



# South Van Adult Day Program

## ACTIVITY CALENDAR

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>The A.D.C. is <u>CLOSED</u> today</b> 	<b>2</b> Breakfast Club 10:45 Exercises 11:30 Canadian Trivia 1 pm Black Jack Bulletin Board Art Craft: Decoupage	<b>3</b> Breakfast Club 10:45 Exercises 11:30 Hangman 1pm July Mural Garden Club Mah Jong / Tin Gau	<b>4</b> Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Community Walk Craft: Head Bands Musical Memories	<b>5</b> Breakfast Club 10:45 Exercises 11:30 Hidden objects 1pm Bake Cookies Art of Frida Kahlo Share your Jokes	
<b>7</b> 	<b>8</b> Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm Calligraphy Table Games	<b>9</b> Breakfast Club 10:45 Exercises <b>Outing: Boston Pizza</b> 11:30 Fun Riddles 1pm Chinese Opera Craft: Paper Flowers	<b>10</b> Breakfast Club 10:45 Exercises 11:30 Ring Toss 1pm Community Walk Bake: Pie Taquitos Craft: Mosaic tiles	<b>11</b> Breakfast Club 10:45 Exercises <b>Outing: Chinese Cuisine</b> 11:30 Fishing Game 1pm Bingo Art: Mixed Media Collage	<b>12</b> Breakfast Club 10:45 Exercises 11:30 What's Missing? 1pm Art: Mandalas Jewelry Making Baking Cupcakes	<b>13</b> 
<b>14</b>  <i>Kenneth Broadway, pianist</i>	<b>15</b> Breakfast Club 10:45 Exercise 11:30 <b>Fire Drill</b> 1pm Black Jack Musical Memories Mah Jong / Tin Gau	<b>16</b> Breakfast Club 10:45 Exercises 11:30 Famous Faces 1pm <b>Artsway Concert:</b> <i>Kenneth Broadway, piano</i>	<b>17</b> Breakfast Club 10:45 Exercises <b>Outing: Tim Hortons</b> 11:30 Soccer 1pm Bingo Mah Jong / Tin Gau	<b>18</b> Breakfast Club 10:45 Exercises 11:30 Matching Game Health Talk (Chinese) 1 pm Luck Walk Table Games	<b>19</b> Breakfast Club 10:45 Exercises 11:30 Scent Guessing 1 pm <b>Sing Along with Saul</b>	<b>20</b> 
<b>21</b> 	<b>22</b> Breakfast Club <b>Step Out Bus Tour</b> Picnic on the river  	<b>23</b> Breakfast Club 10:45 Exercises 11:30 Funny One-Liners 1pm Art: Mandalas Mah Jong / Tin Gau Biography: Robin Williams	<b>24</b> Breakfast Club 10:45 Exercises 11:30 Floor Hockey 1 pm Garden Club Community Walk Bake: Brazilian Cheese Puffs	<b>25</b> Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1 pm Silent Movie Crafts: Collage Mah Jong / Tin Gau	<b>26</b> Breakfast Club 10:45 Exercises 11:30 Matching Game 1pm Lucky Bingo Jewelry Making Prepare Summer Punch	<b>27</b> 
<b>28</b> 	<b>29</b> Breakfast Club 10:45 Exercises 11:30 Fishing Game 1pm Fly over B.C. Mah Jong / Tin Gau B.C. Map Mural Project	<b>30</b> Breakfast Club 10:45 Exercises 11:30 B.C. Trivia 1pm Make Nanaimo Bars In Search of Sasquatch Craft: Dogwood Flowers	<b>31</b> Breakfast Club 10:45 Exercises 11:30 Horoscopes 1 pm <b>Birthday Party</b> <b>Entertainment &amp; Cake</b>	<b>S.V.A.D.C.</b> <b>3076 East 49th Ave.</b> <b>Vancouver, BC</b> <b>V5S 1K9</b> <b>Phone: 604 430 6373</b>		

