



**Self-Help for the Elderly John King Senior Center**  
**500 Raymond Avenue, San Francisco, CA 94134 Tel: (415) 239-9919**  
**Activity Schedule for December 2015**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>1</b> 9:00–10:30am News Discussion 9:30–11:30am Movie/Concert Video 10:00–3:00pm Cantonese Opera 10:00–11:00am Exercise/Tai Chi 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>2</b> 9:00–10:30am News Discussion 11:00-12:00pm Education/Health Nutrition 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class 10:00-11:30am, 12:15-1:45pm, 1:45-3:15pm SF Connected Computer Class	<b>3</b> 9:00–10:30am News Discussion 10:00–3:00pm Visitacion Valley Opera 10:30–12:30pm Movie 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>4</b> 9:00–10:30am News Discussion 10:30–12:30pm Movie 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class
<b>7</b> 9:00–10:30am News Discussion 10:00-2:30pm Karaoke 11:30–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pm Talent Class	<b>8</b> 9:00–10:30am News Discussion 9:30–11:30am Movie/Concert Video 10:00–3:00pm Cantonese Opera 10:00–11:00am Exercise/Tai Chi 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>9</b> 9:00–10:30am News Discussion 11:00-12:00pm Education/Health Nutrition 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class 10:00-11:30am, 12:15-1:45pm, 1:45-3:15pm SF Connected Computer Class	<b>10</b> 9:00–10:30am News Discussion <b>10:30-12:30pm Birthday Party</b> 10:00–3:00pm Visitacion Valley Opera 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>11</b> 9:00–10:30am News Discussion 10:30–12:30pm Movie 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class
<b>14</b> 9:00–10:30am News Discussion 10:00-2:30pm Karaoke 11:30–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pm Talent Class <b>1:00–4:00pm Field Trip</b>	<b>15</b> 9:00–10:30am News Discussion 9:30–11:30am Movie/Concert Video 10:00–3:00pm Cantonese Opera 10:00–11:00am Exercise/Tai Chi 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>16</b> 9:00–10:30am News Discussion 11:00-12:00pm Education/Health Nutrition 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class 10:00-11:30am, 12:15-1:45pm, 1:45-3:15pm SF Connected Computer Class	<b>17</b> 9:00–10:30am News Discussion 10:00–3:00pm Visitacion Valley Opera 10:30–12:30pm Movie 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>18</b> 9:00–10:30am News Discussion 10:30–12:30pm Movie 12:00-2:00pm Group Game 1:00–3:00pm Citizenship Class
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<b>28</b> 9:00–10:30am News Discussion 10:00-2:30pm Karaoke 11:30–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pm Talent Class	<b>29</b> 9:00–10:30am News Discussion 9:30–11:30am Movie/Concert Video 10:00–3:00pm Cantonese Opera 10:00–11:00am Exercise/Tai Chi 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	<b>30</b> 9:00–10:30am News Discussion 11:00-12:00pm Education/Health Nutrition 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class 10:00-11:30am, 12:15-1:45pm, 1:45-3:15pm SF Connected Computer Class	<b>31</b> 9:00–10:30am News Discussion 10:00–3:00pm Visitacion Valley Opera 10:30–12:30pm Movie 10:00-2:30pm Karaoke 12:00–2:00pm Group Game	

\*\* Brown Rice will be provided daily

## December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Braised Pork with Oyster Sauce Nappacabbage, vermicelli Honeydew	2 Baked Fish with BBQ Sauce Canliflower, Green Peas, Apple	3 Pork Chop with Pepper and Honey Sauce Cabbage, Carrot Kiwi	4 Steamed Chicken with Black Bean Sauce Mustard Green Banana	5
6	7 Smoked Chicken Thigh Carrot, Green Peas Kiwi	8 Steamed Fish Fillet Pak Choi Honeydew	9 Garlic Chicken Broccoli, Carrot Orange	10 Minced Pork with Waterchesnut Gourd, Vermilcelli Banana	11 Sesame Chicken Cabbage with Carrot Apple	12
13	14 Minced Pork With Preserved Vegetable Cabbage with Carrot Kiwi	15 Teriyaki Chicken Leg Mustard Green Apple	16 Steam Fish Fillet with Shacha Sauce Broccoli, Cauliflower Kiwi	17 Streamed Spare Ribs with black bean sauce Pak Choy Banana	18 Steamed Chicken with Chinese Mushroom Corrot, Potato Orange	19
20	21 Baked Chicken Leg Green Peas, Carrot Kiwi	22 Braised Pork with Taro Honeydew	23 Braised Chicken with Ginger Sauce Cabbage, Carrot Banana	24 Sweet & Sour Fish Cabbage, Carrot Apple	25 Christmas Holiday Closed	26
27	28 Baked Chicken with Curry Sauce Carrot, Potato, Onion Kiwi	29 Steamed Minced Pork with Vermicelli & Egg Carrot, Zucchini Honeydew	30 Steamed Chicken Wing With Mushroom Black Zucchini, Cauliflower Apple	31 Baked Pork Chop Sweet Corn, Carrot Banana		



