

2025年4月菜單

星 期 一	星 期 二	星 期 三	星 期 四	星 期 五	星 期 六
	1 咖喱叻沙焗雞扒 紹菜, 紅椒 蘋果	2 粟米奶油焗魚塊 椰菜, 紅蘿蔔 橙	3 香檸焗雞全脾 青椒, 蘑菇 香蕉	4 南瓜醬焗豬肉 芥菜 橙	5 豉汁雞扒飯 椰菜, 紅蘿蔔 蘋果
7 糖醋焗魚塊 西蘭花, 紅蘿蔔 蘋果	8 梅菜香菇焗豬肉餅 椰菜花, 紅蘿蔔 橙	9 粟米滑蛋焗牛肉 椰菜, 粟米仔 香蕉	10 肉汁焗火雞 菠菜, 鷹嘴豆 桔	11 沙茶醬焗雞 白菜, 紅蘿蔔 香蕉	12 茄汁豬排意粉 椰菜 蘋果
14 五香焗雞翼 紹菜, 紅蘿蔔 橙	15 香菜味噌焗魚塊 青江菜 蘋果	16 黑椒洋蔥焗豬扒 青豆, 粟米, 紅蘿蔔 柑	17 蘋果肉桂焗雞上比 白蘿蔔, 紅蘿蔔 香蕉	18 香茅焗牛肉鬆 紫椰菜, 紅菜頭 蘋果	19 黑椒雞扒飯 椰菜, 紅蘿蔔 蘋果
21 燒烤醬焗火雞 西蘭花, 紅蘿蔔 蘋果	22 蒜蓉豆豉焗排骨 羽衣甘藍, 椰菜, 紅蘿蔔 橙	23 奶油蘑菇汁焗魚塊 白菜, 紅蘿蔔 香蕉	24 蒙古牛肉 紅椒, 青椒 橙	25 葡汁焗雞肉 椰菜, 毛豆 蘋果	26 洋蔥豬排飯 椰菜 橙
28 意式茄醬焗豬肉丸 青豆, 秋葵, 紅蘿蔔 橙	29 味噌醬焗魚塊 白菜, 紅蘿蔔 蘋果	30 孜然焗雞翼 西蘭花, 紅蘿蔔 橙			

從 2024 年 10 月 5 日開始, 我們已恢復在建民中心及成龍中心供應的星期六營養餐(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。

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

April 2025 Menu

Mon	Tue	Wed	Thu	Fri	Sat
	1 Baked Chicken Thigh with Curry Laksa Napa Cabbage, Red Pepper Apple	2 Baked Fish with Creamy Corn Green Cabbage, Carrots Orange	3 Baked Chicken Quarter Leg with Lemon Sauce Green Bell Pepper & Mushroom Banana	4 Baked Pork with Pumpkin Sauce Mustard Greens Orange	5 Soy Sauce Chicken w/ Rice Cabbage & Carrots Apple
7 Baked Fish with Sweet Vinegar Broccoli, Carrots Apple	8 Minced Pork Patty with Preserved Vegetables & Shitake Mushroom Cauliflower, Carrots Orange	9 Beef with Corn & Scrambled Egg Green Cabbage & Baby Corn Banana	10 Braised Turkey Thigh with Gravy Sauce Garbanzo Bean & Spinach Mandarin Orange	11 Baked Chicken with Sha Cha Sauce Bok Choy, Carrots Banana	12 Tomato Sauce Pork Chop w/ Spaghetti Cabbage Apple
14 Baked Chicken Wings w/Five-Spice Sauce Napa Cabbage, Carrots Orange	15 Baked Fish w/Cilantro & Miso Sauce Shanghai Bok Choy Apple	16 Baked Pork Chop w/Onion & Black Pepper Sauce Green Peas, Carrots & Corn Mandarin Orange	17 Baked Chicken Thigh w/Apple Cinnamon Sauce Turnips & Carrots Banana	18 Minced Beef w/Lemongrass Sauce Beets & Purple Cabbage Apple	19 Black Pepper Chicken w/ Rice Cabbage & Carrots Apple
21 Baked Turkey Thigh w/BBQ Sauce Broccoli, Carrots Apple	22 Baked Pork Spareribs w/Garlic & Black Bean Sauce Kale, Cabbage, Carrots Orange	23 Baked Fish w/Creamy Mushroom Sauce Bok Choy, Carrots Banana	24 Mongolian Beef Red & Green Bell Pepper Orange	25 Baked Chicken w/Portuguese Sauce Green Cabbage, Edamame Apple	26 Onion Pork Chop w/ Rice Cabbage Orange
28 Braised Meatballs w/Marinara Sauce Green Peas & Okra, Carrots Orange	29 Baked Fish w/Miso Sauce Bok Choy, Carrots Apple	30 Baked Chicken Wings w/Cumin Sauce Broccoli & Carrots Orange			

Effective October 5, 2024, the Saturday Brunch program (from 11:30AM - 12:30PM) has resumed at Geen Mun and Jackie Chan Senior Center

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.

