

July , 2024

七月 *Julho*

Fun Summer Days

Dias Divertidos de Verão

暢享清涼夏日

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Canada Day CLOSED FECHADO 加拿大 國慶日	2 ADS Zoom Chair Exercise (Cantonese/English) & Tongue Twister	3 Zoom – Canada Day Fun Sharing (Cantonese/Mandarin) SCWW - Current News (Portuguese) Korean Seniors Group(Korean) Chair Yoga GAG- Karaoke & Dance Class(Mandarin)	4 ADS Zoom Chair Exercise (Cantonese/English) & Sensory Game Chinese Knot Class (Mandarin)	5 Zoom Chair Exercises (Mandarin &Cantonese) ADS Zoom Chair Exercise (Cantonese/English) & Injury Prevention
8 ADS Zoom Chair Exercise (Cantonese/English) & Memory Matching	9 ADS Zoom Chair Exercise (Cantonese/English) & Health Info: Heatstroke Prevention	10 Zoom- Summerlicious Sharing (Cantonese/Mandarin) SCWW - Funny One- Liner Jokes (Portuguese) Korean Seniors Group(Korean) Chair Yoga GAG- - Karaoke & Dance Class /Painting Class(Mandarin)	11 ADS Zoom Chair Exercise (Cantonese/English) & Name 5 Chinese Knot Class (Mandarin)	12 Zoom Chair Exercises (Mandarin &Cantonese) ADS Zoom Chair Exercise (Cantonese/English) & Funny Animal Quiz
15 ADS Zoom Chair Exercise (Cantonese/English) & Pictionary	16 ADS Zoom Chair Exercise (Cantonese/English) & This Day in History	17 Zoom- Funny New Sharing (Cantonese/Mandarin) SCWW - Recipes for Summer (Portuguese) Korean Seniors Group(Korean) Chair Yoga GAG- Karaoke & Dance Class(Mandarin)	18 ADS Zoom Chair Exercise (Cantonese/English) & Perception and Illusion Zoom- Painting (Mandarin)	19 Zoom Chair Exercises (Mandarin &Cantonese) ADS Zoom Chair Exercise (Cantonese/English) & Hieroglyphs Quiz
22 ADS Zoom Chair Exercise (Cantonese/English) & Summer Bingo	23 ADS Zoom Chair Exercise (Cantonese/English) & Current News	24 Zoom- Self Care Tips Sharing (Cantonese/Mandarin) SCWW - Importance of Self Care (Portuguese) Korean Seniors Group(Korean) Chair Yoga GAG- - Karaoke & Dance Class /Painting Class(Mandarin)	25 ADS Zoom Chair Exercise (Cantonese/English) & 2024 Summer Olympics Primer Zoom- Music Station/Fun Sharing(Mandarin)	26 Zoom Chair Exercises (Mandarin &Cantonese) ADS Zoom Chair Exercise (Cantonese/English) & Know more about the Olympics
29 ADS Zoom Chair Exercise (Cantonese/English) & Sport Fun Sharing	30 ADS Zoom Chair Exercise (Cantonese/English) & Healthy Eating Week: How do you Eat Healthy?	31 Zoom- Chair Tour to Royal Botanical Gardens (Cantonese/Mandarin) SCWW - Olympics Trivia (Portuguese) Korean Seniors Group(Korean) Chair Yoga GAG- Karaoke & Dance Class(Mandarin)	Zoom: Monday, Tuesday, Wednesday, Thursday, Friday For more information, contact Wendy Leung, Chelsea Chen, Ava Tan and Florbela Silva- Augello 諮詢及報名:梁姑娘, 陳姑娘,譚姑娘 *Enquiry: SSCH (416) 925-2103 x 3100	

340 College Street - Adult Day Service

Menu for July 2024 - Chef Seta

Monday	Tuesday	Wed	Thursday	Friday
1 Canada Day	2 ☺ Ching Po Leung Soup with Carrots and Pork Bones ☺ Bake Fish Fillets ☺ Broccoli ☺ Rice	3	☺ Spinach Soup ☺ Pork Tenderloin Stir Fry with Multi-Color Peppers, Zucchini, Onions, Mushrooms and Pineapple ☺ Rice	5 (次日小暑 Minor Heat) ☺ Bitter Melon and Soya Beans Soup with Pork Bones and Chinese Pickles (黃豆鹹菜苦瓜排骨湯) ☺ Chicken Stir Fry with Chayote, Bell Peppers and Deep Fried Tofu ☺ Rice
8 ☺ Sweet Corn Pork Bones Soup with Carrots and Herbs ☺ Steamed Chicken Meat with Black Fungi, Dry Mushroom, Golden Lilies and Vermicelli ☺ Green Vegetables / Rice	9 ☺ Rapini Soup ☺ Egg Plant Stew with Beef Meatball, Tomatoes and Green Long Peppers ☺ Rice	10	11 ☺ Watercress Soup ☺ White Sauce Pasta with Chicken and Mushrooms ☺ Green Salad	12 ☺ Apples and Carrots Soup with Pork Bones ☺ Bake Drumsticks (Chinese Seasoning) ☺ Choi Sum and Rice
15 ☺ Broccoli Soup ☺ Moussaka ☺ Rice	16 ☺ Diced Winter Melon Soup with Crab Meat and Goji berries ☺ Tomatoes and Eggs with Chicken ☺ Green Vegetables ☺ Rice	17	18 ☺ Mushroom and Onions Soup ☺ Bake Fish Fillets ☺ Fruit Salad with Cherry Tomatoes, Avocado and Mango	19 ☺ Sweet Corn Pork Bones Soup with Carrots and Herbs ☺ Two Fried Stuffed Treasures 煎釀雙寶(Bitter Melon and Deep Fried Tofu with Fish Paste) / Rice
22 大暑 Major Heat ☺ Winter Melon Pork Bones Soup with Lotus Leafs and Beans ☺ Rainbow Noodles	23 ☺ Chicken Feet, Peanuts and Black Eye Beans Soup w Garlic & Bones ☺ Bitter Melon Stew with Spare Ribs in Black Bean and Garlic Sauce ☺ Rice	24	25 ☺ Wonton Soup ☺ Potatoes Stew with Minced Beef Meat Ball ☺ Broccoli ☺ Rice	26 ☺ Watercress Soup with Loh Hon Guo, Carrots and Pork Bones ☺ Minced Pork and Tofu Stew with Frozen Mixed Beans ☺ Choi Sum and Rice
29 ☺ Vegetable Medley Soup ☺ Tomatoes Sauce Pasta with Minced Pork ☺ Green Salad	30 ☺ Apples & Carrots Soup w Pork Bones ☺ Bake Drumsticks (Seta's Chicken) ☺ Stir Fry Zucchini and Bell Peppers ☺ Rice	31		