














SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373	1 Morning Projects 10:45 Exercises 11:30 Just for a Laugh 1pm Bulletin Board Art Community Walk Baking Gluten-Free Cookies	2 Morning Projects 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm November Mural Crafts: Laminating Leaves	3 Morning Projects 10:45 Exercises 11:30 Sandwich Quiz 1pm Autumn Art Sandwich Making Musical Memories	4 
5  Remember to set your clocks back 1 hour!	6 Morning Projects 10:45 Exercises 11:30 Memory Game Health Talk (Chinese) 1pm Bake Brownies Crafts: Paper Poppies Remembrance Day Mural	7 Morning Projects 10:45 Exercises 11:30 Words in Sacrifice 1 pm Wartime Songs Baking Poppy Cookies Remembrance Day Mural	8 Morning Projects 10:45 Exercises 11:30 Matching Game 1 pm Letters to Home Wartime Recipes Crafts: Poppy Wreaths	9 Morning Projects 10:45 Exercises 11:30 Veteran Crossword 1pm Sing Along with Saul Crafts: Poppy Wreaths Mah Jong / Tin Gau	10 Morning Projects 10:45 Exercises 11:30 Remember Poem 1pm Remembrance Day Ceremonies  	11 Remembrance Day 'Lest We Forget' 
12 	13 The A.D.C. is <u>CLOSED</u> today	14 Morning Projects 10:45 Exercises 11:30 Fire Drill 1pm Artsway Concert Louise Southwood, Classical Guitar	15 Morning Projects 10:45 Exercises 11:30 Pass the Coconut 1 pm Travel to Hawaii Crafts: Flow Leis Bake Banana Cream Pie	16 Morning Projects 10:45 Exercises 11:30 Pineapple Bowling 1pm Aloha Bingo Craft: Coconut Trees Bake Hawaiian Pizza	17 Morning Projects 10:45 Exercises 11:30 Tropical Trivia 1pm Hawaiian Luau Music & Dancing 	18 
19 	20 Morning Projects 10:45 Exercises 11:30 Share Your Jokes 1pm Lucky Walk Mah Jong / Tin Gau Craft: Birthday Cards	21 Morning Projects 10:45 Exercises Outing: Chinese Cuisine 11:30 Bowling 1pm Black Jack Musical Memories	22 Morning Projects 10:45 Exercises 11:30 Hangman 1pm Birthday Party Entertainer / Dancing /Cake 	23 Morning Projects 10:45 Exercises Outing: Fish & Chips 11:30 Floor Hockey 1 pm Chinese Opera Mixed Media Art	24 Morning Projects 10:45 Exercises 11:30 Fun Riddles 1 pm Jewelry Making Mindful Meditation Rice Krispy Squares	25 
26 	27 Morning Projects 10:45 Exercises 11:30 Word Pictures 1 pm Board Games Craft: Potato Stamps Bake: Pinwheel Cookies	28 Morning Projects 10:45 Exercises 11:30 Name that Tune 1pm Hymn Sing Natural Beauty Recipes Crafts: Magazine Collage	29 Morning Projects 10:45 Exercises Men's Outing: Tim Horton's 11:30 Soccer 1 pm Bingo Mah Jong / Tin Gau	30 Morning Projects 10:45 Exercises 11:30 Fun Crossword 1pm Spa Day Art: Mandalas Bake Peanut Butter Bars		

