

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45 Exercises 1 11:30 Drop/Cover/Hold 12:00 Oktober Festival Cheers With You! 13:30 Bowling Hand Exercises	10:45 Exercises 2 11:30 Elderly Day 12:00 Thanksgiving Crafts Garden Walk 13:30 Bean Bags Thanks For...	10:45 Exercises 3 11:30 Bowling 12:00 Mix & Match Thanksgiving Games 13:30 Garden Walk Thanksgiving Activities	10:45 Exercises 4 11:30 Drop/Cover/Hold 12:00 Thanksgiving Craft Mah Jong 13:30 Balls In Buckets Hair Salon	10:45 Birthday Party 5 & Thanksgiving Party 12:00 Exercise Fitness Club 13:30 World Teacher Day Hand Exercise	
	8 Happy Thanksgiving Centre Closed	10:45 Exercises 9 11:30 You Remember 12:00 If You're the Judge Halloween Crafts 13:30 Hand Exercises Basketball Shooting	10:45 Exercises 10 11:30 Health Talk /Ring Toss 12:00 Jeopardy! Aromatherapy 13:30 Balls In Buckets Hair Salon	10:45 Exercises 11 11:30 Chinese Idiom 12:00 Talent Show Dim Sum/Pumpkin Shopping 13:30 Garden Walk Ring Toss	10:45 Exercises 12 11:30 Drop/Cover/Hold 12:00 Hair Salon Halloween Crafts 13:30 Golf Puzzle Game	
	14 10:45 Exercises 15 11:30 Health Talk/Reminiscing 12:00 Digital Memories Dine Out & Fall Shopping 13:30 Balloon Fight Library Corner	10:45 Exercises 16 11:30 Drop/Cover/Hold 12:00 Aromatherapy Hair Salon 13:30 Bottle Toss Books Check Out	10:45 Exercises 17 11:30 Big ShakeOut 12:00 Price Is Right Table Games 13:30 Puzzle Game Bowling	10:15 BC ShakeOut 18 10:45 Exercises 11:30 News & Views 12:00 Halloween Bingo Aromatherapy 13:30 Books Check In Bean Bags	10:45 Exercises 19 11:30 Name Ten 12:00 Fall Planting Halloween Decoration 13:30 Knock Them Down Reminiscing	
	21 10:45 Exercises 22 11:30 About Flu Shot 12:00 Halloween BINGO Hair Salon 13:30 Seniors Council Mah Jong	10:45 Exercises 23 11:30 Bowling/ Health Talk 12:00 Halloween Crafts Pablo Picasso 13:30 Digital Memories Basketball Shooting	10:45 Exercises 24 11:30 Balls In Buckets 12:00 Bocce Ball Halloween Bingo 13:30 About Flu Shot Hand Exercises	10:45 Exercises 25 11:30 About Flu Shot 12:00 Early Lunch Lunch Buffet 13:00 Concerts In Care Have a Great Time!	10:45 Exercises 26 11:30 About Flu Shot 12:00 Mah Jong Pumpkin Carving Contest 13:30 Balls In Buckets Reading Club	
	28 10:45 Exercises 29 11:30 Ring Toss 12:00 Halloween Party Ghose Stories Sharing 13:30 Basketball Shooting Hand Exercises	10:45 Exercises 30 11:30 Bean Bags 12:00 Early Lunch Buffet 13:00 Flu Shot Movie Day Wish You Good Health!	31 Staff Development Day Centre Closed	<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 </div> </div>		

