







South Van Adult Day Program

ACTIVITY CALENDAR

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373	1 Breakfast Club 10:45 Exercises 11:30 Just for a Laugh 1 pm Bulletin Board Art Piñata Project Travel to Mexico	2 Breakfast Club 10:45 Exercises 11:30 What's Missing? 1 pm Piñata Project Bake Mexican Brownies Dance to Mexican Music	3 Breakfast Club 10:45 Exercises 11:30 Scent guessing 1 pm Mexican Fiesta Dancing, Piñata Game Snacks & Margaritas	4 
5 	6 Breakfast Club 10:45 Exercises 11:30 Mother's Day Quiz 1pm Mama's Bingo Bake Raspberry Tarts Craft: Mother's Day Cards	7 Breakfast Club 10:45 Exercises Outing: Chinese Cuisine 11:30 T.V. Mom Trivia 1pm Songs for Mom Mother's Day Poster	8 Breakfast Club 10:45 Exercises 11:30 Horoscopes 1pm Birthday Party <i>Music, Dancing, & Cake</i> 	9 Breakfast Club 10:45 Exercises 11:30 Gentle Massage 1 pm Bake Cookies Musical Memories Crafts: Tissue Carnations	10 Breakfast Club 10:45 Exercises 11:30 Picture Puzzle 1pm Mother's Day Tea Sing with Saul Berson 	11 
12 	13 Breakfast Club 10:45 Exercises 11:30 Queen Trivia 1pm Checkers Majestic Mural Bio: Queen Victoria	14 Breakfast Club 10:45 Exercises 11:30 Royal Gossip 1pm Black Jack Mah Jong / Tin Gau Bake Victoria Sponge Cake	15 Breakfast Club 10:45 Exercises 11:30 Hangman 1 pm Bake Scones Make Jewelry British Palaces & Castles	16 Breakfast Club 10:45 Exercises 11:30 Match-ups 1pm Royal Bingo Make Fancy Sandwiches Special Royal High Tea	17 Breakfast Club 10:45 Exercises 11:30 Missing Jewels 1pm Artsway Concert Aaron Graham, percussionist	18 
19 	20 The A.D.P. is <u>CLOSED</u> today Victoria Day	21 Breakfast Club 10:45 Exercises 11:30 Spot the Difference 1pm Bake Cookies Musical Memories Mixed Media Art	22 Breakfast Club 10:45 Exercises Men's Outing: Tim Hortons 11:30 Soccer 1pm Lucky Bingo Mah Jong / Tin Gau	23 Breakfast Club 10:45 Exercises 11:30 Fire Drill 1pm Farmer's Market Crafts: Decoupage Bake Apple Cookies	24 Breakfast Club 10:45 Exercises 11:30 Hidden Objects 1pm Garden Club Table Games Jewelry Making	25 
26 	27 Breakfast Club 10:45 Exercises Outing: Boston Pizza 11:30 Ring Toss 1pm Black Jack Art: Mandalas	28 Breakfast Club 10:45 Exercises 11:30 Fun Riddles Health Talk (English) 1 pm Chinese Opera Community Walk	29 Breakfast Club 10:45 Exercises 11:30 Just for a Laugh 1 pm Farmers Market Musical Memories Mah Jong / Tin Gau	30 Breakfast Club 10:45 Exercises 11:30 Hidden Objects Health Talk (Chinese) 1 pm Artist's Impression Bake Oatmeal Cookies	31 Breakfast Club 10:45 Exercises 11:30 Flower Smelling 1 pm Table Games Silent Movie Community Walk	

