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|--|--|---|--|--|---|---|---|
|  | <p><u>SVNH Adult Day Centre at</u> <u>Beulah Gardens</u> <u>3355 East 5th Avenue, Vancouver, BC</u> <u>V5M 0A1</u> <u>Phone: 604-255-0413 Fax: 604-266-0413</u> <u>Visit Our ADC Blog at svnhadc.blogspot.com</u></p> | | 10:00 Social Breakfast 1 11:00 Birthday Party 12:00 Lunch 13:00 Exercises Word Games | 10:00 Social Breakfast 2 10:45 Exercises 12:00 Lunch 13:00 Wishing Tree Puzzle Game | 10:00 Social Breakfast 3 10:45 Exercises 12:00 Lunch 13:00 Name Ten Christmas Bingo |  | |
| |  | 10:00 Social Breakfast 6 10:45 Exercises 12:00 Lunch 13:00 Action Charade Christmas Carol | 10:00 Social Breakfast 7 10:45 Exercises 12:00 Lunch 13:00 Christmas Decoration Therapeutic Painting | 10:00 Social Breakfast 8 10:45 Exercises 12:00 Lunch 13:00 Beulah Nail Salon Therapeutic Painting | 10:00 Social Breakfast 9 11:00 Health Talk/Exercise 12:00 Lunch 13:00 Moving Arts Christmas Bingo | 10:00 Social Breakfast 10 10:45 Exercises 12:00 Lunch 13:00 Beulah Nail Salon Christmas Crafts |  |
| |  | 10:00 Social Breakfast 13 11:00 Health Talk/Today News 12:00 Lunch 13:00 Exercises Beulah Nail Salon | 10:00 Social Breakfast 14 10:45 Exercises 12:00 Lunch 13:00 You Remember Basketball Shooting | 10:00 Social Breakfast 15 10:45 Pyjama /Movie Day 12:00 Lunch 13:00 Exercises True & False | 10:00 Social Breakfast 16 10:45 Exercises 12:00 Lunch 13:00 Christmas Trivia Christmas Carol | 10:00 Social Breakfast 17 11:00 Christmas Party 12:00 Celebration Lunch 13:00 Chair Exercises Digital Memories |  |
| |  | 10:00 Social Breakfast 20 10:45 Exercises 12:00 Lunch 13:00 Christmas Trivia Bowling | 10:00 Social Breakfast 21 10:45 Exercises 12:00 Lunch 13:00 Words In Word Christmas Light Virtual Tour | 10:00 Social Breakfast 22 10:45 Exercises 12:00 Lunch 13:00 Mah Jong Chocolate Bingo | 10:00 Social Breakfast 23 10:45 Exercises 12:00 Lunch 13:00 Bocce Ball Christmas Reminiscing | 10:00 Social Breakfast 24 10:45 Exercises 12:00 Lunch 13:00 Christmas Carol Safe Rides Home |  |
| |  | 27 Happy Holidays!! Centre Closed! | 28 Happy Holidays!! Centre Closed! | 29 Happy Holidays!! Centre Closed! | 30 Happy Holidays!! Centre Closed! | 31 Happy New Year!! See You on Jan 04, 2022 All the Best to You!! |  |

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|  | SVNH Adult Day Centre at Beulah Gardens 3355 East 5 th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADC Blog at svnhadc.blogspot.com | | 10:00 以茶會友 11:00 慶祝生日會 12:00 午餐 13:00 椅上運動 13:30 猜字遊戲 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 聖誕願望樹 13:30 拼圖遊戲 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 十項提名 13:30 聖誕賓高 |  |
| |  10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 默劇模仿遊戲 13:30 聖誕歌齊齊唱 | 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 描繪理療 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 美甲沙龍 13:30 描繪理療 | 10:00 以茶會友 11:00 健康講座/運動 12:00 午餐 13:00 才藝表演 13:15 聖誕賓高 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 美甲沙龍 13:30 聖誕手工藝 |  |
| |  10:00 以茶會友 11:00 健康講座/今日头条 12:00 午餐 13:00 椅上運動 13:30 美甲沙龍 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 練記憶 13:30 投籃競賽 | 10:00 以茶會友 10:45 睡衣日/聖誕電影 12:00 午餐 13:00 椅上運動 13:30 對與錯 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 聖誕知多少 13:30 聖誕歌齊齊唱 | 10:00 以茶會友 11:00 聖誕大聚會 12:00 聖誕午餐 13:00 椅上運動 13:30 聖誕知多少 |  |
| |  10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 聖誕知多少 13:30 保齡球 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 猜字遊戲 13:30 聖誕燈觀賞 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 麻將 13:30 朱古力賓高 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 地毯滾球 13:30 流金歲月 | 10:00 以茶會友 10:45 椅上運動 12:00 午餐 13:00 聖誕歌齊齊唱 祝你平安!! |  |
|  | 27 節日快樂!! 中心休息!! | 28 節日快樂!! 中心休息!! | 29 節日快樂!! 中心休息!! | 30 節日快樂!! 中心休息!! | 31 新年快樂!! 2022 年 1 月 4 日再見 祝你們萬事如意!! |  |



SVNH ADULT DAY PROGRAM

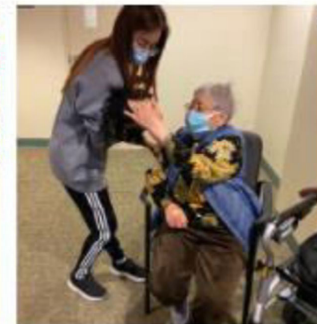


From BEULAH GARDENS to yours,

Happy Holidays!



