

South Van Adult Day Program

ACTIVITY CALENDAR

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 The A.D.P. is <u>CLOSED</u> today 	3 Morning Projects 10:45 Exercises 11:30 On This Day 1 pm Black Jack Bulletin Board Art Bake Oatmeal Cookies	4 Morning Projects 10:45 Exercises 11:30 April Trivia 1 pm Garden Club Crafts: Decoupage Biography: Debbie Reynolds	5 Morning Projects 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm Musical Memories Craft: Paper Flowers	6 Morning Projects 10:45 Exercises 11:30 Animal Jokes 1pm April Mural Table Games Chinese Opera	7 
8 	9 Morning Projects 10:45 Exercises 11:30 Crossword 1pm Mah Jong/ Tin Gau Bake Cherry Pie Bars Craft: Cherry Blossoms	10 Morning Projects 10:45 Exercises 11:30 Japanese Words 1 pm Artsway Concert: Benjamin Hopkins, piano	11 Morning Projects 10:45 Exercises 11:30 Haikus 1 pm Calligraphy Bake Blossom Cake Roll Crafts: Geisha Hand Fans	12 Morning Projects 10:45 Exercises Outing: Boston Pizza 11:30 Hanetsuki Game 1pm Travel to Japan Cooking Tempura	13 Morning Projects 10:45 Exercises 11:30 Japanese Trivia 1pm Art: Origami Bake Cherry Winks Cherry Blossom Tour	14 
15 	16 Morning Projects 10:45 Exercises 11:30 Share you Jokes 1pm Craft: Kites Short Stories Lemon Crinkle Cookies	17 Morning Projects 10:45 Exercises 11:30 Rhyming Riddles Health Talk (Chinese) 1pm Community Walk April Celebrity Quiz	18 Morning Projects 10:45 Exercises 11:30 Hangman 1 pm Garden Club Art: Mandalas Gluten-free Baking	19 Morning Projects 10:45 Exercises 11:30 Inspiring Quotes 1pm Name that Tune Mindful Meditation Craft: Mosaic Tiles	20 Morning Projects 10:45 Exercises 11:30 A Dog's Philosophy 1pm Sing Along with Saul Mah Jong / Tin Gau	21 
22 	23 Morning Projects 10:45 Exercises 11:30 Fun Riddles 1pm Garden Club Silent Movie Table Games	24 Morning Projects 10:45 Exercises 11:30 Fire Drill 1pm Musical Memories Mixed Media Collage Bake Applesauce Cookies	25 Morning Projects 10:45 Exercises Men's Outing: Tim Hortons 11:30 Soccer 1pm BINGO Mah Jong / Tin Gau	26 Morning Projects 10:45 Exercises 11:30 Horoscopes 1 pm Birthday Party Music, Dancing & Cake	27 Morning Projects 10:45 Exercises 11:30 Space Travel Quiz 1pm Community Walk Mah Jong/ Tin Gau Bake Pudding Cookies	28 
29 	30 Morning Projects 10:45 Exercises Outing: Chinese Cuisine 11:30 Bowling 1pm Black Jack Make Peppermint Fudge			S.V.A.D.P. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373		

