












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>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</p>		<p>10:00 Social Breakfast 1 10:45 Exercises 12:00 Lunch 13:00 Walk A Block 13:30 Summer Travel Sharing</p>	<p>10:00 Social Breakfast 2 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Stationery Quiz</p>	<p>10:00 Social Breakfast 3 10:45 Exercises 12:00 Lunch 13:00 Walk A Block 13:30 Bingo</p>	
	<p>6 Happy Labour Day! Centre Closed</p>	<p>7 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Welcome Party 13:30 Digital Memories</p>	<p>8 10:00 Social Breakfast 10:45 Health Talk 12:00 Lunch 13:00 Exercise 13:30 Pianist Richard Claydeman</p>	<p>9 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Walk A Block 13:30 School Now & Then</p>	<p>10 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Fall Crafts</p>	
	<p>13 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Aboriginal Totem</p>	<p>14 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Experiencing First Nation Painting</p>	<p>15 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 First Nation Culture Sharing With Joseph</p>	<p>16 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Walk A Block 13:30 Totem History</p>	<p>17 10:00 Social Breakfast 10:45 Health Talk 12:00 Lunch 13:00 Exercises 13:30 Aboriginal Customs</p>	
	<p>20 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Walk A Block 13:30 Chinese Culture Sharing-Moon Festival</p>	<p>21 10:00 Social Breakfast 10:45 Moon Festival 12:00 Lunch 13:00 Walk A Block 13:30 Songs represent Moon</p>	<p>22 10:00 Social Breakfast 10:45 Exercise 12:00 Lunch 13:00 Dance With You 13:30 Fall Fashion</p>	<p>23 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Find Your Hometown</p>	<p>24 10:00 Social Breakfast 10:45 Special Visitor 12:00 Lunch 13:00 Walk A Block 13:30 Holidays Around the World</p>	
	<p>27 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Walk A Block 13:30 Music Appreciation</p>	<p>28 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Bingo</p>	<p>29 10:00 Social Breakfast 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Hometown Memories</p>	<p>30 National Day for Truth and Reconciliation Center closed</p>		

星期日	星期一	星期二	星期三	星期四	星期五	星期六
	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		10:00 早餐之约 1 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 分享夏天假日活动	10:00 早餐之约 2 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 文具小测验	10:00 早餐之约 3 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 寶高	
	6 勞工日快樂! 中心休息	7 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 欢迎新员工 13:30 電子相冊	8 10:00 早餐之约 10:45 健康講座 12:00 午餐 13:00 健身俱樂部 13:30 理查德. 克萊德曼	9 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 校園今昔對比	10 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 秋季手工藝	
	13 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 原住民图腾艺术	14 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 体验一下 原住民绘画艺术	15 10:00 S 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 原住民与你 分享风土人情	16 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 原住民图腾历史	17 10:00 早餐之约 10:45 健康講座 12:00 午餐 13:00 健身俱樂部 13:30 原住民风俗习惯	
	20 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 中国文化分享会之 中秋节	21 10:00 早餐之约 10:45 庆祝中秋节 12:00 午餐 13:00 花園漫步 13:30 月之歌	22 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 大家齊起舞 13:30 秋季时尚	23 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 家乡的今与昔	24 10:00 早餐之约 10:45 特别嘉宾 12:00 午餐 13:00 花園漫步 13:30 世界假日知多少	
	27 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 音樂欣賞	28 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 寶高	29 10:00 早餐之约 10:45 健身俱樂部 12:00 午餐 13:00 花園漫步 13:30 歲月足跡	30 10:00 早餐之约 10:45 原住民纪念日 12:00 午餐 13:00 健身俱樂部 13:30 原住民音樂		



SVNH ADULT DAY PROGRAM

BEULAH GARDEN

SEPTEMBER 2021



Special Programs

Alice's Retirement Party
Garden Walk
Hawaiian Party
Shaved Ice DIY
Summer Bingo
Life in 60s



3355 E 5th Ave | Vancouver, BC | V5M 0A1

(604) 255-0413

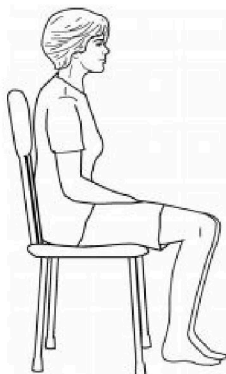
腰痛時應做與不應做的動作

Do's and Don'ts with Low Back Pain

Sitting

Do:

