

Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
	Jan-1	Jan-2	Jan-3	Jan-4	Jan-5	Jan-6
9:30-10:30					New Year's Day 元旦	Forever Young Fitness 永遠年輕健身
10:30-11:30						
11:30-12:30						
12:30-1:30						
1:30-2:30						
2:30-3:30						
3:30-4:30						
Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
	Jan-4	Jan-5	Jan-6	Jan-7	Jan-8	Jan-9
9:30-10:30	音樂欣賞 Music Appreciation	9:30-11:30 智能I.T.你問我答	音樂欣賞 Music Appreciation	智能I.T.你問我答 9:30-11:30	你講我講大家講 Group Discussion	Forever Young Fitness 永遠年輕健身
	齊來鬆一鬆 Exercises	开车交通安全常识 Driving Safety Education	跟娟姐學煮野 Cooking	10:00-11:00 Improver Line Dance	9:30-11:30 如何吃得對 Healthy Consumptions	
		平甩操練習 Exercises	動物世界 Wild Animals	平甩操練習 Exercises		
		轻松步行 Walk With Ease	10:00-11:00 排舞 Dance	轻松步行 Walk With Ease		轻松步行 Walk With Ease
10:30-11:30	安森藍十字 醫療保險計劃 2021 Anthem Health Plan 2021	靜心講座 Stress Relief Discussion	齊齊唱出好音樂 Music Appreciation	中醫養生保健 Chinese Herbs	八段錦 Ba Duan Jin	
	10:30-1:30 經典劇集《真情》 Classic Drama	健康运动班	英語口語輕鬆學 English Class	动一动 Exercises	齊齊唱出好音樂 Music Appreciation	11:00- 12:00 電腦Q&A
		10:30-1:30 經典劇集《真情》 Classic Drama	SM 10:00-11:00 Beginner's Line Dance	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama
	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	
11:30-12:30	11:30-1:30 電影分享大全/健康知多少 Health Shows	社聯網快訊 News Update	靜心講座 Stress Relief Discussion	11:30-1:30 電影分享大全/健康知多少 Health Shows		
			MH 國學世界 Geographics			
12:30-1:30	生活隨意煮 Cooking	人體醫學大百科 Encyclopedia of Science	做自己健康責任人 Health Management	人體醫學大百科 Encyclopedia of Science	健康生活知多D Healthy Living	
	健康知多少 Health talk	健康知多少 Health talk	健康知多少 Health talk		生活常識+運動 Simple Exercise Info	
					健康知多少 Health talk	
1:30-2:30	英語會話班 English Class	SFPD Workshop	1:30-3:30 排舞 Dance	1:30-3:30 氣功 Qi Gong	煮食新創意 Cooking Ideas	
		基本經絡穴位探討 Acupoint Discussion	靜心講座 Stress Relief Discussion			稅務講解 Tax Information
2:30-3:30	健康運動 Healthy Exercises	廚樂無窮 Cooking	椅子運動 Chair Exercise	健康運動 Healthy Exercises	世界這麼大 Exploring The World	
	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	2:30-4:30 明星演唱會 Concert	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	2:30-4:30 明星演唱會 Concert	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	
3:30-4:30	(3:30 - 5:00pm) 古今奇案 Cases	(3:00 - 5:00pm) 世說新語 Story Time	(3:30 - 5:00pm) 健康探索 Health Topics	(3:30 - 5:00) 金曲欣賞 Music Appreciation	(3:30 - 5:00pm) 梨園春秋 Gardening	

