

# South Van Adult Day Program

# ACTIVITY CALENDAR

# NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC</p>	 <p>SOUTH VANCOUVER NEIGHBOURHOOD HOUSE</p>	<p><b>S.V.A.D.P.</b>  <b>3076 East 49th Ave.</b>  <b>Vancouver, BC</b>  <b>V5S 1K9</b>  <b>Phone: 604 430 6373</b></p>		<p><b>1</b> Breakfast Club  10:45 Exercises  11:30 Find Hidden objects  1pm Black Jack  Bulletin Board Art  Musical Memories</p>	<p><b>2</b> Breakfast Club  10:45 Exercises  11:30 Gentle Massage  1pm Bingo  Crafts: Wreaths  Bake Poppy Cupcakes</p>	<p><b>3</b></p> 
<p><b>4</b></p>  <p><b>Remember to set your clocks back 1 hour!</b></p>	<p><b>5</b> Breakfast Club  10:45 Exercises  11:30 Veteran Crossword  Health Talk (Chinese)  1pm Wartime Songs  Remembrance Day Mural</p>	<p><b>6</b> Breakfast Club  10:45 Exercises  11:30 Spot the Difference  Health Talk (English)  1 pm Make Samosas  Craft: Diyas Pots  Mah Jong / Tin Gau</p>	<p><b>7</b> Breakfast Club  10:45 Exercises  11:30 The Missing item  1 pm Travel to India  Craft: Diyada Sticks  Indian Chai Tea Recipe</p>	<p><b>8</b> Breakfast Club  10:45 Exercises  11:30 Rangoli Patterns  1pm <b>Diwali Celebration</b></p> 	<p><b>9</b> Breakfast Club  10:45 Exercises  11:30 Remember poem  1pm <b>Remembrance Day</b>  <b>Sing along with Saul</b></p>  	<p><b>10</b></p> 
<p><b>11</b></p>  <p><b>Remembrance Day</b>  <b>'Lest We Forget'</b></p>	<p><b>12</b></p> <p><b>The A.D.P. is <u>CLOSED</u> today</b></p>	<p><b>13</b> Breakfast Club  10:45 Exercises  <b>Outing: Whitespot</b>  11:30 Bowling  1pm Chinese Opera  Artist Impression: Leunig</p>	<p><b>14</b> Breakfast Club  10:45 Exercises  11:30 Memory Tray  1 pm Craft: Decoupage  Musical Memories  Mah Jong / Tin Gau</p>	<p><b>15</b> Breakfast Club  10:45 Exercises  11:30 <b>Fire Drill</b>  1pm <b>Artsway Concert</b>  <b>Libby Yu, piano</b></p>	<p><b>16</b> Breakfast Club  10:45 Exercises  11:30 Picture Bingo  1pm Table Games  Bake Pecan Pie Bars  Craft: Magazine Collage</p>	<p><b>17</b></p>  <p>Libby Yu, pianist</p>
<p><b>18</b></p> 	<p><b>19</b> Breakfast meeting  10:45 Exercises  11:30 Horoscopes  1pm <b>Birthday Party</b>  <b>Entertainer / Dancing / Cake</b></p>	<p><b>20</b> Breakfast Club  10:45 Exercises  <b>Outing: Chinese Cuisine</b>  11:30 Spot the Difference  1pm Black Jack  Art: Mixed Media</p>	<p><b>21</b> Breakfast Club  10:45 Exercises  11:30 Match ups  1pm Bio: Goldie Hawn  Bake Oatmeal Cookies  Craft: Sensory Pouches</p>	<p><b>22</b> Breakfast Club  10:45 Exercises  11:30 Gentle Massage  1 pm Bingo  Calligraphy  Mah Jong / Tin Gau</p>	<p><b>23</b> Breakfast Club  10:45 Exercises  11:30 Dice Game  1 pm Mindful Meditation  Baking Lemon Tarts  Craft: Potato Stamps</p>	<p><b>24</b></p> 
<p><b>25</b></p> 	<p><b>26</b> Breakfast Club  10:45 Exercises  11:30 Film Trivia  1 pm Calligraphy  Table Games  Movie: <i>The Wizard of Oz</i></p>	<p><b>27</b> Breakfast Club  10:45 Exercises  11:30 You be the Judge  1pm Table Games  Family Feud Game  Craft: Scavenger Collage</p>	<p><b>28</b> Breakfast Club  10:45 Exercises  <b>Men's Outing: A. &amp; W.</b>  11:30 Hangman  1 pm Bingo  Mah Jong / Tin Gau</p>	<p><b>29</b> Breakfast Club  10:45 Exercises  11:30 Scent Guessing  1pm Black Jack  Art: Mandalas  Mindful Meditation</p>	<p><b>30</b> Breakfast Club  10:45 Exercises  11:30 Dominoes  1pm Musical Memories  Jewelry Making  Sweet Potato Cupcakes</p>	

