

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45 Exercises 2 11:30 High Calorie Foods 12:00 <b>Christmas Baking Pajama /Movie Day</b> 13:30 <b>Beulah Nail Salon</b> Ring Toss	10:45 Exercises 3 11:30 <b>Penny Toss</b> 12:00 Christmas Crafts <b>Name Countries' Flags</b> 13:30 <b>Christmas Carol</b> Christmas Reminiscing	10:45 Exercises 4 11:30 Balls In Buckets 12:00 <b>Tree Shopping</b> <b>Christmas Bingo</b> 13:30 Library Corner Talent Show	10:45 Exercises 5 11:30 News & Views 12:00 <b>Tree Decoration</b> Chocolate Bingo 13:30 <b>Jim's Music Studio</b> <b>Christmas Crafts</b>	10:45 Exercises 6 11:30 Balloon Fight 12:00 Centrepieces <b>Therapeutic Painting</b> 13:30 <b>Christmas Carol</b> <b>Sing Along With You</b>	
	10:45 Exercises 9 11:30 <b>Health Talk/Penny Toss</b> 12:00 Gingerbread House <b>Hymn Sing With Simon</b> 13:30 Senior Council Hand Exercises	10:45 Exercises 10 11:30 Balls In Buckets 12:00 Early Lunch Buffet 13:00 <b>Concert In Care</b> <b>Have Good Time!!</b>	10:45 Exercises 11 11:30 Scramble Words 12:00 <b>Action Charade</b> Centrepieces 13:30 <b>Christmas Carol</b> Puzzle Games	10:45 Exercises 12 11:30 High Calorie Foods 12:00 <b>Dim Sum Outing</b> Digital Memories 13:30 Balls In Buckets <b>Hand Exercises</b>	10:45 Exercises 13 11:30 Penny Toss 12:00 Christmas Crafts <b>Name Countries' Flags</b> 13:30 Basketball Shooting Reminiscing	
	10:45 Exercises 16 11:30 Christmas Wishes 12:00 Food Preparation <b>Action Charade</b> 13:30 <b>Christmas Carol</b> Cards Making	10:45 Exercises 17 11:30 <b>Christmas Party</b> <b>Volunteer Appreciation</b> 12:30 Chef Special <b>Christmas Lunch</b> 1:30 Find The Winners	10:45 Exercises 18 11:30 Bottle Toss 12:00 Wishing Tree <b>Chocolate Bingo</b> 13:30 Balloon Fight Hand Exercises	10:45 Exercises 19 11:30 <b>Health Talk /Scramble Words</b> 12:00 <b>Christmas Bingo</b> Beulah Nail Salon 13:30 <b>Christmas Carol</b> Library Corner	10:45 <b>Birthday Party 20</b> <b>With Saul</b> 12:00 Exercises Fitness Club 13:30 <b>Beulah Nail Salon</b> Bean Bags	
	10:45 Exercises 23 11:30 Balls In Buckets 12:00 <b>Chinese Funny Drama</b> <b>Christmas Bingo</b> 13:30 Prize Walk Reminiscing	10:45 Exercises 24 11:30 Bean Bags 12:00 Lunch Buffet 13:00 <b>Christmas Carol</b> Safe Rides Home	25 Happy Holidays !! <b>Centre Closed !</b>	26 Happy Holidays !! <b>Centre Closed !</b>	27 Happy Holidays !! <b>Centre Closed !</b>	
	30 Happy Holidays !! <b>Centre Closed !</b>	31 Happy New Year!! See You on Jan 02, 2020 All the Best to You !!	<div> <div> <div>DECEMBER</div>  </div> <div> <div>20</div> <div>19</div> </div> </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         </div>			



