


















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year!! Centre Closed	2 10:45 Exercises 11:30 2018 Review 12:00 Creative Painting Fireworks for New Year 13:30 Hand Exercises New Year Wishes	3 10:45 New Year Party With Saul 12:00 Exercises Stay Fit In 2019 13:30 Musical Walk Beulah Hair Salon	4 10:45 Exercises 11:30 Winter Tips 12:00 Future Predictions Hockey 13:30 Seniors' Stories Walk A Block	
	7 10:45 Exercises 11:30 Health Talk 12:00 New Year Crafts About Elvis Presley 13:30 Hand Exercises New Year Resolution	8 10:45 Exercises 11:30 Today's Highlights 12:00 Balloon Fight Beulah Hair Salon 13:30 About Elvis Presley Books Check Out	9 10:45 Exercises 11:30 Health Talk/Ring Toss 12:00 BINGO Table Games 13:30 Balloon Fight Puzzle Games	10 10:45 Exercises 11:30 Flowers Quiz 12:00 Healthy Snacks New Year Crafts 13:30 Knock Them Down Books Check In	11 10:45 Birthday Party With Leo 12:00 Exercises Fitness Club 13:30 Balls In Buckets Library Corner	
	14 10:45 Exercises 11:30 Basketball 12:00 BINGO Western Lunch Outing 13:30 Music Moments Hand Exercises	15 10:45 Exercises 11:30 Basketball 12:00 Movie Day Arts & Crafts 13:30 News & Views Knitting Club	16 10:45 Exercises 11:30 Who Am I 12:00 Mah Jong Fun Tour to the Philippines 13:30 Basketball Shooting Music Moments	17 10:45 Exercises 11:30 True or False 12:00 Future Daily Life Pink & Red Crafts 13:30 Bean Bags Reminiscing	18 10:45 Exercises 11:30 Flower Day 12:00 Bocce Ball Nickname of Countries 13:30 Bowling Today's News	
	21 10:45 Exercises 11:30 Hug Day 12:00 Pink & Red Crafts Hymn Sing With Simon 13:30 Bean Bags Knitting Group	22 10:45 Exercises 11:30 Chinese Idioms 12:00 Early Lunch Buffet 13:00 Concert In Care Enjoy!!	23 10:45 Exercises 11:30 Today's Highlight 12:00 Cooking with Alice About Elvis Presley 13:30 Basketball Seniors Council	24 10:45 Exercises 11:30 Chinese Idioms 12:00 DimSum Outing Mah Jong 13:30 Bowling Puzzle Games	25 10:45 Exercises 11:30 Robert Burns' Poems 12:00 Digital Memories Red & Pink Crafts 13:30 Bowling Walk A Block	
	28 10:45 Exercises 11:30 You Remember 12:00 Hockey Hand Exercises 13:30 Talent Show Reading Club	29 10:45 Exercises 11:30 True & False 12:00 Bocce Ball Mah Jong 13:30 Seniors Council News & Views	30 10:45 Exercises 11:30 Active Games 12:00 Future Life In 2029 Red & Pink Crafts 13:30 Balls In Buckets Library Corner	31 10:45 Exercises 11:30 Learning Languages 12:00 You Be the Judge Mah Jong 13:30 Musical Walk Beulah Hair Salon	<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>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2019</div>		<div>1</div> <div>新年快樂!</div> <div>中心休息</div>	<div>2</div> <div>10:45 早操</div> <div>11:30 2018 回顧</div> <div>12:00 創意畫室 新年煙花匯演</div> <div>13:30 手部運動 新年願望</div>	<div>3</div> <div>10:45 與蘇哥 共賀新年!</div> <div>12:00 早操 迎接健康的 2018</div> <div>13:30 音樂伴行 寶蘭髮型屋</div>	<div>4</div> <div>10:45 早操</div> <div>11:30 冬日常識</div> <div>12:00 預測未來 冬季曲棍球</div> <div>13:30 故事分享 與你同行</div>	
	<div>7</div> <div>10:45 早操</div> <div>11:30 健康講座</div> <div>12:00 新年手工藝 貓王傳奇</div> <div>13:30 手部運動 新年目標與大計</div>	<div>8</div> <div>10:45 早操</div> <div>11:30 時事縱橫</div> <div>12:00 氣球戰 寶蘭髮型屋</div> <div>13:30 貓王傳奇 圖書點算</div>	<div>9</div> <div>10:45 早操</div> <div>11:30 健康講座/拋圈遊戲</div> <div>12:00 賓高 圍桌遊戲</div> <div>13:30 氣球戰 拼圖遊戲</div>	<div>10</div> <div>10:45 早操</div> <div>11:30 花卉小冊</div> <div>12:00 健康小吃 新年手工藝</div> <div>13:30 罐頭遊戲 圖書驗收</div>	<div>11</div> <div>10:45 共賀生日會 祝你快樂如意!</div> <div>12:00 早操 迎接健康的 2018</div> <div>13:30 請它入甕 圖書館一角</div>	
	<div>14</div> <div>10:45 早操</div> <div>11:30 投籃競賽</div> <div>12:00 賓高 西餐郊遊</div> <div>13:30 音樂欣賞 手部運動</div>	<div>15</div> <div>10:45 早操</div> <div>11:30 投籃競賽</div> <div>12:00 電影日 紅色手工藝</div> <div>13:30 時事縱橫 編織小組</div>	<div>16</div> <div>10:45 早操</div> <div>11:30 我是誰</div> <div>12:00 麻將 與你共遊菲律賓</div> <div>13:30 投籃競賽 音樂欣賞</div>	<div>17</div> <div>10:45 早操</div> <div>11:30 真真假假</div> <div>12:00 預見十年后的生活 紅色手工藝</div> <div>13:30 拋豆袋 流金歲月</div>	<div>18</div> <div>10:45 早操</div> <div>11:30 世界鮮花日</div> <div>12:00 地毯滾球 國家別名</div> <div>13:30 保齡球 時事縱橫</div>	
	<div>21</div> <div>10:45 早操</div> <div>11:30 擁抱日</div> <div>12:00 紅色手工藝 何生與你詩歌分享</div> <div>13:30 拋豆袋 編織小組</div>	<div>22</div> <div>10:45 早操</div> <div>11:30 成語接龍</div> <div>12:00 提早午餐</div> <div>13:00 關愛音樂會 尋字遊戲 敬請欣賞!</div>	<div>23</div> <div>10:45 早操</div> <div>11:30 今日頭條</div> <div>12:00 何姑娘小廚 貓王傳奇</div> <div>13:30 投籃競賽 會員大會</div>	<div>24</div> <div>10:45 早操</div> <div>11:30 成語接龍</div> <div>12:00 點心郊遊 麻將</div> <div>13:30 保齡球 拼圖遊戲</div>	<div>25</div> <div>10:45 早操</div> <div>11:30 蘇格蘭詩人</div> <div>12:00 電子相冊 紅色手工藝</div> <div>13:30 保齡球 與你同行</div>	
	<div>28</div> <div>10:45 早操</div> <div>11:30 練記憶</div> <div>12:00 冬季曲棍球 手部運動</div> <div>13:30 才藝表演 閱讀小組</div>	<div>29</div> <div>10:45 早操</div> <div>11:30 真真假假</div> <div>12:00 地毯滾球 麻將</div> <div>13:30 會員大會 時事縱橫</div>	<div>30</div> <div>10:45 早操</div> <div>11:30 活力遊戲</div> <div>12:00 預見十年后的生活 紅色手工藝</div> <div>13:30 請它入甕 圖書館一角</div>	<div>31</div> <div>10:45 早操</div> <div>11:30 雙聲道</div> <div>12:00 如果你是法官 麻將</div> <div>13:30 音樂伴行 寶蘭髮型屋</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>	

