

July 2024 Menu

星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
1 鹵水汁焗雞翼 Baked Chicken Wings with Chinese Marinade Sauce	2 甜酸汁焗魚塊 Baked Fish with Sweet & Sour Sauce	3 澆汁焗雞上胛 Baked Chicken Thigh with Teriyaki Sauce	4 (Closed) 獨立紀念日 Independence Day	5 孜然焗牛肉鬆 Minced Beef with Cumin Sauce
8 榨菜焗牛肉 Beef with Preserved Vegetables	9 芋頭焗排骨 Baked Spareribs with Taro Sauce	10 奶油蘑菇汁焗魚塊 Baked Fish with Mushroom Sauce	11 腐乳焗雞肉 Baked Chicken with Fermented Tofu Sauce	12 五香焗火雞肉 Baked Turkey Thigh with Five Spice Sauce
15 葡汁焗雞 Baked Chicken with Portuguese Sauce	16 意式茄汁豬牛肉丸 Braised Meatballs with Marinara Sauce	17 泰式甜辣醬焗排骨 Baked Pork Spareribs with Thai Style Sweet & Chili Sauce	18 是拉差蛋黃醬焗魚塊 Baked Fish with Sriracha Mayo Sauce	19 蒜香蜜汁焗雞翼 Baked Chicken Wings with Garlic & Honey Sauce
22 京都汁焗豬扒 Baked Pork Chop with Sweet Vinegar Sauce	23 味噌焗魚塊 Baked Fish with Miso Sauce	24 燒烤醬焗雞翼胛 Baked Chicken Drumette with BBQ Sauce	25 芝麻醬焗火雞肉 Baked Turkey Thigh with Sesame Sauce	26 蠔油燕麥焗免治牛肉 Minced Beef with Oatmeal & Oyster Sauce
29 香檸焗雞扒 Baked Chicken Thigh with Lemon Sauce	30 柱侯牛肉 Beef with Chu Hou Sauce	31 沙茶醬焗魚塊 Baked Fish with Sha Cha Sauce	1 August 沙薑焗雞全髀 Baked Chicken Quarter Leg with Ginger Sauce	2 August 南瓜醬焗豬肉 Baked Pork with Pumpkin Sauce

Date Time	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Friday 星期六
	Jul-1	Jul-2	Jul-3	Jul-4	Jul-5	Jul-6
9:30-10:30	椅上伸展操 Chair Exercise	椅上伸展操 Chair Exercise	椅上伸展操 Chair Exercise	Independence day 獨立紀念日	椅上伸展操 Chair Exercise	9:30-10:30 Forever Young Fitness 永遠年輕健身
	健康操 Healthy Exercises	瑜珈 Yoga Exercise	健康操 Healthy		健康操 Healthy Exercises	
	9:30-11:30 電視劇欣賞 Drama	9:30-11:30 電視劇欣賞 Drama	9:30-11:30 電視劇欣賞 Drama		9:30-11:30 電視劇欣賞 Drama	
	9:30-11:30 總是活躍運動 Always Active	10:00 - 11:00 初級綫舞班 Beginners Line Dance	9:30-11:30 地道英文 English Class		你講我講大家講 Group Diuion	
	10:00-11:30 風味人間 Traditional Chinese cuisine	10:00-11:30 風味人間 Traditional Chinese cuisine	10:00-11:30 風味人間 Traditional Chinese cuisine		10:00-11:30 風味人間 Traditional Chinese cuisine	
10:30-11:30		實果運動10:30-11:30 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class		10:30-11:30 齊齊唱出好音樂 Singing Class	
			社聯網快訊11:30-12:30 Community info updates			
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	
			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		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	Friday 星期六
	Jul-8	Jul-9	Jul-10	Jul-11	Jul-12	Jul-13
9:30-10:30	健康操 Healthy Exercises	瑜珈 Yoga Exercise	健康操 Healthy Exercises	瑜珈 Yoga Exercise	健康操 Healthy Exercises	9:30-10:30 Forever Young Fitness 永遠年輕健身
	椅上伸展操 Chair Exercise	椅上伸展操 Chair Exercise	椅上伸展操 Chair Exercise	椅上伸展操 Chair Exercise	椅上伸展操 Chair Exercise	
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10:30-11:30	SC 健康資訊講座 10:30-11:30 Health Education	實果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	實果運動 Bingocize	10:30-11:30 齊齊唱出好音樂 Singing Class	
	11:30-12:30 太極 Taichi				11:30-12:30 太極 Taichi	
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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	定心Q&A11:30 - 12:30 Stress 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	
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	Time Jul-15	Jul-16	Jul-17	Jul-18	Jul-19	Jul-20
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	Time Jul-29	Jul-30	Jul-31			
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June 2024 Online Cla 2024 年七月份網上課堂
Please visit the following website to sign up 請到以下網站報名登記
<https://www.sfchamp.org/virtual-claes/>

Claes 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**