Cataracts occur when there is a buildup of protein in the lens that makes it cloudy. It is likely developed in older adults. Oxidative stress appears to play a significant role in the development of cataracts. Studies have reported an inverse relationship between cataracts and dietary intakes of vitamin C, vitamin E, and carotenoids; taking supplements or eating fruits and vegetables rich in these antioxidant nutrients seems to slow the progression or reduce the risk of developing cataracts. Some fresh vegetables and fruits such as orange and carrot are rich in vitamin C and carotenoids.

星期一	星期二	星期三	星期四	星期五
	<b>1</b> 9:00-10:30am 新聞討論 9:30-11:30am 懷舊影視 10:00-3:00pm 中樂欣賞 10:00-11:00am 健身操 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>2</b> 9:00-10:30am 新聞討論 11:00-12:00pm 消費者健康營養教育講座 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 10:00-11:30pm,12:15-1:45pm,1:45-3:15pm 電腦班	<b>3</b> 9:00-10:30am 新聞討論 10:00-3:00pm 訪谷區樂團 10:30-12:30pm 電影欣賞 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>4</b> 9:00-10:30am 新聞討論 10:30-12:30pm 電影欣賞 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班
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\*\*營養飯每天供應

## 二零一五年十二月

星期日	星期一	星期二	星期三	星期四	星期五	星期六
		1 蠔油炆豬肉 紹菜, 粉絲, 蝦米 密瓜	2 燒汁焗魚 紅蘿蔔, 青豆, 椰菜花 蘋果	3 蜜汁黑椒豬扒 椰菜, 紅蘿蔔 奇異果	4 豆豉蒸雞球 芥菜 香蕉	5
6	7 煙焗雞上腩 紅蘿蔔, 青豆 奇異果	8 冬菜焗魚塊 白菜 密瓜	9 大蒜雞片 西蘭花, 紅蘿蔔 橙	10 馬蹄蒸肉餅 節瓜粉絲 香蕉	11 芝麻焗雞扒 紅蘿蔔, 椰菜 蘋果	12
13	14 梅菜蒸肉餅 紹菜, 紅蘿蔔 奇異果	15 日本汁焗雞下腩 芥菜 蘋果	16 沙茶蒸魚 西蘭花, 椰菜花 奇異果	17 豉汁蒸排骨 白菜 香蕉	18 冬菇蒸雞 薯仔紅蘿蔔 橙	19
20	21 燒汁焗雞上腩 紅蘿蔔, 青豆 奇異果	22 芋頭炆豬肉 密瓜	23 沙羌雞球 椰菜, 紅蘿蔔 香蕉	24 甜酸魚 紹菜, 紅蘿蔔 蘋果	25 聖誕節 休息一天	26
27	28 咖哩焗雞球 薯仔, 洋蔥, 紅蘿蔔 奇異果	29 粉絲蛋蒸肉餅 紅蘿蔔, 意大利瓜 密瓜	30 冬菇雲耳蒸雞翼 意大利瓜, 椰菜花 蘋果	31 焗豬扒 粟米, 紅蘿蔔 香蕉		



老人白內障：白內障是老年人最常見的眼科疾病，表示眼球內的水晶體變黃而混濁，光線無法完全穿透造成視覺模糊所致。造成白內障的因素是多重的，氧化壓力是誘發白內障的重要因素之一；所以抗氧化劑如維他命C、維他命E及類胡蘿蔔素可以緩慢或降低誘發白內障進展的危險。新鮮的水果蔬菜，如橙子及紅蘿蔔含有豐富的維他命C及胡蘿蔔素。

Sponsored by Self-Help for the Elderly partially funded by the Office on the Aging and other donors.

安老自助處主辦。服務經費部分由三藩市耆英及殘障人士服務局及其他贊助機構贊助。





**Self-Help for the Elderly John King Senior Center**  
**500 Raymond Avenue, San Francisco, CA 94134 Tel: (415) 239-9919**  
**Activity Schedule for January 2016**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>1</b>  <b>New Year's Day Center Closed</b>
<b>4</b> 9:00–10:30am News Discussion 10:00–2:30pm Karaoke 11:30–1:30pm Citizenship Class 12:00–2:00pm Group Game 12:30–2:30pm Talent Class <b>1:00–4:00pm Field Trip</b>	<b>5</b> 9:00–10:30am News Discussion 9:30–11:30am Movie/Concert Video 10:00–3:00pm Cantonese Opera 10:00–11:00am Exercise/Tai Chi 10:00–2:30pm Karaoke 12:00–2:00pm Group Game	<b>6</b> 9:00–10:30am News Discussion 11:00–12:00pm Education/Health Nutrition 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class 10:00–11:30am, 12:15–1:45pm, 1:45–3:15pm SF Connected Computer Class	<b>7</b> 9:00–10:30am News Discussion 10:00–3:00pm Visitacion Valley Opera 10:30–12:30pm Movie 10:00–2:30pm Karaoke 12:00–2:00pm Group Game	<b>8</b> 9:00–10:30am News Discussion 10:30–12:30pm Movie 12:00–2:00pm Group Game 1:00–3:00pm Citizenship Class
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\*\* Brown Rice will be provided daily

