











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p><b>Happy New Year!</b></p> <p>Centre Closed</p>	<p>1 10:45 Exercises</p> <p>2 11:30 2017 Review</p> <p>12:00 2018 Sing Along</p> <p>New Year Fireworks Show</p> <p>13:30 Hand Exercises</p> <p>New Year Wishes</p>	<p>3 10:45 <b>New Year Party</b></p> <p>With Saul</p> <p>12:00 Exercises</p> <p>Stay Fit In 2018</p> <p>13:30 Musical Walk</p> <p>Beulah Hair Salon</p>	<p>4 10:45 Exercises</p> <p>11:30 Mental Aerobic</p> <p>12:00 BINGO</p> <p>Mah Jong</p> <p>13:30 Knock Them Down</p> <p><b>Beulah Hair Salon</b></p>	<p>5 10:45 Exercises</p> <p>11:30 <b>Winter Tips</b></p> <p>12:00 Future Predictions</p> <p>Hockey</p> <p>13:30 Knitting Club</p> <p>Gospel Songs</p>		
	<p>7 10:45 Exercises</p> <p>11:30 Health Talk</p> <p>12:00 Arts &amp; Crafts</p> <p><b>About Elvis Presley</b></p> <p>13:30 Hand Exercises</p> <p>New Year Resolution</p>	<p>8 10:45 Exercises</p> <p>11:30 News &amp; Views</p> <p>12:00 <b>Beulah Band</b></p> <p><b>Sing Along with Evelene</b></p> <p>13:30 Golf</p> <p>Library Book Check Out</p>	<p>9 10:45 Exercises</p> <p>11:30 Flowers Quiz</p> <p>12:00 <b>Healthy Snack</b></p> <p>Mah Jong</p> <p>13:30 Knock Them Down</p> <p>Music Moments</p>	<p>10 10:45 Exercises</p> <p>11:30 2017 Review</p> <p>12:00 <b>Movie Day</b></p> <p>Chinese Checker</p> <p>13:30 Bean Bags</p> <p>Library Bood Check In</p>	<p>11 10:45 Exercises</p> <p>12:00 BINGO</p> <p><b>Western Lunch Outing</b></p> <p>13:30 Music Moment</p> <p>Hand Exercises</p>		
	<p>14 10:45 Exercises</p> <p>15 11:30 Learning Languages</p> <p>12:00 <b>You Be the Judge</b></p> <p>Mah Jong</p> <p>13:30 Musical Walk</p> <p>Beulah Hair Salon</p>	<p>16 10:45 Exercises</p> <p>11:30 Chinese Idioms</p> <p>12:00 <b>DimSum Outing</b></p> <p>Mah Jong/Evelene Music</p> <p>13:30 Bowling</p> <p>Puzzle Games</p>	<p>17 10:45 Exercises</p> <p>11:30 <b>Health Talk</b></p> <p>12:00 BINGO</p> <p>Table Games</p> <p>13:30 Bocee Ball</p> <p>Hand Exercises</p>	<p>18 10:45 Exercises</p> <p>11:30 <b>Birthday Party</b></p> <p>With Saul</p> <p>12:30 Quotes For Seniors</p> <p>13:30 Seniors Council</p> <p>Reminscing</p>	<p>19 10:45 Exercises</p> <p>11:30 Flower Day</p> <p>12:00 Arts &amp; Crafts</p> <p><b>Fun Tour to the Philippines</b></p> <p>13:30 Basketball</p> <p>Walk A Block</p>		
	<p>21 10:45 Exercises</p> <p>11:30 Basketball</p> <p>12:00 <b>Movie Day</b></p> <p>Arts &amp; Crafts</p> <p>13:30 News &amp; Views</p> <p>Knitting Club</p>	<p>22 10:45 Exercises</p> <p>11:30 Balloon Fight</p> <p>12:00 Mix &amp; Match</p> <p><b>Sing Along With Evelene</b></p> <p>13:30 Beulah Hair Salon</p> <p>Today's Highlights</p>	<p>23 10:45 Exercises</p> <p>11:30 Today's Highlight</p> <p>12:00 <b>Cooking with Alice</b></p> <p>About Elvis Presley</p> <p>13:30 Basketball</p> <p>Seniors Council</p>	<p>24 10:45 Exercises</p> <p>11:30 <b>Robert Burs' Poems</b></p> <p>12:00 <b>Beulah Band</b></p> <p>Arts &amp; Crafts</p> <p>13:30 Bowling</p> <p>Walk A Block</p>	<p>25 10:45 Exercises</p> <p>11:30 Balls In Buckets</p> <p>12:00 Mah Jong</p> <p><b>Biography of Mozart</b></p> <p>13:30 News &amp; Views</p> <p>Hand Exercises</p>		
	<p>28 10:45 Exercises</p> <p>11:30 Knock Them Down</p> <p>12:00 Early Lunch</p> <p>Buffet</p> <p>13:00 <b>Concert In Care</b></p> <p>Word Games</p>	<p>29 10:45 Exercises</p> <p>11:30 Active Games</p> <p>12:00 Future Life In 2028</p> <p><b>Appreciation Party</b></p> <p>13:30 Balls In Buckets</p> <p>Library Corner</p>	<p>30 10:45 Exercises</p> <p>11:30 Bowling</p> <p>12:00 <b>Farewell Party</b></p> <p><b>Ken's Retirement</b></p> <p>13:30 Knock Them Down</p> <p>Classical Music</p>	<p>welcome to</p>  <p>SVNH Adult Day Centre at Beulah Gardens 3355 East 5<sup>th</sup> Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADC Blog at <a href="http://svnhadc.blogspot.com">svnhadc.blogspot.com</a></p>			



