



May 2025 Menu

Mon	Tue	Wed	Thu	Fri
			1 Baked Pork Spareribs w/Spicy Ground Bean Sauce Green Cabbage, Carrots Banana	2 Baked Chicken w/Ginger Sauce Green Beans & Beets Mandarin Orange
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
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
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
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

50 E. Fifth Avenue, San Mateo, CA 94401 Tel: (650) 342-0822 Operation Hours: Mon-Fri, 9 am - 4 pm <http://www.selfhelpelderly.org>

Sponsored by Self-Help for the Elderly & partially funded by San Mateo County Aging and Adult Services and other donors.
安老自助處主辦。服務經費部份由聖馬刁縣老齡化和成人服務及其他贊助機構贊助。

2025年5月菜單

星期一	星期二	星期三	星期四	星期五
			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
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
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
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
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

地址: 50 E. Fifth Avenue, San Mateo, CA 94401 電話: (650) 342-0822 服務時間: Mon-Fri, 9 am - 4 pm <http://www.selfhelpelderly.org>

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MAY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Luk Tung Kuen 9:00-9:30AM</p> <p>Social Dance 9:15-11:15AM</p> <p>Table Tennis 10:30-4:00PM</p> 	<p>Luk Tung Kuen 9:00-9:30AM</p> <p>Beginner's Line Dance (online) 10:00-11:00AM</p> <p>Mahjong 10:00-4:00PM</p> <p>Cantonese Opera 10:00-4:00PM</p> <p>Social Dance 1:30-3:30PM</p> 	<p>Luk Tung Kuen 9:00-9:30AM</p> <p>Latin Dance 9:30-11:30AM</p> <p>Table Tennis 10:00-4:00PM</p>  <p>Karaoke 10:00-4:00PM</p> 	<p>Luk Tung Kuen 9:00-9:30AM</p> <p>Latin Dance 9:30-11:30AM</p> <p>Mahjong 1:00-4:00PM</p> <p>Peking Opera 1:30-4:00PM</p> 	<p>Luk Tung Kuen 9:00-9:30AM</p> <p>Improver's Line Dance 9:30-11:30AM</p> <p>Table Tennis 1:30-4:00PM</p> <p>Heart Songs 1:30-4:00PM</p>
			1	2
5 Scams Prevention Presentation 12:00-1:00PM	6	7	8	9
12	13	14 Health Education Virtual Class: 2:00-3:00PM	15	16
19	20	21	22 Get APP-Y Workshop 10:30-11:30AM	23 Birthday Party 12:00-1:00PM
26 Memorial day	27	28	29	30

Please ask center coordinator for more information about programs and activities.
Register For Online Classes At: <https://www.sfchampss.org/virtual-classes/>

2025年5月份活動



星期一	星期二	星期三	星期四	星期五
六通拳 9:00-9:30AM 社交舞班 9:15-11:15AM 乒乓球 10:30-4:00PM 	六通拳 9:00-9:30AM 初級線舞班 (網課) 10:00-11:00AM 麻將 10:00-4:00PM 戲曲 10:00-4:00PM 社交舞班 1:30-3:30PM 	六通拳 9:00-9:30AM 拉丁舞班 9:30-11:30AM 卡拉OK  10:00-4:00PM 乒乓球 10:00-4:00PM	六通拳 9:00-9:30AM 拉丁舞班 9:30-11:30AM 麻將 1:00-4:00PM 京劇 1:30-4:00PM 	六通拳 9:00-9:30AM 中級線舞班 9:30-11:30AM 乒乓球 1:30-4:00PM 心之歌 1:30-4:00PM
			1	2
5 詐騙預防演講 12:00 - 1:00 pm	6	7	8	9
12	13	14 健康教育 虛擬課堂: 2:00-3:00PM	15	16
19	20	21	22 大家一起聊 10:30-11:30AM	23 生日派對 12:00-1:00PM
26 國殤日	27	28	29	30

請向中心經理查詢有關活動詳情。

網上登記課程: <https://www.sfchampss.org/virtual-classes/>



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 寶果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 寶果運動 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	
	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 寶果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 寶果運動 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	
			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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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	
		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 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						

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 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

