

West Portal Clubhouse Activity Schedule

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



October 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Line Dancing 9:30 – 11:30 AM</p> <p>Health Workshop 11:00 – 11:30 AM</p> <p>Music Appreciation 11:30 AM – 12:30 PM</p> <p>Karaoke 12:30 – 2:00 PM</p>	<p>Movie 9:00 – 10:30 AM</p> <p>Always Active Class 10:00 – 11:00 AM</p> <p>Health Workshop 11:00 – 11:30 AM</p> <p>Smartphone Tutoring 12:30 – 2:00 PM</p>	<p>Line Dancing 9:30 – 11:30 AM</p> <p>Health Workshop 11:00 – 11:30 AM</p> <p>Music Appreciation 11:30 AM – 12:30 PM</p> <p>Karaoke 12:30 – 2:00 PM</p>	<p>Movie 9:00 – 10:30 AM</p> <p>Always Active Class 10:00 – 11:00 AM</p> <p>Health Workshop 11:00 – 11:30 AM</p> <p>SF Connected Computer Class 12: 00 – 2: 00 PM</p>	<p>Qigong Exercise 9:30 – 11:00 AM</p> <p>Arts & Crafts 10:00 – 11:00 AM</p> <p>City College Health Education 10:30 – 11:50 AM</p> <p>Music Appreciation 11:30 AM – 12:30 PM</p>
<p>3</p> 	<p>4</p>	<p>5</p> 	<p>6</p> 	<p>7</p> <p>Healthy Eating & Healthy Aging Workshop 9: 15 – 11: 15 AM</p> 
<p>10</p> <p>Columbus Day -Center Closed-</p>	<p>11</p> <p>Stress Management Workshop 12: 00 – 1: 00 PM</p> <p>Field Trip  1: 00 – 4: 30 PM</p>	<p>12</p> <p>Birthday Party  10: 00 – 12: 30 PM</p>	<p>13</p>	<p>14</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Field Trip  1: 00 – 4: 30 PM</p>	<p>28</p>
<p>31</p>				

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
排舞 9:30 – 11:30 AM 養生小知識 11:00 – 11:30 AM 音樂欣賞 11:30 AM – 12:30 PM 卡拉 OK 12:30 – 2:00 PM	電影 9:00 – 10:30 AM 總是活躍運動班 10:00 – 11:00 AM 養生小知識 11:00 – 11:30 AM 智能手機輔導班 12:30 – 1:30 PM	排舞 9:30 – 11:30 AM 養生小知識 11:00 – 11:30 AM 音樂欣賞 11:30 AM – 12:30 PM 卡拉 OK 12:30 – 2:00 PM	電影 9:00 – 10:30 AM 總是活躍運動班 10:00 – 11:00 AM 養生小知識 11:00 – 11:30 AM 電腦班 12:00 – 2:00 PM	氣功 9:30 – 11:00 AM 手工製作班 10:00 – 11:00 AM CCSF 營養講座 10:30 – 11:50 AM 音樂欣賞 11:30 AM – 12:30 PM
3	4	5	6	7
 哥倫布日 各中心休息一天	靜心講座 12:00 – 1:00 PM 半日遊 1:00 – 4:30 PM 	 TRICK OR TREAT! 	 講座: 健康飲食 & 健康長者 9:15 – 11:15 PM 	14
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31			生日會 10:00 AM – 12:30 PM 半日遊 1:00 – 4:30 PM 	

請向中心經理查詢有關活動詳情。

October 2016 MENU

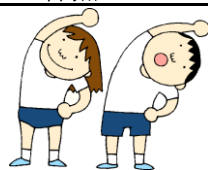


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Baked Chicken Leg with Ginger and Onion Potatoe, Onion, Carrot Apple	4 Steamed Minced Pork with Vermicille Cabbage, Carrot Banana	5 Baked Fish Cake with Pickles Mixed Vegetable Orange	6 Baked Chicken Thigh with Ginger Bok Choy, Carrot Plum	7 Baked Pork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

2016年10月菜單



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



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。