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	Jan-11	Jan-12	Jan-13	Jan-14	Jan-15	Jan-16
9:30-10:30	音樂欣賞 Music Appreciation	智能I.T.你問我答 9:30-11:30	音樂欣賞 Music Appreciation	智能I.T.你問我答 9:30-11:30	你講我講大家講 Group Discussion	Forever Young Fitness 永遠年輕健身
	齊來鬆一鬆 Exercises	10:00-11:00 Beginner's Line Dance	趣味剪紙 Arts & Craft	10:00-11:00 Improver Line Dance	9:30-11:30 如何吃得對 Healthy Consumptions	
		平甩操練習 Exercises	動物世界 Wild Animals	平甩操練習 Exercises		10:00 - 11:00 Knit and Chat
10:30-11:30	AAMG Workshop	健康运动班 Exercises	齊齊唱出好音樂 Music Appreciation	中醫養生保健 Chinese Herbs	齊齊唱出好音樂 Music Appreciation	
		寶果運動 Bingocize	英語口語輕鬆學 English Class	動一動 Exercises	八段錦 Ba Duan Jin	
		10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation
	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	
	11:30-12:30	電影分享大全/健康知多少 Health Shows	定心 Q&A	國學世界 Geographics	11:30-1:30 電影分享大全/健康知多少 Health Shows	太極 TAI CHI
12:30-1:30	生活隨意煮 Cooking	人體醫學大百科 Encyclopedia of Science	做自己健康責任人 Health Management	人體醫學大百科 Encyclopedia of Science	健康生活知多D Healthy Living	
	健康知多少 Health talk	健康知多少 Health talk	健康知多少 Health talk		生活常識+運動 Simple Exercise Info	WP 健康知多少 Health talk
1:30-2:30	英語會話班 English Class	房屋諮詢講座 DAHLIA Housing Workshop	受害者服務, 金融騙局, 人身安全 Victim Service/ Scams	1:30-3:30 氣功 Qi Gong	煮食新創意	
		基本經絡穴位探討 Acupoint Discussion	1:30-3:30 排舞 Dance		靜心講座 Stress Relief Discussion	稅務講解 Tax Information
2:30-3:30	健康運動 Healthy Exercises	廚樂無窮 Cooking	椅子運動 Chair Exercise	健康運動 Healthy Exercises	(3:30 - 4:30pm) 梨園春秋 Gardening	
	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	2:30-4:30 明星演唱會 Concert	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	健康知多少 Health talk		
3:30-4:30	(3:30 - 5:00pm) 古今奇案 Cases	(3:00 - 5:00pm) 世說新語 Story Time	(3:30 - 5:00pm) 健康探索 Health Topics	(3:30 - 5:00) 金曲欣賞 Music Appreciation	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	
Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
	Jan-18	Jan-19	Jan-20	Jan-21	Jan-22	Jan-23
9:30-10:30		智能I.T.你問我答 9:30-11:30	音樂欣賞 Music Appreciation	智能I.T.你問我答 9:30-11:30	你講我講大家講 Group Discussion	Forever Young Fitness 永遠年輕健身
		10:00-11:00 Beginner's Line Dance	跟媽姐學煮野 Cooking	10:00-11:00 Improver Line Dance	9:30-11:30 如何吃得對 Healthy Consumptions	
		平甩操練習 Exercises	動物世界 Wild Animals	平甩操練習 Exercises		
		輕鬆步行 Walk With Ease	10:00-11:00 排舞 Dance	輕鬆步行 Walk With Ease	輕鬆步行 Walk With Ease	
10:30-11:30		靜心講座 Meditation Class	齊齊唱出好音樂 Music Appreciation	園藝分享 Gardening Info	齊齊唱出好音樂 Music Appreciation	11:00- 12:00 電腦Q&A
		健康运动班 Exercises	英語口語輕鬆學 English Class		八段錦 Ba Duan Jin	
		10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	
		10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	
		寶果運動 Bingocize	寶果運動 Bingocize	寶果運動 Bingocize	寶果運動 Bingocize	

