



Self-Help for the Elderly
安老自助處

JULY, 2020 Online Class

2020年七月份 網上課堂

Please visit the following website to sign up 請到以下網站報名登記

<https://www.sfchampss.org/virtual-classes/>

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
9:00-10:00 a.m. Healthy Brain & Alzheimer's Prevention (English) Only July,13	9:15-10:15 a.m. 電腦 / 手機好用的 軟件安裝及介紹 (粵語) 7月14,21,28日	10:00-11:00 a.m. Tai Chi 太極	10:00-11:00 a.m. Tai Chi 太極	9:15-10:15 a.m. 電腦 / 手機好用的 軟件安裝及介紹 (粵語) 7月17,24,31日	9:30-10:30 a.m. Forever Young Fitness Class 永遠年輕健身
9:00-10:00 a.m. High Blood Pressure Prevention & Management (English) Only July,20	10:00-11:00 a.m. Tai Chi 太極	10:30-11:30 a.m. Arts & crafts class 手工藝		10:00-11:00 a.m. Tai Chi 太極	
10:00-11:00 a.m. Tai Chi 太極	10:15-11:15 a.m. Computer class 電腦	10:30-11:30 a.m. English Class 英文	10:30-11:30 a.m. Line dance 排舞	10:00-11:00 a.m. Decoding Expiration Dates (English) (Tentative) July,24	10:00-11:00 a.m. Tai Chi 太極
10:30-11:30 a.m. Cooking class 烹飪	10:30-11:30 a.m. Line dance 排舞	10:30-11:30 a.m. 英文口語輕鬆學 Social English Discussion (粵語 和 英語) July, 15,22,29 7月15,22,29		10:00-11:00 a.m. Baduanijn 八段錦	
10:30-11:30 a.m. 健康的大腦和 老年癡呆症的預防 (粵語) 7月13日	1:00-2:00 p.m. Computer class 電腦	1:00-2:00 p.m. Computer class 電腦	10:30-11:30 a.m. Drawing class 繪畫	10:15-11:15 a.m. Computer class 電腦	
10:30-11:30 a.m. 血壓高預防與管理 (粵語) 7月20日	3:30-4:30 p.m. Cooking Class 廚樂無窮			1:00-2:00 p.m. Computer class 電腦	1:00-2:00 p.m. Computer class 電腦
11:00a.m. -12:00 p.m. Exercise class 運動		1:30-2:30 p.m. Exercise class 運動	1:30-2:30 p.m. Qigong class 氣功	1:00-2:00 p.m. Exercise class 運動	
1:30-2:30 p.m. Drawing class 繪畫		3:30-4:30 p.m. Health talk 健康探索	3:30-4:30 p.m. Story time 世語新語	3:30-4:30 p.m. Senior Exercise Class 長者伸展運動	
3:30-4:30 p.m. Senior Exercise Class 長者伸展運動					
Lady Shaw Senior Center (415) 677-7581	Manilatown Senior Center (415) 398-3250	South sunset Senior Center (415) 566-2845	Social Connection (415) 609-3992	Dignity Fung (415) 677-7571	
Geen Mun Senior Center (415) 391-3843	John King Senior Center (415) 239-9919	Jackie Chan Senior Center (415) 677-7571	Nutrition Consultant Instructor	San Mateo (415) 342-0822	

