

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">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 ADC Blog at svnhadc.blogspot.com</p>				<p>10:45 Exercises 1 11:30 Ring Toss 12:00 Chinese Drama Baby Talent Show 13:30 Balls In Buckets Library Corner</p>	<p>2 10:45 Exercises 11:30 Today In History 12:00 Mah Jong Hymn Sing with Simon 13:30 Life Story Sharing Walk A Block</p> 	
 <p>10:45 Exercises 5 11:30 You Remember 12:00 Flower Bingo Western Lunch Outing 13:30 Bean Bags Library Corner</p>	<p>6 10:45 Exercises 11:30 Today In History 12:00 Beulah Band Classical Music 13:30 Books Check Out Balls In Buckets</p>	<p>7 10:45 Exercises 11:30 Knock Them Down 12:00 Arts & Crafts Table Games 13:30 Basketball Walk A Block</p>	<p>8 10:45 Exercises 11:30 Love Poems 12:00 Abstract Painting Romantic Songs & Music 13:30 Books Check In Balloon Volleyball</p>	<p>9 10:45 Exercises 11:30 Brazilian Carnival 12:00 Chocolate BINGO Visit Chocolate Factory 13:30 Bowling Reading Group</p> 		
 <p>12 Happy Family Day! Centre Closed</p>	<p>13 10:45 Exercises 11:30 Words In Word 12:00 Beijing Mask Love Songs With Evelene 13:30 Bean Bags Walk A Block</p>	<p>14 10:45 Valentine's Day Party With Saul 12:00 Exercises Fitness Club 13:30 Prize Walk Hand Exercises</p>	<p>15 10:45 Exercises 11:30 Bowling 12:00 Beulah Band Tradition of CNY Eve 13:30 Chinese Folk & Tale Classical Music</p>	<p>16 10:45 Exercises 11:30 Bowling 12:00 Music Appreciation HongKong Now and Then 13:30 Balls In Buckets Puzzle Games</p> 		
 <p>19 10:45 Special Event Birthday Party 12:00 Exercises Fitness Club 13:30 Bocce Ball Knitting Club</p>	<p>20 10:45 Exercises 11:30 Chinese New Year 12:00 Culture Sharing Elisa Wu Dancing Group 13:30 Balloon Fight Senior Council</p>	<p>21 10:45 Exercises 11:30 Mother Language 12:00 Find Your Zodiac Chinese Rice Ball Making 13:30 Bean Bags Chinese Folk Songs</p>	<p>22 10:45 Exercises 11:30 Knock Them Down 12:00 Seafood Game Dim Sum Outing 13:30 Basketball Shouting Walk A Block</p>	<p>23 10:45 Exercises 11:30 Find Your Zodiac 12:00 Welcome to Beijing Table Games 13:30 Balloon Volleyball Library Corner</p> 		
 <p>26 10:45 Exercises 11:30 Bowling 12:00 Movie Day Arts & Crafts 13:30 Balls In Buckets Hand Exercises</p>	<p>27 10:45 Exercises 11:30 Bean Bags 12:00 Early Lunch Buffet 13:00 Concert In Care Have a Great Time!</p>	<p>28 10:45 Exercises 11:30 Balls In Buckets 12:00 Bingo Mah Jong 13:30 Senior Council Reminiscing</p>	 <p style="text-align: right;">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 ADC Blog at svnhadc.blogspot.com</p>			