星期天	星期一	星期二	星期三	星期四	星期五	星期六
		S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373	1 早餐俱乐部 10:45 早操 11:30 噓头 1 pm 裝飾布告板 工艺: 皮纳塔, 出访墨西哥	2 早餐俱乐部 10:45 早操 11:30 缺什么? 1 pm 烤墨西哥布朗尼 工艺:皮纳塔, 跳舞到墨西哥音乐	3 早餐俱乐部 10:45 早操 11:30 气味猜测 1 pm 圣日: 音樂, 跳舞, 皮纳塔, 小吃 & 玛格丽特	
5 	6 早餐俱乐部 10:45 早操 11:30 母親節測驗 1pm 宾果 烤覆盆子馅饼, 工艺: 母亲节卡	7 早餐俱乐部 10:45 早操 出外午餐:中國菜 11:30 電視媽媽 1pm 关于妈妈的歌曲, 母亲节壁画	8 早餐俱乐部 10:45 早操 11:30 星座运势 1pm 五月份生日會 音樂, 跳舞, 蛋糕分享 	9 早餐俱乐部 10:45 早操 11:30 温柔的按摩 1 pm 烤餅乾, 音乐记忆, 工艺: 紙花	10 早餐俱乐部 10:45 早操 11:30 图片拼图 1pm 母親節會: 一起唱: Saul Berson 	11 
12 	13 早餐俱乐部 10:45 早操 11:30 皇家测验 1pm 棋具, 壁画 传: 域多利皇后	14 早餐俱乐部 10:45 早操 11:30 皇家八卦 1pm 啤牌21點, 麻雀/ 天九, 烤海绵蛋糕	15 早餐俱乐部 10:45 早操 11:30 刽子手游戏 1 pm 烤饼干 自製珠寶首飾, 电影: 英国城堡	16 早餐俱乐部 10:45 早操 11:30 配对 1pm 宾果 制作花式三明治, 英国下午茶	17 早餐俱乐部 10:45 早操 11:30 失踪的珠宝 1pm 藝途 音樂會 Aaron Graham, 打击乐手	18 
19 	20 中心休息 维多利亚女王日	21 早餐俱乐部 10:45 早操 11:30 找出不同的地方 1pm 烤餅乾, 音乐记忆, 美術	22 早餐俱乐部 10:45 早操 出外午餐: Tim Hortons 11:30 足球 1pm 宾果, 麻雀/ 天九	23 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 农贸市场 工艺: 剪纸裝飾, 烤苹果饼干	24 早餐俱乐部 10:45 早操 11:30 隐藏的项目 1pm 园艺 桌上游戏, 自製珠寶首飾	25 
26 	27 早餐俱乐部 10:45 早操 出外午餐: Boston Pizza 11:30 环抛 1pm 啤牌21點, 美术: 坛场	28 早餐俱乐部 10:45 早操 11:30 环抛 健康讲座(英语语言) 1 pm 戏曲, 社區散步	29 早餐俱乐部 10:45 早操 11:30 噓头 1 pm 农贸市场 音乐记忆, 麻雀/ 天九	30 早餐俱乐部 10:45 早操 11:30 隐藏的项目 健康讲座(中国话) 1 pm 艺术家印象, 烤燕麦饼干	31 早餐俱乐部 10:45 早操 11:30 花 闻 1 pm 桌上游戏 无声电影, 社區散步	

Welcome!

We warmly welcome you to our centre!

Program Highlights

May 3rd Mexican Fiesta
May 7th Outing: Chinese Cuisine
May 8th Birthday Party:
Steve Warner, Guitar
May 10th Mother's Day Tea
Sing Along with Saul Berson
May 17th Artsway Concert:
Aaron Graham, percussionist
May 20th The **ADP** is **Closed** is today
May 22nd Men's Outing: Tim Horton's
May 23rd Farmer's Market
May 27th Outing: Boston Pizza
May 28th Health Talk (English)
May 30th Health Talk (Chinese)

May Birthdays

We wish our following friends a very Happy Birthday!

