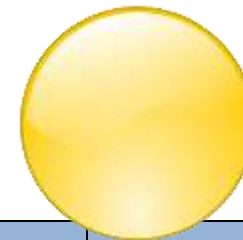




West Portal Clubhouse Activity Schedule

131 Lenox Way, San Francisco, CA 94127 Tel: (415) 753-7038



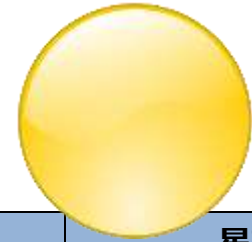
September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Line Dancing 9:30 – 11:30 AM Health Workshop 11:00 – 11:30 AM Music Appreciation 11:30 AM – 12:30 PM Karaoke 12:30 – 2:00 PM	Movie 9:00 – 10:30 AM Always Active Class 10:00 – 11:00 AM Health Workshop 11:00 – 11:30 AM Smartphone Tutoring 12:30 – 2:00 PM	Line Dancing 9:30 – 11:30 AM Health Workshop 11:00 – 11:30 AM Music Appreciation 11:30 AM – 12:30 PM Karaoke 12:30 – 2:00 PM	Movie 9:00 – 10:30 AM Always Active Class 10:00 – 11:00 AM Health Workshop 11:00 – 11:30 AM Karaoke 12:30 – 2:00 PM	Qigong Exercise 9:30 – 11:00 AM Arts & Crafts 10:00 – 11:00 AM City College Health Education 10:30 – 11:50 AM Music Appreciation 11:30 AM – 12:30 PM

			1 Seasonal Flu Vaccine 10:30 – 12:00 PM	2 
5 Labor Day - CENTER CLOSED -	6	7	8 	9
12 Field Trip  1:00 – 4:30 PM	13 Stress Management Workshop 11:30 AM – 12:30 PM	14 	15 Moon Festival Special Meal	16
19	20	21 Birthday Party 10:30 AM – 12:30 PM	22 	23
26	27	28	29 Field Trip 1:00 – 4:30 PM	30

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
排舞 9:30 – 11:30 AM	電影 9:00 – 10:30 AM	排舞 9:30 – 11:30 AM	電影 9:00 – 10:30 AM	氣功 9:30 – 11:00 AM
養生小知識 11:00 – 11:30 AM	總是活躍運動班 10:00 – 11:00 AM	養生小知識 11:00 – 11:30 AM	總是活躍運動班 10:00 – 11:00 AM	手工製作班 10:00 – 11:00 AM
音樂欣賞 11:30 AM – 12:30 PM	養生小知識 11:00 – 11:30 AM	音樂欣賞 11:30 AM – 12:30 PM	養生小知識 11:00 – 11:30 AM	CCSF 營養講座 10:30 – 11:50 AM
卡拉 OK 12:30 – 2:00 PM	智能手機輔導班 12:30 – 1:30 PM	卡拉 OK 12:30 – 2:00 PM	卡拉 OK 12:30 – 2:00 PM	音樂欣賞 11:30 AM – 12:30 PM

			1 接種季節性流感疫苗 10:30 – 12:00 PM	2
5 勞工節 各中心休息一天	6	7	8  中秋節特別餐	9 
12 半日遊  1:00 – 4:30 PM	13 靜心講座 11:30 AM – 12:30 PM	14  生日會 10:30 AM – 12:30 PM	15	16
19	20	21	22  半日遊 1:00 – 4:30 PM	23
26	27	28	29	30

請向中心經理查詢有關活動詳情。

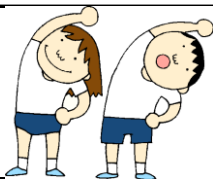


Self-Help for the Elderly
安老自助處

September 2016 MENU



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

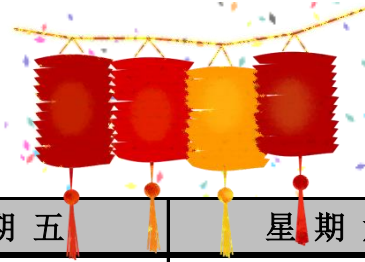


There are many remarkable benefits of regular physical activity for older adults. Older adults who are active have greater flexibility, more endurance, better balance, and better health; and they live longer. Aerobic activities improve cardiorespiratory endurance, blood pressure, and blood lipid concentration; 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.



Self-Help for the Elderly
安老自助處

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