## January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			Happy New Year! Centers Closed			
3	4	5	6	7	8	9
	Sweet & Sour Fish Tomato, Onion and Cabbage Orange	Spareribs in Black Bean Sauce Bitter Squash, Carrot Banana	Steamed Chicken With Mushroom Black Bok Choy Apple	Meatball with Cranberry Sauce Carrot and Potato Orange	Smoked Chicken Thigh Zucchini and Carrot Cantalope	
10	11	12	13	14	15	16
	Nam Yue Style Pork Carrot Apple	Baked Chicken Drumstick with Curry Sauce Carrot and Potato Banana	Steamed Fish with Black Bean Sauce Bok Choy Orange	Minced Pork with Waterchesnut Carrot and Cabbage Cantalope	Steamed Chicken with Vermicelli Zucchini Banana	
17	18	19	20	21	22	23
	Baked Chicken Drumstick with Carrot, Bitter Squash Orange	Fish in BBQ Sauce Carrot and Peas Apple	Braised Pork with Pumpkin Pumpkin and Carrot Banana	Braised Chicken with Ginger Sauce Nappacabbage, vermicell Orange	Pork with Chee Hou Sauce Taro Cantalope	
24	25	26	27	28	29	30
	Baked Chicken Thigh with Ginger Bok Choy Apple	Steam Pork with Fungus Eggplant and Carrot Banana	Steam Chicken Wings with Mushroom Carrot, Nappacabbage Orange	Honey Pork Rib Onion and Cabbage Banana	Steam Chicken in Black Bean Sauce Carrot, Bitter Squash Cantalope	
31						
 <p>The symptom at the early stage of hypertension is not likely noticeable. However, untreated hypertension can cause stroke, heart attack, and kidney failure. Healthy dietary pattern and lifestyle can help keep healthy blood pressure level. The healthy eating habits include the balanced diet in an appropriate portion, restricting the intake of sodium, saturated fat as well as alcohol, and high consumption of fiber-rich vegetables as well as fruits, calcium, potassium, magnesium. Smoking Cessation, moderate to intense physical activities are healthy lifestyle that can help control hypertension.</p>						



星期一	星期二	星期三	星期四	星期五
				<b>1</b> <b>新年元旦日</b> <b>中心休息</b>
<b>4</b> 9:00-10:30am 新聞討論 10:00-2:30pm 卡拉 OK 11:30-1:30pm 入籍班 12:00-2:00pm 集體遊戲 12:30-2:30pm 學藝班 <b>1:00-4:00pm 出外購物</b>	<b>5</b> 9:00-10:30am 新聞討論 9:30-11:30am 懷舊影視 10:00-3:00pm 中樂欣賞 10:00-11:00am 健身操 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>6</b> 9:00-10:30am 新聞討論 11:00-12:00pm 消費者健康營養教育講座 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 10:00-11:30pm,12:15-1:45pm,1:45-3:15pm 電腦班	<b>7</b> 9:00-10:30am 新聞討論 10:00-3:00pm 訪谷區樂團 10:30-12:30pm 電影欣賞 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>8</b> 9:00-10:30am 新聞討論 10:30-12:30pm 電影欣賞 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班
<b>11</b> 9:00-10:30am 新聞討論 10:00-2:30pm 卡拉 OK 11:30-1:30pm 入籍班 12:00-2:00pm 集體遊戲 12:30-2:30pm 學藝班	<b>12</b> 9:00-10:30am 新聞討論 9:30-11:30am 懷舊影視 10:00-3:00pm 中樂欣賞 10:00-11:00am 健身操 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>13</b> 9:00-10:30am 新聞討論 11:00-12:00pm 消費者健康營養教育講座 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 10:00-11:30pm,12:15-1:45pm,1:45-3:15pm 電腦班	<b>14</b> 9:00-10:30am 新聞討論 10:00-3:00pm 訪谷區樂團 <b>10:30-12:30pm 生日會</b> 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>15</b> 9:00-10:30am 新聞討論 10:30-12:30pm 電影欣賞 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班
<b>18</b> 9:00-10:30am 新聞討論 10:00-2:30pm 卡拉 OK 11:30-1:30pm 入籍班 12:00-2:00pm 集體遊戲 12:30-2:30pm 學藝班	<b>19</b> 9:00-10:30am 新聞討論 9:30-11:30am 懷舊影視 10:00-3:00pm 中樂欣賞 10:00-11:00am 健身操 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>20</b> 9:00-10:30am 新聞討論 11:00-12:00pm 消費者健康營養教育講座 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 10:00-11:30pm,12:15-1:45pm,1:45-3:15pm 電腦班	<b>21</b> 9:00-10:30am 新聞討論 10:00-3:00pm 訪谷區樂團 10:30-12:30pm 電影欣賞 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲 <b>1:00-4:00pm 出外購物</b>	<b>22</b> 9:00-10:30am 新聞討論 10:30-12:30pm 電影欣賞 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班
<b>25</b> 9:00-10:30am 新聞討論 10:00-2:30pm 卡拉 OK 11:30-1:30pm 入籍班 12:00-2:00pm 集體遊戲 12:30-2:30pm 學藝班	<b>26</b> 9:00-10:30am 新聞討論 9:30-11:30am 懷舊影視 10:00-3:00pm 中樂欣賞 10:00-11:00am 健身操 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>27</b> 9:00-10:30am 新聞討論 11:00-12:00pm 消費者健康營養教育講座 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班 10:00-11:30pm,12:15-1:45pm,1:45-3:15pm 電腦班	<b>28</b> 9:00-10:30am 新聞討論 10:00-3:00pm 訪谷區樂團 10:30-12:30pm 電影欣賞 10:00-2:30pm 卡拉 OK 12:00-2:00pm 集體遊戲	<b>29</b> 9:00-10:30am 新聞討論 10:30-12:30pm 電影欣賞 12:00-2:00pm 集體遊戲 1:00-3:00pm 入籍班