星期天	星期一	星期二	星期三	星期四	星期五	星期六
	<b>1</b>  <p>中心休息</p>	<b>2</b> 早餐俱乐部 10:45 早操 11:30 加拿大瑣事 1 pm 啤牌21 點 裝飾布告板, 剪纸装饰	<b>3</b> 早餐俱乐部 10:45 早操 11:30 刽子手游戏 1pm 壁画 宾果, 麻雀/ 天九	<b>4</b> 早餐俱乐部 10:45 早操 11:30 排球 1pm 步行 手工艺: 头带, 音乐记忆	<b>5</b> 早餐俱乐部 10:45 早操 11:30 找到隐藏的东西 1pm 烤饼干 Frida Kahlo 的艺术作品 分享你的笑话	
	<b>8</b> 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 中国书法, 桌面游戏	<b>9</b> 早餐俱乐部 10:45 早操 出外午餐: <b>Boston Pizza</b> 11:30 谜语 1pm 壁画, 手工艺: 纸花	<b>10</b> 早餐俱乐部 10:45 早操 11:30 环游戏 1pm 步行, 烤水果馅饼, 手工艺: 马赛克	<b>11</b> 早餐俱乐部 10:45 早操, 出外午餐: 中國菜 11:30 钓鱼游戏 1pm 宾果, 美术: 混合媒介	<b>12</b> 早餐俱乐部 10:45 早操 11:30 缺什么? 1pm 美术: 坛场 自製珠寶首飾, 烤蛋糕	
 <i>Kenneth Broadway, piano</i>	<b>15</b> 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 啤牌21 點 音乐记忆, 麻雀/ 天九	<b>16</b> 早餐俱乐部 10:45 早操 11:30 著名的面孔 1pm 藝途 音樂會 <b>Kenneth Broadway, 钢琴家</b>	<b>17</b> 早餐俱乐部 10:45 早操 出外午餐: <b>Tim Hortons</b> 11:30 足球 1pm 宾果, 麻雀/ 天九	<b>18</b> 早餐俱乐部 10:45 早操 11:30 匹配游戏 健康讲座(廣東話) 1 pm 幸运的步行, 桌面游戏	<b>19</b> 早餐俱乐部 10:45 早操 11:30 气味猜测 1pm 一起唱 <b>Saul Berson</b>	
	<b>22</b> 早餐俱乐部 巴士外遊, 中饭 <b>Picnic</b>  	<b>23</b> 早餐俱乐部 10:45 早操 11:30 笑话 1pm 美术: 坛场, 麻雀/ 天九 传: Robin Williams	<b>24</b> 早餐俱乐部 10:45 早操 11:30 曲棍球 1 pm 园艺 步行, 烤奶酪泡芙	<b>25</b> 早餐俱乐部 10:45 早操 11:30 排球 1 pm 無聲電影, 工艺: 拼贴, 麻雀/ 天九	<b>26</b> 早餐俱乐部 10:45 早操 11:30 匹配游戏 1pm 宾果 自製珠寶首飾, 准备饮料	
	<b>29</b> 早餐俱乐部 10:45 早操 11:30 钓鱼游戏 1pm 飞越不列颠哥伦比亚省 麻雀/ 天九, 壁画	<b>30</b> 早餐俱乐部 10:45 早操 11:30 不列颠哥伦比亚瑣事 1pm 搜索大脚, 预备甘美纳奈莫, 手工艺: 山茱萸花	<b>31</b> 早餐俱乐部 10:45 早操 11:30 星座运势 1 pm 七月份生日會 音樂, 跳舞, 蛋糕分享	<b>S.V.A.D.C.</b> <b>3076 East 49th Ave.</b> <b>Vancouver, BC</b> <b>V5S 1K9</b> <b>Phone: 604 430 6373</b>	 <b>SOUTH VANCOUVER NEIGHBOURHOOD HOUSE</b>	 <b>ASSOCIATION OF NEIGHBOURHOOD HOUSES BC</b>



## Welcome!

We warmly welcome you to our adult day program:

### Program Highlights

July 1<sup>st</sup> ADC is **Closed**  
July 8<sup>th</sup> Health Talk (English)  
July 9<sup>th</sup> Outing: Boston Pizza  
July 11<sup>th</sup> Outing: Chinese Cuisine  
July 16<sup>th</sup> Artsway Concert:  
Kenneth Broadway, Pianist  
July 17<sup>th</sup> Outing: Tim Hortons  
July 18<sup>th</sup> Health Talk (Chinese)  
July 19<sup>th</sup> Sing Along with Saul Berson  
July 22<sup>nd</sup> Step Out Bus Tour: Picnic  
July 31<sup>st</sup> Birthday Party: Steve Warner

### July Birthdays

We wish our following friends a very Happy Birthday!

