

June 2026 Menu

Mon	Tue	Wed	Thu	Fri	Sat
1 Braised Beef Meatballs with Garlic Alfredo Sauce Green Beans & Carrots Orange	2 Baked Chicken Party Wings with Honey Mustard Sauce Bok Choy & Straw Mushroom Apple	3 Baked Pork Spareribs w/Red Fermented Bean Curd Sauce Green Peas and Okra w/Carrots Mandarin Orange	4 Baked Fish w/Satay Sauce Green Cabbage, Carrot Banana	5 Baked Shredded Chicken w/Pineapple Sauce Green Beans & Beets Orange	6 Steamed Pork Patty with Preserved Vegetables Broccoli, Celery, Bok Choy & Cabbage Banana
8 Baked Ground Turkey with Country White Sauce Zucchini & Yellow Squash Orange	9 Beef Patty w/Chu Hou Sauce Broccoli & Carrots Apple	10 Baked Pork Chop w/ Onion & Black Pepper Sauce Shanghai Bok Choy with Carrots Banana	11 Baked Fish with Peppercorn Sauce Cauliflower with Carrots Apple	12 Baked Chicken Drumette with Hot Garlic Sauce Broccoli & Carrots Orange	13 Spaghetti with Ground Beef and Tomato Sauce *Allergens: Wheat, Cheese Broccoli, Celery, Carrots, Tomato & Onion Banana
15 Baked Chicken Thigh with Tomato & Cheese Sauce Cauliflower with Red Bell Pepper Banana	16 Baked Pork Spareribs with Garlic & Black Bean Sauce Napa Cabbage with Carrots Orange	17 Zong Zi (Contains: Pork Belly, Mung Beans, Chinese Sausage, Sticky Rice) Green Cabbage & Carrots Mandarin Orange	18 Baked Chicken Quarter Leg with Honey-Garlic Sauce Green Bell Pepper and Mushroom Banana	19 Beef with Sha Cha Sauce Mustard Greens Orange	20 Stir-Fried Beef with Ginger & Green Onion Broccoli, Carrot, Zucchini & Onion Apple
22 Minced Pork Patty w/Vermicelli & Waterchestnut Broccoli and Kale Apple	23 Braised Turkey Thigh with Smokey Style BBQ Sauce Cauliflower with Carrots Orange	24 Baked Fish w/Creamy Corn Green Cabbage, Baby Corn Banana	25 Beef with Shitake Mushroom & Oyster Sauce Fuzzy Melon with Carrots Orange	26 Baked Chicken with Preserved Vegetables Bok Choy, Carrots Banana	27 Spare Ribs with Black Bean Sauce Broccoli, Celery, Carrots & Cabbage Orange
29 Baked Chicken Party Wings w/ Thai Style Spicy & Sour Sauce Green Peas, Corn with Carrots Orange	30 Baked Fish w/ Cilantro & Miso Sauce Shanghai Bok Choy, Carrots Apple				

Dine in Only - First Come, First Served

We serve Saturday meals at Geen Mun and Jackie Chan Senior Center from 11:30AM - 12:30PM.

Please note seasonal fruits may be used in place of fruit listed on the menu

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.

2026年6月菜單

星期一	星期二	星期三	星期四	星期五	星期六
1 意式蒜末白汁焗牛肉丸 四季豆, 紅蘿蔔 橙	2 蜂蜜芥末醬焗雞翼 白菜, 草菇 蘋果	3 南乳焗排骨 青豆, 紅蘿蔔, 秋葵 柑	4 沙爹醬焗魚塊 椰菜, 紅蘿蔔 香蕉	5 鳳梨醬焗雞絲 四季豆, 紅菜頭 橙	6 梅菜蒸肉餅飯 西蘭花, 芹菜, 白菜, 椰菜 香蕉
8 美式白汁焗火雞鬆 青意瓜, 黃意瓜 橙	9 柱侯汁焗牛肉餅 西蘭花, 紅蘿蔔 蘋果	10 洋蔥黑椒汁焗豬扒 青江菜, 紅蘿蔔 香蕉	11 花椒汁焗魚塊 椰菜花, 紅蘿蔔 蘋果	12 辣蒜汁焗雞翼腩 西蘭花, 紅蘿蔔 橙	13 肉醬(牛)意粉 *過敏原: 小麥, 芝士 西蘭花, 芹菜, 紅蘿蔔, 番茄, 洋葱 香蕉
15 茄汁芝士焗雞扒 椰菜花, 紅椒 香蕉	16 蒜蓉豉汁焗排骨 紹菜, 紅蘿蔔 橙	17 粽子 椰菜, 紅蘿蔔 柑	18 蒜香蜜汁焗雞全髀 青椒, 蘑菇 香蕉	19 沙茶醬焗牛肉 芥菜 橙	20 薑蔥炒牛肉飯 西蘭花, 紅蘿蔔, 青瓜, 洋葱 蘋果
22 粉絲馬蹄焗豬肉餅 西蘭花, 羽衣甘藍 蘋果	23 燒烤醬煙焗火雞肉 椰菜花, 紅蘿蔔 橙	24 奶油玉米汁焗魚塊 椰菜, 粟米仔 香蕉	25 蠔油香菇焗牛肉 節瓜, 紅蘿蔔 橙	26 榨菜焗雞 白菜, 紅蘿蔔 香蕉	27 豉汁蒸排骨飯 西蘭花, 芹菜, 紅蘿蔔, 椰菜 橙
29 泰式酸辣醬焗雞翼 青豆, 紅蘿蔔, 粟米 橙	30 香菜味噌焗魚塊 青江菜, 紅蘿蔔 蘋果				

僅限堂食 - 先到先得

我們在建民中心及成龍中心供應星期六營養餐(上午11:30至下午12:30).

