

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|--|
|  |  | <p>S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373</p> |  |  | <p>1 Breakfast Club 10:45 Exercises 11:30 Spot the Difference 1 pm Craft: Daffodils Travel to Wales Bulletin Board Art</p> | <p>2</p>  |
| <p>3</p>  | <p>4 Breakfast Club 10:45 Exercises 11:30 Mardi Gras Trivia 1pm Pancakes Parlour New Orleans Music Craft: Mardi Gras Masks</p> | <p>5 Breakfast Club 10:45 Exercises 11:30 Pancake Trivia 1 pm Mardi Gras Party</p>  | <p>6 Breakfast Club 10:45 Exercises 11:30 Hangman 1 pm March Bingo Artist Impression Mah Jong / Tin Gau</p> | <p>7 Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Table Games Bake Affinities Cake Women's Day Collage</p> | <p>8 Breakfast Club 10:45 Exercises 11:30 Match-ups 1pm Women of Song Jewelry Making Make Paneer Bruschetta</p> | <p>9</p>  |
| <p>10 <i>Set your clocks forward 1 hour. Daylight Savings</i></p>  | <p>11 Breakfast Club 10:45 Exercises 11:30 St. Patrick Quiz 1 pm Bake Irish Scones Craft: Shamrocks Name that Irish Song</p> | <p>12 Breakfast Club 10:45 Exercises 11:30 Irish Jokes 1pm Travel to Ireland Mah Jong / Tin Gau Craft: Leprechaun Hats</p> | <p>13 Breakfast Club 10:45 Exercises 11:30 Fire Drill 1 pm Artsway Concert Pastiche: <i>Alan Dionne, accordion & Boris Favre, piano</i></p> | <p>14 Breakfast Club 10:45 Exercises 11:30 Potato Bowling 1pm St. Paddy's Bingo Art: Celtic Knots Bake Irish Ginger Snaps</p> | <p>15 Breakfast Club 10:45 Exercises 11:30 Pot of Gold 1pm St. Patrick's Day Celebration</p>  | <p>16</p>  |
| <p>17</p>  | <p>18 Breakfast Club 10:45 Exercises 11:30 Flower List Health Talk (Chinese) 1pm Spring Mural Gardening: Bird Feeder</p> | <p>19 Breakfast Club 10:45 Exercises 11:30 Spring Crossword 1pm Spring Bingo Songs with "Spring" Mah Jong / Tin Gau</p> | <p>20 Breakfast Club 10:45 Exercises 11:30 Just for a Giggle 1pm Lucky Walk Table Games Art: Spring Flowers</p> | <p>21 Breakfast Club 10:45 Exercises 11:30 Spring Scents 1 pm Black Jack Art: Mandalas Musical Memories</p> | <p>22 Breakfast Club 10:45 Exercises 11:30 Gentle Massage 1 pm Sing Along with Saul</p> | <p>23</p>  |
| <p>24 /31</p>  | <p>25 Breakfast Club 10:45 Exercises 11:30 Share your Jokes 1 pm Table Games Craft: Decoupage Bio: Aretha Franklin</p> | <p>26 Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk: (English) 1 pm Black Jack Artist Impression</p> | <p>27 Breakfast Club 10:45 Exercises 11:30 Soccer 1 pm Birthday Party <i>Music, Dancing, & Cake</i></p> | <p>28 Breakfast Club 10:45 Exercises 11:30 What's Missing? 1 pm Chinese Opera Art: Mosaic Tiles Baking Oatmeal Cookies</p> | <p>29 Breakfast Club 10:45 Exercises 11:30 Goes Together 1 pm Silent Movie Jewelry Making Mah Jong / Tin Gau</p> | <p>30</p>  |

