

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:45 Exercises 1 11:30 Do You Remember? 12:00 Health Talk Domino's 13:30 Bowling Reminiscing	10:45 Exercises 2 11:30 Words In Word 12:00 Hockey Dine Out Beulah 13:30 Balloon Fight Library Corner	10:45 Exercises 3 11:30 Bean Bags 12:00 Thanksgiving Craft Fall Collection 13:30 Music Studio Hand Exercises	10:45 Exercises 4 11:30 News & Views 12:00 Bocce Ball Chinese Checkers 13:30 Youth Talent Puzzle Games	
	10:45 Exercises 7 11:30 Drop/Cover/Hold 12:00 Oktober Festival Cheers To You! 13:30 Bowling Hand Exercises	10:45 Exercises 8 11:30 Thanks For... 12:00 Thanksgiving Craft Mah Jong 13:30 Balls In Buckets Library Corner	10:45 Exercises 9 11:30 Drop/Cover/Hold 12:00 Garden Walk Bingo 13:30 Podiatrist Visit Balls In Buckets	10:45 Exercises 10 11:30 Thanksgiving Food Quiz 12:00 Movie Day Table Games 13:30 Puzzle Game Bowling	10:45 Exercises 11 11:30 Special Thanks ... 12:00 Special Lunch 13:00 Mix & Match Thanksgiving Celebration Wish You All The Best!!	
	14 Happy Thanksgiving Centre Closed	10:45 Exercises 15 11:30 Do You Remember? 12:00 If You're the Judge Halloween Crafts 13:30 Book Check Out Basketball Shooting	10:45 Birthday Party 16 Let's Have Fun 12:00 Exercise Fitness Club 13:30 Hand Exercises Bean Bags	10:45 Exercises 17 11:30 Big ShakeOut 12:00 Dim Sum Outing Digital Memories 13:30 Balloon Fight Ipad Games	10:15 BC ShakeOut 18 10:45 Exercises 11:30 News & Views 12:00 Halloween Bingo Aromatherapy 13:30 Book Check In Bean Bags	
	10:45 Exercises 21 11:30 Name Ten 12:00 Vacation Moments Garden Walk/Mah Jong 13:30 Bottle Toss Library Corner	10:45 Exercises 22 11:30 Chinese Idiom 12:00 Talent Show Special Ride/Pumpkin Shopping 13:30 Garden Walk Ring Toss	10:45 Exercises 23 11:30 Bowling/ Health Talk 12:00 Halloween Crafts Pablo Picasso 13:30 Digital Memories Basketball Shooting	10:45 Exercises 24 11:30 Ghost Stories Sharing 12:00 Recipe Sharing Summo Wrestling 13:30 Walk a Block Bean Bags	10:45 Exercises 25 11:30 About Flu Shot 12:00 Early Lunch Lunch Buffet 13:00 Concerts In Care Have a Great Time!	
	10:45 Exercises 28 11:30 Ghost Stories 12:00 Chinese Checkers Halloween Cookie Baking 13:30 Jim's Music Studio Ipad Games	10:45 Exercises 29 11:30 Bean Bags 12:00 Early Lunch Buffet 13:00 Flu Shot Movie Day Wish You Good Health!	30 Staff Development Day Centre Closed	10:45 Halloween Party 31 Dress up to Show 12:00 Exercise Fitness Club 13:30 Basketball Shooting Library Corner	<div> SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Svnhadc.blogspot.com </div>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:45 早操 11:30 練記憶 12:00 健康講座 圍桌遊戲 13:30 保齡球 往日足跡	2 10:45 早操 11:30 成語接龍 12:00 曲棍球 西餐外遊 13:30 氣球戰 圖書館一角	3 10:45 早操 11:30 豆袋遊戲 12:00 感恩節手工藝 秋季收藏 13:30 音乐欣赏 手部運動	4 10:45 早操 11:30 時事新聞 12:00 地毯滾球 中国跳棋 13:30 才藝表演 拼圖遊戲	
	 7 10:45 早操 11:30 地震演習觀摩 12:00 德國啤酒節 為你乾杯! 13:30 保齡球 手部運動	8 10:45 早操 11:30 我們感恩... 12:00 感恩節手工藝 麻將 13:30 請它入甕 圖書館一角	9 10:45 早操 11:30 地震演習觀摩 12:00 花園漫步 賓高 13:30 足医生专科门诊 請它入甕	10 10:45 早操 11:30 感恩節食物知多少 12:00 電影日 圍桌遊戲 13:30 拼圖遊戲 保齡球	11 10:45 早操 11:30 我們感恩... 12:00 特別午餐 13:00 對對配 感恩節遊戲 祝愿你身體健康!	
	 14 感恩節快樂! 中心休息	15 10:45 早操 11:30 練記憶 12:00 如果你是法官 鬼王節手工藝 13:30 書本點算 投籃競賽	16 10:45 十月生日會 以茶會友 12:00 椅上運動 健身俱樂部 13:30 手部運動 豆袋遊戲	17 10:45 早操 11:30 地震演習觀摩 12:00 點心外遊 電子相冊 13:30 氣球戰 電子游戏	18 10:15 地震演習 10:45 早操 11:30 時事新聞 12:00 鬼王節賓高 香薰理療 13:30 書本驗收 豆袋遊戲	
	 21 10:45 早操 11:30 十項提名 12:00 假日分享 花園漫步/麻將 13:30 高爾夫 圖書館一角	22 10:45 早操 11:30 成語接龍 12:00 才藝表演 秋日外遊購物 13:30 花園漫步 拋圈遊戲	23 10:45 早操 11:30 保齡球/健康講座 12:00 鬼王節手工藝 畢加索專輯 13:30 電子相冊 投籃競賽	24 10:45 早操 11:30 鬼故事分享 12:00 雕刻南瓜 相扑表演 13:30 花園漫步 豆袋遊戲	25 10:45 早操 11:30 流感疫苗接種諮詢 12:00 提早午餐 自助午餐 13:00 關愛音樂會 敬請欣賞!	
	 28 10:45 早操 11:30 請鬼入甕 12:00 中国跳棋 鬼王節手工 曲奇 13:30 音乐欣赏 電子游戏	29 10:45 早操 11:30 豆袋遊戲 11:30 自助午餐 12:30 流感疫苗接種 電影日 祝愿你身體健康!	30 員工培訓日 中心休息	31 10:45 鬼王節舞會 齐齐扮鬼扮马 12:00 早操 健身俱樂部 13:30 請鬼入甕 圖書館一角	SVNH Adult Day Centre at Beulah Gardens 3355 East 5 th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Svnhadc.blogspot.com	