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10:45 早操</p> <p>11:30 2017 回顧</p> <p>12:00 2018 一起唱</p> <p>新年煙花匯演</p> <p>13:30 手部運動</p> <p>新年願望</p> <p>新年快樂!</p> <p>中心休息</p>	<p>2</p> <p>10:45 與蘇哥 共賀新年!</p> <p>11:30 益智遊戲</p> <p>12:00 一起運動</p> <p>迎接健康的 2018</p> <p>13:30 音樂伴行</p> <p>寶蘭髮型屋</p>	<p>3</p> <p>10:45 早操</p> <p>11:30 益智遊戲</p> <p>12:00 賓高</p> <p>麻將</p> <p>13:30 罐頭遊戲</p> <p>寶蘭髮型屋</p>	<p>4</p> <p>10:45 早操</p> <p>11:30 冬日常識</p> <p>12:00 預測未來</p> <p>冬季曲棍球</p> <p>13:30 編織小組</p> <p>福音分享</p>	<p>5</p> <p>10:45 早操</p> <p>11:30 健康講座</p> <p>12:00 手工藝</p> <p>貓王傳奇</p> <p>13:30 手部運動</p> <p>新年目標與大計</p>	<p>6</p> 
<p>7</p> 	<p>8</p> <p>10:45 早操</p> <p>11:30 時事縱橫</p> <p>12:00 寶蘭樂隊</p> <p>愛維琳音樂室</p> <p>13:30 高爾夫</p> <p>圖書點算</p>	<p>9</p> <p>10:45 早操</p> <p>11:30 花卉小冊</p> <p>12:00 健康小吃</p> <p>麻將</p> <p>13:30 罐頭遊戲</p> <p>音樂欣賞</p>	<p>10</p> <p>10:45 早操</p> <p>11:30 2017 回顧</p> <p>12:00 電影日</p> <p>中國跳棋</p> <p>13:30 拋豆袋</p> <p>圖書驗收</p>	<p>11</p> <p>10:45 早操</p> <p>11:30 投籃競賽</p> <p>12:00 賓高</p> <p>西餐郊遊</p> <p>13:30 音樂欣賞</p> <p>手部運動</p>	<p>12</p> <p>10:45 早操</p> <p>11:30 雙聲道</p> <p>12:00 如果你是法官</p> <p>麻將</p> <p>13:30 音樂伴行</p> <p>寶蘭髮型屋</p>	<p>13</p> 
<p>14</p> 	<p>15</p> <p>10:45 早操</p> <p>11:30 成語接龍</p> <p>12:00 點心郊遊</p> <p>麻將/ 愛維琳音樂室</p> <p>13:30 保齡球</p> <p>拼圖遊戲</p>	<p>16</p> <p>10:45 早操</p> <p>11:30 健康講座</p> <p>12:00 賓高</p> <p>圍桌遊戲</p> <p>13:30 地毯滾球</p> <p>手部運動</p>	<p>17</p> <p>10:45 早操</p> <p>11:30 與蘇哥 共賀生日會</p> <p>12:30 耆英寄語</p> <p>13:30 會員大會</p> <p>流金歲月</p>	<p>18</p> <p>10:45 早操</p> <p>11:30 世界鮮花日</p> <p>12:00 手工藝</p> <p>與你共遊菲律賓</p> <p>13:30 投籃競賽</p> <p>與你同行</p>	<p>19</p> <p>10:45 早操</p> <p>11:30 投籃競賽</p> <p>12:00 電影日</p> <p>手工藝</p> <p>13:30 時事縱橫</p> <p>編織小組</p>	<p>20</p> 
<p>21</p> 	<p>22</p> <p>10:45 早操</p> <p>11:30 氣球戰</p> <p>12:00 對對碰</p> <p>愛維琳音樂室</p> <p>13:30 寶蘭髮型屋</p> <p>時事縱橫</p>	<p>23</p> <p>10:45 早操</p> <p>11:30 今日頭條</p> <p>12:00 何姑娘小廚</p> <p>貓王傳奇</p> <p>13:30 投籃競賽</p> <p>會員大會</p>	<p>24</p> <p>10:45 早操</p> <p>11:30 蘇格蘭詩人</p> <p>12:00 寶蘭樂隊</p> <p>手工藝</p> <p>13:30 保齡球</p> <p>與你同行</p>	<p>25</p> <p>10:45 早操</p> <p>11:30 請它入甕</p> <p>12:00 麻將</p> <p>莫扎特音樂專輯</p> <p>13:30 時事縱橫</p> <p>手部運動</p>	<p>26</p> <p>10:45 早操</p> <p>11:30 罐頭遊戲</p> <p>12:00 提早午餐</p> <p>13:00 關愛音樂會</p> <p>尋字遊戲</p> <p>敬請欣賞!</p>	<p>27</p> 
<p>28</p> 	<p>29</p> <p>10:45 早操</p> <p>11:30 活力遊戲</p> <p>12:00 預見十年后的生活</p> <p>謝師會</p> <p>13:30 請它入甕</p> <p>圖書館一角</p>	<p>30</p> <p>10:45 早操</p> <p>11:30 保齡球</p> <p>12:00 歡送權記</p> <p>祝願他退休生活多姿多彩</p> <p>13:30 罐頭遊戲</p> <p>音樂欣賞</p>	<p>31</p> 	<p>SVNH Adult Day Centre at Beulah Gardens 3355 East 5<sup>th</sup> Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADC Blog at <a href="http://svnhadc.blogspot.com">svnhadc.blogspot.com</a></p>		



