














South Van Adult Day Program

ACTIVITY CALENDAR

MAY 2018

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 Words in Guacamole 1 pm Bulletin Board Art Make Guacamole Mah Jong / Tin Gau	2 Morning Projects <small>10-Noon</small> Podiatrist 10:45 Exercises 11:30 Just for a Laugh 1 pm Piñata Project Travel to Mexico	3 Morning Projects 10:45 Exercises 11:30 Mexico Trivia 1 pm Piñata Project Bake Mexican Brownies Dance to Mexican Music	4 Morning Projects 10:45 Exercises 11:30 "Five" Trivia 1 pm Mexican Fiesta Dancing, Piñata Game Snacks & Margaritas	5 
6 	7 Morning Projects Morning Projects Step Out Bus Tour 11am to 2pm 	8 Morning Projects 10:45 Exercises 11:30 Motherly Humour 1pm Songs for Mom Bake Lemon Pie Bars Craft: Mother's Day Cards	9 Morning Projects 10:45 Exercises 11:30 T. V. Moms Trivia 1pm Mah Jong / Tin Gau Craft: tissue Carnations Bake Strawberry Cupcakes	10 Morning Projects 10:45 Exercises 11:30 Mom Crossword 1 pm Bake Cookies Musical Memories Crafts: Tissue Carnations	11 Morning Projects 10:45 Exercises 11:30 Mother's Day Quiz 1pm Mother's Day Tea Sing with Saul Berson 	12 
13 	14 Morning Projects 10:45 Exercises Outing: Chinese Cuisine 11:30 Floor Hockey 1pm Black Jack Mah Jong / Tin Gau	15 Morning Projects 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm Bake Scones Bio: Queen Victoria	16 Morning Projects 10:45 Exercises 11:30 Fire Drill 1 pm Artsway Concert Emily Richardson, flute & Susan Xia, piano	17 Morning Projects 10:45 Exercises 11:30 Royals Quiz Health Talk (Chinese) 1pm Decorate a Cake British Palaces & Castles	18 Morning Projects 10:45 Exercises 11:30 Wedding Quiz 1pm Royal Bingo Jewelry Making Tea & Wedding Cake	19 
20 	21 The A.D.P. is <u>CLOSED</u> today Victoria Day	22 Morning Projects 10:45 Exercises Outing: Fish & Chips 11:30 Floor Hockey 1pm Black Jack Mixed Media Art	23 Morning Projects 10:45 Exercises 11:30 On This Day 1pm Bake Cookies Art: Mandalas, Sing Along	24 Morning Projects 10:45 Exercises Men's Outing: A. & W. 11:30 Soccer 1pm Lucky Bingo Mah Jong / Tin Gau	25 Morning Projects 10:45 Exercises 11:30 News & Views 1pm Farmer's Market Garden Club Table Games	26 
27 	28 Morning Projects 10:45 Exercises 11:30 Fun Riddles 1pm Garden Club Floral Painting Mah Jong / Tin Gau	29 Morning Projects 10:45 Exercises 11:30 Horoscopes 1 pm Birthday Party Music, Dancing , & Cake 	30 Morning Projects 10:45 Exercises 11:30 Just for a Laugh 1 pm Table Games Community Walk Musical Memories	31 Morning Projects 10:45 Exercises 11:30 Clever Quotes 1 pm Baking Tarts Chinese Opera Farmer's Market	<div>  <div> SOUTH VANCOUVER NEIGHBOURHOOD HOUSE </div> </div> <div>  <div> MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC </div> </div>	

星期天	星期一	星期二	星期三	星期四	星期五	星期六
	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 文字遊戲 1 pm 裝飾布告板 做鱷梨醬, 麻雀/ 天九	2 上午茶点及小手工 10-Noon 脚病医生 10:45 早操 11:30 噱头 1 pm 工艺: 皮纳塔, 出访墨西哥	3 上午茶点及小手工 10:45 早操 11:30 墨西哥瑣事 1 pm 烤墨西哥布朗尼 工艺: 皮纳塔, 跳舞到墨西哥音乐	4 上午茶点及小手工 10:45 早操 11:30 五次測驗 1 pm 圣日 舞会, 皮纳塔, 玛格丽特	5 
6 	7 上午茶点及小手工 巴士外遊: 11am to 2pm 	8 上午茶点及小手工 10:45 早操 11:30 母親幽默 1pm 关于妈妈的歌曲 烤檸檬 餡餅, 工艺: 母亲节卡	9 上午茶点及小手工 10:45 早操 11:30 電視媽媽 1pm 工艺: 紙花 麻雀/ 天九, 烘烤草莓蛋糕	10 上午茶点及小手工 10:45 早操 11:30 縱橫字謎 1 pm 烤餅乾 音乐记忆, 工艺: 紙花	11 上午茶点及小手工 10:45 早操 11:30 母親節測驗 1pm 母親節會：一起唱 	12 
13 	14 上午茶点及小手工 10:45 早操 出外午餐: 中國菜 11:30 硬地曲棍球 1pm 啤牌21點, 麻雀/ 天	15 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 烘烤烤餅 传记: 维多利亚女王	16 上午茶点及小手工 10:45 早操 11:30 火警演習 1 pm 藝途 音樂會 Emily Richardson, 橫笛吹奏者	17 上午茶点及小手工 10:45 早操 11:30 皇家测验 健康讲座 (廣東話) 1pm 裝飾蛋糕, 电影: 英国城堡	18 上午茶点及小手工 10:45 早操 11:30 婚禮測驗 1pm 宾果, 自製珠寶首飾 茶會 & 蛋糕分享	19 
20 	21 中心休息 Victoria Day	22 上午茶点及小手工 10:45 早操 出外午餐: 魚和薯條 11:30 硬地曲棍球 1pm 啤牌21點, 美術	23 上午茶点及小手工 10:45 早操 11:30 这一天在历史上 1pm 烤餅乾 工艺: 壇場, 一起唱	24 上午茶点及小手工 10:45 早操 出外午餐: A. & W. 11:30 足球 1pm 宾果, 麻雀/ 天九	25 上午茶点及小手工 10:45 早操 11:30 討論新聞 1pm 农贸市场 園藝, 桌面遊戲	26 
27 	28 上午茶点及小手工 10:45 早操 11:30 解谜 1pm 园艺, 畫 麻雀/ 天九	29 上午茶点及小手工 10:45 早操 11:30 命相 1pm 五月份生日會 音樂, 跳舞, 蛋糕分享 	30 上午茶点及小手工 10:45 早操 11:30 噱头 1pm 桌面遊戲 社區散步, 音乐记忆	31 上午茶点及小手工 10:45 早操 11:30 名言 1pm 烤餡餅 戲曲, 农贸市场		

