

# 2019年11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 談天說地 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 談天說地 11:00 – 11:30 am 電腦班 12:00 am – 2:00 pm 卡拉OK & 社交舞 12:30 – 2:00 pm	排舞 9:30 – 11:30 am 談天說地 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 談天說地 11:00 – 11:30 am 卡拉OK & 社交舞 12:30 – 2:00 pm	氣功 10:00 – 11:00 am 談天說地 11:00 – 11:30 am 音樂欣賞 11:30 am – 12:30 pm 卡拉OK & 社交舞 12:30 – 2:00 pm 
				4
4	5	6 預防問題賭博 11:15am - 12:15 pm	7	8
11 退伍軍人節 各中心休息一天	12 靜心講座 11:30am - 12:30 pm	13 生日會  9:30 am-12:30 pm	14	15
18 半日遊  1:30 -4:30 pm	19	20	21	22
25	26	27	28 感恩節 各中心休息一天	29 感恩節翌日 各中心休息一天

請向中心經理查詢有關活動詳情。

# 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。

Sponsored by Self-Help for the Elderly & partially funded by the Office on the Aging and other donors.  
安老自助處主辦。服務經費部份由三藩市耆英及殘障人士服務局及其他贊助機構贊助。



# West Portal Senior Center Activity Schedule

280 Claremont Blvd San Francisco, CA 94127 (415) 601-2899

## NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Line Dancing</b> 9:30 – 11:30 am <b>Talk Show</b> 11:00 – 11:30 am <b>Music Appreciation</b> 11:30 am – 12:30 pm <b>Karaoke</b> 12:30 – 2:00 pm	 <b>Movie</b> 9:00 – 10:30 am <b>Always Active Class</b> 10:00 – 11:00 am <b>Talk Show</b> 11:00 – 11:30 am <b>SF Connected</b> Computer Class 12:00 am – 2: 00 pm <b>Karaoke &amp; Ballroom Dance</b> 12:30 – 2:00 pm	<b>Line Dancing</b> 9:30 – 11:30 am <b>Talk Show</b> 11:00 – 11:30 am <b>Music Appreciation</b> 11:30 am – 12:30 pm <b>Karaoke</b> 12:30 – 2:00 pm	 <b>Movie</b> 9:00 – 10:30 am <b>Always Active Class</b> 10:00 – 11:00 am <b>Talk Show</b> 11:00 – 11:30 am <b>Karaoke &amp; Ballroom Dance</b> 12:30 – 2:00 pm 	<b>Qigong Exercise</b> 10:00 – 11:00 am <b>Talk Show</b> 11:00 - 11:30 am <b>Music Appreciation</b> 11:30 am – 12:30 pm <b>Karaoke &amp; Ballroom Dance</b> 12:30 – 2:00 pm
				1
4	5	6	7	8
		<b>Problem Gambling</b> 11:15am - 12:15 pm		
11	12	13	14	15
<b>Veterans Day</b> Center Closed	<b>Stress Management</b> 11:30am - 12:30pm	<b>Birthday Party</b> 9:30 am-12:30 pm 		
18	19	20	21	22
<b>Field Trip</b> 1:30 - 4:30pm 				
25	26	27	28	29
			<b>Thanksgiving</b> Center Closed	<b>Day After Thanksgiving</b> Center Closed

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
<b>排舞</b> 9:30 - 11:30 am <b>談天說地</b> 11:00 - 11:30 am <b>音樂欣賞</b> 11:30 am - 12:30 pm  <b>卡拉OK</b> 12:30 - 2:00 pm	<b>電影</b>  9:00 - 10:30 am <b>總是活躍運動班</b> 10:00 - 11:00 am <b>談天說地</b> 11:00 - 11:30 am <b>電腦班</b> 12:00 am - 2:00 pm <b>卡拉OK &amp; 社交舞</b> 12:30 - 2:00 pm	<b>排舞</b> 9:30 - 11:30 am <b>談天說地</b> 11:00 - 11:30 am <b>音樂欣賞</b> 11:30 am - 12:30 pm <b>卡拉OK</b> 12:30 - 2:00 pm	<b>電影</b> 9:00 - 10:30 am <b>總是活躍運動班</b> 10:00 - 11:00 am <b>談天說地</b> 11:00 - 11:30 am <b>卡拉OK &amp; 社交舞</b> 12:30 - 2:00 pm	<b>氣功</b> 10:00 - 11:00 am <b>談天說地</b> 11:00 - 11:30 am <b>音樂欣賞</b> 11:30 am - 12:30 pm <b>卡拉OK &amp; 社交舞</b> 12:30 - 2:00 pm 
	1	2 <b>HICAP Talk</b> 11:30 am - 12:30 pm	3 中心休息一天	4
7	8 靜心講座 11:30am - 12:30 pm	9	10	11
14 哥倫布日 各中心休息一天	15 半日遊  1:30 -4:30 pm	16 生日會  9:30 am-12:30 pm	17	18
21	22	23	24	25
28	29	30	31	

請向中心經理查詢有關活動詳情。



# 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。



# West Portal Senior Center Activity Schedule

280 Claremont Blvd San Francisco, CA 94127 (415) 601-2899

## OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Line Dancing</b> 9:30 – 11:30 am <b>Talk Show</b> 11:00 – 11:30 am <b>Music Appreciation</b> 11:30 am – 12:30 pm <b>Karaoke</b> 12:30 – 2:00 pm	 <b>Movie</b> 9:00 – 10:30 am <b>Always Active Class</b> 10:00 – 11:00 am <b>Talk Show</b> 11:00 – 11:30 am <b>SF Connected Computer Class</b> 12:00 am – 2: 00 pm <b>Karaoke &amp; Ballroom Dance</b> 12:30 – 2:00 pm	<b>Line Dancing</b> 9:30 – 11:30 am <b>Talk Show</b> 11:00 – 11:30 am <b>Music Appreciation</b> 11:30 am – 12:30 pm <b>Karaoke</b> 12:30 – 2:00 pm	 <b>Movie</b> 9:00 – 10:30 am <b>Always Active Class</b> 10:00 – 11:00 am <b>Talk Show</b> 11:00 – 11:30 am <b>Karaoke &amp; Ballroom Dance</b> 12:30 – 2:00 pm 	<b>Qigong Exercise</b> 10:00 – 11:00 am <b>Talk Show</b> 11:00 - 11:30 am <b>Music Appreciation</b> 11:30 am – 12:30 pm <b>Karaoke &amp; Ballroom Dance</b> 12:30 – 2:00 pm
	1	2	3	4
		<b>HICAP Talk</b> 11:30 am - 12:30 pm	<b>Center Closed</b>	
7	8	9	10	11
	<b>Stress Management</b> 11:30am - 12:30pm			
14	15	16	17	18
<b>Columbus Day Center Closed</b>	<b>Field Trip</b> 1:30 -4:30 pm 	<b>Birthday Party</b> 9:30 am-12:30 pm 		
21	22	23	24	25
28	29	30	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.**