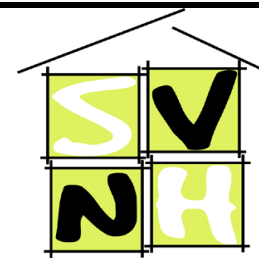
## Welcome

We would like to welcome the new members to our Centre. We hope you will enjoy your time here and we look forward to getting to know you:  
 Mr. Marco Zordan Mr. Domenico Di Palma  
 Mrs. Nuala Molenaar

## 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。

Zordan 先生 Di Palma 先生  
 Molenaar 太太



South Vancouver Neighbourhood House  
 Adult Day Centre at Beulah Gardens  
 寶蘭花園歡迎您

January 2018  
 News Bulletin/Edition 107

月刊: 第一百零七期  
 二零一八年一月

## Special Events

Jan 03 New Year Party  
 Jan 04/12/17 BINGO  
 Jan 09/25 Beulah Band  
 Jan 11/22 Movie Day  
 Jan 12 Dim Sum Outing  
 Jan 16 Western Lunch Outing  
 Jan 18 Birthday Party with Saul  
 Jan 29 Concerts In Care  
 Jan 30 Appreciation Party  
 Jan 31 Farewell Party

## 特別節目

一月一日 共賀新年!  
 一月四日&十二&十七日 賓高  
 一月九日&二十五日 寶蘭樂隊  
 一月十一日&二十二日 電影日  
 一月十二日 點心郊遊  
 一月十六日 西餐郊遊  
 一月十八日 生日會  
 一月二十九日 關愛音樂會  
 一月三十日 謝師會  
 一月三十一日 歡送權記  
 祝願他退休生活多姿多彩

## January Birthdays

Narinderpal Sandha  
 Yin Ming Chan  
 YuYing Shai  
 May Kam Cheung

## 一月生日會員

Sandha 先生  
 Chan 先生  
 Shai 太太  
 Cheung 太太



More Digital Memories Visit  
[https://youtu.be/-Qj\\_r3lQv5E](https://youtu.be/-Qj_r3lQv5E)





## 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夠的鈣和維生素 D，請諮詢醫護人員，瞭解哪些補充劑最適合自己。