2020年7月菜單

星期一	星期二	星期三	星期四	星期五	星期六
		1 燕麥肉餅 青江菜 香蕉	2 蠔油彩椒牛肉 薯仔,洋蔥,紅蘿蔔 橙	3 獨立日 休息一天	4
6 沙茶焗魚 青瓜,紅蘿蔔 橙	7 柱侯醬焗豬肉 芥菜 香蕉	8 南乳焗雞上批 椰菜,紅蘿蔔 蘋果	9 蜜汁洋蔥焗豬扒 紹菜,紅蘿蔔 橙	10 芝麻醬焗火雞胸 豆仔,紅菜頭 橙	11
13 茄汁燴豬牛肉丸 紹菜,紅蘿蔔 橙	14 五香焗雞扒 白菜,紅蘿蔔 香蕉	15 梨醬焗豬肉 椰菜,紅蘿蔔 蘋果	16 燒汁焗魚塊 西蘭花,紅蘿蔔 橙	17 甜酸醬焗雞中翼 青江菜 蘋果	18
20 柚子醬燴雞肉丸 青豆,粟米,紅蘿蔔 蘋果	21 孜然豬扒 白蘿蔔,紅蘿蔔 香蕉	22 粟米焗魚塊 白菜 蘋果	23 冬菇蒸雞 芥菜 橙	24 豉汁蒸排骨 意大利瓜,紅菜頭 香蕉	25
27 蒜蓉焗魚塊 青豆,秋葵,紅蘿蔔 橙	28 香橙焗雞上批 椰菜花,義大利瓜 香蕉	29 番茄免治牛肉 白菜,紅蘿蔔 蘋果	30 馬蹄蒸肉餅 節瓜,紅蘿蔔 橙	31 糖醋焗雞中翼 芥菜 蘋果	

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。

July 2020 Menu

Mon	Tue	Wed	Thu	Fri	Sat
		1 Pork Patty w/ Oatmeal Shanghai Bok Choy Banana	2 Beef & Bell Pepper w/ Light Oyster Sauce Potato, Carrots & Onions Orange	3 Independence Day Center Closed	4
6 Baked Fish w/ Sha Cha Sauce Cucumber & Carrots Orange	7 Baked Pork w/ Che Hou Sauce Mustard Greens Banana	8 Baked Chicken Thigh w/ Nam Yue Sauce Cabbage & Carrots Apple	9 Baked Pork Chop w/ Onion & Honey Sauce Napa Cabbage Orange	10 Baked Turkey w/ Sesame Sauce Green Beans & Beets Orange	11
13 Braised Meatballs w/ Tomato Sauce Napa Cabbage & Carrots Orange	14 Baked Chicken Thigh w/ Five Spice Bok Choy & Carrots Banana	15 Baked Pork w/ Pear Sauce Cabbage & Carrots Apple	16 Baked Fish w/ BBQ Sauce Broccoli & Carrots Orange	17 Baked Chicken Wings w/ Sweet & Sour Sauce Shanghai Bok Choy Apple	18
20 Braised Chicken Meatballs w/ Citron Sauce Green Peas, Corn & Carrots Apple	21 Baked Pork Chop w/ Cumin Turnips & Carrots Banana	22 Baked Fish w/ Creamy Corn Bok Choy Apple	23 Steamed Chicken w/ Chinese Mushroom Mustard Greens Orange	24 Baked Spareribs w/ Black Bean Sauce Zucchini & Beets Banana	25
27 Baked Fish w/ Garlic Green Peas, Okra & Carrots Orange	28 Baked Chicken Thigh w/ Citrus Sauce Cauliflower & Zucchini Banana	29 Minced Beef w/ Tomato Sauce Bok Choy & Carrots Apple	30 Minced Pork Patty w/ Water Chestnut Fuzzy Melon & Carrots Orange	31 Baked Chicken Wings w/ Sweet Vinegar Mustard Greens Apple	

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.

Notice 通告

For public health and safety concerns, all Senior Center activities will be hosted online, Meal service will be available for **take-out**. Sorry for any inconveniences caused.

基於公眾健康及安全理由，
所有中心活動改為網上教學，
營養餐只提供 **外帶** 服務。
不便之處，敬請原諒。

Open Center / 開放中心：

Pick up time / 外帶時間 11:45AM -1:00PM

South Sunset Senior Center 日落康樂中心 2601 40th Avenue (415) 566-2845	Lady Shaw 邵逸夫爵士夫人康樂中心 1483 Mason Street (415) 677-7581
Geen Mun Senior Center 建民康樂中心 777 Stockton Street (415) 391-3843	Mendelsohn House 美德康樂中心 737 Folsom Street (415) 243-9018
Jackie Chan Senior center 成龍康樂中心 5757 Geary Boulevard (415) 677-7571	John King 金約翰康樂中心 500 Raymond Ave (415) 239-9919

Thank you for your understanding 謝謝您的諒解

SELF HELP FOR THE ELDERLY DEPARTMENT OF NUTRITION AND SENIOR CENTERS

安老自助處營養及康樂中心服務部

7 / 1 / 2020