| 星期天 | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 |
|---|---|--|--|---|--|--|
|  |  | <p>S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373</p> |  |  | <p>1 早餐俱乐部 10:45 早操 11:30 找出不同的地方 1 pm 工艺: 水仙花 出访威尔士, 裝飾布告板</p> | <p>2</p>  |
| <p>3</p>  | <p>4 早餐俱乐部 10:45 早操 11:30 狂欢节琐事 1pm 煎饼店 新奥尔良音乐, 工艺: 狂欢节面具</p> | <p>5 早餐俱乐部 10:45 早操 11:30 煎饼琐事 1 pm 狂欢节聚会</p>  | <p>6 早餐俱乐部 10:45 早操 11:30 串字遊戲 1 pm 宾果 艺术家的印象, 麻雀/天九</p> | <p>7 早餐俱乐部 10:45 早操 排球 11:30 排球 1pm 桌面游戏 烘烤蛋糕, 拼贴: 国际妇女节</p> | <p>8 早餐俱乐部 10:45 早操 11:30 配对 1pm 歌曲的女人, 艺术家的印象, 制作意式烤面包片</p> | <p>9</p>  |
| <p>10</p> <p>将你的时钟设置 为前进一小时 夏令时</p>  | <p>11 早餐俱乐部 10:45 早操 11:30 圣帕特里克节测验 1pm 烤爱尔兰烤饼 工艺: 天蓝, 认出爱尔兰的歌</p> | <p>12 早餐俱乐部 10:45 早操 11:30 爱尔兰笑话 1pm 出访爱尔兰 麻雀 / 天九, 工艺: 妖精的帽</p> | <p>13 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 藝途 音樂會 <i>Pastiche: Alan Dionne, 手风琴手 & Boris Favre, 钢琴家</i></p> | <p>14 早餐俱乐部 10:45 早操 11:30 土豆保齡球 1pm 宾果, 美术: 凯尔特结, 烤爱尔兰姜饼干</p> | <p>15 早餐俱乐部 10:45 早操 11:30 一罐金子 1pm 圣帕特里克日庆 庆典</p>  | <p>16</p>  |
| <p>17</p>  | <p>18 早餐俱乐部 10:45 早操 花卉清单 11:30 花卉清单 健康讲座(廣東話) 1pm 壁画 园艺: 喂鸟器</p> | <p>19 早餐俱乐部 10:45 早操 11:30 春天的十字架 1pm 宾果 歌曲与春天的标题, 麻雀/天九</p> | <p>20 早餐俱乐部 10:45 早操 11:30 只是为了傻笑 1pm 好运走 桌面游戏, 美术: 春天的花朵</p> | <p>21 早餐俱乐部 10:45 早操 11:30 春天的香味 1 pm 啤牌21點 美术: 坛场, 音乐记忆</p> | <p>22 早餐俱乐部 10:45 早操 11:30 温柔的按摩 1 pm 一起唱 Saul Berson</p> | <p>23</p>  |
| <p>24 /31</p>  | <p>25 早餐俱乐部 10:45 早操 11:30 分享你的笑话 1pm 桌面游戏, 工艺: 剪纸装饰, 传: Aretha Franklin</p> | <p>26 早餐俱乐部 10:45 早操 11:30 找出不同的地方 健康讲座(英语语言) 1pm 啤牌21點, 艺术家的印象</p> | <p>27 早餐俱乐部 10:45 早操 11:30 足球 1pm 三月份生日會 音樂, 跳舞, 蛋糕分享</p>  | <p>28 早餐俱乐部 10:45 早操 11:30 缺什么? 1 pm 戏曲 美术: 鑲木細工, 烤燕麦葡萄干</p> | <p>29 早餐俱乐部 10:45 早操 11:30 兼容 1 pm 默片 自製珠寶首飾</p> | <p>30</p>  |

Welcome!

We warmly welcome you to our day program:

Program Highlights

- March 13th ArtsWay Concert: *Pastiche*
Alan Dionne, accordion & Boris Favre, piano
- March 15th Saint Patrick's Day Party
- March 18th Health Talk (Chinese)
- March 22nd Sing along with Saul Berson
- March 26th Health Talk (English)
- March 27th Birthday Party: Steve Warner

March Birthdays

We wish our following friends a very Happy Birthday!

- | | |
|---------------------|------------------------|
| Mrs. Ru Mei Liu | March 12 th |
| Mrs. Sook Kwan Chiu | March 14 th |
| Ms. Patti Hamers | March 23 rd |



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

- 三月十三日: 藝途 音樂會: *Pastiche*
Alan Dionne, 手風琴演奏者 & Boris Favre, 鋼琴家
- 三月十五日: 圣帕特里克日庆
- 三月十八日: 健康講座 (廣東話)
- 三月二十二日: 一起唱, Saul Berson
- 三月二十六日: 健康講座 (英語)
- 三月二十七日: 三月份生日會, Steve Warner

三月生日會員

生日快樂對我們的朋友

- | | |
|---------------------|--------|
| Mrs. Ru Mei Liu | 三月十二日 |
| Mrs. Sook Kwan Chiu | 三月十四日 |
| Ms. Patti Hamers | 三月二十三日 |



South Vancouver Adult Day Program

南溫哥華成天中心

March 2019 Newsletter

2019年3月月報



A participant enjoys a her completed March craft project

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

UNLOCK THE POTENTIAL OF FOOD

THE POTENTIAL TO PREVENT

Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease. Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and can lower the risk of developing chronic diseases. Dietitians can help you follow a healthy eating pattern that suits your individual needs and health goals. Just ask!