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	Jan-18	Jan-19	Jan-20	Jan-21	Jan-22	Jan-23
11:30-12:30	Martin Luther King, Jr. Day 馬丁·路德·金紀念日		靜心講座 Stress Relief Discussion	11:30-1:30 電影分享大全/健康知多少 Health Shows	太極 TAI CHI	
			國學世界 Geographics			
12:30-1:30		健康知多少 Health talk	健康知多少 Health talk	人體醫學大百科 Encyclopedia of Science	健康知多少 Health talk	
		人體醫學大百科 Encyclopedia of Science	做自己健康責任人 Health Management		健康生活知多D Healthy Living	
1:30-2:30		SFPD Workshop	靜心講座 Stress Relief Discussion	1:30-3:30 氣功 Qi Gong	煮食新創意 Cooking Ideas	
		基本經絡穴位探討 Acupoint Discussion	1:30-3:30 排舞 Dance			
2:30-3:30		廚樂無窮 Cooking	椅子運動 Chair Exercise	健康運動 Healthy Exercises	世界這麼大 Exploring The World	
		2:30-4:30 明星演唱會 Concert	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	2:30-4:30 明星演唱會 Concert	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	
3:30-4:30		(3:00 - 5:00pm) 世說新語 Story Time	(3:30 - 5:00pm) 健康探索 Health Topics	(3:30 - 5:00) 金曲欣賞 Music Appreciation	(3:30 - 5:00pm) 梨園春秋 Gardening	
Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
	Jan-25	Jan-26	Jan-27	Jan-28	Jan-29	Jan-30
9:30-10:30	音樂欣賞 Music Appreciation	10:00-11:00 Beginner's Line Dance	音樂欣賞 Music Appreciation	智能I.T.你問我答 9:30-11:30	你講我講大家講 Group Discussion	Forever Young Fitness 永遠年輕健身
	齊來鬆一鬆 Exercises	平甩操練習 Exercises	趣味剪紙 Arts & Craft	10:00-11:00 Improver Line Dance	9:30-11:30 如何吃得對 Healthy Consumptions	10:00 - 11:00 Knit and Chat
10:30-11:30	AAMG Workshop	健康運動班 Exercises	齊齊唱出好音樂 Music Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	輕鬆步行 Walk With Ease	輕鬆步行 Walk With Ease
	10:30-12:00 綜藝節目 Variety Show Appreciation	10:30-12:00 綜藝節目 Variety Show Appreciation	英語口語輕鬆學 English Class		八段錦 Ba Duan Jin	
	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-1:30 經典劇集《真情》 Classic Drama	10:30-12:00 綜藝節目 Variety Show Appreciation		10:30-12:00 綜藝節目 Variety Show Appreciation	
11:30-12:30	11:30-1:30 電影分享大全/健康知多少 Health Shows	做個開心快活人 Be a Jolly Person	靜心講座 Stress Relief Discussion	11:30-1:30 電影分享大全/健康知多少 Health Shows	太極 TAI CHI	
	太極 TAI CHI		國學世界 Geographics			
12:30-1:30	生活隨意煮 Cooking Information	人體醫學大百科 Encyclopedia of Science	做自己健康責任人 Health Management	人體醫學大百科 Encyclopedia of Science	健康生活知多D Healthy Living	
	健康知多少 Health talk	健康知多少 Health talk	健康知多少 Health talk		生活常識+運動 Simple Exercise Info	
1:30-2:30	英語會話班 English Class	基本經絡穴位探討 Acupoint Discussion	靜心講座 Stress Relief Discussion	1:30-3:30 氣功 Qi Gong	煮食新創意 Cooking Ideas	
			1:30-3:30 排舞	駕駛左轉安全知識 Drive Safe (Left-turns)	稅務講解 Chinese New Comer	
2:30-3:30	健康運動 Healthy Exercises	廚樂無窮 Cooking	椅子運動 Chair Exercise	健康運動 Healthy Exercises	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	
	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	2:30-4:30 明星演唱會 Concert	2:30-4:30 精選鋼琴曲欣賞 Piano Appreciation	2:30-4:30 明星演唱會 Concert	(3:30 - 4:30pm) 梨園春秋 Gardening	
3:30-4:30	(3:30 - 5:00pm) 古今奇案 Cases	(3:00 - 5:00pm) 世說新語 Story Time	(3:30 - 5:00pm) 健康探索 Health Topics	(3:30 - 5:00) 金曲欣賞 Music Appreciation	食得有“營”(3:30 - 5:00) Eat healthy & be wealthy	

Classes and activities are subject to change. Contact Mr. Liu (415) 677-7607  
課程和活動可能會變動,有關活動詳情請向 劉先生 查詢 電話:(415) 677-7607

