

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 svnhadc.blogspot.com</p>				<p>10:45 Exercises 1 11:30 Daylight Saving Time 12:00 Table Games Remembrance Day Crafts 13:30 World Vegan Day Walk A Block</p>	<p>2 10:45 Exercises 11:30 News & Views 12:00 Hockey Music Appreciation 13:30 Daylight Saving Time Basketball Shooting</p>	
<p>4</p> 	<p>5 10:45 Exercises 11:30 Idioms/Boggle 12:00 Songs & Music For Remembrance Day 13:30 Balls In Buckets Library Corner</p>	<p>6 10:45 Exercises 11:30 Adolphe Sax 12:00 Aromatherapy We Remember 13:30 Basketball Shooting Walk A Block</p>	<p>7 10:45 Exercises 11:30 Balls In Buckets 12:00 If You're the Judge Winter Farming 13:30 Seniors Council Lest We Forget</p>	<p>8 10:45 Exercises 11:30 Tongue Twister Day 12:00 Special Lunch Early Lunch 13:00 Prize Walk Hand Exercises</p>	<p>9 10:45 Remembrance Day With Saul 12:00 Fitness Club Exercises 13:30 Bean Bags Reading Club</p>	
<p>11</p> 	<p>Remembrance Day Centre Closed</p>	<p>13 10:45 Exercises 11:30 Bowling 12:00 Dim Sum Outing Talent Show 13:30 World Kindness Day Books Check Out</p>	<p>14 10:45 Exercises 11:30 Basketball Shooting 12:00 Baking With Alice Art Appreciation/Podiatry 13:30 Music Moments Beulah Hair Salon</p>	<p>15 10:45 Exercises 11:30 Mental Aerobics 12:00 Arts & Crafts Wiseman Advice 13:30 Books Check In Balls In Buckets</p>	<p>16 10:45 Exercises 11:30 Health Talk/ Ring Toss 12:00 Scarf Fashion Get on Stage 13:30 Reminiscing Puzzle Games</p>	
	<p>19 10:45 Exercises 11:30 Bowling 12:00 Hockey Mah Jong 13:30 Beulah Hair Salon Basketball Shooting</p>	<p>20 10:45 Exercises 11:30 Health Talk 12:00 Christmas Crafts Chinese Drama 13:30 Library Corner Balls In Buckets</p>	<p>21 10:45 Exercises 11:30 You Remember 12:00 Lunch Outing Digital Pictures 13:30 Bottle Toss Puzzle Games</p>	<p>22 10:45 Exercises 11:30 Who Am I 12:00 MahJong Open Stories... 13:30 Talent Show Library Corner</p>	<p>23 10:45 Exercises 11:30 Active Games 12:00 Early Lunch Buffet 13:00 Concert In Care Enjoy Your Moments!!</p>	
	<p>26 10:45 Birthday Party Wish You Good Health and Happiness!! 12:00 Exercises Fitness Club 13:30 Ring Toss Reading Group</p>	<p>27 10:45 Exercises 11:30 Guess What 12:00 Arts & Crafts HongKong Now & Then 13:30 Bowling Puzzle Games</p>	<p>28 10:45 Exercises 11:30 Words In Word 12:00 Casino Day Table Games 13:30 Bean Bags Reminiscing</p>	<p>29 10:45 Exercises 11:30 Balls In Buckets 12:00 Table Game Arm Travel With Ken 13:30 Hand Exercises Digital Pictures</p>	<p>30 10:45 Exercises 11:30 News & Views 12:00 If You're the Judge Jeopardy Game 13:30 Bean Bags Library Corner</p>	<p>2018</p>

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<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>				10:45 早操 1 11:30 有關秋令時 12:00 圍桌遊戲 罌粟花製作 13:30 世界素食日 寶蘭髮型屋	2 10:45 早操 11:30 時事新聞 12:00 曲棍球 音樂欣賞 13:30 有關秋令時 投籃競賽	
4 	5 10:45 早操 11:30 拼字遊戲 12:00 國殤紀念日 之歌曲和音樂 13:30 請它入甕 圖書館一角	6 10:45 早操 11:30 樂器發明者 12:00 香薰理療 我們懷戀。。。. 13:30 投籃競賽 漫步人生路	7 10:45 早操 11:30 請它入甕 12:00 如果你是法官 冬日農場 13:30 會員大會 我們怎能忘記。。。	8 10:45 早操 11:30 急口令 12:00 提早午餐 自助餐 13:00 步行贏獎品 手部運動	9 10:45 國殤紀念日 蘇哥之音樂專輯 12:00 健身俱樂部 早操 13:30 拋豆袋 閱讀小組	
11 	國殤紀念日假期 中心休息	13 10:45 早操 11:30 保齡球 12:00 點心外遊 賓狗 13:30 世界友好日 圖書點算	14 10:45 早操 11:30 投籃競賽 12:00 何姑娘小廚 藝術畫欣賞 足部護理 13:30 音樂欣賞 寶蘭髮型屋	15 10:45 早操 11:30 益智遊戲 12:00 手工藝 智者箴言 13:30 圖書驗收 請它入甕	16 10:45 早操 11:30 健康講座/ 拋圈遊戲 12:00 時尚圍巾 Get on Stage 13:30 流金歲月 拼圖遊戲	
	19 10:45 早操 11:30 保齡球 12:00 曲棍球 麻將 13:30 寶蘭髮型屋 投籃競賽	20 10:45 早操 11:30 健康講座 12:00 聖誕手工藝 中國戲曲 13:30 圖書館一角 請它入甕	21 10:45 早操 11:30 練記憶 12:00 西餐外遊 賓狗 13:30 套水瓶 拼圖遊戲	22 10:45 早操 11:30 我是誰 12:00 麻將 延續故事。。。. 13:30 才藝表演 圖書館一角	23 10:45 早操 11:30 活力遊戲 12:00 提早午餐 自助餐 13:00 關愛音樂會 愿你享受這個美好時光!!	
	26 10:45 生日會 祝你快樂健康!! 12:00 早操 強身健體 13:30 拋圈遊戲 閱讀小組	27 10:45 早操 11:30 猜猜它 12:00 手工藝 香港的今與昔 13:30 保齡球 拼圖遊戲	28 10:45 早操 11:30 字中字 12:00 開心博彩日 麻將 13:30 拋豆袋 流金歲月	29 10:45 早操 11:30 請它入甕 12:00 圍桌遊戲 陳生與你遊黃山 13:30 手部運動 寶蘭相冊	30 10:45 早操 11:30 時事新聞 12:00 如果你是法官 賓狗 13:30 拋豆袋 圖書館一角	<div>2018</div>

