

# 2025年2月菜單

星期一	星期二	星期三	星期四	星期五	星期六
3 意式茄醬焗豬牛肉丸 青豆, 秋葵, 紅蘿蔔  橙	4 味噌醬焗魚塊 白菜, 紅蘿蔔  蘋果	5 孜然焗雞翼 西蘭花, 紅蘿蔔  橙	6 辣豆瓣醬焗排骨 椰菜, 紅蘿蔔  香蕉	7 沙薑焗雞 四季豆, 紅菜頭  桔	8 豉汁雞扒飯 椰菜, 紅蘿蔔  蘋果
10 芝麻醬焗火雞肉 西蘭花, 紅蘿蔔  蘋果	11 燒汁馬蹄焗牛肉餅 芥菜  橙	12 泡菜甜酸汁焗豬扒 椰菜, 鷹嘴豆  蘋果	13 泰式甜辣醬焗魚塊 青江菜, 紅蘿蔔  香蕉	14 蒜蜜焗雞翼批 意瓜, 黃瓜  橙	15 茄汁豬排意粉 椰菜  蘋果
17 總統日 中心休息	18 咖喱叻沙焗雞扒 紹菜, 紅椒  蘋果	19 粟米奶油焗魚塊 椰菜, 紅蘿蔔  橙	20 香檸焗雞全脾 青椒, 蘑菇  香蕉	21 南瓜醬焗豬肉 芥菜  橙	22 黑椒雞扒飯 椰菜, 紅蘿蔔  蘋果
24 糖醋焗魚塊 西蘭花, 紅蘿蔔  蘋果	25 梅菜香菇焗豬肉餅 椰菜花, 紅蘿蔔  橙	26 粟米滑蛋焗牛肉 椰菜, 粟米仔  香蕉	27 肉汁焗火雞 菠菜, 鷹嘴豆  桔	28 沙茶醬焗雞 白菜, 紅蘿蔔  香蕉	3/1 洋蔥豬排飯 椰菜  橙

從 2024 年 10 月 5 日開始, 我們將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及鉀的每日建議攝入量提供健康資訊。

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贊助機構贊助。



**Self-Help for the Elderly**  
安老自助處

## Feb 2025 Menu

Mon	Tue	Wed	Thu	Fri	Sat
3 Braised Meatballs w/Marinara Sauce Green Peas & Okra, Carrots Orange	4 Baked Fish w/Miso Sauce Bok Choy, Carrots Apple	5 Baked Chicken Wings w/Cumin Sauce Broccoli & Carrots Orange	6 Baked Pork Spareribs w/Spicy Ground Bean Sauce Green Cabbage, Carrots Banana	7 Baked Chicken w/Ginger Sauce Green Beans & Beets Mandarin Orange	8 Soy Sauce Chicken w/ Rice Cabbage & Carrots Apple
10 Baked Turkey Thigh with Sesame Sauce Broccoli & Carrots Apple	11 Beef Patty with Water Chestnut & Teriyaki Sauce Mustard Greens Orange	12 Baked Pork Chop with Kimchi & Sweet & Sour Sauce Green Cabbage, Garbanzo Bean Apple	13 Baked Fish with Sweet Chili Sauce Shanghai Bok Choy, Carrots Banana	14 Baked Chicken Drumette with Honey Garlic Sauce Zucchini & Yellow Squash Orange	15 Tomato Sauce Pork Chop w/ Spaghetti Cabbage Apple
17 President's Day Center Closed	18 Baked Chicken Thigh with Curry Laksa Napa Cabbage, Red Pepper Apple	19 Baked Fish with Creamy Corn Green Cabbage, Carrots Orange	20 Baked Chicken Quarter Leg with Lemon Sauce Green Bell Pepper & Mushroom Banana	21 Baked Pork with Pumpkin Sauce Mustard Greens Orange	22 Black Pepper Chicken w/ Rice Cabbage & Carrots Apple
24 Baked Fish with Sweet Vinegar Broccoli, Carrots Apple	25 Minced Pork Patty with Preserved Vegetables & Shitake Mushroom Cauliflower, Carrots Orange	26 Beef with Corn & Scrambled Egg Green Cabbage & Baby Corn Banana	27 Braised Turkey Thigh with Gravy Sauce Garbanzo Bean & Spinach Mandarin Orange	28 Baked Chicken with Sha Cha Sauce Bok Choy, Carrots Banana	3/1 Onion Pork Chop w/ Rice Cabbage Orange

Effective October 5, 2024, the Saturday Brunch program (from 11:30AM - 12:30PM) will resume at Geen Mun and Jackie Chan Senior Center

