





















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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		¹ Happy New Year!! Centre Closed	² 10:45 Exercises 11:30 2019 Review 12:00 Creative Painting Fireworks for New Year 13:30 Hand Exercises New Year Wishes	³ 10:45 New Year Party With Steve 12:00 Exercises Stay Fit In 2019 13:30 Beulah Nail Salon New Year Revolution	
	 10:45 Exercises ⁶ 11:30 Penny Toss 12:00 Early Lunch Buffet 12:45 Happy Music Group Sing Along With You	10:45 Exercises ⁷ 11:30 Scramble Words 12:00 New Year Crafts Seafood Games & Card Games 13:30 Basketball Shooting Hand Exercises	10:45 Exercises ⁸ 11:30 Bowling 12:00 Aromatherapy What Judge Judy Said 13:30 Puzzle Games Childhood Memories	10:45 Birthday Party With Saul ⁹ 12:00 Exercises Fitness Club 13:30 Balls In Buckets Library Corner	10:45 Exercises ¹⁰ 11:30 True & False 12:00 Bocce Ball New Year Crafts 13:30 Basketball Shooting News & Views	
	 10:45 Exercises ¹³ 11:30 You Remember 12:00 Hockey Hand Exercises 13:30 Talent Show Reading Club	10:45 Exercises ¹⁴ 11:30 Bowling 12:00 Mah Jong Hymn Sing With Simon 13:30 Bean Bags Puzzle Games	10:45 Exercises ¹⁵ 11:30 Balls In Buckets 12:00 BINGO Western Lunch Outing 13:30 Music Moments Hand Exercises	10:45 Exercises ¹⁶ 11:30 Winter Tips 12:00 Future Predictions New Year Crafts 13:30 Jim's Life Stories Walk A Block	10:45 Exercises ¹⁷ 11:30 Health Talk/Ring Toss 12:00 Seafood Games Dash's Handmade Studio 13:30 Musical Walk Reading Club	  
	 10:45 Exercises ²⁰ 11:30 True or False 12:00 Future Daily Life Valentine's Day Crafts 13:30 Jim's Life Stories Reminiscing	10:45 Exercises ²¹ 11:30 Balls In Buckets/Health Talk 12:00 Alice's Kitchen Dash's Handmade Studio 13:30 Digital Memories Library Corner	10:45 Exercises ²² 11:30 Chinese Idioms 12:00 Early Lunch Buffet 13:00 Concert In Care Enjoy!!	10:45 Exercises ²³ 11:30 Words In Word 12:00 Dim Sum Outing Mah Jong 13:30 Bowling Puzzle Games	10:45 Exercises ²⁴ 11:30 Compliment Day 12:00 BINGO Table Games 13:30 Balloon Fight Hand Exercises	
	 10:45 Exercises ²⁷ 11:30 Chocolate Cake Day 12:00 Card Games Chocolate Bingo 13:30 Balls In Buckets Library Corner	10:45 Exercises ²⁸ 11:30 Bottle Toss 12:00 Early Lunch Buffet 12:45 Special Friends Visit Sing Along With You	10:45 Exercises ²⁹ 11:30 Penny Toss 12:00 Everyday Life 60s I Hear Memories 13:30 Musical Walk Beulah Nail Salon	10:45 Exercises ³⁰ 11:30 Balls In Buckets 12:00 Movie Day Valentine's Day Crafts 13:30 Bean Bags Reading Club	10:45 Exercises ³¹ 11:30 Basketball Shooting 12:00 Mah Jong What Judge Judy Said 13:30 Arts & Crafts Digital Memories	

