

## 2019年11月份活動

星期一	星期二	星期三	星期四	星期五	星期六
<p><b>乒乓球</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>卡拉OK</b> 9:00 am - 12:00 pm</p> <p><b>賓果</b> 10:30 - 11:00 am</p> <p><b>排舞</b> 1:00 - 2:30 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>入籍班</b> 2:30 - 4:00 pm</p> <p><b>交際舞排舞</b> 5:30 - 7:00 pm</p> 	<p><b>椅子運動</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>SF Connected 電腦班</b> 9:30 - 11:30 am</p> <p><b>小組電腦</b> 11:30 am - 12:30 pm</p> <p><b>卡拉OK</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>入籍班</b> 2:30 - 4:00 pm</p> <p><b>乒乓球</b> 2:00 - 4:00 pm</p> <p><b>老歌欣賞</b> 5:30 - 7:30 pm</p> <p><b>乒乓球</b> 5:30 - 7:00 pm</p>	<p><b>乒乓球</b> 9:00 - 10:30 am</p> <p>2:00 - 3:30 pm</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>電影</b> 10:00 - 11:30 am</p> <p><b>伸展運動</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>電影</b> 2:00 - 3:30 pm</p> <p><b>養生班</b> 5:30 - 7:30 pm</p>	<p><b>椅子運動</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>卡拉OK</b> 9:00 am - 12:00 pm</p> <p><b>賓果</b> 10:30 - 11:00 am</p> <p><b>閱讀茶會</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>遊戲時間</b> 2:00 - 4:00 pm</p> <p><b>珠寶鑒定</b> 5:30 - 7:30 pm</p> <p><b>乒乓球</b> 5:30 - 7:00 pm</p> <p><b>音樂班</b> 5:30 - 7:30 pm</p>	<p><b>乒乓球</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>電影</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>中國民族舞蹈</b> 2:00 - 3:30 pm</p> <p><b>手工藝班</b> 2:00 - 4:00 pm</p> <p><b>星五會派對</b> 5:30 - 7:30 pm</p> <p><b>乒乓球</b> 5:30 - 7:30 pm</p> 	<p><b>排舞</b> 9:00 - 10:00 am</p> <p><b>椅子運動</b> 10:30 - 11:00 am</p> <p><b>卡拉OK</b> 12:00 - 1:30 pm</p> <p><b>乒乓球</b> 12:00 - 2:00 pm</p> 
				1	2
				<p><b>Bingocize</b> 10:00-11:00 am</p> <p><b>太極班</b> 1:00 - 2:00 pm</p>	
4	5	6	7	8	9
<p><b>生日會</b> 11:00 am-12:00 pm</p> 		<p><b>太極班</b> 1:00-2:00pm</p> 	<p><b>氣功班</b> 1:15 - 2:30 pm</p>	<p><b>Bingocize</b> 10:00 -11:00 am</p> <p><b>太極班</b> 1:00 - 2:00 pm</p> 	
11	12	13	14	15	16
<p><b>退伍軍人節</b> 各中心休息一天</p>	<p><b>靜心講座</b> 11:00 - 11:30 am</p> <p><b>半日遊</b> 12:30 - 3:30 pm</p> <p><b>糧食盒派發日</b> 10:30 - 11:00 am / 2:00 - 3:30 pm</p>  		<p><b>氣功班</b> 1:15 - 2:30 pm</p>	<p><b>Bingocize</b> 10:00-11:00 am</p> 	
18	19	20	21	22	23
	<p><b>環境教育講座</b> 11:30 - 12:30 pm</p>		<p><b>氣功班</b> 1:15 - 2:30 pm</p>	<p><b>Bingocize</b> 10:00-11:00 am</p>	
25	26	27	28	29	30
			<p><b>感恩節</b> 各中心休息一天</p>	<p><b>感恩節翌日</b> 各中心休息一天</p>	