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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資助機構贊助。

2025年四月份活動



星期一	星期二	星期三	星期四	星期五
六通拳 9:00 AM- 9:30 AM 社交舞班 9:15 AM - 11:15 AM 乒乓球 10:30 AM - 4:00 PM  	六通拳 9:00 AM- 9:30 AM 初級綫舞班 (網課) 10:00 AM - 11:00 AM 麻將 10:00 AM - 4:00 PM 戲曲 10:00 AM - 4:00 PM 社交舞班 1:30 PM - 3:30 PM	六通拳 9:00 AM- 9:30 AM 拉丁舞班 9:30 AM - 11:30 AM 卡拉OK 10:00 AM - 4:00 PM 社交舞班 1:30 PM - 3:30 PM 	六通拳 9:00 AM- 9:30 AM 拉丁舞班 9:30 AM - 11:30 AM 麻將 1:00 PM - 4:00 PM 京劇 1:30 PM - 4:00 PM 	六通拳 9:00 AM- 9:30 AM 現代/傳統歌曲 9:30 AM - 11:30 AM 中級綫舞班 9:30 AM - 11:30 AM 乒乓球 1:30 PM- 4:00 PM
1	2	3	4	5
7	8	9	10 	11 春宴@彩苑餐廳
14	15	16	17	18
21	22 四月生日聚會 1:00 PM to 3:00 PM	23	24	25
28	29	30		

請向中心經理查詢有關活動詳情。

網上登記課程: <https://www.sfchampss.org/virtual-classes/>



San Mateo Activity Center Activity Schedule
 50 East Fifth Avenue, San Mateo, CA 94401 Tel: (650) 342-0822

APRIL 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Luk Tung Kuen 9:00 AM - 9:30 AM Social Dance 9:15 AM - 11:15 AM Table Tennis 10:30 AM - 4:00 PM ☐ 	Luk Tung Kuen 9:00 AM - 9:30 AM Beginner's Line Dance 10:00 AM - 11:00 AM Mahjong 10:00 AM - 4:00 PM ☐ Cantonese Opera 10:00 AM - 4:00 PM Social Dance 1:30 PM - 3:30 PM 	Luk Tung Kuen 9:00 AM - 9:30 AM Latin Dance 9:30 AM - 11:30 AM Karaoke 10:00 AM - 4:00 PM Social Dance 1:30 PM - 3:30 PM 	Luk Tung Kuen 9:00 AM - 9:30 AM Latin Dance 9:30 AM - 11:30 AM Mahjong 1:00 PM - 4:00 PM Peking Opera 1:30 PM - 4:00 PM 	Luk Tung Kuen 9:00 AM - 9:30 AM Modern/Traditional Songs 9:30 AM - 11:30 AM Improver's Line Dance 9:30 AM - 11:30 AM Table Tennis 1:30 PM - 4:00 PM
		1	2	3
7	8	9 	10	11 Spring Banquet @ Palette Tea Garden & Dim Sum
14	15	16	17	18
21	22 April Brithday Party 1:00 PM to 3:00 PM	23	24	25
28	29	30		

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

Register For Online Classes At: <https://www.sfchampss.org/virtual-classes/>

Date Time		Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
		Apr-1	Apr-2	Apr-3	Apr-4	Apr-5
9:30-10:30		9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	
		9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
		10:00 - 11:00 初級綫舞班 Beginners Line Dance			9:30-10:30 你講我講大家講 Group Diussion	
10:30-11:30		10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30		11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
		11:30-12:30 社聯網快訊 Community info updates			11:30-12:30 太極 Taichi	
			12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:00 越食越健康 Eat&Health		
		12:00-1:30 當令藥膳保健 Chinese Herbs & Health		12:00-1:30 當令藥膳保健 Chinese Herbs & Health		
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
	Apr-7	Apr-8	Apr-9	Apr-10	Apr-11	Apr-12
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 Forever Young Fitness 永遠年輕健身
	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
	9:30-11:30 總是活躍運動 Always Active	10:00-11:00 初級綫舞班 Beginners 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 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
			11:30-12:30 Stress Relief 定心Q & A			
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:00 越食越健康 Eat&Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
			12:00-1:30 當令藥膳保健 Chinese Herbs & Health			
1:30-2:30	1:30-3:30 英語會話班 English Class					

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
	Apr-14	Apr-15	Apr-16	Apr-17	Apr-18	Apr-19
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 Forever Young Fitness 永遠年輕健身
	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
	9:30-11:30 總是活躍運動 Always Active	10:00-11:00 初級綫舞班 Beginners Line Dance			9:30-10:30 你講我講大家講 Group Discussion	
10:30-11:30	10:30-11:30 健康資訊講座 Health Education	10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:00 越食越健康 Eat&Health 12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
1:30-2:30	1:30-3:30 英語會話班 English Class		2:00-3:00 Kaiser Permanente 健康講座 KP health Education			
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
	Apr-21	Apr-22	Apr-23	Apr-24	Apr-25	Apr-26
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 Forever Young Fitness 永遠年輕健身
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11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time 11:30-12:30 定心講座 Stress Relief	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:00 越食越健康 Eat&Health 12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
1:30-2:30	1:30-3:30 英語會話班 English Class					

Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	
	Apr-28	Apr-29	Apr-30	
9:30-10:30	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	9:30-10:30 椅上伸展操 Chair Exercise	
	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜珈 Yoga Exercise	9:30-10:30 健康操 Healthy Exercises	
	9:30-11:30 總是活躍運動 Always Active			
10:30-11:30	10:30-11:30 健康資訊講座 Health Education	10:30-11:30 賓果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	
11:30-12:30	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	11:30-1:30 開心電影 Happy Movie Time	
	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	12:00-1:30 當令藥膳保健 Chinese Herbs & Health	
1:30-2:30	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