

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1</p>	<p>2 Breakfast Club 10:45 Exercises 11:30 Wales Trivia 1 pm Black Jack Craft: Daffodils Bulletin Board Art</p>	<p>3 Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Travel to Wales Bake Welsh Cakes Mah Jon / Tin Gau</p>	<p>4 Breakfast Club 10:45 Exercises 11:30 Just for a Laugh Health Talk (Chinese) 1 pm Women in Song Ping Pong Tournament</p>	<p>5 Breakfast Club 10:45 Exercises 11:30 Match-ups 1pm WOMEN Bingo Mah Jong / Tin Gau Bake Oatmeal Cookies</p>	<p>6 Breakfast Club 10:45 Exercises 11:30 Fishing Game 1 pm Chinese Opera Table Games Women's Day Collage</p> 	<p>7</p>
 <p>8</p>	<p>9 Breakfast Club 10am-Noon Podiatrist 10:45 Exercises 11:30 News & Views 1pm Table Games <i>Sing with Lorraine Smith</i></p>	<p>10 Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk: (English) 1pm Black Jack Ping Pong Tournament</p>	<p>11 Breakfast Club 10:45 Exercises Men's Outing: Dim Sum 11:30 Hangman 1 pm Bingo Mah Jong / Tin Gau</p>	<p>12 Breakfast Club 10:45 Exercises 11:30 Fishing Game 1pm Celtic Music Art: Leprechauns Bake Shamrock Cookies</p>	<p>13 Breakfast Club 10:45 Exercises 11:30 Match-ups 1pm St. Paddy's Bingo Bake Irish Scones Mah Jong / Tin Gau</p> 	<p>14</p>
<p>15 <i>Set your clocks forward 1 hour. Daylight Savings</i></p> 	<p>16 Breakfast Club 10:45 Exercises 11:30 Ides of March Quiz 1pm Craft: Shamrocks Wayne's Trip to Ireland Make Mint Milkshakes</p>	<p>17 Breakfast Club 10:45 Exercises 11:30 Irish Jokes 1pm St. Patrick's Day Celebration Lucky Walk</p> 	<p>18 Breakfast Club 10:45 Exercises 11:30 Fire Drill 1 pm Birthday Party Saul Berson <i>Music, Dancing, & Cake</i></p> 	<p>19 Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Artsway Concert Caroline Olsen, viola & Karen Lee-Morlang, piano</p>	<p>20 Breakfast Club 10:45 Exercises 11:30 Songs with "Spring" 1pm SPRING Bingo Spring Floral Mural Gardening: Bird Feeder</p>  <p><small>Caroline Olsen, viola & Karen Lee-Morlang, piano</small></p>	<p>21</p>
 <p>22</p>	<p>23 Breakfast Club 10:45 Exercises Outing: Whitespot 11:30 Fishing Game 1pm Black Jack Checkers, Drip Painting</p>	<p>24 Breakfast Club 10:45 Exercises 11:30 On this Day 1pm Calligraphy Bio: Aretha Franklin Mah Jong / Tin Gau</p>	<p>25 Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Art: Mandalas Music of Beethoven Baking Banana Cookies</p>	<p>26 Breakfast Club 10:45 Exercises 11:30 Spring Scents 1 pm Black Jack Craft: Decoupage Musical Memories</p>	<p>27 Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Silent Movie Jewelry Making Mah Jong / Tin Gau</p> 	<p>28</p>
 <p>29</p>	<p>30 Breakfast Club 10:45 Exercises 11:30 Who am I? 1 pm Table Games Gardening Club Musical memories</p>	<p>31 Breakfast Club 10:45 Exercises Outing: Chinese Cuisine 11:30 Ring Toss 1 pm Bio: Linda Ronstadt Ping Pong Tournament</p>		<p>S.V.A.D.P. 3076 E. 49th Avenue Vancouver, BC V5S 1K9 Phone:(604) 430-6373</p>	 <p>SOUTH VANCOUVER NEIGHBOURHOOD HOUSE</p>	 <p>MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC</p>

