

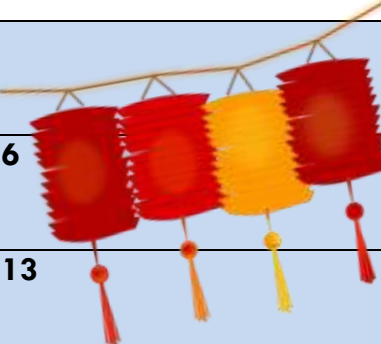
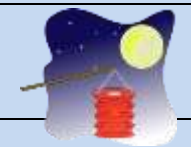





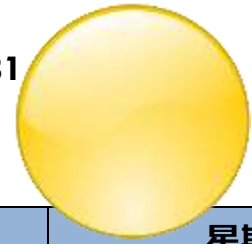
# September 2016

**NEW!**

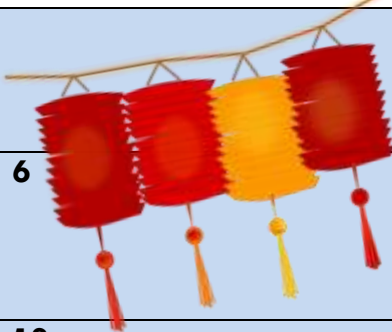
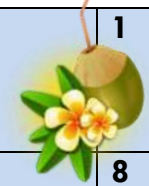
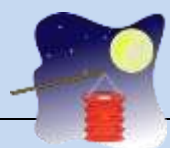




Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Singing Class</b> 9:30 – 10:30 AM</p> <p><b>Leah's Kitchen Workshop</b> (8/15 – 9/19/16) 10:30 AM – 12:00 PM</p> <p><b>SF Connected Computer Class</b> 1:00 – 2:30 PM</p>	<p><b>Computer Class</b> 9:30 – 11:00 AM</p> <p><b>Exercise</b> 10:30 – 11:00 AM</p> <p><b>Bingo</b> 11:00 AM – 12:00 PM</p> <p><b>Karaoke Happy Hour</b> 1:30 – 4:30 PM</p>	<p><b>Karaoke</b> 9:30 – 11:30 AM</p> <p><b>Exercise</b> 10:30 – 11:00 AM</p> <p><b>Bingo</b> 11:30 AM – 12:00 PM</p> <p><b>Chinese Herb Presentation</b> 12:00 – 12:30 PM</p>	<p><b>Singing Class</b> 9:30 – 10:30 AM</p> <p><b>Exercise</b> 10:30 – 11:00 AM</p> <p><b>Karaoke</b> 11:00 AM – 12:00 PM</p> <p><b>Karaoke Happy Hour</b> 1:30 – 4:30 PM</p>	<p><b>Line Dancing</b> 11:00 AM – 12:00 PM</p> <p><b>Karaoke Happy Hour</b> 1:30 – 4:30 PM</p> 
			<p>1  <b>Hawaiian Dance Party</b> 1:30 – 4:00 PM</p>	<p>2</p>
<p>5 <b>Labor Day - CENTER CLOSED -</b></p>	<p>6 </p>	<p>7</p>	<p>8  <b>Moon Festival Special Meal</b></p>	<p>9  <b>Field Trip</b> 1:30 – 4:30 PM</p>
<p>12</p> <p>19  <b>Field Trip</b> 1:30 – 4:30 PM</p>	<p>13</p> <p>20 <b>Stress Management Workshop</b> 10:30 – 11:00 AM</p>	<p>14</p> <p>21</p>	<p>15</p> <p>22</p>	<p>16  <b>Birthday Party</b> 12:00 – 12:30 PM</p> <p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

Please ask center coordinator for more information about programs and activities.

## 2016年9月份活動



星期一	星期二	星期三	星期四	星期五
<p>唱歌班 9:30 – 10:30 AM</p> <p><b>新活動!</b> Leah's 飲食講座 (8/15 – 9/19/16) 10:00 – 11:30 AM</p> <p>SF Connected 電腦班 1:00 – 2:30 PM</p>	<p>電腦班 9:30 – 11:00 AM</p> <p>運動 10:30 – 11:00 AM</p> <p>賓果 11:00 AM – 12:00 PM</p> <p>歡樂時光卡拉 OK 1:00 – 4:30 PM</p>	<p>卡拉 OK 9:30 – 11:30 AM</p> <p>運動 10:30 – 11:00 AM</p> <p>賓果 11:30 AM – 12:00 PM</p> <p>中國草藥講座 12:00 – 12:30 PM</p>	<p>唱歌班 9:30 – 10:30 AM</p> <p>運動 10:30 – 11:00 AM</p> <p>卡拉 OK 11:00 AM – 12:00 PM</p> <p>歡樂時光卡拉 OK 1:00 – 4:30 PM</p>	<p>排舞 11:00 AM – 12:00 PM</p> <p>歡樂時光卡拉 OK 1:30 – 4:30 PM</p> 

			<p>1 夏威夷舞會 1:30 – 4:00 PM</p> 	<p>2</p>
<p>5 勞工節 各中心休息一天</p>			<p>8              中秋節特別餐</p>	<p>9              半日遊 1:30 – 4:30 PM</p>
<p>12              半日遊 1:30 – 4:30 PM</p>	<p>13            靜心講座 10:30 – 11:00 AM</p>	<p>14</p>	<p>15            中秋節特別餐</p>	<p>16              生日會 12:00 – 12:30 PM</p>
<p>19              半日遊 1:30 – 4:30 PM</p>	<p>20            靜心講座 10:30 – 11:00 AM</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