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 <p>5 10:45 早操 11:30 練記憶 12:00 花寶高 西餐外遊 13:30 拋豆袋 圖書館一角</p>	<p>6 10:45 早操 11:30 今日話當年 12:00 寶蘭樂隊 古典音樂 13:30 圖書館書驗收 請它入甕</p>	<p>7 10:45 早操 11:30 罐頭遊戲 12:00 手工藝 圍桌遊戲 13:30 籃球競投 漫步人生路</p>	<p>8 10:45 早操 11:30 浪漫詩集 12:00 抽象畫 浪漫音樂和歌曲 13:30 圖書館書點數 氣球排球</p>	<p>9 10:45 早操 11:30 巴西嘉年華 12:00 巧克力寶高 參觀巧克力廠 13:30 保齡球 閱讀小組</p> 		
 <p>12 家庭日快樂! 中心休息</p>	<p>13 10:45 早操 11:30 字中字 12:00 北京面譜 Evelene 音樂世界 13:30 拋豆袋 漫步人生路</p>	<p>14 10:45 情人節快樂 蘇哥與你共樂! 12:00 早操 健身俱樂部 13:30 健步贏獎品 手部運動</p>	<p>15 10:45 早操 11:30 保齡球 12:00 寶蘭樂隊 中國年夜的風土人情 13:30 中國民間故事 音樂欣賞</p>	<p>16 10:45 早操 11:30 中國新年 12:00 音樂欣賞 香港回顧 13:30 請它入甕 拼圖遊戲</p> 		
 <p>19 10:45 特別嘉賓 生日派對 12:00 早操 健身俱樂部 13:30 地毯滾球 編織小組</p>	<p>20 10:45 早操 11:30 保齡球 12:00 中國風土人情 慧霞舞集 13:30 氣球排球 會員大會</p>	<p>21 10:45 早操 11:30 鄉音分享 12:00 找一找你的屬相 做湯圓賀新年 13:30 拋豆袋 中國民間故事</p>	<p>22 10:45 早操 11:30 罐頭遊戲 12:00 魚蝦蟹遊戲 點心外遊 13:30 籃球競投 漫步人生路</p>	<p>23 10:45 早操 11:30 找出你的屬相 12:00 歡迎你到北京 圍桌遊戲 13:30 氣球排球 圖書館一角</p> 		
 <p>26 10:45 早操 11:30 保齡球 12:00 電影日 手工藝 13:30 請它入甕 手部運動</p>	<p>27 10:45 早操 11:30 拋豆袋 12:00 提早午餐 13:00 關愛音樂會 請你欣賞!</p>	<p>28 10:45 早操 11:30 請它入甕 12:00 寶高 麻將 13:30 會員大會 歲月流金</p>	 <p style="text-align: right;">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 ADC Blog at svnhadc.blogspot.com</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:

Mrs. Tavares, Idalina Mrs. Yee Kwai Hai
Mr. Osinski, Thomas Mrs. Shum, Shue Ping
Mrs. Stoyeff, Clare

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。

Tavares 太太 Yee 太太
Osinski 先生 Shum 太太
Stoyeff 太太

Special Events

- Feb 02 Hymn Sing With Simon
- Feb 05 Western Lunch Outing
- Feb 06/15 Beulah Band
- Feb 09 Visit Chocolate Factory
- Feb 12 Family Day
Centre Closed
- Feb 13 Sing Along With Evelene
- Feb 14 Valentine's Day Party
- Feb 19 Birthday Party
- Feb 20 Elisa Wu Dancing Group
- Feb 22 Dim Sum Outing
- Feb 26 Movie Day
- Feb 27 Concerts In Care

特別節目

- 二月二日 與何生詩歌分享
- 二月五日 西餐外遊
- 二月六&十五日 寶蘭樂隊
- 二月九日 參觀巧克力廠
- 二月十二日 家庭日快樂!
中心休息
- 二月十三日 Evelene 音樂世界
- 二月十四日 情人節聚會
- 二月十九日 生日會
- 二月二十日 慧霞舞集
- 二月二十二日 點心外遊
- 二月二十六日 電影日
- 二月二十七日 關愛音樂會

February Birthdays

Lee, Choy METE, Maria
Hawrelak KAY Too, Kwan Ying
Yee, Kwai Hai



二月生日會員

Lee 太太 Mete 太太
Hawrelak 太太 Too 太太
Yee 太太





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

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More Digital Memories Visit

<https://youtu.be/tx7QNNkQzJM>



Monthly Tips to Reduce Your Risk of Cancer

MONTH 1: Eat more vegetables and fruit: Enjoying a variety of vegetables and fruit instead of higher-fat, higher-calorie foods helps you have a healthy body weight. This is good because being overweight or obese increases your risk of cancer. Think of veg and fruit as natural convenience foods. Bananas, apples and oranges all come in their own packaging and can be eaten on the go. So can most raw vegetables.

