

Monday	Tuesday	Wednesday	Thursday	Friday
8-9am Luk Tung Kuen 9-10am Wai Daan Kung Assembly Room: 9-10am Sr. Physical Fitness I * 10-11am Sr. Physical Fitness II* 1 – 4pm Cantonese Karaoke Room A: 10 – 11:30 am Mu Lan Dance 1 – 4 pm Bridge Club Room B: 11:30am - 12:30pm Sr. Balance/Fall Prevention* 1 – 4pm Table Tennis	8-9am Luk Tung Kuen 9-10am Wai Daan Kung Assembly Room: 9-11:15am Karaoke 1:30-4pm Social Dance Room A: 1 – 2:15 pm Mandarin Class I 2:15-3:30pm Mandarin Class II Room B: 1 – 2:30 pm Intermediate II English	8-9am Luk Tung Kuen 9-10am Wai Daan Kung Assembly Room: 9- 10am Sr. Physical Fitness I * 10-11amSr. Physical Fitness II * 1 - 4pm Karaoke Room A: 9-10am Tai Chi Beginner Class 10:15-11:15am Sr. Balance/Fall Prevention* 1 - 2:30pm Arts & Crafts Room B: 10:30-12:00pm Chinese Calligraphy 1 –2:15pm Intermediate I English 2:30– 3:30pm Beginners English	8-9am Luk Tung Kuen 9-10am Wai Daan Kung Assembly Room: 9-11:00am Cantonese Karaoke 1:15-4pm Peking Opera Room A: 10-11:30am - Dance Lessons	8-9am Luk Tung Kuen 9-10am Wai Daan Kung Assembly Room: 9- 10am Sr. Physical Fitness I * 10 – 11 am Line Dance 2 – 3:30pm Hawaiian Dance Room A: 10 – 11 am Sr. Physical Fitness II* 2 – 3 pm Brown Bag (Every 2nd and 4th Friday) Room B: 1-4pm Table Tennis
MAH JONG AVAILABLE EVERYDAY !				
COME CELEBRATE OUR AUTUMN MOON FESTIVAL IN CENTRAL PARK ON SUNDAY, SEPTEMBER 25TH GENERATION WALK FOR WELLNESS (8:30AM REGISTRATION - 9:30AM WALK STARTS) & AUTUMN MOON FESTIVAL (10:30AM - 2PM)			1	2
			FIELD TRIP TO ASIAN ART MUSEUM SIGN UP NOW!	
5	6	7	8	9
CLOSED LABOR DAY		BIRTHDAY PARTY		
12	13	14	15	16
	FLU SHOTS 9:00am - 12:00pm	AUTUMN MOON FESTIVAL LUNCHEON Please Register in Advance!		
19	20	21	22	23
26	27	28	29	30
	SINGING PERFORMANCE 11:30AM - 12:00PM			