請向中心經理查詢有關活動詳情。

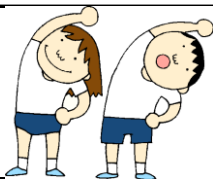


Self-Help for the Elderly  
安老自助處

# September 2016 MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Saturday Brunch program is served at Geen Mun Senior Center and Jackie Chan Senior Center</b>		<b>1</b> Braised Pork with Pumpkin Apple	<b>2</b> Baked Fish with Pickle Napa Cabbage, Carrot Plum	<b>3</b> Black Bean Sauce Chicken Rice Broccoli Orange
<b>5</b> Labor Day Centers Closed	<b>6</b> Braised Chicken Wing with Oyster Sauce Green Pea and Carrot Orange	<b>7</b> Teriyaki Fish Cabbage, Carrot Apple	<b>8</b> Honey Baked Chicken Napa Cabbage Orange	<b>9</b> Steamed Minced Pork with Fungus and Waterchestnut Mixed Vegetable Honeydew	<b>10</b> Tomato Sauce Pork Spaghetti Cabbage Apple
<b>12</b> Braised Chicken with Ginger Broccoli, Carrot Apple	<b>13</b> Steamed Pork with Fungus Mustard Green Orange	<b>14</b> Smoked Chicken Leg Bok Choy, Carrot Banana	<b>15</b> Mid Autumn Festival Special menu	<b>16</b> Steamed Fish with Sha Cha Sauce Chinese Cabbage, carrot Cantaloupe	<b>17</b> Onion Pork Chop with Rice Broccoli Banana
<b>19</b> Braised Pork with Taro Zucchini, Carrot Orange	<b>20</b> Baked Chicken Thigh with Ginger and Green Onion Cabbage Banana	<b>21</b> Steamed Pork with Oat and Egg Zucchini, Carrot Apple	<b>22</b> Steamed Chicken with Mushroom and Fungus Mixed Vegetable Orange	<b>23</b> Lemon Grass Pork Chop Carrot and Raddish Honeydew	<b>24</b> Black Pepper Chicken Spaghetti Cabbage Orange
<b>26</b> Steamed Fish with Soy Sauce Broccoli, Onion Banana	<b>27</b> Tofu Chicken Mustard Green, Chinese Cabbage Orange	<b>28</b> Steamed Pork with Black Fungus Napa Cabbage, Carrot Kiwi	<b>29</b> Teriyaki Sauce Baked Chicken Leg Bok Choy, Carrot Orange	<b>30</b> Meatball with Tomato Sauce Cauliflower, Carrot Cantaloupe	

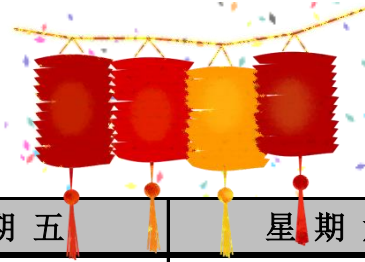


There are many remarkable benefits of regular physical activity for older adults. Older adults who are active have greater flexibility, more endurance, better balance, and better health; and they live longer. Aerobic activities improve cardiorespiratory endurance, blood pressure, and blood lipid concentration; moderate-endurance activities improve the quality of sleep; and strength training improves posture and mobility. Older adults should be as physically active as their abilities and conditions will allow. Walking and stretching are easy examples of physical activity.



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# 2016年9月菜單



星期 一	星期 二	星期 三	星期 四	星期 五	星期 六
	星期六營養餐僅限於成龍中心及建民中心供應		1 南瓜炆豬肉 蘋果	2 冬菜焗魚塊 紹菜, 紅蘿蔔 布霖	3 豉汁雞扒飯 西蘭花 橙
5 勞工節 休息一天	6 蠔油炆雞翼 青豆, 紅蘿蔔 橙	7 燒汁魚塊 椰菜, 紅蘿蔔 蘋果	8 蜜糖豉油焗雞扒 紹菜 橙	9 木耳馬蹄蒸肉餅 雜菜 密瓜	10 茄汁豬排意粉 椰菜 蘋果
12 沙羌燴雞 西蘭花, 紅蘿蔔 蘋果	13 柱候木耳蒸豬肉 芥菜 橙	14 煙焗雞下批 青江菜, 紅蘿蔔 香蕉	15 中秋節 特別餐	16 沙茶蒸魚塊 白菜, 紅蘿蔔 哈密瓜	17 洋蔥豬排飯 西蘭花 橙
19 芋頭炆豬肉 意大利瓜, 紅蘿蔔 橙	20 薑蔥焗雞上批 椰菜 香蕉	21 燕麥蛋蒸肉餅 節瓜, 紅蘿蔔 蘋果	22 冬菇雲耳蒸雞 雜菜 橙	23 香茅豬扒 白蘿蔔, 紅蘿蔔 密瓜	24 黑椒雞扒意粉 椰菜 蘋果
26 豉汁蒸魚 西蘭花, 洋蔥 香蕉	27 豆腐雞鬆 白菜, 芥菜 橙	28 木耳蒸豬肉 紹菜, 紅蘿蔔 奇異果	29 日本汁焗雞下批 青江菜, 紅蘿蔔 橙	30 番茄醬燴豬牛丸 椰菜花, 紅蘿蔔 哈密瓜	
	運動及體力活動：參與適度、有規律的運動及體力活動能帶給老人許多益處，如增強身體的耐力、靈活性及平衡性。有氧運動，如快步行走，可以促進血液循環、改善血壓及血脂濃度；中等耐力活動可以改善睡眠質量、增進身體機能、預防疾病如心血管及糖尿病發生，使老年人能應付日常生活中的工作，而不覺得自己逐漸衰老，進而達到健康與快活的人生。				

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安老自助處主辦。服務經費部分由三藩市耆英及殘障人仕服務局及其他贊助機構贊助。

\*\*\* 營養飯每天供應