		<p><b>S.V.A.D.P.</b>  <b>3076 East 49th Ave.</b>  <b>Vancouver, BC</b>  <b>V5S 1K9</b>  <b>Phone: 604 430 6373</b></p>		<p><b>1</b> 早餐俱乐部  10:45 早操  11:30 找到隐藏的对象  1pm 啤牌21 點  飾布告板, 音乐记忆</p>	<p><b>2</b> 早餐俱乐部  10:45 早操  11:30 温柔的按摩  1pm 宾果  工艺: 罌粟花圈, 烤蛋糕</p>	<p><b>3</b></p> 
<p><b>4</b></p>  <p><b>Remember to set your clocks back 1 hour!</b></p>	<p><b>5</b> 早餐俱乐部  10:45 早操  11:30 纵横字谜  健康讲座 (廣東話)  1pm 战时歌曲  纪念日壁画</p>	<p><b>6</b> 早餐俱乐部  10:45 早操  11:30 填字游戏  健康讲座 (英语语言)  1 pm 咖喱角, 工艺: 灯  麻雀/ 天九</p>	<p><b>7</b> 早餐俱乐部  10:45 早操  11:30 缺失的项目  1 pm 出访 印度  工艺: 彩色棒, 做印度柴茶</p>	<p><b>8</b> 早餐俱乐部  10:45 早操  11:30 印度艺术模式  1pm <b>印度排燈節</b></p> 	<p><b>9</b> 早餐俱乐部  10:45 早操  11:30 诗歌记得退伍老兵  1pm <b>纪念日仪式</b>  <b>一起唱: Saul</b></p>  	<p><b>10</b></p> 
<p><b>11</b></p>  <p><b>和平纪念日</b>  <b>'Lest We Forget'</b></p>	<p><b>12</b></p> <p><b>中心休息</b></p>	<p><b>13</b> 早餐俱乐部  10:45 早操  出外午餐: <b>Whitespot</b>  11:30 保龄球  1pm 戏曲, 美术: Leunig</p>	<p><b>14</b> 早餐俱乐部  10:45 早操  11:30 记忆游戏  1 pm 工艺: 剪纸装饰  音乐记忆, 麻雀/ 天九</p>	<p><b>15</b> 早餐俱乐部  10:45 早操  11:30 <b>火警演習</b>  1pm <b>藝途 音樂會</b>  <b>Libby Yu, piano</b></p>	<p><b>16</b> 早餐俱乐部  10:45 早操  11:30 宾果  1pm 桌上游戏  烤山核桃馅饼, 工艺: 拼贴</p>	<p><b>17</b></p>  <p>Libby Yu, pianist</p>
<p><b>18</b></p> 	<p><b>19</b> 早餐俱乐部  10:45 早操  11:30 星座运势  1pm <b>九月份生日會</b>  <b>音樂, 跳舞, 蛋糕分享</b></p> 	<p><b>20</b> 早餐俱乐部  10:45 早操, 出外午餐: 中國菜  11:30 找到差异  1pm 啤牌21 點  美术: 混合媒体艺术</p>	<p><b>21</b> 早餐俱乐部  10:45 早操  11:30 配对  1pm 传: Goldie Hawn  烤燕麦饼干, 工艺: 感觉袋</p>	<p><b>22</b> 早餐俱乐部  10:45 早操  11:30 温柔的按摩  1 pm 宾果, 书法  麻雀/ 天九</p>	<p><b>23</b> 早餐俱乐部  10:45 早操  11:30 掷骰子  1 pm 冥想  烤柠檬馅饼, 工艺: 土豆邮票</p>	<p><b>24</b></p> 
<p><b>25</b></p> 	<p><b>26</b> 早餐俱乐部  10:45 早操  11:30 电影琐事  1 pm 书法, 桌上遊戲  电影: <i>The Wizard of Oz</i></p>	<p><b>27</b> 早餐俱乐部  10:45 早操  11:30 你是法官  1pm 桌上游戏  家庭游戏, 工艺: 拼贴</p>	<p><b>28</b> 早餐俱乐部  10:45 早操  出外午餐: <b>A. &amp; W.</b>  11:30 串字遊戲  1 pm 宾果, 麻雀/ 天九</p>	<p><b>29</b> 早餐俱乐部  10:45 早操  11:30 气味猜测  1pm 啤牌21 點  美术: 曼陀罗, 冥想</p>	<p><b>30</b> 早餐俱乐部  10:45 早操  11:30 骨牌  1pm 音乐记忆, 戏曲,  烤红薯蛋糕</p>	