# 2019年11月菜單

星期一	星期二	星期三	星期四	星期五	星期六
				1 榨菜焗魚塊 紹菜,椰菜花,紅蘿蔔 密瓜	2 豉汁雞扒飯 西蘭花 橙
4 豆豉芋頭蒸雞 白菜,紅蘿蔔 橙	5 蒜香焗排骨 芥菜 香蕉	6 薑蔥焗雞下肚 西蘭花,紅蘿蔔 蘋果	7 榨菜粉絲蒸肉餅 豆仔,羊角豆,紅椒 橙	8 蜜汁焗雞扒 意大利瓜,紅蘿蔔,粟米 西瓜	9 茄汁豬排意粉 椰菜 香蕉
11 退伍軍人節 休息一天	12 煙焗雞下肚 豆仔,羊角豆,紅蘿蔔 蘋果	13 粟米焗魚塊 椰菜花,紅蘿蔔 橙	14 黃豆醬焗雞上肚 薯仔,洋蔥,紅椒 香蕉	15 茄汁洋蔥焗豬扒 豆仔,紅菜頭 木瓜	16 洋蔥豬排飯 椰菜 蘋果
18 洋蔥南瓜炆豬肉 紹菜,紅蘿蔔 橙	19 南乳焗雞扒 白菜,紅蘿蔔 香蕉	20 茄汁燴豬牛肉丸 椰菜,豆仔 蘋果	21 沙茶焗魚塊 西蘭花,紅蘿蔔 橙	22 燒汁薯仔焗雞翼 青江菜 哈密瓜	23 黑椒雞扒意粉 西蘭花 橙
25 五香焗雞下肚 青豆,粟米,紅蘿蔔 蘋果	26 冬菜焗魚塊 芥菜 橙	27 馬蹄粟米蒸肉餅 白蘿蔔,紅蘿蔔,紫洋葱 香蕉	28 感恩節 休息一天	29 感恩節翌日 休息一天	30 豉汁雞扒飯 西蘭花 橙

晚餐服務(星期一至星期五)及星期六營養餐僅限於成龍中心及建民中心供應








此餐單達到除維生素D及鉀以外所有目標膳食參考攝入量三分之一的建議。安老自助處的營養師會就如何達到維生素D及鉀的每日建議攝取量提供健康資訊。



# Jackie Chan Senior Center Activity Schedule

5757 Geary Blvd., San Francisco, CA 94121 Tel: (415) 677-7571

## NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Table Tennis</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Karaoke</b> 9:00 am – 12:00 pm  <b>Bingo</b> 10:30 – 11:00 am  <b>Open Lab</b> 1:00 pm 4:00 pm  <b>Line Dance</b> 1:00 – 2:30 pm  <b>Citizenship Class</b> 2:30 – 4:00 pm  <b>Ballroom Line Dance</b> 5:30 – 7:00 pm  	<b>Chair Exercise</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>SF Connected Computer Class</b> 9:30 – 11:30 am  <b>Small Group Computer</b> 11:30 am - 12:30 pm  <b>Karaoke</b> 1:00 – 2:00 pm  <b>Open Lab</b> 1:00 – 4:00 pm  <b>Citizenship Class</b> 2:30 – 4:00 pm  <b>Table Tennis</b> 2:00 – 4:00 pm  <b>Old Song Appreciation</b> 5:30 – 7:30 pm  <b>Table Tennis</b> 5:30 – 7:00 pm	<b>Table Tennis</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Movie</b> 10:00 – 11:30 am  <b>Stretching Exercise</b> 1:00 – 2:00 pm  <b>Open Lab</b> 1:00 – 4:00 pm  <b>Movie</b> 2:00 – 3:30 pm  <b>Health Forum</b> 5:30 – 7:30 pm	<b>Chair Exercise</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Karaoke</b> 9:00 – 12:00  <b>Bingo</b> 10:30 – 11:00 am  <b>Tea Time/Reading</b> 1:00 – 2:00 pm  <b>Open Lab</b> 1:00 – 4:00 pm  <b>Card Games</b> 2:00 – 4:00 pm  <b>Jewelry Appraisal</b> 5:30 – 7:30 pm  <b>Music Class</b> 5:30 - 7:30 pm  <b>Table Tennis</b> 5:30 - 7:00 pm	<b>Table Tennis</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Movie</b> 1:00 – 2:00 pm  <b>Open lab</b> 1:00 – 4:00 pm  <b>Chinese Folk Dance Class</b> 2:00 – 3:30 pm  <b>Art &amp; Craft</b> 2:00 – 4:00 pm  <b>Friday Star – Studded Night</b> 5:30 – 7:30 pm  <b>Table Tennis</b> 5:30 – 7:30 pm  	<b>Line Dance</b> 9:00 – 10:00 am  <b>Chair Dance</b> 10:30 – 11:00 am  <b>Karaoke</b> 12:00 – 1:30 pm  <b>Table Tennis</b> 12:00 – 2:00 pm  
				1 <b>Tai Chi Class</b> 1:00 - 2:00pm <b>Bingocize</b> 10:00 -11:00am	2
4 <b>Birthday Party</b> 11:00 am-12:00 pm 	5	6 <b>Tai Chi Class</b> 1:00 - 2:00pm	7 <b>Qing Gong Class</b> 1:15 – 2:30 pm	8 <b>Tai Chi Class</b> 1:00 - 2:00pm <b>Bingocize</b> 10:00 -11:00am	9
11 <b>Veterans Day Center Closed</b>	12 <b>Food Box Distribution</b> 10:30 - 11:00 am / 2:00 - 3:30 pm <b>Stress Management</b> 11:00-11:30 am <b>Field Trip</b> 12:30 -3:30 pm 	13	14 <b>Qing Gong Class</b> 1:15 – 2:30 pm 	15 <b>Bingocize</b> 10:00 -11:00am 	16
18	19 <b>SF Environment Education</b> 11:30 am -12:30 pm	20	21 <b>Qing Gong Class</b> 1:15 – 2:30 pm	22 <b>Bingocize</b> 10:00 -11:00am	23
25	26	27	28 <b>Thanksgiving</b>	29 <b>Day After Thanksgiving Center Closed</b>	30

