














Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Easter Monday Centre Closed	3 10:45 Exercises 11:30 Words In Words 12:00 Spring Decoration Evelene's Music Studio 13:30 Books Check Out Basketball Shooting	4 10:45 Exercises 11:30 News & Views 12:00 Cherry Blossom Craft Mah Jong/Yoga Fitness 13:30 Spring Walk Bean Bags	5 10:45 Exercises 11:30 Ching Ming Festival 12:00 Beulah Band 60s Everyday Life 13:30 Balls In Buckets Books Check In	6 10:45 Exercises 11:30 You Remember 12:00 Garden Walk Flower Bingo 13:30 Blossom Craft Bottle Toss	
	9 10:45 Exercises 11:30 Health Talk 12:00 Travel to Japan Collection Album 13:30 Spring Walk Balloon Volleyball	10 10:45 Celebration of Cherry Blossom Festival 12:00 Sing Along with Evelene Cherry Blossom Craft 13:30 Exercises Spring Walk	11 10:45 Exercises 11:30 About Japan 12:00 Flower Bingo Japanese Cuisine Making 13:30 Japanese Paper Arts Bottle Toss	12 10:45 Exercises 11:30 First Step on the Moon 12:00 Sushi Dine Out Flower BINGO 13:30 Bowling Library Corner	13 10:45 Exercises 11:30 Pauline's Farewell Party 12:00 Sniff & Taste Japanese Folk Songs 13:30 Spring Walk Blossom Appreciation Site	
	16 10:45 Exercises 11:30 Today's Highlight 12:00 Flower Bingo Gluten Free Cookie 13:30 Bowling Spring Walk	17 10:45 Exercises 11:30 Health Talk 12:00 Evelene Music Studio Chinese Drama 13:30 Chinese Idiom Bottle Toss	18 10:45 Birthday Party With Saul 12:00 Exercises Yoga Fitness 13:30 I Hear Memories Reminiscing	19 10:45 Exercises 11:30 Inspiring Quotes 12:00 Creative Painting Bocce Ball 13:30 Spring Walk Bean Bags	20 10:45 Exercises 11:30 Basketball Shooting 12:00 Dim Sum Outing Digital Memories 13:30 Balloon Fight Ring Toss	
	23 10:45 Exercises 11:30 World Book Day 12:00 About Shakespeare Mah Jong/Garden Walk 13:30 Balls In Buckets Library Corner	24 10:45 Exercises 11:30 Basketball Shooting 12:00 Beulah Band Aromatherapy & Massage 13:30 Balloon Fight Spring Walk	25 10:45 Exercises 11:30 Health Talk 12:00 Pizza Making Italian Country Music 13:30 Guide Dog Day Senior Council	26 10:45 Exercises 11:30 Bottle Toss/Ring Toss 12:00 Early Lunch 13:00 Concerts In Care Have a Great Time!	27 10:45 Exercises 11:30 Words In Word 12:00 Movie Day Chinese Movie Songs 13:30 Balls In Buckets Spring Walk	
	30 10:45 Exercises 11:30 Spring Word Games 12:00 Hockey Puzzle Games 13:30 Senior Council Ring Toss	<div><div>A</div><div>P</div><div>R</div><div>I</div><div>L</div><div>2018</div></div>				<div>SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADC Blog at svnhadc.blogspot.com</div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 復活節假期 中心休息	3 10:45 早操 11:30 字中字 12:00 春日粉飾 艾芙琳音樂世界 13:30 書本驗收 投籃練習	4 10:45 早操 11:30 今日頭條 12:00 櫻花手工藝 麻將/瑜伽 13:30 春日漫步 扔豆袋	5 10:45 早操 11:30 清明知多少 12:00 寶蘭樂隊 60年代的日常生活 13:30 請它入甕 書本驗收	6 10:45 早操 11:30 練記憶 12:00 春日漫步 花賓高 13:30 櫻花手工藝 套水瓶	
	9 10:45 早操 11:30 健康講座 12:00 日本風情遊 精美相冊 13:30 春日漫步 氣球排球	10 10:45 慶祝 溫哥華櫻花節 12:00 艾芙琳音樂世界 櫻花手工藝 13:30 請它入甕 春日漫步	11 10:45 早操 11:30 日本風情 12:00 花賓高 日本飲食 13:30 日本折紙藝術 套水瓶	12 10:45 早操 11:30 首次登陸月球 12:00 日餐外遊 花賓高 13:30 保齡球 圖書館一角	13 10:45 早操 11:30 博琳歡送會 12:00 五官效應 日本古謠 13:30 春日漫步 溫哥華賞櫻景點	
	16 10:45 早操 11:30 今日頭條 12:00 花賓高 烘焙餅乾曲奇 13:30 保齡球 春天漫步	17 10:45 早操 11:30 健康講座 12:00 艾芙琳音樂世界 中國戲劇園地 13:30 成語接龍 套水瓶	18 10:45 慶祝 生日會 12:00 早操 瑜伽 13:30 我聽到的記憶 流金歲月	19 10:45 早操 11:30 感性短語 12:00 創意畫室 地毯滾球 13:30 春天漫步 扔豆袋	20 10:45 早操 11:30 投籃練習 12:00 點心出遊 寶蘭電子相冊 13:30 氣球戰 套圈圈	
	23 10:45 早操 11:30 國際讀書日 12:00 莎士比亞專輯 麻將/春天漫步 13:30 請它入甕 圖書館一角	24 10:45 早操 11:30 投籃練習 12:00 寶蘭樂隊 香薰理療 13:30 氣球戰 春日漫步	25 10:45 早操 11:30 健康講座 12:00 做披薩 意大利鄉村音樂 13:30 導盲人狗日 會員大會	26 10:45 早操 11:30 套水瓶&套圈圈 12:00 提早午餐 13:00 00 關愛音樂會 享受美好時光!	27 10:45 早操 11:30 字中字 12:00 電影日 中國電影插曲 13:30 請它入甕 春日漫步	
	30 10:45 早操 11:30 文字遊戲 12:00 曲棍球 拼圖遊戲 13:30 會員大會 套圈圈	<div> <div> <div>A</div> <div>P</div> <div>R</div> <div>I</div> <div>L</div> </div> <div>2018</div> </div> <div>SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADC Blog at svnhadc.blogspot.com</div>				