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:

Sui Sem Wong & Maria Luongo

Special Events:

Jan 03	New Year Party
Jan 08	Beulah Hair Salon
Jan 11	Birthday Party
Jan 14	Western Lunch Outing
Jan 16	Arm Travel to Philippines
Jan 21	Hymn Sing With Simon
Jan 22	Concert In Care
Jan 24	DimSum Outing

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。

Wong 女士 & Luongo 女士

特別節目:

1 月 03 日	共賀新年!
1 月 08 日	寶蘭髮型屋
1 月 11 日	生日會
1 月 14 日	西餐郊遊
1 月 16 日	與你共遊菲律賓
1 月 21 日	何生與你詩歌分享
1 月 22 日	關愛音樂會
1 月 24 日	點心外遊

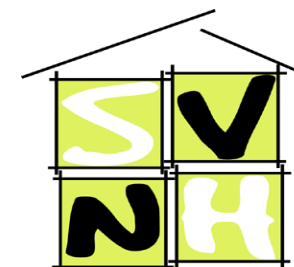


Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

January 2019

2019 年 01 月



JANUARY CELEBRANTS
Yin Ming Chan May Kam Cheung
Pasquina Evangelista



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

News Bulletin/Edition 120

1 月刊:第 120 期

Food Sources of Calcium and Vitamin D

Why do I need calcium and vitamin D?

