



# October 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Karaoke</b> 9:30 – 11:30 AM</p> <p><b>Music Appreciation</b> 11:30 AM – 12:30 PM</p> <p><b>Game Time</b> 12:30 – 1:00 PM</p> <p><b>Always Active</b> 1:00 – 2:00 PM</p>	<p><b>Yoga Class</b> 9:30 – 10:30 AM</p> <p><b>Karaoke</b> 10:30 – 11:30 AM</p> <p><b>Music Appreciation</b> 11:30 AM – 12:00 PM</p> <p><b>Karaoke/ Line Dance</b> 12:00 – 2:00 PM</p>	<p><b>Karaoke</b> 9:30 – 11:30 AM</p> <p><b>Paper Folding Class</b> 10:00 – 11:30 AM</p> <p><b>Music Appreciation</b> 11:30 AM – 12:30 PM</p> <p><b>Game Time</b> 12:30 – 1:00 PM</p> <p><b>Always Active</b> 1:00 – 2:00 PM</p>	<p><b>Yoga Class</b> 9:30 – 10:30 AM</p> <p><b>Volunteer Happy Hour</b> 10:30 – 11:30 AM</p> <p><b>Music Appreciation</b> 11:30 AM – 12:30 PM</p> <p><b>Social Dance Class</b> 12:30 – 2:00 PM</p>	<p><b>Karaoke</b> 9:30 – 11:30 AM</p> <p><b>Music Appreciation</b> 11:30 AM – 12:00 PM</p> <p><b>Karaoke</b> 12:00 – 2:00 PM</p> 
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

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



## 2016年10月份活動



星期一	星期二	星期三	星期四	星期五
<b>卡拉 OK</b> 9:30 – 11:30 AM  <b>音樂欣賞</b> 11:30 AM – 12:30 PM  <b>遊戲時間</b> 12:30 – 1:00 PM  <b>總是活躍運動班</b> 1:00 – 2:00 PM	<b>瑜加班</b> 9:30 – 10:30 AM  <b>卡拉 OK</b> 10:30 – 11:30 AM  <b>音樂欣賞</b> 11:30 AM – 12:00 PM  <b>卡拉 OK / 排舞</b> 12:00 – 2:00 PM	<b>卡拉 OK</b> 9:30 – 11:30 AM  <b>摺紙班</b> 10:00 – 11:30 AM  <b>音樂欣賞</b> 11:30 AM – 12:30 PM  <b>遊戲時間</b> 12:30 – 1:00 PM  <b>總是活躍運動班</b> 1:00 – 2:00 PM	<b>瑜加班</b> 9:30 – 10:30 AM  <b>義工歡樂時間</b> 10:30 – 11:30 AM  <b>音樂欣賞</b> 11:30 AM – 12:30 PM  <b>社交舞班</b> 12:30 – 2:00 PM	<b>卡拉 OK</b> 9:30 – 11:30 AM  <b>音樂欣賞</b> 11:30 AM – 12:00 PM  <b>卡拉 OK</b> 12:00 – 2:00 PM  
3	4	5	6 半日游  1:30 – 4:00 PM	7
10 哥倫布日 各中心休息一天	11 	12 	13	14 講座: 健康飲食 & 健康長者 9:30 – 11:30 AM
17	18 半日游  1:30 – 4:00 PM	19 生日會 11:30 – 12:00 PM 	20	21 講座: 健康飲食 & 健康長者 9:30 – 11:30 AM 
24	25	26	27	28 講座: 健康飲食 & 健康長者 9:30 – 11:30 AM
31				