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

## November 2019 Menu

Mon	Tue	Wed	Thu	Fri	Sat
				1 Baked Fish & Preserved Vegetables w/ Light Chu Hou Sauce Napa Cabbage, Cauliflower & Carrots Honeydew	2 Soy Sauce Chicken w/ Rice  Broccoli  Orange
4 Steamed Chicken w/ Taro & Black Bean Sauce  Bok Choy & Carrots  Orange	5 Baked Pork Spareribs w/ Garlic  Mustard Greens  Banana	6 Baked Chicken Drumsticks w/ Ginger & Onion  Broccoli & Carrots  Apple	7 Minced Pork Patty w/ Preserved Vegetables & Vermicelli Green Beans, Okra & Red Bell Pepper  Orange	8 Baked Chicken Thigh w/ Honey Sauce  Zucchini, Corn & Carrots  Watermelon	9 Tomato Sauce Pork Chop w/ Spaghetti  Cabbage  Banana
11 Veterans Day  Center Closed	12 Baked Chicken Drumsticks w/ Smoke Sauce  Green Peas, Okra & Carrots  Apple	13 Baked Fish w/ Corn Sauce  Cauliflower & Carrots  Orange	14 Baked Chicken Thigh w/ Bean Sauce  Potatoes, Onion & Bell Peppers  Banana	15 Baked Pork Chop & Onion w/ Tomato Sauce  Green Beans & Beets  Papaya	16 Onion Pork Chop w/ Rice  Cabbage  Apple
18 Braised Pork w/ Pumpkin & Onion  Napa Cabbage & Carrots  Orange	19 Baked Chicken Thigh w/ Nam Yue Sauce  Bok Choy & Carrots  Banana	20 Braised Meatballs w/ Tomato Sauce  Cabbage & Green Beans  Apple	21 Baked Fish w/ Sha Cha Sauce  Broccoli & Carrots  Orange	22 Baked Chicken Wings & Potatoes w/ Teriyaki Sauce  Shanghai Bok Choy  Cantaloupe	23 Black Pepper Chicken w/ Spaghetti  Broccoli  Orange
25 Baked Chicken Drumstick w/ Five Spice  Green Peas, Corn & Carrots  Apple	26 Baked Fish w/ Preserved Vegetables  Mustard Greens  Orange	27 Minced Pork Patty w/ Water Chestnut & Corn  Turnips, Carrots & Purple Onions  Banana	28 Thanksgiving  Center Closed	29 Day After Thanksgiving  Center Closed	30 Soy Sauce Chicken w/ Rice  Broccoli  Orange

**Dinner Service (Monday - Friday) & Saturday Brunch program is ONLY available at Geen Mun Senior Center and Jackie Chan Senior Center**

**Our menu meets 1/3 dietary reference intakes for all target nutrients except Vitamin D and potassium. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Vitamin D and potassium needs.**

