

星期日	星期一	星期二	星期三	星期四	星期五	星期六	
	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 世界素食日 13:30 罌粟花製作	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 麻将/漫步人生路 13:30 电子相册	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 地毯滾球 13:30 十项提名	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 旅行賓狗 13:30 罌粟花製作	10:00 以茶會友 11:00 蘑菇趣闻 12:00 午餐 13:00 椅上運動 13:30 会员大会		
	10:00 以茶會友 10:45 健康講座 12:00 午餐 13:00 瑜珈练习 13:30 绕口令日	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 罌粟花製作 13:30 女性发明者	10:00 以茶會友 11:00 國殤紀念日 之歌曲和音樂 12:00 午餐 13:00 花园漫步/运动	 中心休息	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 賓狗 13:30 世界友好日		
	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 麻将 莫奈的名画欣赏	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 時尚圍巾 13:30 2021 時尚舞台	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 聖誕手工藝 13:30 少年出英雄	10:00 以茶會友 11:00 生日會 12:00 午餐 13:00 戴士艺术工作室 13:30 音乐欣赏	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 国际男人节 13:30 体育运动精选		
	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 小狗与你共乐 13:30 十项提名	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 练记忆 13:30 聖誕手工藝	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 流感疫苗资讯 13:30 聊一聊你的致爱	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 如果你是法官 13:30 笑笑小电影	10:00 以茶會友 11:00 健康講座 12:00 午餐 13:00 椅上運動 13:30 乡村音乐 好好享受美好时光!		
	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 漫步人生路 13:30 聖誕手工藝	10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 字中字 13:30 手工藝				SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADP Blog at svnhadc.blogspot.com	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:00 Social Breakfast 1 10:45 Exercises 12:00 Lunch 13:00 World Vegan Day 13:30 Remembrance Day Crafts	10:00 Social Breakfast 2 10:45 Exercises 12:00 Lunch 13:00 Mah Jong/Garden Walk 13:30 Digital Memories	10:00 Social Breakfast 3 10:45 Exercises 12:00 Lunch 13:00 Bocce Ball 13:30 Name Ten	10:00 Social Breakfast 4 10:45 Exercises 12:00 Lunch 13:00 Travel Bingo 13:30 Remembrance Day Crafts	10:00 Social Breakfast 5 11:00 Mushroom Event 12:00 Lunch 13:00 Exercises 13:30 Senior Council		
	10:00 Social Breakfast 8 10:45 Health Talk 12:00 Lunch 13:00 Yoga Fitness 13:30 Tongue Twister Day	10:00 Social Breakfast 9 10:45 Exercises 12:00 Lunch 13:00 Remembrance Day Crafts 13:30 Women Inventors	10:00 Social Breakfast 10 11:00 Songs & Music For Remembrance Day 12:00 Lunch 13:00 Garden Walk/Exercises	 Centre Closed	10:00 Social Breakfast 12 10:45 Exercises 12:00 Lunch 13:00 Dog BINGO 13:30 World Kindness Day		
	10:00 Social Breakfast 15 10:45 Exercises 12:00 Lunch 13:00 Claude Monet's Painting Appreciation	10:00 Social Breakfast 16 10:45 Exercises 12:00 Lunch 13:00 Scarf Fashion 13:30 2021 Fashion Show	10:00 Social Breakfast 17 10:45 Exercises 12:00 Lunch 13:00 Christmas Crafts 13:30 Youth Talent	10:00 Social Breakfast 18 11:00 Birthday Party 12:00 Lunch 13:00 Dash's Art Studio 13:30 I Hear Memories	10:00 Social Breakfast 19 10:45 Exercises 12:00 Lunch 13:00 International Men Day 13:30 Sports Highlight		
	10:00 Social Breakfast 22 10:45 Exercises 12:00 Lunch 13:00 Dog Therapy 13:30 Name Ten	10:00 Social Breakfast 23 10:45 Exercises 12:00 Lunch 13:00 You Remember 13:30 Christmas Crafts	10:00 Social Breakfast 24 10:45 Exercises 12:00 Lunch 13:00 Flu Shot Update 13:30 Your Favorites	10:00 Social Breakfast 25 10:45 Exercises 12:00 Lunch 13:00 If You're the Judge 13:30 Funny Baby Video	10:00 Social Breakfast 26 11:00 Health Talk 12:00 Lunch 13:00 Exercises 13:30 Country Music Have a Great Time!		
	10:00 Social Breakfast 29 10:45 Exercises 12:00 Lunch 13:00 Garden Walk 13:30 Christmas Crafts	10:00 Social Breakfast 30 10:45 Exercises 12:00 Lunch 13:00 Words In Word 13:30 Centre Pieces Making				SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADP Blog at svnhadc.blogspot.com	

保護自己、保護家人。



今天就打流感預防針

1. 每年都打流感預防針



打流感預防針可以幫助您預防疾病。即使您患流感，症狀也會比較輕。這也可以幫助您預防將流感傳染給他人。

2. 不要傳播流感



如果您生病，避免與其他人接觸。與您的醫生聯繫，詢問如何接受流感或新冠病毒測試。

3. 口罩能幫助阻止流感傳播



口罩也能幫助阻止流感傳播。如果您不能與他人至少保持6英尺的距離，戴口罩。如果您咳嗽或打噴嚏，用手肘蓋住口鼻，尤其是在您沒有戴口罩的情況下。您還可以用面巾紙蓋住口鼻，不要用手！

4. 洗手



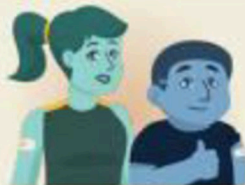
經常用肥皂和溫水洗手，或使用至少含60%酒精的免洗消毒液清潔手部。

PROTECT YOURSELF. PROTECT YOUR FAMILY.



GET YOUR FLU SHOT TODAY.

1. Get a flu shot every year



It can keep you from getting sick, and even if you do get the flu, your symptoms won't be as bad. It can also prevent you from giving the flu to others.

2. Don't spread the flu



Stay away from other people when you are sick. Contact your doctor to ask about getting a test for flu or COVID-19.

3. Masks can help stop the spread



Masks can help stop the spread of the flu too. Wear one when you can't stay at least 6 feet away from others. If you cough or sneeze, cover your mouth with your elbow—especially when you aren't wearing a mask. You can also use a tissue. Just don't use your hands!

4. Wash your hands



Wash your hands often with soap and warm water. Or use hand sanitizer with at least 60% alcohol.

ADULT DAY PROGRAM



Beulah Gardens

November Newsletter 2021