Mrs. Hui Zhen Li

May 11th



歡迎

热烈欢迎

節目聚焦

五月三日: 墨西哥嘉年华
五月七日: 出外午餐: 中國菜
五月八日: 五月份生日會
Steve Warner,
五月十日: 母亲节会,
一起唱 Saul Berson
五月十七日: 藝途 音樂會:
Aaron Graham, 打击乐手
五月二十日: 中心休息 维多利亚女王日
五月二十四日: 出外午餐: Tim Horton's
五月二十三日: 农贸市场
五月二十七日: 出外午餐: Boston Pizza
五月二十八日: 健康讲座 (英语语言)
五月三十日: 健康讲座 (中国话)

五月生日 會員

生日快樂對我們的朋友

Mrs. Hui Zhen Li

五月十一日



South Vancouver Adult Day Program

南溫哥華成天中心

May 2019 Newsletter

2019 年5月 月报



Participants enjoy Mother's Day Tea and flowers

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

Hearing Loss

Hearing loss is a sudden or gradual decrease in being able to hear. There are different types of hearing loss:

- **Conductive Hearing Loss:** Sound is blocked. This is often caused by earwax build up.
- **Sensorineural Hearing Loss:** A nerve problem prevents proper hearing. This is often caused by aging.
- **Mixed Hearing Loss:** Hearing loss where both the conductive and sensorineural systems are affected.

Causes

- Aging
- Blockage
- Certain medicines
- Some illnesses
- Family members with hearing loss
- Loud noise exposure
- Ear infection
- Ear and head injury
- Born with an ear problem



Signs

- Sounds are muffled.
- High pitched sounds are hard to hear.
- Words are difficult to understand when there is background noise.
- You ask others to repeat, or speak more slowly, clearly or loudly.
- You speak more loudly than other people.
- You avoid conversations or social events.
- You turn up the volume on the TV or radio.
- You have dizziness, and ringing or buzzing in your ears.

Your Care

Tests will be done to find the cause of your hearing loss and measure how well you can hear. Your doctor will check your outer, middle and inner ear.

Depending on the cause of your hearing loss, your treatment may include:

- Removal of ear wax
- Medicines
- Hearing aides
- Listening devices such as headphones or flashing lights or vibrators for doorbells or phones
- Surgery
- Therapy to help with your speech and hearing

Preventing Hearing Loss

- Protect your ears from loud noises. Wear earplugs when working with machines or around loud noises.
- Avoid loud noises such as music, motorcycles or snowmobiles.
- Have your hearing tested.

Talk to your doctor or nurse if you have any questions or concerns.

https://www.healthinfotranslations.org/pdfDocs/HearingLoss_SCH.pdf



失聪

失聪是听力突然或逐渐降低。失聪有不同类型：

- **传导性失聪：**声音受阻。这经常由耳垢积聚引起。
- **感觉神经性失聪：**神经方面的病症会妨碍良好的听觉。这经常由 老龄化引起。
- **混合型失聪：**传导系统和感觉神经系统都受影响引起的失聪。

原因

- 老龄化
- 受阻碍
- 某些药物
- 某些疾病
- 有家族失聪史
- 遭受高噪音
- 耳感染
- 耳和头部受伤
- 先天性耳疾

症状

- 声音发闷。
- 很难听到高音。
- 有背景噪声时很难听懂字句。
- 您要求别人重复或更慢、更清楚或更大声地说话。
- 您比其他人说声音更大。
- 您避免交谈或社交活动。
- 您把电视或收音机的音量调大。
- 您头晕、耳中有鸣声或嗡嗡声。

医疗护理

将做测试找出您失聪的原因并测定您的听力程度。您的医生将检查 您的外耳、中耳和内耳。 根据您失聪的原因，您的治疗可能包括：

- 除去耳垢
- 药物
- 戴助听器
- 助听装置，如耳机或闪光或门铃或电话用振动器
- 手术
- 采用帮助您言语和听力的疗法

防止失聪

- 保护耳朵免受高噪音。
- 操作机器或有高噪音时戴上耳塞。
- 避免高噪音，如音乐、摩托车或雪地车。
- 测试听力。

如有任何疑问或担心，请告知您的医生或护士。