# 2021年1月菜單

星期一	星期二	星期三	星期四	星期五	星期六
				1 新年元旦日 休息一天	2 豉汁雞扒飯 西蘭花 蘋果
4 羅勒香草汁燴雞肉丸 青豆,粟米,紅蘿蔔 橙	5 京都豬扒 白蘿蔔,紅蘿蔔 香蕉	6 粟米焗魚塊 白菜 蘋果	7 冬菇雲耳蒸雞 芥菜 香蕉	8 柚子醬焗排骨 意大利瓜,紅蘿蔔 橙	9 茄汁豬排意粉 椰菜 香蕉
11 蒜香焗魚塊 青豆,羊角豆,紅蘿蔔 橙	12 檸檬蜜糖焗雞上肚 椰菜花,意大利瓜 香蕉	13 番茄免治牛肉 黃瓜,紅蘿蔔 蘋果	14 榨菜蒸肉餅 節瓜,紅蘿蔔 橙	15 豉油王焗雞中翼 芥菜 蘋果	16 洋蔥豬排飯 椰菜 橙
18 馬丁·路德·金紀念日 休息一天	19 味噌焗雞 豆仔,紅蘿蔔 橙	20 冬菜焗魚塊 紹菜,紅蘿蔔 蘋果	21 南瓜醬炆豬肉 小椰菜,紅蘿蔔 香蕉	22 蔥花蠔汁燴火雞肉丸 紫椰菜,紅菜頭 橙	23 黑椒雞扒意粉 西蘭花 蘋果
25 瑞士雞翼 西蘭花,椰菜花 蘋果	26 蠔油冬菇焗魚塊 黃瓜 橙	27 馬蹄粟米焗肉餅 青江菜 香蕉	28 蠔油彩椒牛肉 薯仔,洋蔥,紅蘿蔔 蘋果	29 沙羌焗雞下肚 青豆,羊角豆,紅蘿蔔 橙	30 豉汁雞扒飯 西蘭花 蘋果

晚餐服務(星期一至星期五)於成龍中心及建民中心供應

星期六營養餐(下午12:30至下午1:30) 僅限於建民中心供應

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。



## January 2021 Menu

Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>New Year's Day</b>  <b>Center Closed</b>	2 <b>Soy Sauce Chicken w/ Rice</b>  <b>Broccoli</b>  <b>Apple</b>
4 <b>Braised Chicken Meatballs w/ Basil Pesto Sauce</b>  <b>Green Peas, Corn &amp; Carrots</b>  <b>Orange</b>	5 <b>Peking Pork Chop</b>  <b>Turnips &amp; Carrots</b>  <b>Banana</b>	6 <b>Baked Fish w/ Creamy Corn</b>  <b>Bok Choy</b>  <b>Apple</b>	7 <b>Baked Chicken w/ Chinese Mushroom &amp; Black Fungus</b>  <b>Mustard Greens</b>  <b>Banana</b>	8 <b>Baked Pork Spareribs w/ Citron Sauce</b>  <b>Zucchini &amp; Carrots</b>  <b>Orange</b>	9 <b>Tomato Sauce Pork Chop w/ Spaghetti</b>  <b>Cabbage</b>  <b>Banana</b>
11 <b>Baked Fish w/ Garlic</b>  <b>Green Peas, Okra &amp; Carrots</b>  <b>Orange</b>	12 <b>Baked Chicken Thigh w/ Citrus &amp; Honey Sauce</b>  <b>Cauliflower &amp; Zucchini</b>  <b>Banana</b>	13 <b>Minced Beef w/ Tomato Sauce</b>  <b>Yellow Squash &amp; Carrots</b>  <b>Apple</b>	14 <b>Minced Pork Patty w/ Preserved Vegetables</b>  <b>Fuzzy Melon &amp; Carrots</b>  <b>Orange</b>	15 <b>Baked Chicken Wings w/ Soy Sauce</b>  <b>Mustard Greens</b>  <b>Apple</b>	16 <b>Onion Pork Chop w/ Rice</b>  <b>Cabbage</b>  <b>Orange</b>
18 <b>Martin Luther King, Jr. Day</b>  <b>Center Closed</b>	19 <b>Baked Chicken w/ Miso</b>  <b>Green Beans &amp; Carrots</b>  <b>Orange</b>	20 <b>Baked Fish w/ Preserved Vegetables</b>  <b>Napa Cabbage &amp; Carrots</b>  <b>Apple</b>	21 <b>Braised Pork w/ Pumpkin</b>  <b>Brussel Sprout &amp; Carrots</b>  <b>Banana</b>	22 <b>Braised Turkey Meatballs w/ Green Onion &amp; Light Oyster Sauce</b>  <b>Purple Cabbage &amp; Beets</b>  <b>Orange</b>	23 <b>Black Pepper Chicken w/ Spaghetti</b>  <b>Broccoli</b>  <b>Apple</b>
25 <b>Baked Chicken Wings w/ Swiss Sauce</b>  <b>Broccoli &amp; Cauliflower</b>  <b>Apple</b>	26 <b>Baked Fish w/ Light Oyster Sauce &amp; Chinese Mushroom</b>  <b>Yellow Zucchini</b>  <b>Orange</b>	27 <b>Pork Patty w/ Water Chestnut &amp; Corn</b>  <b>Shanghai Bok Choy</b>  <b>Banana</b>	28 <b>Beef &amp; Bell Pepper w/ Light Oyster Sauce</b>  <b>Potatoes, Onion &amp; Carrots</b>  <b>Apple</b>	29 <b>Baked Chicken Drumstick w/ Ginger</b>  <b>Green Peas, Okra &amp; Carrots</b>  <b>Orange</b>	30 <b>Soy Sauce Chicken w/ Rice</b>  <b>Broccoli</b>  <b>Apple</b>