WELCOME

We would like to welcome the new members to our Centre. We hope you will joy your time here and we look forward to getting to know you: **Chou Kong**

Special Events:

Nov 09	Remembrance Day Ceremony
Nov 12	Remembrance Day – Closed
Nov 13	Dim Sum Outing
Nov 14	Podiatry
Nov 19	Beulah Hair Salon
Nov 21	Lunch Outing
Nov 23	Concert in Care
Nov 26	Birthday Party



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。 **Kong 先生**

特別節目:

11月09日	國殤紀念日音樂專輯
11月12日	國殤紀念日假期中心休息
11月13日	點心外遊
11月14日	足部護理
11月19日	寶蘭髮型屋
11月21日	西餐外遊
11月23日	關愛音樂會
11月26日	生日會



Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

November 2018

2018 年 11 月



November Celebrants

Pie Xia Kong	Lai Kum Young
Hang Ngor Leung	Hung Man Chow
Shu Hung Wu	Siu Low
Ying Yun Zhou	Tung Hsiang Su
Wai Yin Mah	



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

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What is influenza?

Influenza, often called the flu, is an infection of the upper airway caused by an influenza virus. Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic health conditions, or weakened immune systems. In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

How can influenza be prevented?

You can reduce the risk of getting influenza or spreading it to others by:

- washing your hands regularly;
- promptly disposing of used tissues in the waste basket or garbage;
- coughing and sneezing into your shirt sleeve rather than your hands;
- staying home when you are ill; and
- getting an influenza vaccine. Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.

Is it influenza or a cold?



Symptoms	Cold	Influenza (the flu)
Fever	Rare	Usual, sudden onset 39º-40ºC (102.2-104ºF), lasts up to 7 to 10 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia, respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand washing	Yearly influenza vaccine and frequent hand washing
Treatment	No specific treatment is available; symptom relief only	Antiviral drugs by prescription, which can reduce symptoms

Source: <https://www.healthlinkbc.ca/health-feature/flu-season>

甚麼是流行性感冒？

流行性感冒，俗稱流感，是由流行性感冒病毒引起 的上呼吸道感染。 流行性感冒患者，亦有風險患上其它感染，包括影 響肺部的病毒性或細菌性肺炎。65 歲和以上的長 者、幼兒，以及患有肺部或心臟疾病、某些慢性病 或免疫系統功能減退的人士，感染並發症的風險更 高，這些並發症有時候甚至會危及生命。 在加拿大， 遇到流行性感冒大規模爆發的年份， 會 有數以千計的人因流行性感冒及其並發症而住院， 甚至可能死亡。

如何才能預防流行性感冒？

您可以通過以下方式降低患上流行性感冒和將流 感傳給他人的機率：

- 經常洗手；
- 用過的紙巾要立即扔進廢紙簍或垃圾箱；
- 咳嗽和打噴嚏時，用衣袖遮掩口鼻， 而不是直接 用手；
- 患病期間留在家中； 以及
- 接種流行性感冒疫苗。 接種流行性感冒疫苗能幫助您預防流感， 以 及將流 感傳給他人。à



症狀	感冒	流行性感冒（流感）
發熱	罕見	常見，突發高燒 39º-40ºC，可持續 7-10 天
頭疼;	罕見	常見，可能嚴重
疼痛	有時輕微	有時輕微
乏力和虛弱	有時輕微	常見，可能持續 2-3 週甚至更久
極度疲乏	不常見	常見，早期出現，可能嚴重
流涕、鼻塞	常見	有時
打噴嚏, 喉嚨痛	常見	有時
胸口不適、咳嗽	有時出現，輕微至中度	常見，可能嚴重
並發症	可導致鼻竇阻塞或耳痛	可導致肺炎、呼吸衰竭和使慢性病患者患上更多的 並發症
預防	經常洗手	每年接種流感疫苗、經常洗手
治療	目前仍無具體的治療方法； 僅 限於緩解症狀	抗病毒處方藥可以緩解症狀