BUILD A BALANCED DIET

There are many diets or “eating patterns,” and some are healthier than others. The best eating pattern is one that you enjoy and can stick with. The eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. The foods that are recommended on these patterns can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer.

Here are some foods that are common to all of them:

- Vegetables and fruit
- Whole grains
- Legumes like beans and lentils
- Nuts and seeds
- Milk, cheese and yogurt
- Fish, seafood and poultry
- Healthy oils like canola and olive oil



These nourishing foods are the basic ingredients that form the diet for disease prevention. You may also notice what's missing from these eating patterns. They don't contain highly processed products, like cake, chips, cookies and sugary drinks that are high in added sugar, salt and trans fat.

WORK WITH A DIETITIAN

Almost 80 per cent of premature stroke and heart disease can be prevented through healthy lifestyle behaviours. These include eating healthy, being active and living smoke-free. The journey toward well-being begins with how we eat and dietitians have the knowledge, compassion and flexibility to help you achieve. Consider working with a dietitian if you have health goals or concerns about your risk of chronic disease. Find a dietitian at www.dietitians.ca/find.

WANT TO UNLOCK THE POTENTIAL OF FOOD?

TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice. Talk to a dietitian at www.dietitians.ca/find. A dietitian is key

Source: <https://www.dietitians.ca/Media/Nutrition-Month/Nutrition-Month-2019-Factsheets.aspx>



釋放食物無限潛能

預防的潛能:

了解食物如何幫助預防二型糖尿病和心臟病等慢性疾病。

2018年的營養月是在營養師的引導下，發掘食物的各種潛能，包括提供能量、促進發現、預防疾病、治癒以及凝聚人心。這五項主題。詳情請瀏覽 NutritionMonth2019.ca

種種生活方式因素，包括我們所吃的東西，都影響着我們的健康。營養豐富的飲食有助於預防身體不適，並降低患慢性疾病的風險。營養師可以幫助你遵循適合個人需求和目標的健康飲食模式。今個營養月，營養師想提醒你關於食物在預防疾病方面所具有的威力。

建立均衡飲食

時下有很多飲食或「飲食模式」，有的比其他更為健康。其實最好的飲食模式是適合個人口味並且可以持之以恆的模式。最賦予研究的飲食模式莫過於地中海飲食(Mediterranean diet)、得舒飲食(DASH diet)和麥得飲食(MIND diet)。這些飲食模式所推薦的食物可以幫助預防二型糖尿病、心臟病、中風、癱瘓症和一些癌症

上面列出的飲食模式雖然有着不同的名稱，但當中包括的食物其實大致相同! 以下列出的是一些上述飲食模式中共同的食物:

- 蔬菜和水果
- 全穀類
- 豆類，例如豆和扁豆
- 堅果和種子
- 牛奶、芝士和乳酪
- 魚、海鮮和家禽
- 芥花籽油和橄欖油等健康油



這些滋補的食品都是預防疾病飲食的基本成份。你可能也注意到這些飲食模式中缺少的食物和添加的配料。這些飲食都不包括許多高度加工的食物，例如蛋糕、薯片、餅乾、含大量添加糖的飲料、鹽以及反式脂肪。

與營養師合作

接近80%的早發性中風和心臟病可以通過健康的生活方式預防。這些包括了健康飲食，多做運動和無煙生活。

走向健康的旅途從飲食開始，營養師有豐富的專業知識、關愛之心和相應的靈活性來幫助你實現目標。

如果你有健康目標想達成或對慢性疾病風險有擔憂，不妨考慮與營養師合作。我們將與你邁進目標、需求和挑戰，同時接受、理解、並享受食物。我們超越潮流和噱頭，提供可靠又能夠改變生活的建議。

尋找營養師: www.dietitians.ca/find



想要釋放食物的無限潛能嗎?

和營養師交流一下吧!

營養師熱衷於食物對改善生活和健康的潛能。我們將與你邁進目標、需求和挑戰，同時接受、理解、並享受食物。我們超越潮流和噱頭，提供可靠又能夠改變生活的建議。尋找營養師: www.dietitians.ca/find

<https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/Chinese-Factsheets-2019/NM-2019-FactSheet-03-Prevent-Cantonese.aspx>