星期日	星期一	星期二	星期三	星期四	星期五	星期六
	10:45 早操 1 11:30 地震演習觀摩 12:00 德國啤酒節 為你乾杯! 13:30 保齡球 手部運動	10:45 早操 2 11:30 敬老日 12:00 感恩節手工藝 花園漫步 13:30 豆袋遊戲 我們感恩...	10:45 早操 3 11:30 保齡球 12:00 對對配 感恩節遊戲 13:30 花園漫步 昔日感恩節活動	10:45 早操 4 11:30 地震演習觀摩 12:00 感恩節手工藝 麻將 13:30 請它入甕 寶蘭髮型屋	10:45 十月生日會 5 以茶會友 12:00 椅上運動 健身俱樂部 13:30 世界教師日 手部運動	
	8 感恩節快樂! 中心休息	10:45 早操 9 11:30 練記憶 12:00 如果你是法官 鬼王節手工藝 13:30 手部運動 投籃競賽	10:45 早操 10 11:30 健康講座/拋圈遊戲 12:00 益智遊戲 香薰理療 13:30 請它入甕 寶蘭髮型屋	10:45 早操 11 11:30 成語接龍 12:00 才藝表演 點心外遊 13:30 花園漫步 拋圈遊戲	10:45 早操 12 11:30 地震演習觀摩 12:00 寶蘭髮型屋 鬼王節手工藝 13:30 高爾夫 拼圖遊戲	
	14 10:45 早操 15 11:30 健康講座/往日足跡 12:00 電子相冊 秋日外遊購物 13:30 氣球戰 圖書館一角	10:45 早操 16 11:30 地震演習觀摩 12:00 香薰理療 寶蘭髮型屋 13:30 套瓶子遊戲 書本點算	10:45 早操 17 11:30 地震演習觀摩 12:00 物價競猜 圍桌遊戲 13:30 拼圖遊戲 保齡球	10:15 地震演習 18 10:45 早操 11:30 時事新聞 12:00 香薰理療 鬼王節賓高 13:30 書本驗收&豆袋遊戲	10:45 早操 19 11:30 十項提名 12:00 秋季園藝 鬼王節裝飾 13:30 空罐遊戲 往日足跡	
	21 10:45 早操 22 11:30 流感疫苗接種諮詢 12:00 鬼王節賓高 寶蘭髮型屋 13:30 耆英大會 麻將	10:45 早操 23 11:30 保齡球/健康講座 12:00 鬼王節手工藝 畢加索專輯 13:30 電子相冊 投籃競賽	10:45 早操 24 11:30 請它入甕 12:00 地毯滾球 鬼王節賓高 13:30 流感疫苗接種諮詢 手部運動	10:45 早操 25 11:30 流感疫苗接種諮詢 12:00 提早午餐 自助午餐 13:00 關愛音樂會 敬請欣賞!	10:45 早操 26 11:30 流感疫苗接種諮詢 12:00 南瓜批烤焙 雕刻南瓜 13:30 請它入甕 閱讀小組	
	28 10:45 早操 29 11:30 拋圈遊戲 12:00 鬼王節舞會 鬼故事分享 13:30 投籃競賽 手部運動	10:45 早操 30 11:30 豆袋遊戲 11:30 自助午餐 12:30 流感疫苗接種 電影日 祝愿你身體健康!	31 員工培訓日 中心休息	 <div>SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413</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:

Ms. Kamalamma Menon

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。

Menon Kamalamma 女士

Special Events

Oct 01 Oktoberfest
 Oct 05 **Birthday Party With Saul**
 Oct 08 **Thanksgiving Holiday**
 Centre Closed
 Oct 11 Dim Sum Outing
 Oct 04/10/12/16 Beulah Hair Salon
 Oct 15 Dine Out & Shopping
 Oct 18 **BC ShakeOut**
 Oct 22 Halloween BINGO
 Oct 25 **Concert In Care**
 Oct 29 **Halloween Party**
 Oct 30 **Flu Shot Clinic**
 Oct 31 **Staff Development Day**
 Centre Closed

特別節目

10月1日 德國啤酒節
 10月5日 生日會
 10月8日 感恩節快樂
 中心休息
 10月11日 點心外遊
 10月4,10,12,16日 寶蘭髮型屋
 10月15日 西餐外遊
 10月18日 地震演習
 10月22日 鬼王節兵高
 10月25日 關愛音樂會
 10月29日 鬼王節派對
 10月30日 流感疫苗接種
 10月31日 員工培訓日
 中心休息

October Birthdays

Tam, Shiu Ha
 Shum, Pinky
 Tan, Grace
 Martins, Analidio
 Di Tomaso, Annunziata
 Lai, Kit Ying

十月生日會員

Tam 女士
 Shum 女士
 Tan 女士
 Martins 先生
 Di Tomaso 女士
 Lai 女士





South Vancouver Neighbourhood House
Adult Day Centre at Beulah Gardens
寶蘭花園歡迎您

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WHEN: OCTOBER 30, 2018

Please register your family member with **Azel** at 604-255-0413 ext 25 or at azel@southvan.org



祝愿你健康快乐!

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.

Influenza Immunization for Caregivers

Influenza immunization is encouraged and provided free for family members, caregivers, and household contacts of seniors.

Who should not get the influenza vaccine?

Speak with a health care provider if you:

- Have had a life-threatening reaction to a previous dose of influenza vaccine, or any component of the vaccine. People with egg allergies can be safely immunized with the inactivated influenza vaccine.
- Have had severe oculo-respiratory syndrome (red eyes and a cough and/or sore throat and/or, hoarseness) after getting an influenza vaccine.
- Developed Guillain-Barré Syndrome (GBS) within 8 weeks of getting an influenza vaccine without another cause being identified.

Source: <https://www.healthlinkbc.ca/healthlinkbc-files/inactivated-flu-vaccine-seniors>



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。

護理人員接種流行性感冒疫苗

我們鼓勵長者的家人、護理人員和與長者有 接觸的人士接種流行性感冒疫苗， 他們接種 疫苗是免費的。

哪些人不應接種流行性感冒疫苗？

如果您有以下情況， 請諮詢您的醫護人員：

- 曾因接種流行性感冒疫苗或對該疫苗中的 任何成分出現過危及生命的反應。對蛋過 敏的人士可以安全接種去活流行性感冒疫 苗。
- 曾因接種流行性感冒疫苗出現過嚴重的眼 部和呼吸道癥候群（癥狀包括眼睛發紅、 咳嗽和/或喉嚨疼痛以及/或聲音嘶啞）。
- 接種流行性感冒疫苗後八週內， 在沒有其 它明確原因的情況下出現吉蘭-巴雷氏綜 合症（Guillain-Barré Syndrome， GBS）。