Welcome

We would like to welcome the new members to our centre. We hope you will enjoy your time here and we look forward to getting to know you:

Mrs. Di Tomaso, Annunziata

Mrs. Ciotti, Carmela

Ms. Nicolleti, Donna

歡迎

以最熱誠的祝願，歡迎你們成為我們中心的新會員並常來參與中心的活動。

Di Tomaso 太太

Ciotti 太太

Nicolleti 女士

Special Events

Apr 02 Easter Monday
Centre Closed

Apr 05/24 Beulah Band

Apr 10/17 Sing Along With Evelene

Apr 12 Sushi Dine Out

Apr 13 Pauline's Farewell Party

Apr 18 Birthday Party

Apr 20 Dim Sum Outing

Apr 25 Pizza Making

Apr 26 Concerts In Care

Apr 27 Movie Day

特別節目

四月二日 復活節假期
中心休息

四月五日/二十四 寶蘭樂隊

四月十/十七日 艾芙琳音樂世界

四月十二日 西餐外遊

四月十三日 博琳歡送會

四月十八日 生日會

四月二十日 點心外遊

四月二十五日 做披薩

四月二十六日 關愛音樂會

四月二十七日 電影日

April Birthdays

Petek, Irene
Seepersad, Jocelyn



四月生日會員

Petek 太太
Seepersad 太太



More Digital Memories Visit

<https://youtu.be/MhRGV8hMs5o>



CANCER RISK REDUCTION

What is Cancer?

Cancer is a group of many diseases, which are due to uncontrolled growth of abnormal cells. These cells may grow into masses of tissue called tumors. Tumors may be benign (noncancerous) or malignant (cancerous) to other parts of the body. Malignant tumors invade and destroy nearby tissues and organs and can even spread (metastasize) to other parts of the body.

Warning Signals of Cancer

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness
8. Unexplained weight loss.

Ways to Reduce Your Risk of Cancer

About 80% cancers are related to lifestyle and environmental factors. By reducing or eliminating exposure to cancer-causing agents (carcinogens), you can minimize your risk of developing some cancers. Here are some cancer risk reduction tips:

- Control weight
- Don’t smoke
- If you drink, drink alcohol only in moderation (1-2 drinks a day)
- Avoid too much sunlight (wear protective clothing, use sunscreen lotion)
- Avoid unnecessary X-rays
- Follow health and safety rules at workplace
- Eat foods high in fiber (fruits, vegetables, whole grain) and low in fat
- Limit consumption of salt-cured, salt-pickled, and smoked foods
- Discuss with your doctor about the safety of hormone replacement therapy
- Include cancer-related check-ups in your regular physical exam
- Learn the warning signals of cancer

As the saying goes, “Prevention is better than Cure”. You can help reduce your own cancer risk by taking control of your lifestyle!

Source: http://www.cchrchealth.org/sites/default/files/files/e_cancer_reduction.pdf

如何减低患癌机会

什麼是癌症？

癌症是由一组不正常的细胞所引起的疾病。这些病态细胞不规律地不断和迅速地繁殖成长，形成肿 块，称为肿瘤。 肿瘤可分良性的（非癌症）或恶性的（癌症）二种。 恶性肿瘤能侵入及破坏邻近的 组织及器官，并能蔓延到身体其他部份。

癌症的警讯：

1. 大小便习惯失常
2. 伤口长久不癒
3. 不正常的出血或分泌
4. 乳房有硬块或身体其他部份的组织有增厚现象
5. 消化不良或吞咽困难
6. 疣痣的大小或颜色产生变化
7. 长期咳嗽或声音沙哑
8. 无原因的体重下降

如何减低患癌症的机会

癌症的成因有百分之八十是与生活习惯及环境的因素有关。减少或完全避免接触致癌的物质，可以减 少患上某些癌症的机会， 以下是一些要诀：

- 控制体重
- 不吸烟
- 如喝酒，莫过量（每日不超过一至二小杯）
- 避免过度暴曬阳光（穿著有保护身体的衣服，用含 SPF15 或以上的太阳油）
- 避免照不必要的 X 光
- 在工作时，遵守保护健康的原则
- 多吃高纤维（水果、蔬菜、全穀类）和低脂肪的食物
- 少吃用盐醃过或烟燻过的食品
- 使用女性荷尔蒙补替治疗法时应请教医生的意见
- 在体格检查时应包括有关癌症检查在内
- 认识「癌症的警讯」是甚麼

俗语有云：「预防胜於治疗」，调理生活方式可以帮助您减少患癌症的机会！