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		S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373	1 上午茶点及小手工 10:45 早操 11:30 逗哈哈 1pm 飾布告板 散步, 烤无麸质饼干	2 上午茶点及小手工 10:45 早操 11:30 填字游戏 健康讲座(英语语言) 1pm 壁画, 工艺: 层压叶	3 上午茶点及小手工 10:45 早操 11:30 新聞時事 1pm 秋天的艺术 做三明治, 懷舊金曲	4 
5  Remember to set your clocks back 1 hour!	6 上午茶点及小手工 10:45 早操 11:30 纪念诗 健康讲座(廣東話) 1pm 烤布朗尼 工艺: 纸罌粟, 壁画	7 上午茶点及小手工 10:45 早操 11:30 一句话 1 pm 战时歌曲 烘烤饼干, 壁画	8 上午茶点及小手工 10:45 早操 11:30 配对游戏 1 pm 家里的信 阅读食谱, 工艺: 罌粟花圈	9 上午茶点及小手工 10:45 早操 11:30 戰爭歷史 1pm 一起唱: Saul 工艺: 罌粟花圈	10 上午茶点及小手工 10:45 早操 11:30 诗意 1pm 紀念日儀式  	11 和平紀念日 'Lest We Forget' 
12 	13 中心休息	14 上午茶点及小手工 10:45 早操 11:30 火警演習 1pm 藝途 音樂會 <i>Louise Southwood</i> , 古典吉他	15 上午茶点及小手工 10:45 早操 11:30 通过椰子 1 pm 出访 夏威夷岛 工艺: 花环, 烤香蕉奶油馅饼	16 上午茶点及小手工 10:45 早操 11:30 保龄球 1pm 宾果, 工艺: 椰子树 烘烤夏威夷比萨饼	17 上午茶点及小手工 10:45 早操 11:30 小节 1pm 夏威夷聚会   	18 
19 	20 上午茶点及小手工 10:45 早操 11:30 逗哈哈 1pm 幸运步行 麻雀 / 天九, 工艺: 生日贺卡	21 上午茶点及小手工 10:45 早操 出外午餐: 中國菜 11:30 保龄球 1pm 啤牌21點, 懷舊金曲	22 上午茶点及小手工 10:45 早操 11:30 串字遊戲  1pm 九月份生日會 音樂, 跳舞, 蛋糕分享	23 上午茶点及小手工 10:45 早操 出外午餐: Fish & Chips 11:30 硬地曲棍球 1 pm 戏曲, 混合媒体艺术	24 上午茶点及小手工 10:45 早操 11:30 谜题 1 pm Jewelry Making 冥想, 爆米花 方块	25 
26 	27 上午茶点及小手工 10:45 早操 11:30 字图片 1 pm 桌上游戏 工艺: 马铃薯印章, 烘烤风车饼干	28 上午茶点及小手工 10:45 早操 11:30 命名曲调 1pm 圣歌 美容食谱, 工艺: 拼贴	29 上午茶点及小手工 10:45 早操 出外午餐: Tim Horton's 11:30 足球 1 pm 宾果, 麻雀 / 天九	30 上午茶点及小手工 10:45 早操 11:30 纵横字谜 1pm 水疗馆白天 美术: 曼陀罗, 做花生酱条	 	

Welcome!

Program Highlights

- Nov. 2nd Health Talk (English)
Nov. 6th Health Talk (Chinese)
Nov. 9th Sing along with Saul
Nov. 10th Remembrance Ceremony
Nov. 13th **The ADP is Closed**
Nov. 14th ArtsWay Concert
Louise Southwood, guitar
Nov. 17th Hawaiian Luau
Nov. 21st Outing: Chinese Cuisine
Nov. 22nd Birthday Party
Nov. 23rd Outing: Fish & Chips
Nov. 29th Men's Outing: Tim Horton's

November Birthdays

We wish our following friends a very Happy Birthday!

Miss Sun Tan Yan	Nov. 3 rd
Ms. Ying Wong	Nov. 12 th
Mrs. Hui Zhen Huang	Nov. 24 th
Mr. Jimmy Tang	Nov. 27 th



歡迎

節目聚焦

- 十一月二日 健康講座 (英語語言)
十一月六日 健康講座 (廣東話)
十一月九日 一起唱: Saul Berson
十一月十日 紀念日儀式
十一月十三日 **中心休息**
十一月十四日 藝途音樂會: Louise Southwood,
吉他彈奏者
十一月十七日 夏威夷聚會
十一月二十一日 出外午餐: 中國菜
十一月二十二日 十一月份生日會
十一月二十三日 出外午餐: Fish & Chips
十一月二十九日 出外午餐: Tim Horton's

十一月生日 會員

生日快樂對我們的朋友

Miss Sun Tan Yan	十一月三日
Ms. Ying Wong	十一月十二日
Mrs. Hui Zhen Huang	十一月二十四日
Mr. Jimmy Tang	十一月二十六日



South Vancouver Adult Day Program

南溫哥華成人中心

November 2017 Newsletter

2017 年11月 月報



Participants proudly display their finished Remembrance Day Craft project: 'Lest We Forget' Cenotaph collage.

**3076 East 49th Avenue
Vancouver, BC V5S 1K9
604 430 6373**

Why Seniors Should Get the Inactivated Influenza (Flu) Vaccine?

What should seniors know about the inactivated influenza vaccine? Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness, and even save lives. As people age, they may be at higher risk of complications from influenza. For this reason, seniors age 65 years and older are advised to get an inactivated influenza vaccine, or flu shot, each year. The inactivated influenza vaccine is provided free to seniors. Contact your health care provider to get your influenza vaccine. The inactivated influenza vaccine is safe. It contains killed influenza viruses that cannot cause the flu. Common reactions to the vaccine include redness, soreness or swelling where the shot was given. These reactions may last 1 to 2 days. Mild symptoms may occur in some people after being immunized, especially those receiving the vaccine for the first time. Symptoms can include fever, headache and aching muscles. They can start within 6 to 12 hours and end within 24 to 48 hours after the vaccine was given. These symptoms are less severe and last a shorter time compared to influenza infection.