Welcome!

We warmly welcome you to our centre!

Program Highlights

- May 2nd** Podiatrist's visit
May 7th Step-Out Bus Tour
May 11th Mother's Day Tea
May 14th Outing: Chinese Cuisine
May 15th Health Talk (English)
May 16th Artsway Concert:
Emily Richardson, flute &
Susan Xia, piano
May 17th Health Talk (Chinese)
May 21st The **ADP** is **Closed** today
May 22nd Outing: Fish & Chips
May 24th Men's Outing: Tim Horton's
May 25th Farmer's Market
May 29th Birthday Party: Steve Warner-
May 31st Farmer's Market

May Birthdays

We wish our following friends a very Happy Birthday!

Mrs. Mae Irving	May 5 th
Mrs. Hui Zhen Li	May 11 th
Mrs. Ching Lin Ho	May 13 th



歡迎

热烈欢迎

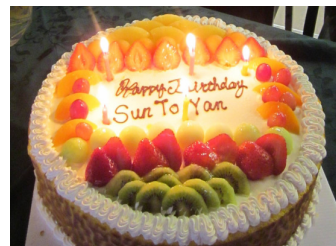
節目聚焦

- 五月二日:** 腳醫生到訪
五月七日: 巴士外遊: 野餐
五月十一日: 母亲节会, 一起唱
五月十四日: 出外午餐: 中國菜
五月十五日: 健康讲座 (英语语言)
五月十六日: 藝途 音樂會:
Emily Richardson, flute &
Susan Xia, piano
五月十七日: 健康讲座 (廣東話)
五月二十一日: **中心休息** 维多利亚女王日
五月二十二日: 出外午餐: 炸鱼薯条
五月二十四日: 出外午餐: Tim Horton's
五月二十五日: 农贸市场
五月二十九日: 五月份生日會 Steve Warner
五月三十一日: 农贸市场

五月生日 會員

生日快樂對我們的朋友

Mrs. Mae Irving	五月五日
Mrs. Hui Zhen Li	五月十一日
Mrs. Ching Lin Ho	五月十三日



South Vancouver Adult Day Program

南溫哥華成人中心

May 2018 Newsletter

2018 年 5 月 月报



Participants enjoy Mother's Day Tea and flowers

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



Family Caregivers Support Group

Free!

***Dinner * Social gathering & support *
Caregiver training & education***

We are hosting a support group for
caregivers of family, relatives & friends

Location:

The Cedars at Beulah Gardens, Adult Day Centre

3355 E. 5th Avenue, Vancouver

Dates and Time: Wednesdays 5:30 - 7:30 pm,

May 2nd, 16th, 30th & June 13th, 2018

Cost: FREE. A free dinner is also provided (4 sessions)

Who: anyone who is a caregiver for a family member, relative or friend and would like to meet other caregivers and gain information on how to be a more effective caregiver.

To register, contact Gloria at

604-251-1225 or gloria@froghollow.bc.ca

Creating our Community Together



家庭照顧支持小組

免費!

晚餐 *聯歡會 * *看護者培訓和支持

我們正在主持一個支持小組 家人，親友和朋友的照顧者

地点: 雪松在 寶蘭花園成 人日間中心

3355 E. 5th Avenue, Vancouver

日期 & 時分: 星期三 5:30 - 7:30 pm

五 月二日, 五 月十六日, 五 月三十 日, 六 月十 三日,

費用: 免費 還提供免費晚餐 (四場會議)

誰應該參加? 任何為家人，親戚或朋友照顧的人，並希望與其他照顧者見面並獲得關於如何成為更有效照顧者的信息。

註冊, 聯繫人 Gloria

604-251-1225 or gloria@froghollow.bc.ca

共同創造我們的社區