## 2019年10月份活動

星期一	星期二	星期三	星期四	星期五	星期六
<p><b>乒乓球</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>卡拉OK</b> 10:00 am - 12:00 pm</p> <p><b>賓果</b> 10:30 - 11:00 am</p> <p><b>排舞</b> 1:00 - 2:30 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>入籍班</b> 2:30 - 4:00 pm</p> <p><b>交際舞排舞</b> 5:30 - 7:00 pm</p> 	<p><b>椅子運動</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>SF Connected 電腦班</b> 9:30 - 11:30 am</p> <p><b>小組電腦</b> 11:30 am - 12:30 pm</p> <p><b>卡拉OK</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>入籍班</b> 2:30 - 4:00 pm</p> <p><b>乒乓球</b> 2:00 - 4:00 pm</p> <p><b>老歌欣賞</b> 5:30 - 7:30 pm</p> <p><b>乒乓球</b> 5:30 - 7:00 pm</p>	<p><b>乒乓球</b> 9:00 - 10:30 am 2:00 - 3:30 pm</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>電影</b> 10:00 - 11:30 am</p> <p><b>伸展運動</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>電影</b> 2:00 - 3:30 pm</p> <p><b>養生班</b> 5:30 - 7:30 pm</p>	<p><b>椅子運動</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>卡拉OK</b> 10:00 am - 12:00 pm</p> <p><b>賓果</b> 10:30 - 11:00 am</p> <p><b>閱讀茶會</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>遊戲時間</b> 2:00 - 4:00 pm</p> <p><b>珠寶鑒定</b> 5:30 - 7:30 pm</p> <p><b>乒乓球</b> 5:30 - 7:00 pm</p> <p><b>音樂班</b> 5:30 - 7:30 pm</p>	<p><b>乒乓球</b> 9:00 - 10:30 am</p> <p><b>遊戲時間</b> 9:00 - 11:00 pm</p> <p><b>電影</b> 1:00 - 2:00 pm</p> <p><b>電腦開放時間</b> 1:00 - 4:00 pm</p> <p><b>中國民族舞蹈</b> 2:00 - 3:30 pm</p> <p><b>手工藝班</b> 2:00 - 4:00 pm</p> <p><b>星五會派對</b> 5:30 - 7:30 pm</p> <p><b>乒乓球</b> 5:30 - 7:30 pm</p> 	<p><b>排舞</b> 9:00 - 10:00 am</p> <p><b>椅子運動</b> 10:30 - 11:00 am</p> <p><b>卡拉OK</b> 12:00 - 1:30 pm</p> <p><b>乒乓球</b> 12:00 - 2:00 pm</p> 
	1	2	3	4	5
		太極班 1:00-2:00pm	氣功班 1:15 -2:30 pm	<b>Bingocize</b> 10:00-11:00 am <b>HICAP</b> 11:15 - 12:15 太極班 1:00 - 2:00 pm	
7	8	9	10	11	12
生日會 11:00 am-12:00 pm	靜心講座 11:00 - 11:30 am 糧食盒派發日 10:30 - 11:00 am / 2:00 - 3:30 pm	太極班 1:00-2:00pm	氣功班 1:15 - 2:30 pm 半日遊 12:30 -3:30 pm	<b>Bingocize</b> 10:00 -11:00 am 太極班 1:00 - 2:00 pm	
14	15	16	17	18	19
哥倫布日 各中心休息一天		太極班 1:00-2:00pm	氣功班 1:15 - 2:30 pm	<b>Bingocize</b> 10:00-11:00 am 太極班 1:00 - 2:00 pm	
21	22	23	24	25	26
	半日遊 12:30 -3:30 pm	太極班 1:00-2:00pm	氣功班 1:15 - 2:30 pm	<b>Bingocize</b> 10:00-11:00 am 太極班 1:00 - 2:00 pm	
28	29	30	31		
		太極班 1:00-2:00pm			