\*\*營養飯每天供應

二零一六年一月

星期日	星期一	星期二	星期三	星期四	星期五	星期六
					<b>1</b> 新年快樂! 中心休息	<b>2</b>
<b>3</b>	<b>4</b> 甜酸魚塊 番茄,洋蔥,椰菜 橙	<b>5</b> 豉汁蒸排骨 苦瓜,紅蘿蔔 香蕉	<b>6</b> 冬菇雲耳蒸雞 青江菜 蘋果	<b>7</b> 紅莓醬燴豬牛丸 紅蘿蔔,薯仔 橙	<b>8</b> 煙焗雞上腩 節瓜,紅蘿蔔 哈密瓜	<b>9</b>
<b>10</b>	<b>11</b> 南乳炆豬肉 紅蘿蔔,白蘿蔔 蘋果	<b>12</b> 咖哩焗雞下腩 紅蘿蔔,薯仔 香蕉	<b>13</b> 豉汁蒸魚 青江菜 橙	<b>14</b> 馬蹄蒸肉餅 紅蘿蔔,椰菜 哈密瓜	<b>15</b> 粉絲蒸雞 節瓜 香蕉	<b>16</b>
<b>17</b>	<b>18</b> 日本汁焗雞上腩 紅蘿蔔,苦瓜 橙	<b>19</b> 燒汁魚 紅蘿蔔,青豆 蘋果	<b>20</b> 南瓜炆豬肉 南瓜,紅蘿蔔 香蕉	<b>21</b> 沙茶蒸雞 紹菜,粉絲,蝦米 橙	<b>22</b> 柱候豬肉 芋頭 哈密瓜	<b>23</b>
<b>24</b>	<b>25</b> 沙姜焗雞下腩 青江菜 蘋果	<b>26</b> 木耳蒸豬肉 茄子,紅蘿蔔 香蕉	<b>27</b> 冬菇蒸雞翼 紅蘿蔔,紹菜 橙	<b>28</b> 蜜汁豬排 洋蔥,椰菜 香蕉	<b>29</b> 豉汁蒸雞 紅蘿蔔,苦瓜 哈密瓜	<b>30</b>
<b>31</b>						



高血壓：高血壓病發初期大多毫無病癥，持續高血壓可引起中風、心臟病、腎衰竭等疾病。有些高血壓的誘因是可改變，譬如高鹽與高脂的飲食習慣、缺乏運動、體重過重及吸煙等。防治高血壓，除進食要均衡、注意低鹽、避免飽和脂肪的攝取、多吃蔬菜和水果等高纖食物、戒煙、節制飲酒、保持適中體重及適量運動外，多選高鈣、鉀、鎂的食物因為鉀質有助預防血壓及控制血壓。

Sponsored by Self-Help for the Elderly partially funded by the Office on the Aging and other donors.

安老自助處主辦。服務經費部分由三藩市耆英及殘障人士服務局及其他贊助機構贊助。