:30-12:30PM Dance 🎵 12:30-2:00PM 	Exercise 9:30-10:30AM Happy Wednesday Club 10:30-11:30AM Blood Pressure Monitoring 10:30-11:30AM Music Appreciation 11:30-12:30PM  Bingo 12:30-2:00PM	Exercise 9:30-10:30AM Dance 10:30-11:30AM  Music Appreciation 11:30-12:30PM Dance 12:30-2:00PM 	Exercise 9:30-10:30AM Music Appreciation 11:30-12:30PM  Bingo 12:30-2:00PM 
			1	2
5	6	7	8	9 Birthday party  11:30-12:00PM
12	13	14	15	16 13th Alzheimer's Association Annual Cantonese Forum 11:30-12:30PM
19	20	21	22	23
26 Memorial day Center close	27	28	29	30



2025年5月份活動表

星期一	星期二	星期三	星期四	星期五
<p>總是活躍運動 10:00-11:00AM</p> <p>🎵 懷舊金曲欣賞 11:30-12:30PM</p> 	<p>運動班 9:30-10:30AM</p> <p>跳舞班 10:30-11:30AM</p> <p>🎵 懷舊金曲欣賞 11:30-12:30PM</p> <p>跳舞班 12:30-2:00PM</p> 	<p>運動班 9:30-10:30AM</p> <p>快樂星期三俱樂部 10:30-11:30AM</p> <p>量血壓 10:30-11:30AM</p> <p>懷舊金曲欣賞 11:30-12:30PM</p> <p>🎮 賓果運動 12:30-2:00PM</p>	<p>運動班 9:30-10:30AM</p> <p>跳舞班 10:30-11:30AM</p> <p>懷舊金曲欣賞 11:30-12:30PM</p> <p>跳舞班 12:30-2:00PM</p>  	<p>運動班 9:30-10:30AM</p> <p>🎵 懷舊金曲欣賞 11:30-12:30PM</p> <p>🎮 賓果運動 12:30-2:00PM</p> 
			1	2
5	6	7	8	9
				生日會 🎂 11:30-12:00
12	13	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	21	22	23
26	27	28	29	30
國殤日 中心關閉				



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	
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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
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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	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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Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
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	
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10:30-11:30		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	
				11:30-12:30 Stress Relief 定心講座	11:30-1:30 開心電影 Happy Movie Time	
		12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:00 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						

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