# 2019年10月菜單

星期一	星期二	星期三	星期四	星期五	星期六
	1 粉絲蛋蒸肉餅 椰菜,紅蘿蔔 蘋果	2 檸檬汁焗雞扒 芥菜 橙	3 柱候冬菇焗排骨 紹菜,紅蘿蔔 香蕉	4 梅子牛肉 椰菜花,洋蔥 西瓜	5 豉汁雞扒飯 西蘭花 橙
7 洋蔥南瓜焗豬肉 紹菜,紅蘿蔔 橙	8 南乳焗雞扒 白菜,紅蘿蔔 香蕉	9 茄汁燴豬牛肉丸 椰菜,豆仔 蘋果	10 沙茶焗魚塊 西蘭花,紅蘿蔔 橙	11 燒汁薯仔焗雞翼 青江菜 木瓜	12 茄汁豬排意粉 椰菜 香蕉
14 哥倫布日 休息一天	15 冬菜焗魚塊 芥菜 橙	16 馬蹄粟米蒸肉餅 白蘿蔔,紅蘿蔔,紫洋葱 香蕉	17 沙薑焗雞 青紅椒,薯仔 蘋果	18 豉汁蒸排骨 紅菜頭,南瓜 哈密瓜	19 洋蔥豬排飯 椰菜 蘋果
21 豆瓣醬焗魚塊 羊角豆,粟米 香蕉	22 蒜香焗雞中翼 西蘭花,紅蘿蔔 橙	23 孜然牛肉 椰菜花,洋蔥,紅蘿蔔 蘋果	24 豉油王焗豬扒 白菜,紅蘿蔔 橙	25 洋蔥黑椒焗雞上胛 椰菜,豆仔 密瓜	26 黑椒雞扒意粉 西蘭花 橙
28 燕麥肉餅 西蘭花,紫洋葱 蘋果	29 芝麻焗雞扒 節瓜,粟米 橙	30 糖醋排骨 南瓜,紅蘿蔔 香蕉	31 蠔油木耳絲蒸雞 白蘿蔔,紅蘿蔔 蘋果		

晚餐服務(星期一至星期五)及星期六營養餐僅限於成龍中心及建民中心供應




此餐單達到除維生素D及鉀以外所有目標膳食參考攝入量三分之一的建議。安老自助處的營養師會就如何達到維生素D及鉀的每日建議攝取量提供健康資訊。



# Jackie Chan Senior Center Activity Schedule

5757 Geary Blvd., San Francisco, CA 94121 Tel: (415) 677-7571

## OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Table Tennis</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Karaoke</b> 10:00 am – 12:00 pm  <b>Bingo</b> 10:30 – 11:00 am  <b>Open Lab</b> 1:00 pm 4:00 pm  <b>Line Dance</b> 1:00 – 2:30 pm  <b>Citizenship Class</b> 2:30 – 4:00 pm  <b>Ballroom Line Dance</b> 5:30 – 7:00 pm  	<b>Chair Exercise</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>SF Connected Computer Class</b> 9:30 – 11:30 am  <b>Small Group Computer</b> 11:30 am - 12:30 pm  <b>Karaoke</b> 1:00 – 2:00 pm  <b>Open Lab</b> 1:00 – 4:00 pm  <b>Citizenship Class</b> 2:30 – 4:00 pm  <b>Table Tennis</b> 2:00 – 4:00 pm  <b>Old Song Appreciation</b> 5:30 – 7:30 pm  <b>Table Tennis</b> 5:30 – 7:00 pm	<b>Table Tennis</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Movie</b> 10:00 – 11:30 am  <b>Stretching Exercise</b> 1:00 – 2:00 pm  <b>Open Lab</b> 1:00 – 4:00 pm  <b>Movie</b> 2:00 – 3:30 pm  <b>Health Forum</b> 5:30 – 7:30 pm	<b>Chair Exercise</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Karaoke</b> 10:00 – 12:00  <b>Bingocize</b> 10:30 – 11:00 am  <b>Tea Time/Reading</b> 1:00 – 2:00 pm  <b>Open Lab</b> 1:00 – 4:00 pm  <b>Card Games</b> 2:00 – 4:00 pm  <b>Jewelry Appraisal</b> 5:30 – 7:30 pm  <b>Music Class</b> 5:30 - 7:30 pm  <b>Table Tennis</b> 5:30 - 7:00 pm	<b>Table Tennis</b> 9:00 – 10:30 am  <b>Game Time</b> 9:00 – 11:00 am  <b>Movie</b> 1:00 – 2:00 pm  <b>Open lab</b> 1:00 – 4:00 pm  <b>Chinese Folk Dance Class</b> 2:00 – 3:30 pm  <b>Art &amp; Craft</b> 2:00 – 4:00 pm  <b>Friday Star – Studded Night</b> 5:30 – 7:30 pm  <b>Table Tennis</b> 5:30 – 7:30 pm  	<b>Line Dance</b> 9:00 – 10:00 am  <b>Chair Dance</b> 10:30 – 11:00 am  <b>Karaoke</b> 12:00 – 1:30 pm  <b>Table Tennis</b> 12:00 – 2:00 pm  
	1	2 <b>Tai Chi</b> 1:00 - 2:00 pm	3 <b>Qi gong Class</b> 1:15 - 2:30 pm	4 <b>Bingocize</b> 10:00 -11:00am <b>HICAP</b> 11:15 -12:15pm <b>Tai Chi</b> 1:00 -2:00pm	5
7 <b>Birthday Party</b> 11:00 am -12:00 pm	8 <b>Stress Management</b> 11:00 -11:30 am   <b>Food Box Distribution</b> 10:30-11:00 am / 2:00 - 3:30 pm	9 <b>Tai Chi</b> 1:00 - 2:00 pm	10 <b>Qi Gong class</b> 1:15- 2:30pm <b>Field Trip</b> 12:30- 3:30pm 	11 <b>Bingocize</b> 10:00-11:00am <b>Tai Chi</b> 1:00 - 2:00 pm	12
14 <b>Columbus Day Center Closed</b>	15	16 <b>Tai Chi</b> 1:00 - 2:00 pm	17 <b>Qi Gong class</b> 1:15-2:30pm 	18 <b>Bingocize</b> 10:00 -11:00 am	19
21 	22 <b>Field Trip</b> 12:30- 3:30pm	23 <b>Tai Chi</b> 1:00 - 2:00 pm	24 <b>Qi Gong Class</b> 1:15- 2:30pm	25 <b>Bingocize</b> 10:00-11:00am  	26
28	29	30 <b>Tai Chi</b> 1:00 - 2:00 pm	31		