Welcome

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

Mr. Rong Chang Tan, Mr. Bai Hui Li,
Mr. Lorie Blank and Mrs. Mo Lin Lee

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。

Tan 先生, Li 先生, Blank 先生, Lee 女士

Special Events

Oct 01 Health Talk
Oct 02 Dine Out Beulah
Oct 07 Oktoberfest
Oct 11 Thanksgiving Celebration
Oct 14 Thanksgiving Holiday
Centre Closed
Oct 16 Birthday Party With Saul
Oct 17 Dim Sum Outing
Oct 18 BC ShakeOut
Oct 22 Halloween Special Ride
Oct 25 Concert In Care
Oct 29 Flu Shot Clinic
Oct 30 Staff Development Day
Centre Closed
Oct 31 Halloween Party

特別節目

10 月 01 日 健康講座
10 月 02 日 西餐外遊
10 月 07 日 德國啤酒節
10 月 11 日 感恩節庆祝会
10 月 14 日 感恩節快樂
中心休息
10 月 16 日 生日會
10 月 17 日 點心外遊
10 月 18 日 地震演習
10 月 22 日 鬼王節游车河
10 月 25 日 關愛音樂會
10 月 29 日 流感疫苗接種
10 月 30 日 員工培訓日
中心休息
10 月 31 日 鬼王節派對

October Birthdays

Martins, Analidio Tai, Che Xoan
Shum, Pinky Hirtle, James
Tan, Grace Lai, Kit Ying

十月生日會員

Martins 先生 Tai 女士
Shum 女士 Hirtle 先生
Tan 女士 Lai 女士



South Vancouver Neighbourhood House
Adult Day Centre at Beulah Gardens
寶蘭花園歡迎您

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WHEN: OCTOBER 29, 2019

Please register your family member with **Zoe** at
604-255-0413 ext 25 or at
zoe.leese@southvan.org



祝愿你健康快樂!
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Fibre and Your Health

What is fibre?