請注意菜單上的水果可能會以時令水果代替

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。











Geneva Community Center

5050 Mission Street, Suite C, San Francisco, CA 94112 Tel: (415) 347-7194

JUNE 2026 Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
Senior Fitness 9:30-11:30AM  Karaoke  12:00-2:30PM 	Senior Fitness 9:30-11:30AM Game Time 11:30-12:00PM  Karaoke  12:00-2:30PM Happy Pedal Exercise 12:00-2:30PM	Senior Fitness 9:30-11:30AM	Tai Chi Class 9:30-10:30AM Music Appreciation 12:00-2:30PM Happy Appreciation 12:00-2:30PM Everyone Loves Line Dancing 12:30-2:00PM	Senior Fitness 9:30-11:30AM Karaoke  12:00-2:30PM  Bingo 12:30-1:30PM
1	2 Center closed on Election Day	3	4	5
8	9 Nutrition Education 11:30-12:30PM	10	11	12
15	16	17	18	19 Birthday Party  11:30-12:00 PM
22 PG&E Workshop 11:30-12:30PM	23	24	25	26
29	30			



Sponsored by Self-Help for the Elderly & partially funded by the Department of Disability and Aging Services and other donors.

Please check with Center Coordinator for more information about our programs and activities.



星期一	星期二	星期三	星期四	星期五
<p>長者健身操 9:30-11:30 AM</p> <p>卡啦OK 12:00 – 2:30 PM</p> 	<p>長者健身操 9:30-11:30AM</p> <p>遊戲時間 11:30-12:00PM</p> <p>卡啦OK 12:00-2:30PM</p> <p>快樂腳踏運動 12:00-2:30PM</p>	<p>長者健身操 9:30-11:30AM</p>	<p>太極班 9:30-10:30AM</p> <p>金曲迴響 12:00-2:30PM</p> <p>快樂腳踏運動 12:00-2:30PM</p> <p>人人愛排舞 12:30-2:00PM</p>	<p>長者健身操 9:30-11:30AM</p> <p>卡啦OK 12:00-2:30PM</p> <p>寶果遊戲 12:30-1:30PM</p>
1	2 選舉日中心休息	3	4	5
8	9 營養講座 11:30-12:30PM	10	11	12
15	16	17	18	19 生日會 11:30-12:00PM 
22 PG&E 講座 11:30-12:30PM	23	24	25	26
29	30			

Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time	Jun-1	Jun-2	Jun-3	Jun-4	Jun-5	Jun-6
9:30-10:30		10:00-11:00 初級綫舞班 Beginner Line Dance			9:30-10:30 你講我講大家講 Group Diussion	9:30-10:30 永遠年輕健身 Forever Young Fitness
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		10:00-11:00 太極 Taichi	
11:30-12:30			11:30-12:30 社聯網快訊 Community info updates		10:30-11:30 齊齊唱出好音樂 Singing Class	
12:00-1:00			12:00-1:00 越食越健康 Eat&Health			
1:30-3:30	1:30-3:30 英語會話班 English Class					
Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	
Time	Jun-8	Jun-9	Jun-10	Jun-11	Jun-12	Jun-13
9:30-10:30		10:00-11:00 初級綫舞班 Beginner Line Dance			9:30-10:30 你講我講大家講 Group Diussion	
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		10:00-11:00 太極 Taichi	
11:30-12:30		11:30 -12:30 營養講座	11:30-12:30 Stress Relief 定心Q&A		10:30-11:30 齊齊唱出好音樂 Singing Class	
1:30-3:30	1:30-3:30 英語會話班 English Class		12:00-1:00 越食越健康 Eat&Health			

Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time	Jun-15	Jun-16	Jun-17	Jun-18	Jun-19	Jun-20
9:30-10:30		10:00-11:00 初級綫舞班 Beginner Line Dance			9:30-10:30 你講我講大家講 Group Diussion	9:30-10:30 永遠年輕健身 Forever Young Fitness
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		10:00-11:00 太極 Taichi	
11:30-12:30					10:30-11:30 齊齊唱出好音樂 Singing Class	
1:30-3:30	1:30-3:30 英語會話班 English Class		12:00-1:00 越食越健康 Eat&Health			
				2:00-3:00 Kaiser Permanente 健康講座 KP health Education		
Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Time	Jun-22	Jun-23	Jun-24	Jun-25	Jun-26	Jun-27
9:30-10:30		10:00-11:00 初級綫舞班 Beginner Line Dance			9:30-10:30 你講我講大家講 Group Diussion	9:30-10:30 永遠年輕健身 Forever Young Fitness
10:30-11:30	10:30-11:30 健康資訊講座 Health Education		10:30-11:30 齊齊唱出好音樂 Singing Class		10:00-11:00 太極 Taichi	
11:30-12:30			11:30-12:30 定心講座 Stress Relief		10:30-11:30 齊齊唱出好音樂 Singing Class	
1:30-3:30	1:30-3:30 英語會話班 English Class		12:00-1:00 越食越健康 Eat&Health			

Date	Monday 星期一	Tuesday 星期二				
Time	Jun-29	Jun-30				
9:30-10:30						
10:30-11:30	10:30-11:30 健康資訊講座 Health Education					
11:30-12:30						
1:30-3:30	1:30-3:30 英語會話班 English Class					

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安老自助處主辦。服務經費部份由三藩市殘障人士及長者服務部及其他機構贊助。

Classes and activities are subject to change. Contact Benny Chan (415) 677-7607
課程和活動可能會變動,有關活動詳情請向陳先生查詢。查詢電話:(415) 677-7607



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services