Calcium is one of the building blocks of strong bones. We need to eat foods with calcium throughout our lives because our bones are always being broken down and rebuilt. Eating foods with calcium helps to prevent bones from becoming weak. Weak bones are more likely to fracture or break. Your body needs Vitamin D to help calcium be absorbed.

Vitamin D also has possible roles in other areas of your health such as immunity, cardiovascular health, cancer prevention and more. However the roles are not well understood yet.

How much calcium and vitamin D do I need?

Recommended amount of calcium per day

Age	Calcium/day
0 – 6 months	200 mg
1-12 months	260 mg
1-3 years	700mg
4-8 years	1000 mg
9 -18 years	1300mg
19-50 years	1000mg
51-70 years	1000 mg
Over 70 years	1200 mg

mg=milligram

Which foods contain calcium?

Calcium is found in small amounts in lots of different foods. Foods that are highest in calcium include milk, yogurt and beverages with calcium added such as fortified orange juice and some plant-based beverages. Cheese is also a good source of calcium. For foods that have a label, calcium is listed in percent daily value (%DV). Foods with 15% or higher of the daily value have a lot of calcium in them.

Which foods contain vitamin D?

Very few foods have vitamin D in them. Foods with a higher amount of vitamin D include fish, liver, and egg yolk. Foods and beverages that have vitamin D added to them are excellent sources of vitamin D. Cow milk always has added vitamin D. Fortified orange juice, margarine, and many plant-based beverages have it added. For other foods, check the label for the words “fortified with vitamin D” or “enriched with vitamin D”. Fortified and enriched foods are foods that have specific nutrients added to them.

Should I take a Vitamin D supplement?

You might find it difficult to get enough vitamin D from food alone. You can take a single vitamin D supplement or a multivitamin with vitamin D in it.

Recommended amount of vitamin D per day:

Age	Vitamin D/day
0 – 1 year	400 IU
1-70 years	600 IC
Over 70 years	800IC

There are two groups that should take a vitamin D supplement of 400 IU daily:

- infants and young children who are breastfed or breastfed and given some infant formula; and
- adults older than 50 years of age.

Should I take a calcium supplement?

If you find it hard to get enough calcium from food, talk to your health care provider about the right type and amount of supplement for you.



食物來源中的鈣與維生素 D

我為何需要鈣與維生素 D？

鈣是打造強壯骨骼所需的積木。因為我們的骨骼會衰弱並 通過自身重造， 所以我們需要食用含鈣食物。隨著時間的 推移， 這將有助於防止骨骼脆弱。脆弱的骨骼更有可能骨 折或斷裂。您的身體需要維生素 D 以幫助吸收鈣。

我需要多少鈣和維生素 D？

鈣的每日建議攝入量

Age	Calcium/day
0 – 6 months	200 mg
1-12 months	260 mg
1-3 years	700mg
4-8 years	1000 mg
9 -18 years	1300mg
19-50 years	1000mg
51-70 years	1000 mg
Over 70 years	1200 mg

維生素 D 的每日建議攝入量:

Age	Vitamin D/day
0 – 1 year	400 IU
1-70 years	600 IC
Over 70 years	800IC

哪些食物含鈣？

含鈣高的食物包括牛奶、酸奶和添加鈣的飲料， 比如豆 奶、橙汁和大米飲料。奶酪也是很好的鈣源。

查看食物標 籤， 查找其它含鈣食物。 如果食物標籤上寫有“強化型” 或“添加營養型”字樣， 則已經添加了鈣。

哪些食物含維生素 D?

很少食物本身含有維生素 D。維生素 D 含量較高的食物包括 魚類、肝臟和蛋黃。 添加有維生素 D 的食物和飲料是維生素 D 的最佳來源。牛奶 中已經添加有維生素 D。橙汁、人造奶油和豆奶飲料通常已 經添加有維生素 D。查看食物標籤， 查找其它含維生素 D 的 食物。如果食物標籤上寫有“強化型”或“添加營養型” 字樣， 則已經添加了維生素 D。

我該服用維生素 D 補充劑嗎？

您可以 服用單一維生素 D 補充劑或含有維生素 D 的多種維生素。 正在接受母乳喂養或接受過母乳喂養並服用嬰兒配 方奶粉 的嬰兒和少兒， 每天需要服用 400IU（國際單位）的維生素 D 補充劑。50 歲以上的成人需要較多維生素 D， 每日應服用 400IU（國際單位）的補充劑

如果我不吃奶制品該怎麼辦？

有很多其它食物中含有這些營養物。選用本頁和下一頁名 單上的食物， 以幫助您選擇各類食物。如果您認為很難從 食物中獲取足够的鈣和維生素 D， 請諮詢醫護人員， 瞭 解哪 些補充劑最適合自己。

