





















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45 Exercises 1 11:30 News & Views 12:00 <b>Easter Crafts</b> Table Games 13:30 Knock Them Down Talent Show	10:45 Exercises 2 11:30 Basketball Shooting 12:00 <b>Dim Sum Outing</b> Digital Memories 13:30 Balloon Fight iPad Games	10:45 Exercises 3 11:30 Inspiring Quotes 12:00 Creative Painting <b>Bocce Ball</b> 13:30 Music Appreciation Bean Bags	10:45 Exercises 4 11:30 You Remember 12:00 Garden Walk <b>Flower Bingo</b> 13:30 Blossom Craft Bottle Toss	10:45 Exercises 5 11:30 Spring Word Games 12:00 <b>Hockey</b> Puzzle Games 13:30 Senior Council Ring Toss	
	10:45 <b>Birthday Party</b> 8 <b>Wish You Good Health!</b> 12:00 Exercises Yoga Fitness 13:30 I Hear Memories Reminiscing	10:45 Exercises 9 11:30 About Easter 12:00 <b>Travel to Japan</b> Collection Album 13:30 Spring Walk Bowling	10:45 Exercises 10 11:30 About Japan 12:00 Flower Bingo <b>Japanese Cuisine Making</b> 13:30 Origami Making Bottle Toss	10:45 Exercises 11 11:30 Basketball Shooting 12:00 Sniff & Taste <b>Japanese Folk Songs</b> 13:30 Spring Walk Blossom Appreciation Site	10:45 Exercises 12 11:30 Today's Highlight 12:00 <b>Sushi Dine Out</b> Flower BINGO 13:30 Bowling Library Corner	
	10:45 Exercises 15 11:30 Health Talk/Ring Toss 12:00 Mah Jong <b>Hymn Sing With Simon</b> 13:30 Bunny Walk Easter Crafts	10:45 Exercises 16 11:30 Health Talk/Bean Bag 12:00 <b>Easter Baking</b> <b>Chinese Opera</b> 13:30 Balls In Buckets Hand Exercises	10:45 Exercises 17 11:30 <b>Easter Bunny Visit</b> 12:00 Easter Bingo Easter Crafts 13:30 Decoration For Easter Party Bunny Walk	10:45 <b>Easter Party</b> 18 <b>With Saul</b> 12:00 Exercises Yoga Fitness 13:30 Easter Egg Hunting iPad Games	19  <b>Good Friday</b>  <b>Centre Closed</b>	
	22  <b>Easter Monday</b>  <b>Centre Closed</b>	10:45 Exercises 23 11:30 Bottle Toss 12:00 <b>Crafts For Mother</b> Mah Jong 13:30 Senior Council Today News	10:45 Exercises 24 11:30 Short Stories/Ring Toss 12:00 <b>Casino Day</b> Seafood Game 13:30 Bowling Library Corner	10:45 Exercises 25 11:30 News & Views 12:00 <b>If You're the Judge</b> <b>Internet Surfing</b> 13:30 Balloon Volleyball Hand Exercises	10:45 Exercises 26 11:30 Balls In Buckets 12:00 Early Lunch 13:00 <b>Concerts In Care</b>  Have a Great Time!	