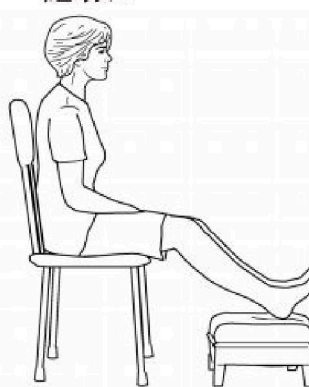
- Sit as little as possible and then only for short periods.
- Place a supportive towel roll at the belt line of the back especially when sitting in a car.
- When getting up from sitting, keep the normal curves in your back. Move to the front of the seat and stand up by straightening your legs. Avoid bending forward at the waist.
- Try to keep the normal curves in your back at all times.



正確
Good

坐

應做:



不正確
Bad

- 盡可能少坐，不久坐。
- 將捲起的毛巾放在背後繫皮帶處支撐腰部，特別是坐車時。
- 從座位起身時，保持背部正常曲線。移至座位前方，雙腳伸直站起。避免腰部向前彎曲。
- 隨時注意保持背部正常曲線。

Don't:

- **Do not** sit on a low soft couch with a deep seat. It will force you to sit with your hips lower than your knees and will round your back. You will lose the normal curve in your back.
- **Do not** place your legs straight out in front of you while sitting (e.g. sitting in the bath tub).

不應做:

- 不要坐在低矮鬆軟、座位很深的沙發上。這會迫使您坐下時，臀部低於膝蓋，讓背部彎曲。這樣便無法保持背部正常曲線。
- 坐下時，不要將雙腿向前伸直（例如：坐在浴缸內）。

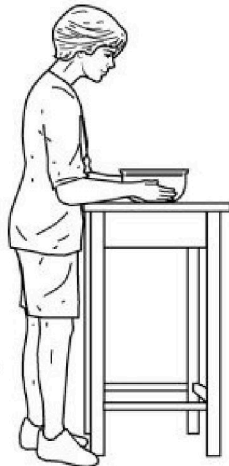
Standing

Do:

- If you must stand for a long period of time, keep one leg up on a foot stool.
- Adapt work heights.

Don't:

- Avoid half bent positions.



正確
Good

站立



不正確
Bad

應做:

- 如果必須長時間站立，可將一隻腳放在腳凳上。
- 調整工作高度。

不應做:

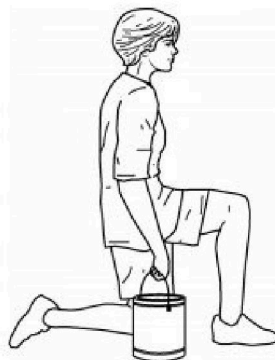
- 避免半彎的姿勢。

Lifting

Avoid lifting if you can.

Do:

- Use the correct lifting technique. Keep your back straight when lifting. Never stoop or bend forward. Stand close to the load, have a firm footing and wide stance. Kneel on one knee, keeping the back straight. Have a secure grip on the load and lift by straightening your knees. Do a steady lift. Shift your feet to turn and do not twist your back.



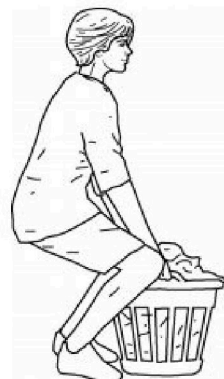
正確
Good



不正確
Bad

應做:

- 運用正確的提重技巧。提重時背部挺直。切勿俯身或向前彎腰。站在物品旁邊，腳跟站穩，雙腳略遠分開。單膝跪地，背部保持平直。牢牢抓握物品後，雙膝伸直提起物品。平穩的提起重物。移動雙腳轉身，不要扭轉背部。



正確
Good



不正確
Bad

Don't:

- **Do not** jerk when you lift.
- **Do not** bend over the object you are lifting.

不應做:

- **不要**猛然提起物品。
- **不要**彎身貼近要提取的物品。