

April 2025 Menu

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

<div>Date</div> <div>Time</div>		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		
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	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	
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			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					

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	Apr-14	Apr-15	Apr-16	Apr-17	Apr-18	Apr-19
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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			
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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