**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.**

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耆英及殘障人士服務局及其他贊助機構贊助。



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability and Aging Services



## South Sunset Senior Center Activity Schedule

2601 40th Ave, San Francisco, CA 94116 Tel: (415) 566-2845

# FEBRUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chair Exercise</b> <b>09:30-11:00AM</b>  <b>Ballroom Dance</b> <b>1:30-3:00PM</b> 	<b>Movie Time</b> <b>11:00-1:00PM</b>  <b>Crafts</b> <b>10:00-11:00AM</b>	<b>News Review</b> <b>11:00-12:30PM</b>	<b>Movie Time</b> <b>11:00-1:00PM</b>  <b>Ballroom Dance</b> <b>1:30-3:00PM</b> 	<b>Karaoke</b> <b>10:30-12:30PM</b>  
3	4	5	6	7
	<b>Stress Relief Class</b> <b>12:00-12:30PM</b>			
10	11	12	13	14
			 <b>Birthday Party</b> <b>12:00-12:30PM</b>	
17	18	19	20	21
<b>Presidents' day</b> <b>Center close</b>				
24	25	26	27	28
<b>Community Safety</b> <b>Presentation</b>  <b>11:30-12:30PM</b>				



SAN FRANCISCO HUMAN SERVICES AGENCY  
 Department of Disability  
 and Aging Services

Sponsored by Self-Help for the Elderly & partially funded by the Department of Disability and Aging Services and other donors.

Please check with Center Coordinator for more information about our programs and activities.



星期一	星期二	星期三	星期四	星期五
<b>椅子運動</b> 09:30-11:00AM <b>社交舞</b> 1:30-3:00PM 	<b>電影欣賞</b> 11:00-1:00PM <b>識時工藝</b> 10:00-11:00AM	<b>每週新聞回顧</b> 11:00-12:30PM	<b>電影欣賞</b> 11:00-1:00PM <b>社交舞</b> 1:30-3:00PM 	<b>卡拉OK</b> 10:30-12:30PM 
3	4 <b>靜心講座</b> 12:00-12:30PM	5	6	7
10	11	12	13 <b>生日會</b>  12:00-12:30PM	14
17 <b>總統日</b> <b>中心關閉</b>	18	19	20	21
24 <b>社區安全講座</b> 11:30-12:30PM	25	26	27	28





**Self-Help for the Elderly**  
安老自助處

February 2025 Online Class 2025 年二月份網上課堂  
Please visit the following website to sign up 請到以下網站報名登記  
<https://www.sfchampss.org/virtual-classes/>

Date Time							Saturday 星期六
							Feb-1
9:30-10:30							9:30-10:30 Forever Young Fitness 永遠年輕健身
Date Time	Monday 星期一 Feb-3	Tuesday 星期二 Feb-4	Wednesday 星期三 Feb-5	Thursday 星期四 Feb-6	Friday 星期五 Feb-7	Saturday 星期六 Feb-8	
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 瑜伽 Yoga 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 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	11:30-12:30 太極 Taichi	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	11:30-12:30 太極 Taichi		
	11:30-1:30 開心電影 Happy Movie Time		11:30-12:30 社聯網快訊 Community info updates		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	12:00-1:00 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						
Date Time	Monday 星期一 Feb-10	Tuesday 星期二 Feb-11	Wednesday 星期三 Feb-12	Thursday 星期四 Feb-13	Friday 星期五 Feb-14	Saturday 星期六 Feb-15	
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	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	9:30-10:30 Forever Young Fitness 永遠年輕健身	
	9:30-10:30 健康操 Healthy Exercises	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 你講我講大家講 Group Diussion		
	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 椅上伸展操 Chair Exercise		
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		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 太極 Taichi		11:30 - 12:30 Stress Relief 定心Q & A		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	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						



**Self-Help for the Elderly**  
安老自助處

February 2025 Online Class 2025 年二月份網上課堂  
Please visit the following website to sign up 請到以下網站報名登記  
<https://www.sfchampss.org/virtual-classes/>

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	Feb-17	Feb-18	Feb-19	Feb-20	Feb-21	Feb-22	
9:30-10:30	<b>Presidents' day</b> 總統日	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 Forever Young Fitness 永遠年輕健身	
		9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise		
10:00 - 11:00 初級綫舞班 Beginners Line Dance		9:30-10:30 健康操 Healthy Exercises	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 你講我講大家講 Group Discussion			
10:30-11:30				10:30-11:30 齊齊唱出好音樂 Singing Class		10:30-11:30 齊齊唱出好音樂 Singing Class	
				11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
11:30-12:30				12:00-1:00 越食越健康 Eat&Health	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	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
1:30-2:30				SC/SM 2:00-3:00 Kaiser Permanente 健康講座 KP health Education			
Date		Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
Time		Feb-24	Feb-25	Feb-26	Feb-27	Feb-28	
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 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		
10:30-11:30	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 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 齊齊唱出好音樂 Singing Class		
11:30-12:30	11:30-12:30 太極 Taichi	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 太極 Taichi		
	11:30-1:30 開心電影 Happy Movie Time		11:30-12:30 定心講座 Stress Relief	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time		
1:30-2:30	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		
	1:30-3:30 英語會話班 English Class		12:00-1:30 當令藥膳保健 Chinese Herbs & Health				

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



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services