星期天	星期一	星期二	星期三	星期四	星期五	星期六
<p>1</p> 	<p>2 早餐俱乐部 10:45 早操 11:30 威尔士琐事 1 pm 啤牌21點 工艺: 水仙花, 裝飾布告板</p>	<p>3 早餐俱乐部 10:45 早操 11:30 排球 1 pm 出访威尔士 烤威尔士蛋糕, 麻雀 / 天九</p>	<p>4 早餐俱乐部 10:45 早操 11:30 讲笑话 健康讲座(廣東話) 1 pm 女歌手, 出访爱尔兰</p>	<p>5 早餐俱乐部 10:45 早操 11:30 配对 1 pm 宾果 麻雀 / 天九, 烤燕麦饼干</p>	<p>6 早餐俱乐部 10:45 早操 11:30 钓鱼游戏 1 pm 戏曲, 桌上游戏 拼贴: 妇女节纪念日</p>	<p>7</p> 
<p>8</p>  <p>妇女节纪念日</p>	<p>9 早餐俱乐部 10am-Noon 脚病医生 10:45 早操 11:30 读报纸 1pm 煎饼店 一起唱: Lorraine Smith</p>	<p>10 早餐俱乐部 10:45 早操 11:30 找到差异 健康讲座(英语语言) 1 pm 啤牌21點 乒乓球</p>	<p>11 早餐俱乐部 10:45 早操 出外午餐: 点心 11:30 吊人游戏 1 pm 宾果, 麻雀/天九</p>	<p>12 早餐俱乐部 10:45 早操 11:30 钓鱼游戏 1pm 爱尔兰音乐 艺术: 仙童, 烤三叶草饼干</p>	<p>13 早餐俱乐部 10:45 早操 11:30 配对 1pm, 宾果 烤爱尔兰饼干, 麻雀/天九</p>	<p>14</p> 
<p>15</p> <p>将你的时钟设置为前进一小时 夏令时</p> 	<p>16 早餐俱乐部 10:45 早操 11:30 3月中旬测验 1pm 工艺: 三叶草 Wayne's 爱尔兰之旅, 做薄荷奶昔</p>	<p>17 早餐俱乐部 10:45 早操 11:30 爱尔兰笑话 1pm 圣帕特里克日庆典, 好运走</p> 	<p>18 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 三月份生日會 音樂, 跳舞, 蛋糕分享 一起唱 Saul Berson</p> 	<p>19 早餐俱乐部 10:45 早操 11:30 排球 1pm 藝途 音樂會 Caroline Olsen, 中提琴 Karen Lee-Morlang, 钢琴</p>	<p>20 早餐俱乐部 10:45 早操 11:30 春天的歌 1pm 宾果 花卉壁画, 园艺: 喂鸟器</p>	<p>21</p> 
<p>22</p> 	<p>23 早餐俱乐部 10:45 早操 出外午餐: Whitsepot 11:30 钓鱼游戏 1pm 啤牌21點, 棋具, 滴画</p>	<p>24 早餐俱乐部 10:45 早操 11:30 历史上的这一天 1pm 宾果 传: Aretha Franklin, 麻雀/天九</p>	<p>25 早餐俱乐部 10:45 早操 11:30 排球 1pm 美术: 坛场 贝多芬音乐, 烤香蕉饼干</p>	<p>26 早餐俱乐部 10:45 早操 11:30 春天的香味 1 pm 啤牌21點 工艺: 剪纸装饰, 音乐记忆</p>	<p>27 早餐俱乐部 10:45 早操 11:30 排球 1 pm 无声电影 珠宝制作, 麻雀 / 天九</p>	<p>28</p> 
<p>29</p> 	<p>30 早餐俱乐部 10:45 早操 11:30 我是谁? 1pm 桌面游戏 园艺俱乐部, 音乐记忆</p>	<p>31 早餐俱乐部 10:45 早操 11:30 折腾 1pm 啤牌21點 传: Linda Ronstadt, 乒乓球</p>		<p>S.V.A.D.P. 3076 E. 49th Avenue Vancouver, BC V5s 1K9 Phone: 604 430 6373</p>	 <p>SOUTH VANCOUVER NEIGHBOURHOOD HOUSE</p>	 <p>MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC</p>

Welcome!

We warmly welcome you to our day program:

Program Highlights

- Mar. 4th Health Talk (Chinese)
- Mar. 9th Podiatrist 10am-Noon
- Mar. 9th Sing Along: Lorraine Smith
- Mar. 10th Health Talk (English)
- Mar. 11th Men's Outing: Dim Sum
- Mar. 17th Saint Patrick's Day Party
- Mar. 18th Birthday Party: *Saul Berson*
- Mar. 19th ArtsWay Concert:
Caroline Olsen, viola
Karen Lee-Morlang, piano
- Mar. 23rd Outing: Whitespot
- Mar. 31st Outing: Chinese Cuisine

March Birthdays

We wish our following friends a very Happy Birthday!

- | | |
|---------------------|------------------------|
| Mrs. Sook Kwan Chiu | March 14 th |
| Mr. Peter Neufeld | March 17 th |
| Ms. Patti Hamers | March 23 rd |



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

- 三月四日: 健康講座 (廣東話)
- 三月九日: 脚病医生 10am-Noon
- 三月九日: 一起唱: Lorraine Smith
- 三月十日: 健康講座 (英語)
- 三月十一日: 出外午餐: 點心
- 三月十七日: 圣帕特里克日庆
- 三月十八日: 三月份生日會, Saul Berson
- 三月十九日: 藝途 音樂會: *Caroline Olsen*, 中提琴
Karen Lee-Morlang, 鋼琴家
- 三月十三日: 出外午餐: Whitespot
- 三月三十一日: 出外午餐: 中國菜

三月生日會員

生日快樂對我們的朋友

- | | |
|---------------------|--------|
| Mrs. Sook Kwan Chiu | 三月十四日 |
| Mr. Peter Neufeld | 三月十七日 |
| Ms. Patti Hamers | 三月二十三日 |



South Vancouver Adult Day Program

南溫哥華成天中心

March 2020 Newsletter

2020年3月月報



A participant enjoys a St. Paddy's Bingo game.