CHRISTMAS ORNAMENT MAKING



EXERCISE

DOG THERAPY

DANCE PARTY



FLU SHOT INFO

THANKS NURSE ZOË!

What You Can Do to Sleep Better (如何提高睡眠质量)

Make new habits for sleeping rather than simply breaking old ones. You may want to start by keeping a sleep diary to help you understand your sleep patterns and habits. Follow these simple sleep guidelines to help you sleep better.

Keep regular hours.

- Establish a regular wake up time each day, including weekend
- Do not take naps. If you must nap, keep it short. Nap for 15 to 30 minutes early in the afternoon.

Do not go to bed too full or too hungry.

- If you eat a heavy meal before bedtime, your stomach has several hours of work to do. If you must eat late, eat light.
- It also can be hard to sleep if your stomach is empty. If you are dieting, have a low-calorie snack before bedtime.

Exercise each day but not right before bedtime.

- Heavy exercise in the late evening increases your breathing and heart rate. This interferes with relaxation.
- Schedule work outs for earlier in the day. A leisurely walk before bed is okay. Try gentle exercises like stretching or yoga to help you relax at night.

Develop a bedtime routine.

- Set up a routine so your body knows it is time to go to sleep. For example, listen to some relaxing music, then read for 10 minutes, brush your teeth and go to bed.

Get exposure to sunlight during the day.

- Open up curtains or blinds to let natural light in.
- If natural light is not available to you, talk to your doctor about using a light box

Source: https://www.healthinfotranslations.org/pdfDocs/WhatSleepBetter_SCH.pdf

养成新的睡眠习惯，而不仅仅是打破旧的习 惯。您可以从记录睡眠日志开始，以便了解 您的睡眠模式和习惯。遵循以下这些简单的指导帮助您改善睡眠

坚持早睡早起。

- 每天早上按时起床，包括周末。
- 不要午睡。如果确实需要午睡，午睡时间 不要太长。午间休息 15 至 30 分钟。

不要在吃得过饱或饿肚子的情况下上床休息。

- 如果睡前吃得太饱，您的胃部需要几小时 时间来消化食物。如果您必须吃夜宵，请 尽量少吃
- 如果胃部太空，也很难入睡。如果您正在 节食，应在睡前食用低热量食物

坚持每天运动，但不要在睡前运动。

- 晚上大量运动可增加呼吸与心跳频率。这 会影响休息
- 将工作安排在白天完成。睡前可进行悠闲 的散步。尝试进行温和的运动以帮助在晚 上放松身体，如肢体伸展练习或瑜伽。

制定睡前例行程序。

- 制定例行程序，使您的身体知道何时该进 入睡眠。例如，先看电视，然后阅读 10 分钟、刷牙、睡觉。

What You Can Do to Sleep Better (如何提高睡眠质量)

Slow yourself down toward the end of the day.

- Do not engage in work or household chores right before bedtime. Put your duties aside at least 30 minutes before bedtime and perform soothing, quiet activities that will help you relax.
- Try a warm bath
- Disconnect from your cell phone, laptop, tablet, TV and other devices 30 minutes or more before going to bed. The light from these devices can make it harder for your to fall asleep.

Do not drink alcohol after dinner.

- Drinking in the late evening may help you go to sleep. However, as the alcohol wears off, you may become restless and wake up early.

Cut down on cigarettes, second hand smoke and caffeine.

- Stimulants may affect your nerves for hours into the night.
- Avoid caffeine in the late afternoon and evening.
- Also avoid sugary, high carbohydrate foods at bedtime.

If after following these guidelines you still struggle with getting a full night's sleep, talk to your doctor. Your doctor can recommend treatment options that are best for you.



白天要接受阳光直晒。

- 打开窗帘或百叶窗让自然光进入
- 如果您家无法晒到自然光，请与您的医生 谈谈使用灯箱的方法

在一天结束时将您的速度放慢。

- 不要在睡前做家务或工作。最晚在睡前 30 分钟时结束工作，进行一些有助于放 松的舒缓和安静的活动。
- 洗一个热水澡。
- 睡前 30 分钟或更长时间关闭手机、笔记 本电脑、平板电脑、电视和其他设备。这 些设备发出的光会使您更难以入睡。

晚餐后不要饮酒。

- 晚上饮酒可能有助于进入睡眠。但是，随 着酒精逐渐消退，您可能更无睡意，并早 早地醒来。

减少香烟、二手烟和咖啡因的摄入。

- 兴奋剂可能会影响您的神经几小时一直到 晚上。
- 避免在午后和晚间摄入咖啡因。
- 睡前避免食用含糖、高碳水化合物食物

如果遵循上述这些指导后仍无法获得良好睡 眠，请咨询医生。医生可以向您推荐一些最 适合您的治疗。

Source: https://www.healthinfotranslations.org/pdfDocs/WhatSleepBetter_SCH.pdf