

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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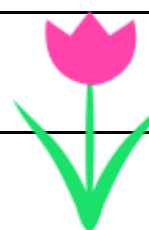
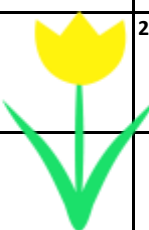
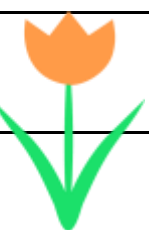
**Self-Help for
the Elderly**
安老自助處

安老自助處五福康樂中心

801 Howard Street, San Francisco, CA 94103 Tel: (415) 981-2166

2025年4月份活動



星期一	星期二	星期三	星期四	星期五
卡拉OK 9:00-11:30AM 時事關注 11:30-12:30PM 卡拉OK 12:30-1:30PM	賓果遊戲 10:00-11:30AM 時事關注 11:30-12:30PM	卡拉OK 9:00-10:00AM 時事關注 11:30-12:30PM 卡拉OK 12:30-1:30PM	量血壓 9:30-11:30AM 攝影班 10:00-11:00AM 時事關注 11:30-12:30PM	卡拉OK 9:00-11:30AM 時事關注 11:30-12:30PM 卡拉OK 12:30-1:30PM
	1	2 聰明食物課堂 11:30-12:30PM	3	4
	7 成人日間服務講座 11:00-12:00PM	9 聰明食物課堂 11:30-12:30PM	10	11  生日會 11:30-12:00PM
14	15	16 聰明食物課堂 11:30-12:30PM	17	18
21	22	23 聰明食物課堂 11:30-12:30PM	24 	25 
28	29	30 		



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

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。

請向中心經理查詢有關活動詳情。



**Self-Help for
the Elderly**
安老自助處

Woolf House Senior Center Activity Schedule

801 Howard Street, San Francisco, CA 94103 Tel: (415) 981-2166



April 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Karaoke 9:00-11:30AM TV News 11:30-12:30PM Karaoke 12:30-1:30PM	Bingo 10:00-11:30AM TV News 11:30-12:30PM	Karaoke 9:00-11:30AM TV News 11:30-12:30PM Karaoke 12:30-1:30PM	Measure Blood Pressure 9:30-11:30AM Photography Class 10:00-11:00AM TV News 11:30-12:30PM	Karaoke 9:00-11:30AM TV News 11:30-12:30PM Karaoke 12:30-1:30PM
	1	2 Food Smart Workshop 11:30-12:30PM	3	4
7 Adult Day Services Presentation 11:00-12:00PM	8	9 Food Smart Workshop 11:30-12:30PM	10 	11 Brithday Party 11:30-12:00PM
14	15	16 Food Smart Workshop 11:30-12:30PM	17	18
21	22	23 Food Smart Workshop 11:30-12:30PM	24 	25
28	29	30 		



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

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

Please check with Center Coordinator for more information about our programs and activities.

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 Tai Chi	
			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	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	
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	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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	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	
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1:30-2:30	1:30-3:30 英語會話班 English Class			

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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