請向中心經理查詢有關活動詳情。

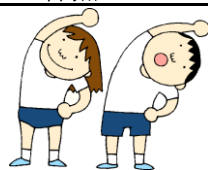
# October 2016 MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> <b>Baked Chicken Leg with Ginger and Onion</b> Potatoe, Onion, Carrot Apple	<b>4</b> <b>Steamed Minced Pork with Vermicille</b> Cabbage, Carrot Banana	<b>5</b> <b>Baked Fish Cake with Pickles</b> Mixed Vegetable Orange	<b>6</b> <b>Baked Chicken Thigh with Ginger</b> Bok Choy, Carrot Plum	<b>7</b> <b>Baked Pork Chop with Onion in Tomato Sauce</b> Pea, Carrot Honeydew	<b>8</b> <b>Walkathon</b> <b>Centers Closed</b>
<b>10</b> <b>Columbus Day</b> <b>Centers Closed</b>	<b>11</b> <b>Braised Spareribs in Soy Sauce</b> Broccoli, Cauliflower Plum	<b>12</b> <b>Steamed Chicken with Goji Berry and Black Fungus</b> Zucchini, Carrot Apple	<b>13</b> <b>Steamed Minced Pork with Chu Hou Sauce and Waterchestnut</b> Pea, Carrot Orange	<b>14</b> <b>Teriyaki Sauce Baked Fish Fillet</b> Broccoli, Carrot Cantaloupe	<b>15</b> <b>Pork with Tomato Sauce</b> Cabbage Apple
<b>17</b> <b>Steamed Pork with Chinese Pickle</b> Raddish, Carrot Apple	<b>18</b> <b>Teriyaki Sauce Baked Chicken Leg</b> Mustard Green Orange	<b>19</b> <b>Braised Pork with Chu Hou Sauce</b> Napa Cabbage, Vermicille Banana	<b>20</b> <b>Steamed Fish Fillet with Sha Cha Sauce</b> Cabbage, Carrot Plum	<b>21</b> <b>Braised Chicken and Chinese Mushroom with Oyster Sauce</b> Chinese Cabbage Honeydew	<b>22</b> <b>Onion Pork Chop</b> Broccoli Banana
<b>24</b> <b>Braised Chicken with Corn</b> Mixed Vegetable Apple	<b>25</b> <b>Steamed Minced Pork with Egg and Chinese Pickle</b> Bok Choy, Carrot Banana	<b>26</b> <b>Sesame Baked Chicken</b> Cauliflower, Carrot Apple	<b>27</b> <b>Baked Fish Fillet with Pickles</b> Napa Cabbage, Carrot Orange	<b>28</b> <b>Braised Chicken with Taro and Chestnut</b> Cantaloupe	<b>29</b> <b>Chicken with Black Pepper</b> Cabbage Orange
<b>31</b> <b>Braised Pork with Pumpkin</b> Banana	<b>Saturday Brunch program is ONLY available at Geen Mun Senior Center and Jackie Chan Senior Center</b>				
 <p>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.</p>					



星期 一	星期 二	星期 三	星期 四	星期 五	星期 六
<b>3</b> 薑蔥焗雞下肚 薯仔, 洋蔥, 紅蘿蔔 蘋果	<b>4</b> 粉絲蛋蒸肉餅 椰菜, 紅蘿蔔 香蕉	<b>5</b> 冬菜焗魚餅 雜菜 橙	<b>6</b> 沙姜焗雞上肚 青江菜, 紅蘿蔔 布霖	<b>7</b> 茄汁洋蔥焗豬扒 青豆, 紅蘿蔔 密瓜	<b>8</b> 百萬行同樂日 休息一天
<b>10</b> 哥倫布日 休息一天	<b>11</b> 豉汁炆排骨 西蘭花, 椰菜花 布霖	<b>12</b> 杞子雲耳蒸雞 意大利瓜, 紅蘿蔔 蘋果	<b>13</b> 柱候馬蹄蒸肉餅 青豆, 紅蘿蔔 橙	<b>14</b> 燒汁魚塊 西蘭花, 紅蘿蔔 哈密瓜	<b>15</b> 茄汁豬排意粉 椰菜 蘋果
<b>17</b> 雪菜蒸豬肉 白蘿蔔, 紅蘿蔔 蘋果	<b>18</b> 日本汁焗雞下肚 芥菜 橙	<b>19</b> 柱候豬肉 紹菜, 粉絲, 蝦米 香蕉	<b>20</b> 沙茶蒸魚塊 椰菜, 紅蘿蔔 布霖	<b>21</b> 蠔油香菇炆雞 白菜 密瓜	<b>22</b> 洋蔥豬排飯 西蘭花 橙
<b>24</b> 粟米燴雞 雜菜 蘋果	<b>25</b> 榨菜蛋蒸肉餅 青江菜, 紅蘿蔔 香蕉	<b>26</b> 芝麻焗雞扒 椰菜花, 紅蘿蔔 蘋果	<b>27</b> 冬菜焗魚塊 紹菜, 紅蘿蔔 橙	<b>28</b> 芋頭粟子炆雞 哈密瓜	<b>29</b> 黑椒雞扒意粉 椰菜 蘋果
<b>31</b> 南瓜炆豬肉 香蕉	<b>星期六營養餐僅限於 成龍中心及建民中心供應</b>				



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。