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

## October 2019 Menu

Mon	Tue	Wed	Thu	Fri	Sat
	1 Steamed Pork Patty w/ Vermicelli & Eggs  Cabbage & Carrots  Apple	2 Baked Chicken Thigh w/ Lemon Sauce  Mustard Greens  Orange	3 Braised Spareribs w/ Mushroom and Che Hou Sauce  Napa Cabbage & Carrots  Banana	4 Braised Beef w/ Plum Sauce  Cauliflower & Onion  Watermelon	5 Soy Sauce Chicken w/ Rice  Broccoli  Orange
7 Braided Pork w/ Pumpkin & Onion  Napa Cabbage & Carrots  Orange	8 Baked Chicken Thigh w/ Nam Yue Sauce  Bok Choy & Carrots  Banana	9 Braised Meatballs w/ Tomato Sauce  Cabbage & Green Beans  Apple	10 Baked Fish w/ Sha Cha Sauce  Broccoli & Carrots  Orange	11 Baked Chicken Wings & Potatoes w/ Teriyaki Sauce  Shanghai Bok Choy  Papaya	12 Tomato Sauce Pork Chop w/ Spaghetti  Cabbage  Banana
14 Columbus Day  Closed	15 Baked Fish w/ Preserved Vegetables  Mustard Greens  Apple	16 Minced Pork Patty w/ Water Chestnut & Corn  Turnips, Carrots & Purple Onion  Orange	17 Baked Chicken w/ Ginger Sauce  Assorted Bell Pepper & Potatoes  Banana	18 Baked Pork Spareribs w/ Black Bean Sauce  Beets & Squash  Cantaloupe	19 Onion Pork Chop w/ Rice  Cabbage  Apple
21 Baked Fish w/ Soy Bean Sauce  Okra & Corn  Banana	22 Baked Chicken Wings w/ Garlic  Broccoli & Carrots  Orange	23 Beef w/ Cumin  Cauliflower, Carrots & Onion  Apple	24 Baked Pork Chop w/ Light Soy Sauce  Bak Choy & Carrots  Orange	25 Baked Chicken Thigh w/ Onion & Black Pepper Sauce  Cabbage & Green Beans  Honeydew	26 Black Pepper Chicken w/ Spaghetti  Broccoli  Orange
28 Steamed Pork Patty w/ Oatmeal  Broccoli & Purple Onion  Apple	29 Baked Chicken Thigh w/ Sesame Sauce  Fuzzy Melon & Corn  Orange	30 Baked Spareribs w/ Sweet Vinegar  Squash & Carrots  Banana	31 Steamed Chicken and Black Fungus w/ Light Oyster Sauce  Turnips & Carrots  Apple		

**Dinner Service (Monday - Friday) & Saturday Brunch program is ONLY available at Geen Mun Senior Center and Jackie Chan Senior Center**

**Our menu meets 1/3 dietary reference intakes for all target nutrients except Vitamin D and potassium. The SHE dietitian will provide nutrition education handout about how to ensure you are meeting your daily Vitamin D and potassium needs.**