

## Activities in Dec. 2018

## Self-Help for the Elderly - South Bay Community Center

Contact: Lina Pan; email: [linap@selfhelpelderly.org](mailto:linap@selfhelpelderly.org)

Tel: (408) 873 - 1183

6345 Janary Way, San Jose CA 95129

Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30 Exercise	09:00-09:30 Exercise	09:00-09:30 Exercise	09:00-09:30 Exercise	09:00-09:30 Exercise
09:30-11:20 Practical English	09:30-11:00 <b>Line Dance</b>	09:30-11:20 <b>Karaoke</b>	09:30-11:20 Conversation	09:30-11:20 Eng. Level 2
09:30-11:20 Eng. Level 1	11:30-12:00 Lunch Sign in	11:30-12:00 Lunch Sign in	09:30-11:20 Advance Eng.	11:30-12:00 Lunch Sign in
11:30-12:00 Lunch Sign in	12:30 Clean Up	12:30 Clean Up	11:30-12:00 Lunch Sign in	12:30 Clean Up
12:30 Clean Up			12:30 Clean Up	

Menu is available on [www.selfhelpelderly.org/Locations/South Bay Community Center](http://www.selfhelpelderly.org/Locations/South Bay Community Center)

Make an appointment to receive the Social Service/Naturalization Tutoring

Meal sign-in for current day at 11 AM - 12 PM, first come, first serve until running out. The activity participants can reserve meals at the sign-in time.

Lunch time 11:30 AM - 12:30 PM

**12/21 Friday - Blood Pressure Screening @ 10 AM; 12/31 Monday - Hair Cut Service @ 9:30 AM**

**12/14 Friday - Alzheimer Workshop "Healthy Brain - A Holiday reminder" @ 1130 AM**

二零一八年十二月份活動表

安老自助處 ---- 南灣康樂中心

聯絡人: Lina Pan 陳莉娜; email: [linap@selfhelpelderly.org](mailto:linap@selfhelpelderly.org)

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星期一	星期二	星期三	星期四	星期五
09:00-09:30 自由活動	09:00-09:30 自由活動	09:00-09:30 自由活動	09:00-09:30 自由活動	09:00-09:30 自由活動
09:30-11:20 初級英語(許)	09:30-11:20 <b>排舞(魏)</b>	09:30-11:20 <b>卡拉OK</b>	09:30-11:20 初級會話	09:30-11:20 中級英語(黃)
09:30-11:20 應用英語(黃)	11:30-12:30 午餐	11:30-12:30 午餐	09:30-11:20 全英語(Why)	11:30-12:30 午餐
11:30-12:30 午餐			11:30-12:30 午餐	

活動表可查閱[www.selfhelpelderly.org/Locations/South Bay Community Center](http://www.selfhelpelderly.org/Locations/South Bay Community Center)

公民一對一面試及社工諮詢歡迎預約

午餐簽到時間11-12點,賣完為止;參與中心當天活動者可於同時訂餐

用餐時間為11:30 至12:30,請於12點以前簽到進餐,逾時不留

12/21週五晨十點量血壓; 12/31週一晨九點半剪髮服務

## Menu in December 2018 二零一八年十二月份菜單

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<b>3</b> 沙茶蒸魚塊 Steamed Fish w/Shacha Sauce	<b>4</b> 豉油蒜香烤雞翅 Baked Chicken Wing w/ Garlic& Soy Sauce	<b>5</b> 蒙古牛肉 Mongolian Beef	<b>6</b> 豆瓣醬冬菇蒸豬肉 Steam Pork w/ Mushroom& Soy Bean Sauce	<b>7</b> 九層塔雞 Basil Chicken
<b>10</b> 芋頭炆豬肉 Braised Pork w/ Taro	<b>11</b> 芝麻烤雞排 Baked Chicken Thigh w/Sesame Sauce	<b>12</b> 燒烤汁烤魚塊 Baked Fish in BBQ Sauce	<b>13</b> 茄汁洋蔥烤豬排 Baked Pork Chop w/Onion& Tomato	<b>14</b> 蠔油豆腐雞鬆 Shredded Chicken&Tofu w/Oyster Sauce
<b>17</b> 薑蔥雞中翼 Braised Chicken Wing w/Ginger&Onion	<b>18</b> 玉米醬烤魚塊 Baked Fish w/ Creamy Corn	<b>19</b> 粉絲蛋蒸肉餅 Minced Pork Patty w/Vermicelli&Egg	<b>20</b> 薑汁烤雞腿 Baked Chicken Drumstick w/Ginger Sauce	<b>21</b> 香茅豬排 Baked Pork Chop w/Lemongrass
<b>24</b> 豉汁蒸排骨 Steamed Sparerib w/Black Bean Sauce	<b>25</b> 放假 <b>Holiday</b>	<b>26</b> 燕麥肉餅 Pork Patty w/Oatmeal	<b>27</b> 沙茶蒸魚塊 Steamed Fish w/Shacha Sauce	<b>28</b> 鹽焗雞 Baked Chicken Thigh
<b>31</b> 榨菜絲蒸豬肉 Steamed Pork w/Pickled Radish				<b>30</b>

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