## Welcome!

### Program Highlights

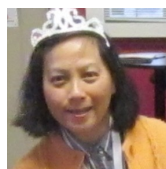
- Nov. 5<sup>th</sup> Health Talk (Chinese)  
Nov. 6<sup>th</sup> Health Talk (English)  
Nov. 8<sup>th</sup> Diwali Celebration  
Nov. 9<sup>th</sup> Remembrance Day  
Singalong with Saul Berson  
Nov. 12<sup>th</sup> **The ADP is Closed**  
Nov. 13<sup>th</sup> Outing: Whitespot  
Nov. 15<sup>th</sup> ArtsWay Concert  
*Libby Yu, piano*  
Nov. 19<sup>th</sup> Birthday Party  
*Lorraine Smith, piano*  
Nov. 20<sup>th</sup> Outing: Chinese Cuisine  
Nov. 28<sup>th</sup> Men's Outing: A. & W

### November Birthdays

**We wish our following friends a very Happy Birthday!**

Miss Sun Tan Yan  
Ms. Ying Wong  
Mrs. Hui Zhen Huang  
Mr. Jimmy Tang

Nov. 3<sup>rd</sup>  
Nov. 12<sup>th</sup>  
Nov. 24<sup>th</sup>  
Nov. 27<sup>th</sup>



## 歡迎

### 節目聚焦

- 十一月五日 健康講座 (廣東話)  
十一月六日 健康講座 (英語語言)  
十一月八日 印度:排燈節  
十一月九日 紀念日儀式  
十一月九日 一起唱: Saul Berson  
十一月十二日 **中心休息**  
十一月十三日 出外午餐: Whitespot  
十一月十五日 藝途音樂會:  
*Libby Yu, 鋼琴家*  
十一月十九日 十一月份生日會  
*Lorraine Smith, 鋼琴家*  
十一月二十日 出外午餐: 中國菜  
十一月二十八日 出外午餐: A. & W.

### 十一月生日會員

生日快樂對我們的朋友

Miss Sun Tan Yan  
Ms. Ying Wong  
Mrs. Hui Zhen Huang  
Mr. Jimmy Tang

十一月三日  
十一月十二日  
十一月二十四日  
十一月二十七日



## South Vancouver Adult Day Program

南溫哥華成人中心

## November 2018 Newsletter

2018 年11月 月報



Participants proudly display their finished Remembrance Day Craft project: 'Lest We Forget' Cenotaph collage.

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

### 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. For information about pneumococcal infection and the vaccine, see HealthLinkBC File #62b Pneumococcal Polysaccharide Vaccine.

**What is influenza?** Influenza is an infection of the upper airway caused by the influenza virus. Symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

**How can influenza be prevented?** You can reduce the risk of getting influenza or spreading it to others by: 1. washing your hands regularly; 2. promptly disposing of used tissues in the waste basket or garbage; 3. coughing and sneezing into your shirt sleeve rather than your hands; 4. staying home when you are ill; and 5. getting an influenza vaccine.

**How serious is influenza?** Influenza reduces the body's ability to fight other infections. Bacterial pneumonia, which is an infection of the lungs, is the most common complication from influenza, especially in elderly people. Influenza can also lead to more complications for people who have heart, lung or other health conditions. These complications can sometimes be fatal.

### 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。

**甚麼是流行性感冒？** 流行性感冒是由流行性感冒病毒引起的上呼 吸道感染。流行性感冒的症狀包括發熱、頭痛、肌肉疼 痛、流鼻涕、喉嚨痛、極度疲勞和咳嗽等。雖然其它病毒感染也可能導致類似的症狀， 由流行性感冒病毒引起的症狀通常更嚴重。

**如何才能預防流行性感冒？** 您可以通過以下方式減少感染流行性感冒或 將流行性感冒傳給他人 的風險： 1.經常洗手； 2.用過的紙巾要立即扔進廢紙箱或垃圾桶； 3.咳嗽或打噴嚏時用衣袖遮住 口鼻，而不是 直接用手遮掩； 4.生病期間留在家中；以及 5. 接種流行性感冒疫苗。

**流行性感冒有多嚴重？** 流行性感冒會降低身體抵禦其它感染的能 力。細菌性肺炎是一種肺部感染，這是流行 性感冒最常見的並發症，在長者中尤為普 遍。對患有心臟、肺部或其它疾病的人士來 說，流行性感冒還可導致更多並發症。這些 並發症有時可以致命。

