

Santa Clara County Senior Nutrition Program

Sunnyvale Senior Center

Tel: (408)733-1883

First come first serve, No RESERVATION, Indoor dining only

\$3 Suggested contribution per meal

10:30 Register > 11:00 Serve meal > 12:30 Close

April 2025 Menu

星期一	星期二	星期三	星期四	星期五
Monday	Tuesday	Wednesday	Thursday	Friday
31-Mar	1	2	3	4
迷迭香焗牛肉	咖喱叻沙焗雞扒	粟米奶油焗魚塊	香檸焗雞全髀	南瓜醬焗豬肉
Beef with	Baked Chicken Thigh with	Baked Fish with	Baked Chicken Quarter Leg with	Baked Pork with
Rosemary Sauce	Curry Laksa	Creamy Corn	Lemon Sauce	Pumpkin Sauce
1	8	9	10	11
糖醋焗魚塊 Baked Fish with Sweet Vinegar	梅菜香菇焗豬肉餅 Minced Pork Patty with Preserved Vegetables & Shitake Mushroom	粟米滑蛋焗牛肉 Beef with Corn & Scrambled Egg	肉汁焗火雞 Braised Turkey Thigh with Gravy Sauce	沙茶醬焗雞 Baked Chicken with Sha Cha Sauce
14	15	16	17	18
五香焗雞翼 Baked Chicken Wings with Five-Spice Sauce	香菜味噌焗魚塊 Baked Fish with Cilantro & Miso Sauce	黑椒洋焗豬扒 Baked Pork Chop with Onion & Black Pepper Sauce	蘋果肉桂焗雞上肶 Baked Chicken Thigh with Apple-Cinnamon Sauce	香茅焗牛肉鬆 Minced Beef with Lemongrass Sauce
21	22	23	24	25
燒烤醬焗火雞肉 Baked Turkey Thigh with BBQ Sauce	蒜蓉豆豉焗排骨 Baked Spareribs with Garlic & Black Bean Sauce	奶油蘑菇汁焗魚塊 Baked Fish with Creamy Mushroom Sauce	蒙古牛肉 Mongolian Beef	葡汁焗雞肉 Baked Chicken with Portuguese Sauce
28	29	30	1-May	2-May
意式茄醬焗豬牛肉丸 Braised Meatballs with Marinara Sauce	芝士醬焗魚塊 Baked Fish with Miso Sauce	孜然焗雞翼 Baked Chicken Wings with Cumin Sauce	辣豆瓣醬焗排骨 Baked Pork Spareribs with Spicy Ground Bean Sauce	沙薑焗雞 Baked Chicken with Ginger Sauce

Address: 550 East Remington Drive, Sunnyvale, CA 94087

Website: https://www.selfhelpelderly.org/locations



April 2025 Online Class 2025 年四月份網上課堂

Please visit the following website to sign up 請到以下網站報名登記 https://www.sfchampss.org/virtual-classes/

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



April 2025 Online Class 2025 年四月份網上課堂

Please visit the following website to sign up 請到以下網站報名登記 https://www.sfchampss.org/virtual-classes/

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	星期一	星期二	星期三	星期四	星期五	星期六
Time	Apr-14	Apr-15	Apr-16	Apr-17	Apr-18	Apr-19
	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	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 瑜伽 Yoga Exercise	9:30-10:30 健康操	9:30-10:30 瑜伽	9:30-10:30 健康操 Healthy Exercises	9:30-10:30 Forever Young Fitness 永遠年輕健身
	9:30-11:30 總是活躍運動 Always Active	10:00-11:00 初級綫舞班 Beginners Line Dance	Healthy Exercises	Yoga Exercise	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	
	11:30-1:30 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	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	Monday 星期一	Tuesday 星期二	KP health Education Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
Date Time			Wednesday	_	•	
	<u>星期一</u>	星期二	Wednesday 星期三	星期四	星期五	星期六
	星期一 Apr-21 9:30-10:30 椅上伸展操	星期二 Apr-22 9:30-10:30 椅上伸展操	Wednesday 星期三 Apr-23 9:30-10:30 椅上伸展操 Chair Exercise	星期四 Apr-24 9:30-10:30 椅上伸展操 Chair Exercise	星期五 Apr-25 9:30-10:30 椅上伸展操	星期六 Apr-26 9:30-10:30 Forever Young Fitness
Time	基期一 Apr-21 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 健康操	基期二 Apr-22 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 瑜伽	Wednesday 星期三 Apr-23 9:30-10:30 椅上伸展操 Chair Exercise	星期四 Apr-24 9:30-10:30 椅上伸展操 Chair Exercise	星期五 Apr-25 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 健康操	星期六 Apr-26 9:30-10:30 Forever Young
Time	星期一 Apr-21 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 健康操 Healthy Exercises 9:30-11:30 總是活躍運動	星期二 Apr-22 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 瑜伽 Yoga Exercise 10:00-11:00 初級綫舞班	Wednesday 星期三 Apr-23 9:30-10:30 椅上伸展操 Chair Exercise	星期四 Apr-24 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 瑜伽	Apr-25 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 健康操 Healthy Exercises 9:30-10:30 你講我講大家講	星期六 Apr-26 9:30-10:30 Forever Young Fitness
9:30-10:30	星期一 Apr-21 9:30-10:30 椅上伸展操 Chair 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 健康資訊講座 Health Education	基期二 Apr-22 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 瑜伽 Yoga Exercise 10:00-11:00 初級綫舞班 Beginners Line Dance 10:30-11:30 賓果運動 Bingocize 11:30-1:30 開心電影	Wednesday 星期三 Apr-23 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 健康操 Healthy Exercises 10:30-11:30 齊齊唱出好音樂 Singing Class 11:30-1:30 開心電影 Happy Movie Time	星期四 Apr-24 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 瑜伽 Yoga Exercise 10:30-11:30 賓果運動 Bingocize	B期五 Apr-25 9:30-10:30 椅上伸展操 Chair Exercise 9:30-10:30 健康操 Healthy Exercises 9:30-10:30 你講我講大家講 Group Diussion 10:30-11:30 齊齊唱出好音樂 Singing Class	星期六 Apr-26 9:30-10:30 Forever Young Fitness
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April 2025 Online Class 2025 年四月份網上課堂

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Date	Monday 星期一	Tuesday 星期二	Wednesday 星期三
Time	Apr-28	Apr-29	Apr-30
椅上	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	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
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1:30-2:30	1:30-3:30 英語會話班 English Class		

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