星期日	星期一	星期二	星期三	星期四	星期五	星期六
	10:45 早操 2 11:30 高能量食物知多少 12:00 何姑娘小廚 睡衣日/ 聖誕電影 13:30 美甲沙龙 拋圈遊戲	10:45 早操 3 11:30 拋金币 12:00 聖誕手工艺 猜国旗遊戲 13:30 聖誕歌齊齊唱 分享聖誕食譜	10:45 早操 4 11:30 請它入甕 12:00 购买聖誕樹 聖誕賓高 13:30 圖書館一角 才藝表演	10:45 早操 5 11:30 時事新聞 12:00 裝飾聖誕樹 朱古力宾高 13:30 詹姆士音乐室 聖誕手工艺	10:45 早操 6 11:30 氣球戰 12:00 聖誕手工艺 描繪理療 13:30 聖誕歌齊齊唱 一對一	
	10:45 早操 9 11:30 健康講座/拋金币 12:00 薑餅房子製作 何生与你诗歌分享 3:30 會員大會 手部運動	10:45 早操 10 11:30 請它入甕 12:00 自助午餐 13:00 關愛音樂會  敬請欣賞!	10:45 早操 11 11:30 猜字遊戲 12:00 默剧模仿游戏 聖誕手工艺 13:30 聖誕歌齊齊唱 拼圖遊戲	10:45 早操 12 11:30 高能量食物知多少 12:00 點心外游 電子相冊 13:30 請它入甕 手部運動	10:45 早操 13 11:30 拋金币 12:00 聖誕手工艺 猜国旗遊戲 13:30 投籃競賽 流金歲月	
	10:45 早操 16 11:30 聖誕願望 12:00 食物料理 默剧模仿游戏 13:30 聖誕歌齊齊唱 聖誕願望卡制作	10:45 早操 17 11:30 聖誕大聚會 義工感謝日 12:30 大廚特別料理 聖誕大餐 13:30 幸运抽奖	10:45 早操 18 11:30 套水瓶 12:00 聖誕願望樹 朱古力宾高 13:30 氣球戰 手部運動	10:45 早操 19 11:30 健康講座/猜字遊戲 12:00 聖誕賓高 美甲沙龙 13:30 聖誕歌齊齊唱 圖書館一角	10:45 慶祝生日會 20 祝你身體健康! 12:00 早操 健身小組 13:30 寶蘭屋 豆袋遊戲 13:30 美甲沙龙	
	10:45 早操 23 11:30 請它入甕 12:00 搞笑喜劇 聖誕賓高 13:30 行大运贏奖品 流金歲月	10:45 早操 24 11:00 豆袋遊戲 12:00 自助午餐 13:30 聖誕歌共享 祝你平安 節日快樂!!	25  節日快樂!! 中心休息!!	26  節日快樂!! 中心休息!!	27  節日快樂!! 中心休息!!	
	30  節日快樂!! 中心休息!!	31  新年快樂!! 2020 年 1 月 2 日再見 祝你們萬事如意 !!	<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



## 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:

**Kwan, Mo Kan**

### Special Events:

- |           |                             |
|-----------|-----------------------------|
| Dec 04    | Tree Shopping               |
| Dec 09    | Gingerbread House           |
|           | Hymn Sing With Simon        |
| Dec 10    | Concert In Care             |
| Dec 12    | Dim Sum Outing              |
| Dec 17    | Christmas Party             |
|           | Volunteer Appreciation      |
| Dec 20    | Birthday Party              |
| Dec 25-31 | Happy Holiday Centre Closed |

## 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。

**Kwan 女士**

### 特別節目:

- |           |               |
|-----------|---------------|
| 12月04日    | 購買聖誕樹         |
| 12月09日    | 薑餅房子製作        |
|           | 何生与你诗歌分享      |
| 12月10日    | 關愛音樂會         |
| 12月12日    | 點心外遊          |
| 12月17日    | 聖誕大聚會 義工感謝日   |
| 12月20日    | 生日會           |
| 12月17日    | 聖誕購物          |
| 12月25-31日 | 節日快樂!! 中心休息!! |

### December Celebrants

Wing Sun Yeung  
Tan, Rong Chang  
Margaret Piche  
Quan, Danny



## Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

December 2019

2019 年 12 月

*We invite you to our holly jolly*

## HOLIDAY PARTY & VOLUNTEER APPRECIATION

Tuesday, December 17th, 2019 @ 11am

Join us in celebrating the holidays and our dear volunteers who dedicate their time and energy to

**BEULAH ADULT DAY PROGRAM**

*All participants, families, and care partners are welcome to attend.*

*Cost is \$7.00 per person.*

WE WILL CELEBRATE WITH CAROLS AND  
A TRADITIONAL CHRISTMAS LUNCH!