When should seniors get the influenza vaccine? It is important for seniors to get the influenza vaccine before the flu season starts. In British Columbia, the influenza vaccines are usually available in October. For best protection, you should try to get the influenza vaccine as soon as possible. This gives your body enough time – about 2 weeks – to build immunity before the flu season starts. This immunity typically lasts through the flu season which usually ends in April. In addition to the influenza vaccine, seniors should be immunized against pneumococcal disease. The pneumococcal vaccine protects against infections of the brain, bloodstream, lungs, and ear. It is safe to get the influenza and pneumococcal vaccines at the same time. Most people only need 1 dose of pneumococcal vaccine and will not need a booster dose. For information about pneumococcal infection and the vaccine, see HealthLinkBC File #62b Pneumococcal Polysaccharide Vaccine.

What is influenza? Influenza is an infection of the upper airway caused by the influenza virus. Symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

How can influenza be prevented? You can reduce the risk of getting influenza or spreading it to others by: 1. washing your hands regularly; 2. promptly disposing of used tissues in the waste basket or garbage; 3. coughing and sneezing into your shirt sleeve rather than your hands; 4. staying home when you are ill; and 5. getting an influenza vaccine.

How serious is influenza? Influenza reduces the body's ability to fight other infections. Bacterial pneumonia, which is an infection of the lungs, is the most common complication from influenza, especially in elderly people. Influenza can also lead to more complications for people who have heart, lung or other health conditions. These complications can sometimes be fatal.



Get the
FLU  **SHOT**
not the flu!

長者為何應接種 去活流行性感冒（流感）疫苗

關於去活流感疫苗，長者應該知道些什麼？ 流行性感冒疫苗是幫助人們保持健康、預防 疾病甚至挽救生命的安全有效的途徑。隨著 年齡增長，人們患流行性感冒並發症的風險 可能增高。因此，我們建議 65 歲及以上的 長者每年接種去活流行性感冒疫苗，也稱作 流感針。長者可以免費接種去活流行性感冒疫苗。請 聯繫您的醫護人員，安排接種流感疫苗。去活流行性感冒疫苗很安全。該疫苗中包含 已經被殺死的流行性感冒病毒，這樣的病毒 不會引發流感。對該疫苗的常見反應包括接 種部位紅腫和疼痛。反應可能持續 1-2 天。 部分人群可能會在免疫後出現輕微症狀，尤 其是首次接種者。這些症狀包括發熱、頭痛 和肌肉疼痛，可能在接種疫苗後的 6-12 小時內開始出現，24-48 小時內消退。這些症 狀要比流行性感冒的症狀來得輕微，持續時 間也較短。

長者何時應接種流行性感冒疫苗？ 長者應在流感季節開始前接種流行性感冒疫苗，這很重要。在卑詩省，流行性感冒疫苗通常從十月開始 提供。為了獲得最佳保證，您應盡快接種流 感疫苗。這能使您的身體在流感季節開始之 前有足夠的時間（兩週左右）建立起免疫力。這樣的免疫力通常能夠維持到流感季節 結束之時，也就是四月份。除了接種流行性感冒疫苗外，長者還應接種 預防肺炎球菌感染的疫苗。肺炎球菌疫苗能 夠預防大腦、血液、肺部和耳朵的感染。同時接種流行性感冒疫苗和肺炎球菌疫苗是安 全的。大多數人只需接種 1 劑肺炎球菌疫苗，且無需接種加強劑。

甚麼是流行性感冒？ 流行性感冒是由流行性感冒病毒引起的上呼 吸道感染。流行性感冒的症狀包括發熱、頭痛、肌肉疼 痛、流鼻涕、喉嚨痛、極度疲勞和咳嗽等。雖然其它病毒感染也可能導致類似的症狀， 由流行性感冒病毒引起的症狀通常更嚴重。

如何才能預防流行性感冒？ 您可以通過以下方式減少感染流行性感冒或 將流行性感冒傳給他人的風險： 1.經常洗手； 2.用過的紙巾要立即扔進廢紙箱或垃圾桶； 3.咳嗽或打噴嚏時用衣袖遮住口鼻，而不是 直接用手遮掩； 4.生病期間留在家中；以及 5. 接種流行性感冒疫苗。

流行性感冒有多嚴重？ 流行性感冒會降低身體抵禦其它感染的能 力。細菌性肺炎是一種肺部感染，這是流行 性感冒最常見的並發症，在長者中尤為普 遍。對患有心臟、肺部或其它疾病的人士來 說，流行性感冒還可導致更多並發症。這些 並發症有時可以致命。