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	10:45 早操 11:30 拋金幣 12:00 提早午餐 12:45 快乐音乐人 与你共迎接新年	06	10:45 早操 11:30 尋字遊戲 12:00 新年手工藝 圍桌遊戲 13:30 投籃競賽 手部運動	7	10:45 早操 11:30 保齡球 12:00 香薰理疗 清官与你共审案 13:30 拼圖遊戲 流金歲月	8	10:45 早操 11:30 請它入甕 12:00 賓高 西餐郊遊 13:30 音樂欣賞 手部運動	15	10:45 早操 11:30 冬日常識 12:00 預見十年后的生活 新年手工藝 13:30 故事分享 與你同行	16	10:45 早操 11:30 健康講座/拋圈遊戲 12:00 魚蝦蟹游戏 戴小姐手工坊 13:30 Musical Walk 閱讀小組		
	10:45 早操 11:30 練記憶 12:00 冬季曲棍球 手部運動 13:30 才藝表演 閱讀小組	13	10:45 早操 11:30 保齡球 12:00 麻將 何生與你詩歌分享 13:30 拋豆袋 拼圖遊戲	14	10:45 早操 11:30 請它入甕/健康講座 12:00 何姑娘小廚 戴小姐手工坊 13:30 电子相冊 圖書館一角	21	10:45 早操 11:30 尋字遊戲 12:00 提早午餐 13:00 關愛音樂會 敬請欣賞!	22	10:45 早操 11:30 成語接龍 12:00 點心郊遊 麻將 13:30 保齡球 拼圖遊戲	23	10:45 早操 11:30 贊美日 12:00 賓高 圍桌遊戲 13:30 氣球戰 手部運動	24	
	10:45 早操 11:30 真真假假 12:00 預見十年后的生活 情人节手工藝 13:30 故事分享 流金歲月	20	10:45 早操 11:30 拋水瓶 12:00 提早午餐 自助餐 12:45 好友相聚 与你共和唱	28	10:45 早操 11:30 拋金幣 12:00 60年代的日常生活 我听到了。。。 13:30 音乐慢步 寶蘭美甲沙龙	29	10:45 早操 11:30 請它入甕 12:00 電影日 情人节手工藝 13:30 拋豆袋 閱讀小組	30	10:45 早操 11:30 投籃競賽 12:00 麻將 清官与你共审案 13:30 情人节手工藝 电子相冊	31			

WELCOME

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

Mrs. Hoo, Pui Fong & Mrs. Chen, Gui Chan

Special Events:

Jan 03	New Year Party
Jan 06	Happy Music Group
Jan 09	Birthday Party
Jan 14	Hymn Sing With Simon
Jan 15	Western Lunch Outing
Jan 22	Concert In Care
Jan 23	Dim Sum Outing
Jan 28	Special Friends Visit

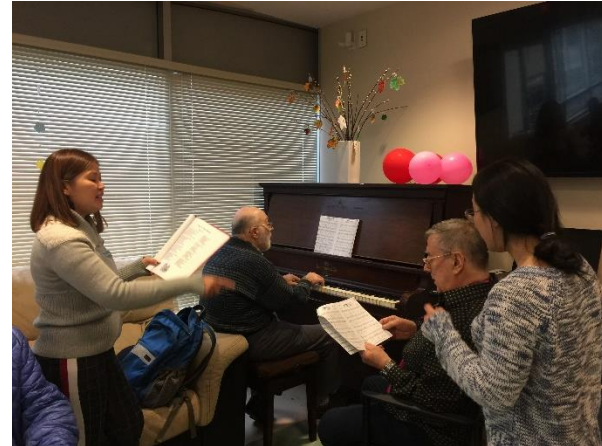
歡迎

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。

Hoo 女士 & Chen 女士

特別節目:

1 月 03 日	共賀新年!
1 月 06 日	快乐音乐人
1 月 09 日	生日會
1 月 14 日	何生與你詩歌分享
1 月 15 日	西餐郊遊
1 月 22 日	關愛音樂會
1 月 23 日	點心外遊
1 月 28 日	好友相聚



Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

January 2020

2020 年 01 月



JANUARY CELEBRANTS
Sophia Wong, Mo Lin Lee, Maria E Iamele,
Domenic Fontana, Jone J Liang, and
Pasquina Evangelista



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

News Bulletin/Edition 132

1 月刊:第 132 期

Food Sources of Calcium and Vitamin D

Why do I need calcium and vitamin D?

Calcium is one of the building blocks of strong bones. We need to eat foods with calcium throughout our lives because our bones are always being broken down and rebuilt. Eating foods with calcium helps to prevent bones from becoming weak. Weak bones are more likely to fracture or break. Your body needs Vitamin D to help calcium be absorbed.

Vitamin D also has possible roles in other areas of your health such as immunity, cardiovascular health, cancer prevention and more. However the roles are not well understood yet.

How much calcium and vitamin D do I need?