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

UNLOCK THE POTENTIAL OF FOOD

THE POTENTIAL TO PREVENT

Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease. Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and can lower the risk of developing chronic diseases. Dietitians can help you follow a healthy eating pattern that suits your individual needs and health goals. Just ask!

BUILD A BALANCED DIET

There are many diets or “eating patterns,” and some are healthier than others. The best eating pattern is one that you enjoy and can stick with. The eating patterns that have been the most researched for their health benefits include the Mediterranean, DASH and MIND diets. The foods that are recommended on these patterns can help prevent type 2 diabetes, heart disease, stroke, dementia and some types of cancer.

Here are some foods that are common to all of them:

- Vegetables and fruit
- Whole grains
- Legumes like beans and lentils
- Nuts and seeds
- Milk, cheese and yogurt
- Fish, seafood and poultry
- Healthy oils like canola and olive oil



These nourishing foods are the basic ingredients that form the diet for disease prevention. You may also notice what's missing from these eating patterns. They don't contain highly processed products, like cake, chips, cookies and sugary drinks that are high in added sugar, salt and trans fat.

WORK WITH A DIETITIAN

Almost 80 per cent of premature stroke and heart disease can be prevented through healthy lifestyle behaviours. These include eating healthy, being active and living smoke-free. The journey toward well-being begins with how we eat and dietitians have the knowledge, compassion and flexibility to help you achieve. Consider working with a dietitian if you have health goals or concerns about your risk of chronic disease. Find a dietitian at www.dietitians.ca/find.

WANT TO UNLOCK THE POTENTIAL OF FOOD?

TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice. Talk to a dietitian at www.dietitians.ca/find. A dietitian is key

Source: <https://www.dietitians.ca/Media/Nutrition-Month/Nutrition-Month-2019-Factsheets.aspx>



釋放食物無限潛能

預防的潛能:

了解食物如何幫助預防二型糖尿病和心臟病等慢性疾病。

2018年的營養月是在營養師的引導下，發掘食物的各種潛能，包括提供能量、促進發現、預防疾病、治癒以及凝聚人心。這五項主題。詳情請瀏覽NutritionMonth2019.ca

種種生活方式因素，包括我們所吃的東西，都影響着我們的健康。營養豐富的飲食有助於預防身體不適，並降低患慢性疾病的風險。營養師可以幫助你遵循適合個人需求和目標的健康飲食模式。今個營養月，營養師想提醒你關於食物在預防疾病方面所具有的威力。

建立均衡飲食

時下有很多飲食或「飲食模式」，有的比其他更為健康。其實最好的飲食模式是適合個人口味並且可以持之以恆的模式。最賦予研究的飲食模式莫過於地中海飲食(Mediterranean diet)、得舒飲食(DASH diet)和麥得飲食(MIND diet)。這些飲食模式所推薦的食物可以幫助預防二型糖尿病、心臟病、中風、癱瘓症和一些癌症

上面列出的飲食模式雖然有着不同的名稱，但當中包括的食物其實大致相同! 以下列出的是一些上述飲食模式中共同的食物:

- 蔬菜和水果
- 全穀類
- 豆類，例如豆和扁豆
- 堅果和種子
- 牛奶、芝士和乳酪
- 魚、海鮮和家禽
- 芥花籽油和橄欖油等健康油



這些滋補的食品都是預防疾病飲食的基本成份。你可能也注意到這些飲食模式中缺少的食物和添加的配料。這些飲食都不包括許多高度加工的食物，例如蛋糕、薯片、餅乾、含大量添加糖的飲料、鹽以及反式脂肪。

與營養師合作

接近80%的早發性中風和心臟病可以通過健康的生活方式預防。這些包括了健康飲食，多做運動和無煙生活。

走向健康的旅途從飲食開始，營養師有豐富的專業知識、關愛之心和相應的靈活性來幫助你實現目標。

如果你有健康目標想達成或對慢性疾病風險有擔憂，不妨考慮與營養師合作。我們將與你邁進目標、需求和挑戰，同時接受、理解、並享受食物。我們超越潮流和噱頭，提供可靠又能夠改變生活的建議。

尋找營養師: www.dietitians.ca/find



想要釋放食物的無限潛能嗎?

和營養師交流一下吧!

營養師熱衷於食物對改善生活和健康的潛能。我們將與你邁進目標、需求和挑戰，同時接受、理解、並享受食物。我們超越潮流和噱頭，提供可靠又能夠改變生活的建議。尋找營養師: www.dietitians.ca/find

<https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/Chinese-Factsheets-2019/NM-2019-FactSheet-03-Prevent-Cantonese.aspx>