Fibre, also called dietary fibre, is the part of plant foods that the body cannot digest. Fibre is found in foods like vegetables and fruit, whole grain products, nuts and seeds, and legumes (dried peas, beans and lentils). Fibre can be either insoluble or soluble. Most foods have a combination of both.

Why is fibre important?

Insoluble fibres can help keep your gut healthy and prevent constipation.

Soluble fibres can help:

- Lower your blood cholesterol level
- Control your blood sugar levels
- Keep you feeling full longer, which can help you to control your weight

Dietary fibre may also help prevent colon cancer.

How much fibre do I need?

Depending on your age and sex, aim for the following amount of fibre each day:

Age (years)	Male	Female
50-71+	30g	21g

People with intestinal or bowel diseases may not be able to eat large amounts of fibre. Speak with your health care provider or registered dietitian to find out how much fibre is right for you.

How can I increase the amount of fibre I eat?

Add additional fibre to your diet slowly to limit gas, cramping and discomfort. As you increase the amount of fibre in your diet, drink more fluids such as water to help keep your bowel movements soft.

Choose high fibre foods every day. Here are some tips to get you started:

- Start the day with a high fibre breakfast cereal
- Choose fresh, frozen and canned vegetables and fruit. Juice is not high in fibre
- Eat 100% whole grain breads, brown rice and whole wheat pasta
- Add cooked legumes, like lentils or beans, to your soup, casserole or salad
- Add dried fruits, nuts or seeds to yogurt, muffins, or salads, or eat them on their own

If you find it hard to eat enough fibre from food, talk to your health care provider or registered dietitian about a fibre supplement.

For more nutrition information, call **8-1-1** to speak with a registered dietitian.

Source: <https://www.healthlinkbc.ca/healthlinkbc-files/fibre>

纖維與健康

甚麼是纖維？

纖維也稱作膳食纖維，是植物性食物中無法被人體消化 的部分。纖維常見於蔬菜水果、全穀製品、堅果和種籽， 以及豆類（乾豌豆、豆類和小扁豆）中。纖維分為兩種： 水溶性纖維和非水溶性纖維。大多數含纖維的食物都同 時含有這兩種纖維。

纖維為何很重要？ 非水溶性纖維有助于保持腸道健康並能預防便秘。

水溶性纖維有助于： ☐ 降低血液膽固醇水平 ☐ 控制血糖水平 ☐ 讓飽食的感覺更持久， 這有助於您控制體重

膳食纖維還有助於預防結腸癌。

我需要多少纖維？ 根據年齡和性別， 每天的目標纖維攝入量如下：

年齡	男性	女性
50-71+	30 克	21 克

腸道疾病患者也許不適合攝入大量纖維。請諮詢您的醫 護人員或營養師， 瞭解適合您的纖維攝入量。

我怎樣增加纖維的攝入量？ 逐漸在飲食中增加額外的纖維， 以減少排氣、腸胃痙攣 和不適。當您在飲食中增加纖維量的同時， 也應攝入更 多液體（例如水）， 以保持排便通暢。

每天都應選擇高纖維食物。以下的一些小貼士供您參考：

- ☐ 以高纖維麥片作為早餐來開始新的一天（請參考「食 物纖維來源」表， 從中獲取建議）
- ☐ 選用新鮮、冷藏或罐裝的蔬菜和水果。果汁中的纖維 含量並不高 ☐ 選食 100% 的全麥麵包、糙米和全麥意大利面
- ☐ 在湯羹、砂鍋菜或沙拉中添加煮熟的豆科植物（小扁 豆或豆類）
- ☐ 水果乾、堅果或種籽可加入優格、瑪芬蛋糕或沙拉中， 也可單獨食用

如果您覺得從食物中攝取纖維比較困難， 請諮詢您的醫 護人員或營養師， 瞭解有哪些適合您的纖維補充劑。

如需瞭解更多營養資訊， 請致電 8-1-1 諮詢註冊營養師。