Miss Kit Yee Lee  
Mrs. San Liu Chow  
Mrs. Elizabeth Prasad  
Mrs. Choy Chu Lau  
Mrs. Yang Jiang (Ma)  
Mrs. Julie Woo  
Mrs. Yee Leung  
Mr. John MacLennan

July 2<sup>nd</sup>  
July 11<sup>th</sup>  
July 13<sup>th</sup>  
July 18<sup>th</sup>  
July 21<sup>st</sup>  
July 25<sup>th</sup>  
July 27<sup>th</sup>  
July 29<sup>th</sup>



## 歡迎

热烈欢迎

### 節目聚焦

七月二日 中心休息  
七月八日 健康講座 (英語)  
七月九日 出外午餐: Boston Pizza  
七月十一日 出外午餐: 中國菜  
七月十六日 藝途音樂會: Kenneth Broadway, 鋼琴家  
七月十七日 出外午餐: Tim Hortons  
七月十八日 健康講座 (廣東話)  
七月十九日 一起唱 Saul Berson  
七月二十二日 巴士外遊: 野餐  
七月三十一日 七月份生日會: Steve Warner

### 七月生日會員

生日快樂對我們的朋友

Miss Kit Yee Lee  
Mrs. San Lui Chow  
Mrs. Elizabeth Prasad  
Mrs. Choy Chu Lau  
Mrs. Yang Jiang (Ma)  
Mrs. Julie Woo  
Mrs. Yee Leung  
Mr. John MacLennan

七月二日  
七月十一日  
七月十三日  
七月十八日  
七月二十一日  
七月二十五日  
七月二十七日  
七月二十九日



## South Vancouver Adult Day Program

南溫哥華成天中心

## July 2019 Newsletter

2019 年 7 月 月報



Participants celebrate Canada Day Party

3076 East 49th Avenue

Vancouver, BC V5S 1K9 604 430 6373

Please visit our blog site: [svnhadc.blogspot.com](http://svnhadc.blogspot.com)

S.V.N.H. Website: [www.southvan.org](http://www.southvan.org)

## Dehydration

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition. Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

### Dehydration in older adults

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
  - Hard to drink or hold a glass.
  - Painful to get up from a chair.
  - Painful or exhausting to go to the bathroom.
- Hard to talk or communicate to some one about their symptoms.
- Take medicines that increase urine output. Many prescription and non-prescription medicines can cause dehydration. A few examples are:
  - Antihistamines.
  - Blood pressure medicines.
  - Chemotherapy.
  - Diuretics.
  - Laxatives
- Not have enough money to adequately feed themselves.



Watch closely for the early symptoms of dehydration anytime you have illnesses that cause high fever, vomiting, or diarrhea.

These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The urine may be less than usual.
- The person may feel cranky, tired, or dizzy.



## 脱水

脱水是指身体内失去水份。男性的体重有百分之六十为水份，而女性则占其体重百分之五十。人体需要维持足够的水份才能保持健康的身体。因为随著年龄的增长而全身含水量逐渐减少，再加上老年人口渴的知觉较迟顿，所以老年人较易产生脱水的现象。

脱水的併发症为血压下降、休克以及因严重、持续地脱水而死亡。若有脱水的现象发生，应马上请医生诊治，尤其是老年人或婴儿。

### 脱水的症状

- 口乾、舌燥。
- 小便量减少或完全没有尿液。
- 眼眶凹陷。
- 脸色苍白、皮肤冰凉。
- 头晕、烦躁不安、神智混乱及昏迷。
- 严重口渴感。
- 脉搏微弱且速度加快、血压下降及呼吸急促。

老年人会因口渴感觉迟顿、吞咽困难、语言沟通能力障碍、行动不便或认知困难等等问题，易发生水份摄取不足的情况。水份损失过多：

任何原因引起严重呕吐或腹泻、持续发高烧、大量出汗或过量服用使水份或电解质流失的药物，如利尿剂(去水药)。

炎热的天气可能会导致脱水及中暑。穿透气的衣服，也就是说，空气可以疏通透出衣外。外出在烈日之下应带帽子。中午时分，阳光最强烈的时候最好待在室内。随身带一瓶水，不时喝一口。治疗：轻微脱水时，应少量多次饮用清流质或电解质饮料(如冲淡的 Gatorade)；一次饮用大量的流质可能会引起呕吐。

- 严重脱水时，则需要住院并接收静脉液体注射。
- 在家每日量体重并作记录，以便提早发现脱水的情况。
- 假如有呕吐或腹泻，记录每次的数量，以便估计损失的水份。
- 若婴儿或新生儿有呕吐或腹泻的症状，请马上到急诊室，这可能是紧急情况，不容疏忽。