RSVP TO MIN YAN QIU AT 604-255-0413 EXT 22

OR AT [MINYAN.QIU@SOUTHVAN.ORG](mailto:MINYAN.QIU@SOUTHVAN.ORG)

BY DECEMBER 6TH



PLEASE NOTE THAT THE ADULT DAY PROGRAM  
WILL BE **CLOSED** FROM **DECEMBER 25, 2019 TO**  
**JANUARY 1, 2020** FOR THE HOLIDAYS.

[svnhadc.blogspot.com](http://svnhadc.blogspot.com)



**SOUTH VANCOUVER NEIGHBOURHOOD HOUSE**

News Bulletin/Edition 131

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## Healthy Eating and Healthy Aging for Adults



### What does healthy eating mean?

Healthy eating means:

- A way of eating that meets your energy and nutrient needs and supports your physical, mental and emotional health.
- Being able to shop for, buy and prepare a variety of healthy and affordable foods.
- Being able to enjoy the food that you eat.
- Getting pleasure from sharing meals with family and friends.

### How do I meet my nutrient needs?



You can meet your nutritional needs by following Eating Well with Canada's Food Guide. If you are over 50 years of age aim for:

- 7 servings of vegetables and fruit;
- 6 to 7 servings of grain products;
- 3 servings of milk and alternatives; and
- 2 to 3 servings of meat and alternatives

### Do I need to take a supplement?

A daily multivitamin/mineral supplement can help your body get the nutrients it needs, especially for vitamins D and B12. Supplements provide vitamins and minerals but they do not provide other important nutrients such as carbohydrate, fat, protein, or fibre. If you are thinking about taking a supplement other than a multivitamin/mineral, speak with your health care provider about what your body needs and what supplement is right for you.

### How do I meet my fluid needs?

**Fluid** is needed for your body to function well. When you don't get enough fluid your body becomes dehydrated. Dehydration can make you feel tired and confused. Water is your best choice to satisfy your thirst. Milk and fortified soy beverages also provide nutrients such as protein, calcium and vitamin D. Tea, coffee, soup, low sodium vegetable juice, and 100% fruit juice also provide fluid.

Source: <http://www.healthlinkbc.ca/healthfiles/hfile68j.stm>

## 健康飲食，邁向健康晚年

### 健康飲食意味著什麼？

健康飲食意味著：

- 一種健康的飲食方式，能滿足您的營養和能量需求、並支持您的生理、心理和情緒健康。
- 在您的經濟能力承受範圍之內，能購買、烹調出各種各樣的健康食物。
- 能享受您的食物。
- 與家人和朋友共膳，並享受其中的樂趣。

### 我應如何滿足每日營養所需？

依照《加拿大飲食指南——助您健康進食》（Eating Well with Canada's Food Guide）來滿足每日的營養所需。50歲以上的人士應每日攝入：

- 7份蔬菜和水果；
- 6至7份穀物製品；
- 3份奶或替代品；以及
- 2至3份肉或替代品。

### 我需要服用補充劑嗎？

每日服用複合維他命/礦物質的補充劑，有助於人體攝取足夠的營養元素，尤其是維生素D和B12。補充劑能提供維生素和礦物質，但無法提供人體所需的其它重要營養元素，如碳水化合物、脂肪、蛋白質和脂肪。如果您想服用複合維他命/礦物質以外的其它補充劑，請諮詢您的醫護人員，了解您的身體所需，選擇適合您的補充劑。

### 我如何滿足液體攝入需求？

液體的攝入有助於人體功能的正常運行。液體攝入不足會導致脫水，從而使人疲乏、精神恍惚。飲水是解渴的最佳選擇。奶類和添加營養元素的豆漿也能提供諸如蛋白質、鈣和維生素D的營養元素。茶、咖啡、湯、低鈉蔬菜汁和100%的果汁也是液體攝入的來源。

Source: <http://www.healthlinkbc.ca/healthfiles/hfile68j.stm>