Please visit our blog site: svnhadc.blogspot.com

SVNH Website: www.southvan.org

星期天	星期一	星期二	星期三	星期四	星期五	星期六
1 	2 中心休息 	3 上午茶点及小手工 10:45 早操 11:30 这一天在历史上 1pm 啤牌21 點 裝飾布告板	4 上午茶点及小手工 10:45 早操 11:30 四月琐事 1pm 园艺, 剪纸装饰 传记: Debbie Reynolds	5 上午茶点及小手工 10:45 早操 11:30 找出不同的地方 健康讲座 (英语语言) 1pm 音乐记忆, 工艺:	6 上午茶点及小手工 10:45 早操 11:30 逗哈哈 1pm 壁画 桌面游戏, 戏曲	7 
8 	9 上午茶点及小手工 10:45 早操 11:30 纵横字谜 1pm 麻雀/天九 烤樱桃派饼干, 工艺: 樱花	10 上午茶点及小手工 10:45 早操 11:30 日语单词 1pm 藝途音樂會 Benjamin Hopkins, 钢琴家	11 上午茶点及小手工 10:45 早操 11:30 俳句 1pm 书法, 工艺: 折扇; 烤樱桃卷蛋糕	12 上午茶点及小手工 10:45 早操 出外午餐: Boston Pizza 11:30 羽毛球 1pm 出访日本; 煮天妇罗	13 上午茶点及小手工 10:45 早操 11:30 日本的琐事 1pm 工艺: 折纸 出游: 樱花, 烤樱桃饼干	14 
15 	16 上午茶点及小手工 10:45 早操 11:30 分享你的笑话 1pm 工艺: 纸鸢 短篇小说, 烤饼干	17 上午茶点及小手工 10:45 早操 11:30 解谜 健康讲座(廣東話) 1pm 散步, 名人测验	18 上午茶点及小手工 10:45 早操 11:30 串字遊戲 1pm 园艺 美术: 坛场, 无麸质烘焙	19 上午茶点及小手工 10:45 早操 11:30 名言 1pm 音乐测验 冥想, 工艺: 魔赛克	20 上午茶点及小手工 10:45 早操 11:30 理念 1pm 一起唱 Saul Berson	21 
22 	23 上午茶点及小手工 10:45 早操 11:30 解谜 1pm 园艺 影片, 桌面游戏	24 上午茶点及小手工 10:45 早操 11:30 火警演習 1pm 音乐记忆 园艺, 拼贴	25 上午茶点及小手工 10:45 早操 出外午餐: Tim Hortons 11:30 足球 1pm 宾果, 麻雀/天九	26 上午茶点及小手工 10:45 早操 11:30 命相 1pm 四月份生日會 音樂, 跳舞, 蛋糕分享	27 上午茶点及小手工 10:45 早操 11:30 太空旅行测验 1pm 散步 麻雀/天九, 烤饼干	28 
29 	30 上午茶点及小手工 10:45 早操; 出外午餐: 中國菜 11:30 保齡球 1pm 啤牌21 點 做软糖			S.V.A.D.P. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373		

Welcome!

We warmly welcome you to our day program:

Program Highlights

April 2nd ADP is **Closed**: Easter Monday
April 5th Health Talk (English)
April 10th ArtsWay Concert:
Benjamin Hopkins, Piano
April 12th Outing: Fish & Chips
April 17th Health Talk (Chinese)
April 20th Sing Along with Saul
April 25th Men's Outing: Tim Hortons
April 26th Birthday Party: Steve Warner
April 30th Outing: Chinese Cuisine

April Birthdays

We wish our following friends a very Happy Birthday!

Ms. Man Tak Yuen
Mr. Shui-Yin Wong

April 4th
April 8th



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

四月二日: **中心休息 Easter Monday**
四月五日: 健康講座 (英語語言)
四月十日: 藝途 音樂會:
Benjamin Hopkins, piano
四月十二日: 出外午餐: Fish & Chips
四月十七日: 健康講座 (廣東話)
四月二十日: 一起唱
四月二十五日: 出外午餐: Tim Horton's
四月二十六日: 四月份生日會: Steve Warner
四月三十日: 出外午餐: 中國菜

四月月生日 會員

生日快樂對我們的朋友

Ms. Man Tak Yuen
Mr. Wong, Shui-Yin

四月四日
四月八日



South Vancouver Adult Day Program

南溫哥華成天中心

April 2018 Newsletter

2018 年4月 月報



Participants proudly show off their festive Easter Bonnets.

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

CANCER RISK REDUCTION

Most people are frightened when they hear the word “CANCER” because they think it is an inevitable disease that often results in death. The good news is, you can do something to help lower your risk of cancer. Early detection can save your life.

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

Pain is seldom an early sign of cancer. If you have any of the above warning signals, see your doctor immediately.

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!

<http://www.cchrchealth.org>1997 Chinese Community Health Resource Center Revised 1/2013

如何减低患癌机会

许多人谈及「癌症」便会感到惊怕，因为他们认为这是一种无可避免，往往会引致死亡的疾病。幸而，你可以采取一些行动以减低患上癌症的机会。如能及早发现癌症，可以挽救生命。

什麼是癌症？

癌症是由一组不正常的细胞所引起的疾病。这些病态细胞不规则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

疼痛通常不是癌症的早期讯号。如果发现有任何上述的现象，应立刻去见医生。

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！