星期一	星期二	星期三	星期四	星期五
8-9am 六通拳 9-10am 外丹功 大課室: 9-10am 耆英體操 I* 10-11am 耆英體操 II* 1-4pm 粵曲卡拉 OK A 課室: 10-11:30am 中國木蘭拳 1-4pm 橋牌樂 B 課室: 11:30am-12:30pm 平衡和姿勢班* 1-4pm 乒乓球	8-9am 六通拳 9-10am 外丹功 大課室: 9-11:15am 自由卡拉 OK 1:30 - 4pm 社交舞 A 課室: 1 - 2:15pm 普通話班 I 2:15 - 3:30pm 普通話班 II B 課室: 1-3pm 中級英語班 II	8-9am 六通拳 9-10am 外丹功 大課室: 9 - 10am 耆英體操 I* 10 - 11am 耆英體操 II* 1 - 4pm 自由卡拉 OK A 課室: 9-10am 初級太極拳 10:15-11:15am 平衡和姿勢班* 1-2:30pm 手工班 B 課室: 10:30am -12:00pm 中國書法 1:00-2:15pm 中級英語班 I 2:30-3:30pm 初學英語課	8-9am 六通拳 9-10am 外丹功 大課室: 9-11:00am 粵曲卡拉 OK 1:15-4pm 京劇班 A 課室: 10 - 11:30am 社交舞教學	8-9am 六通拳 9-10am 外丹功 大課室: 9 - 10am 耆英體操 I* 10 - 11am 排舞班 2:00-3:30pm 夏威夷舞 A 課室: 10 -11am 耆英體操 II* 2 - 3pm 發送糧食包 (第二和第四個禮拜五) B 課室: 1 - 4pm 乒乓球
~ 每天都有麻將打! ~				
			1 遊覽亞洲藝術博物館 立即註冊!	2
5 **中心休息**	6	7 生日會	8	9
12	13 流感免疫注射 9:00am-12:00pm	14 中秋节午餐 請預先買飯票	15	16
19	20	21	22	23
26	27 歌唱表演 11:30am-12:00pm	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ Shredded Pork and Tofu Mustard Green & Shredded Mushroom Banana Chow Mein	² Curry Pork Chop Cauliflower Orange Brown & White Rice
⁵ CLOSED	⁶ Chicken in Plum Sauce String Bean Banana Brown & White Rice	⁷ Braised Jumbo Meatballs Shanghai Boy Choy Banana Brown & White Rice	⁸ Fish in Tomato Sauce Bok Choy Apple Brown & White Rice	⁹ Portuguese Style Curry Chicken Cabbage Banana Brown & White Rice
¹² Baked Fish in Cheese and White Sauce Sweet Corn Orange Brown & White Rice	¹³ Spareribs in Black Bean Sauce Cabbage Apple Brown & White Rice	¹⁴ Peking Spareribs Mustard Green Banana Fried Rice	¹⁵ Sweet & Sour Spareribs Gourd, Peas & Carrots with Vermicelli Orange Brown & White Rice	¹⁶ Tofu & Chickpeas Cauliflower & Pepper Apple Brown & White Rice
¹⁹ Pork Patty Gourd with Vermicelli Orange Brown & White Rice	²⁰ Stew Fish & Tofu in Brown Sauce Napa Cabbage & Carrot Apple Fried Rice	²¹ Steamed Chicken with Black Fungus Broccoli, Cauliflower & Carrot Banana Brown & White Rice	²² Beef Stew with Turnips String Beans Oranges Brown & White Rice	²³ Braised Spareribs with Black Eyed Bean Cabbage Apple Brown & White Rice
²⁶ Braised Sparerib with Turnips Broccoli & Carrot Banana Brown & White Rice	²⁷ Supreme Soy Sauce Chicken Pepper, Onions & Carrots Apple Brown & White Rice	²⁸ Steamed Pork in Tangerine Peel Sauce Mustard Green Orange Brown & White Rice	²⁹ Baked Fish with Mushroom Sauce Sweet Corn, Peas & Carrots Orange Chow Mein	³⁰ Braised Spareribs Bitter Melon Orange Brown & White Rice

星期一	星期二	星期三	星期四	星期五
			1 冬菇肉絲豆腐 芥菜 香蕉 炒麵	2 沙爹豬扒 椰菜花 橙 營養飯
5 CLOSED 中心休息	6 梅子燒雞 四季豆 香蕉 營養飯	7 紅燒獅子頭 青江菜 香蕉 營養飯	8 番茄魚 白菜 蘋果 營養飯	9 葡汁咖哩雞 椰菜 香蕉 營養飯
12 白汁芝士焗魚 玉米 橙 營養飯	13 豉汁排骨 椰菜 蘋果 營養飯	14 京都排骨 芥菜 香蕉 炒飯	15 糖醋排骨 節瓜粉絲, 紅蘿蔔 橙 營養飯	16 素豆腐雪蓮子 青胡椒, 椰菜花 蘋果 營養飯
19 馬蹄肉餅 節瓜粉絲 橙 營養飯	20 紅燒豆腐魚 紹菜配紅蘿蔔 蘋果 炒飯	21 雲耳蒸雞 雜菜 香蕉 營養飯	22 蘿蔔焗牛展 四季豆 橙 營養飯	23 眉豆焗排骨 椰菜 蘋果 營養飯
26 白蘿蔔焗排骨 西蘭花配紅蘿蔔 香蕉 營養飯	27 豉油皇雞肉 青胡椒, 洋蔥, 蘿蔔 蘋果 營養飯	28 陳皮蒸肉片 芥菜 橙 營養飯	29 蘑菇汁焗魚 青豆、玉米、 紅蘿蔔 橙 炒麵	30 涼瓜排骨 椰菜 橙 營養飯