	10:45 Exercises 29 11:30 Hung Man 12:00 <b>Pizza Making</b> 60's Country Music 13:30 Guide Dog Day Bowling	10:45 Exercises 30 11:30 Words In Word 12:00 <b>Movie Day</b> Chinese Movie Songs 13:30 Balls In Buckets Spring Walk	<div>  </div>			<div> <div>SVNH Adult Day Centre at</div> <div>Beulah Gardens</div> <div>3355 East 5<sup>th</sup> Avenue, Vancouver, BC</div> <div>V5M 0A1</div> <div>Phone: 604-255-0413 Fax: 604-266-0413</div> <div>Visit Our ADP Blog at <a href="http://svnhadc.blogspot.com">svnhadc.blogspot.com</a></div> </div>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45 早操 1 11:30 今日頭條 12:00 復活節手工藝 麻將 13:30 罐頭游戏 才藝表演	10:45 早操 2 11:30 投籃練習 12:00 點心出遊 寶蘭電子相冊 13:30 拋硬幣 平板電子游戏	10:45 早操 3 11:30 感性短語 12:00 創意畫室 地毯滾球 13:30 春天漫步 扔豆袋	10:45 早操 4 11:30 記憶托盤 12:00 春暖花開走一走 花賓高 13:30 迎春花朵製作 套水瓶	10:45 早操 5 11:30 文字遊戲 12:00 曲棍球 拼圖遊戲 13:30 會員大會 套圈圈	
	10:45 慶祝溫哥華 8 櫻花節 /生日會 12:00 早操 瑜珈 13:30 我聽到的記憶 流金歲月	10:45 早操 9 11:30 關於復活節 12:00 日本風情遊 精美相冊 13:30 春日漫步 保齡球	10:45 早操 10 11:30 日本風情 12:00 花賓高 日本飲食 13:30 日本折紙藝術 套水瓶	10:45 早操 11 11:30 投籃練習 12:00 五官效應 日本古謠 13:30 春日漫步 溫哥華賞櫻景點	10:45 早操 12 11:30 今日頭條 12:00 日餐外遊 花賓高 13:30 保齡球 圖書館一角	
	10:45 早操 15 12:00 健康講座/套圈圈 與何先生唱詩歌 13:30 兔子漫步 復活節手工藝	10:45 早操 16 11:30 健康講座/扔豆袋 12:00 烘焙餅乾曲奇 中國歌劇 13:30 請它入甕 手部運動	10:45 早操 17 11:30 復活兔探訪 12:00 復活節寶高 復活節手工藝 13:30 裝飾復活節 兔子漫步	10:45 復活節 18 慶祝會 12:00 早操 瑜珈 13:30 復活節狩獵 平板電子游戏	19 復活節假期 中心休息	
	22 復活節假期 中心休息	10:45 早操 23 11:30 套水瓶 12:00 母亲节手工艺 麻將 13:30 會員大會 今日頭條	10:45 早操 24 11:30 故事分享/套圈圈 12:00 博彩日 鱼虾蟹游戏 13:30 保齡球 圖書館一角	10:45 早操 25 11:30 今日頭條 12:00 如果你是法官 網上狩獵 13:30 氣球大戰 手部運動	10:45 早操 26 11:30 請它入甕 12:00 提早午餐 13:00 關愛音樂會 享受美好時光!	
	10:45 早操 29 11:30 文字遊戲 12:00 做披薩 60年代的鄉村音樂 13:30 導盲人狗日 保齡球	10:45 早操 30 11:30 字中字 12:00 電影日 電影插曲 13:30 請它入甕 春日漫步	<div>  <div> SVNH Adult Day Centre at  Beulah Gardens  3355 East 5<sup>th</sup> Avenue, Vancouver, BC  V5M 0A1  Phone: 604-255-0413 Fax: 604-266-0413  Visit Our ADP Blog at <a href="http://svnhadc.blogspot.com">svnhadc.blogspot.com</a> </div> </div>			