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

**Brunch program (from 12:30PM - 1:30PM) is ONLY available at Geen Mun 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.



**SF CONNECTED VIRTUAL CLASS SCHEDULE**  
**安老自助處年長者 網上只能手機/平板電腦班 (蘋果 iPhone/ iPad)**  
**Lớp học iPhone/iPad trực tuyến qua Zoom**

Instructor 教員 Giáo viên	Language 語言 Ngôn ngữ	Center 中心 Cơ sở	Time and Date 時間表 Lịch học	Level 程度 Trình độ
1 Jin Tran	Cantonese	ECC	Every Monday: 10:00 AM -12:00 PM	Beginners
	Cantonese	Lady Shaw	Every Monday: 12:30 PM - 2:30 PM	Intermediate
	Cantonese	Western Apartment	Every Friday: 10:00 AM - 12:00 PM	Beginners
	Vietnamese	Curry Senior Center	Every Wednesday: 10:00 AM - 12:00 PM	Beginners
	Cantonese, Vietnamese, English	Limited one on one tutoring available upon reservation 個人輔導 - 請打電話預約 Phụ đạo cá nhân - xin liên lạc theo thông tin bên dưới		
2 John Nguyen	Vietnamese	Limited one on one tutoring available upon reservation Phụ đạo cá nhân - xin liên lạc theo thông tin bên dưới		
3 Linda Hong	Cantonese	CAPP	Every Wednesday: 1:00 PM - 2:30 PM	Mixed levels
	Cantonese	OMI	Every Tuesday: 10:00 AM - 11:30 AM	Beginners
	Cantonese	OMI	Every Wednesday: 10:00 AM - 11:30 AM	Advanced
	Cantonese	OMI	Every Wednesday: 2:30 PM - 4:00 PM	Intermediate
	Cantonese	Jackie Chan	Every Tuesday: 1:00 PM - 2:30 PM	Advanced
	Cantonese	Jackie Chan	Every Tuesday: 2:30 PM - 4:00 PM	Intermediate
4 Ringo Kwok	Cantonese	Lady Shaw	Every Friday: 9:30 AM - 11:30 AM	Intermediate
	Cantonese	West Portal Club House	Every Friday: 1:30 PM - 3:30 PM	Beginners
	Cantonese		Every Thursday: 9:30 AM - 11:30 AM	Beginners
	Cantonese	Limited one on one tutoring available upon reservation 個人輔導 - 請打電話預約		
5 Sam Lu	Cantonese	Jackie Chan	Every Thursday: 1:30 PM - 3:00 PM	Beginners
	Cantonese	Jackie Chan ADS	Every Thursday: 3:00 PM - 4:00 PM	Beginners
	Cantonese	OMI	Every Friday: 2:00 PM - 4:00 PM	Beginners

For registration process, please contact Jin Tran at 415-677-7529 (voicemail available)

請聯絡 Jin Tran 為登記報名 · 電話號碼 415-677-7529 ( 可以留音 )

Để biết thêm thông tin chi tiết của lớp học vi tính, xin liên lạc Trinh 415-677-7529 (có thể lưu thoại nếu máy bận)