Recommended amount of calcium per day

Age	Calcium/day
0 – 6 months	200 mg
1-12 months	260 mg
1-3 years	700mg
4-8 years	1000 mg
9 -18 years	1300mg
19-50 years	1000mg
51-70 years	1000 mg
Over 70 years	1200 mg

mg=milligram

Which foods contain calcium?

Calcium is found in small amounts in lots of different foods. Foods that are highest in calcium include milk, yogurt and beverages with calcium added such as fortified orange juice and some plant-based beverages. Cheese is also a good source of calcium. For foods that have a label, calcium is listed in percent daily value (%DV). Foods with 15% or higher of the daily value have a lot of calcium in them.

Which foods contain vitamin D?

Very few foods have vitamin D in them. Foods with a higher amount of vitamin D include fish, liver, and egg yolk. Foods and beverages that have vitamin D added to them are excellent sources of vitamin D. Cow milk always has added vitamin D. Fortified orange juice, margarine, and many plant-based beverages have it added. For other foods, check the label for the words “fortified with vitamin D” or “enriched with vitamin D”. Fortified and enriched foods are foods that have specific nutrients added to them.

Should I take a Vitamin D supplement?

You might find it difficult to get enough vitamin D from food alone. You can take a single vitamin D supplement or a multivitamin with vitamin D in it.

Recommended amount of vitamin D per day:

Age	Vitamin D/day
0 – 1 year	400 IU
1-70 years	600 IC
Over 70 years	800IC

There are two groups that should take a vitamin D supplement of 400 IU daily:

- infants and young children who are breastfed or breastfed and given some infant formula; and
- adults older than 50 years of age.

Should I take a calcium supplement?

If you find it hard to get enough calcium from food, talk to your health care provider about the right type and amount of supplement for you.



食物來源中的鈣與維生素 D

我為何需要鈣與維生素 D？

鈣是打造強壯骨骼所需的積木。因為我們的骨骼會衰弱並 通過自身重造， 所以我們需要食用含鈣食物。隨著時間的 推移， 這將有助於防止骨骼脆弱。脆弱的骨骼更有可能骨 折或斷裂。您的身體需要維生素 D 以幫助吸收鈣。

我需要多少鈣和維生素 D？

鈣的每日建議攝入量

Age	Calcium/day
0 – 6 months	200 mg
1-12 months	260 mg
1-3 years	700mg
4-8 years	1000 mg
9 -18 years	1300mg
19-50 years	1000mg
51-70 years	1000 mg
Over 70 years	1200 mg

維生素 D 的每日建議攝入量:

Age	Vitamin D/day
0 – 1 year	400 IU
1-70 years	600 IC
Over 70 years	800IC

哪些食物含鈣？

含鈣高的食物包括牛奶、酸奶和添加鈣的飲料， 比如豆 奶、橙汁和大米飲料。奶酪也是很好的鈣源。

查看食物標 籤， 查找其它含鈣食物。 如果食物標籤上寫有“強化型” 或“添加營養型”字樣， 則已經添加了鈣。

哪些食物含維生素 D?

很少食物本身含有維生素 D。維生素 D 含量較高的食物包括 魚類、肝臟和蛋黃。 添加有維生素 D 的食物和飲料是維生素 D 的最佳來源。牛奶 中已經添加有維生素 D。橙汁、人造奶油和豆奶飲料通常已 經添加有維生素 D。查看食物標籤， 查找其它含維生素 D 的 食物。如果食物標籤上寫有“強化型”或“添加營養型” 字樣， 則已經添加了維生素 D。

我該服用維生素 D 補充劑嗎？

您可以 服用單一維生素 D 補充劑或含有維生素 D 的多種維生素。 正在接受母乳喂養或接受過母乳喂養並服用嬰兒配 方奶粉 的嬰兒和少兒， 每天需要服用 400IU（國際單位）的維生素 D 補充劑。50 歲以上的成人需要較多維生素 D， 每日應服用 400IU（國際單位）的補充劑

如果我不吃奶制品該怎麼辦？

有很多其它食物中含有這些營養物。選用本頁和下一頁名 單上的食物， 以幫助您選擇各類食物。如果您認為很難從 食物中獲取足够的鈣和維生素 D， 請諮詢醫護人員， 瞭 解哪 些補充劑最適合自己。