## WELCOME

We would like to welcome our new member to our Centre. We hope you will enjoy your time here and we look forward to getting to know you:

Wing Sun Yeung, Beatrice Farina, Josephine Perry

### Special Events:

- |           |                                 |
|-----------|---------------------------------|
| Apr 02    | Dim Sum Outing                  |
| Apr 08    | Birthday Party                  |
| Apr 12    | Sushi Dine Out                  |
| Apr 15    | Hymn Sing With Simon            |
| Apr 18    | Easter Party With Saul          |
| Apr 19&22 | Easter Holiday<br>Centre Closed |
| Apr 26    | Concert In Care                 |

## 歡迎

以最熱誠的祝願，歡迎你來我們中心  
並常來參與中心的活動。

Wing Sun Yeung 先生, Beatrice Farina 女士, Josephine Perry 女士

### 特別節目:

- |       |         |
|-------|---------|
| 4月08日 | 點心外遊    |
| 4月08日 | 生日會     |
| 4月12日 | 日餐外遊    |
| 4月15日 | 與何先生唱詩歌 |
| 4月18日 | 復活節慶祝會  |
| 4月19日 | 復活節快樂!  |
| 4月22日 | 中心休息    |
| 4月26日 | 關愛音樂會   |



## Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

April 2019

2019 年 04 月



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

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## CANCER RISK REDUCTION

### What is Cancer?

Cancer is a group of many diseases, which are due to uncontrolled growth of abnormal cells. These cells may grow into masses of tissue called tumors. Tumors may be benign (noncancerous) or malignant (cancerous) to other parts of the body. Malignant tumors invade and destroy nearby tissues and organs and can even spread (metastasize) to other parts of the body.

### Warning Signals of Cancer

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness
8. Unexplained weight loss.

### Ways to Reduce Your Risk of Cancer

About 80% cancers are related to lifestyle and environmental factors. By reducing or eliminating exposure to cancer-causing agents (carcinogens), you can minimize your risk of developing some cancers.

Here are some cancer risk reduction tips:

- Control weight
- Don’t smoke
- If you drink, drink alcohol only in moderation (1-2 drinks a day)
- Avoid too much sunlight (wear protective clothing, use sunscreen lotion)
- Avoid unnecessary X-rays
- Follow health and safety rules at workplace
- Eat foods high in fiber (fruits, vegetables, whole grain) and low in fat
- Limit consumption of salt-cured, salt-pickled, and smoked foods
- Discuss with your doctor about the safety of hormone replacement therapy
- Include cancer-related check-ups in your regular physical exam
- Learn the warning signals of cancer

As the saying goes, “Prevention is better than Cure”. You can help reduce your own cancer risk by taking control of your lifestyle!

Source: [http://www.cchrchealth.org/sites/default/files/files/e\\_cancer\\_reduction.pdf](http://www.cchrchealth.org/sites/default/files/files/e_cancer_reduction.pdf)

### 如何减低患癌机会

### 什麼是癌症？

癌症是由一组不正常的细胞所引起的疾病。这些病态细胞不规律地不断和迅速地繁殖成长，形成肿块，称为肿瘤。肿瘤可分良性的（非癌症）或恶性的（癌症）二种。恶性肿瘤能侵入及破坏邻近的组织及器官，并能蔓延到身体其他部份。

### 癌症的警讯：

1. 大小便习惯失常
2. 伤口长久不癒
3. 不正常的出血或分泌
4. 乳房有硬块或身体其他部份的组织有增厚现象
5. 消化不良或吞咽困难
6. 疣痣的大小或颜色产生变化
7. 长期咳嗽或声音沙哑
8. 无原因的体重下降

### 如何减低患癌症的机会

癌症的成因有百分之八十是与生活习惯及环境的因素有关。减少或完全避免接触致癌的物质，可以减少患上某些癌症的机会，以下是一些要诀：

- 控制体重
- 不吸烟
- 如喝酒，莫过量（每日不超过一至二小杯）
- 避免过度暴晒阳光（穿著有保护身体的衣服，用含 SPF15 或以上的太阳油）
- 避免照不必要的 X 光
- 在工作时，遵守保护健康的原则
- 多吃高纤维（水果、蔬菜、全穀类）和低脂肪的食物
- 少吃用盐醃过或烟燻过的食品
- 使用女性荷尔蒙补替治疗法时应请教医生的意见
- 在体格检查时应包括有关癌症检查在内
- 认识「癌症的警讯」是甚麽

俗语有云：「预防胜於治疗」，调理生活方式可以帮助您减少患癌症的机会！