MONTH 2: Eat less red meat, and avoid processed meat: Red meats are beef, pork, lamb and goat. Processed meats include ham, bacon, salami, hot dogs and sausages. If your diet includes processed meat or is high in red meat, your risk of colorectal cancer goes up. It also makes it hard to have a healthy body weight, increasing your overall cancer risk.

MONTH 3: Eat lots of fibre: Fibre: it's about more than just your breakfast cereal. Fibre is the part of vegetables, fruit and plants (like whole grains and legumes) that your body cannot digest. It helps your digestive system work well. A high-fibre diet protects against colorectal cancer. It also reduces your risk of many other cancers because it helps you have a healthy body weight.

MONTH 4: Move more: Aim for 30 minutes of moderate daily activity that gets your heart going. It reduces your risk of colorectal cancer and may reduce your risk of other types too. You'll also feel less stressed, more productive and relaxed. Try walking briskly, raking leaves or shovelling snow. Strength activities are important too. They help your muscles and bones stay strong. It could be lifting weights, groceries or your kids (or grandkids) up to bed!

MONTH 5: Limit alcohol: Drinking any alcohol – beer, wine or spirits – raises your risk of cancer. The less you drink, the more you reduce your risk. Keep it to less than 1 drink a day for women and less than 2 drinks a day for men.

MONTH 6: Have a healthy body weight: You're halfway through your year of change. As you've changed your eating habits and started to move more, has your weight started to change for the better? Being overweight or obese increases your risk of cancer. So reducing your weight can reduce your risk. It sounds simple – but ask anyone who's ever tried. It's not easy.

MONTH 7: Sit Less: Even if you exercise regularly, sitting for long periods may increase your risk of cancer.

MONTH 8: Avoid processed foods when possible: We all end up choosing them now and then. Processed foods are everywhere! Sure, packaging and processing can help preserve foods and keep them safe to eat, but watch for hidden fat, calories, sugar and salt.

MONTH 9: Limit salt and sugar: Eating too much salt and salty food may increase your risk of stomach cancer. Our bodies need salt but Canadians generally get too much! Eating sugary foods makes it more likely you'll put on weight, which increases your risk of cancer. Read nutrition labels carefully. You'll find extra sugar all over, including in some sauces and condiments like ketchup and relish. Salt is nearly everywhere too. Even breakfast cereals have it.

MONTH 10: Be careful about fat: High-fat foods can increase weight, and being overweight increases your risk of cancer. Unsaturated fat is a healthier fat. It's in avocados, nuts, seeds, non-hydrogenated soft margarines and oils like olive oil. Saturated and trans fats are less healthy. Saturated fats are in animal sources of food, like meat, poultry, butter and cheese, plus tropical oils like coconut, palm and palm kernel. Trans fats are in foods made with or cooked in partially hydrogenated fat.

MONTH 11: Limit BBQ, broiling and frying: This suggestion is hard for a lot of us to hear. However, research shows that cooking meat, poultry and fish at high temperatures (by frying, broiling or barbecuing – especially when well done or charred) creates chemicals that may increase your risk of cancer.

MONTH 12: Be a smart consumer: Evidence about connections between certain foods and cancer is still emerging. Meaning? Don't trust all you hear or see. Advertisers are trying to sell you their products just as the media is trying to sell you a story. One study may link a certain food to reducing your risk for cancer, while others don't.



降低你患癌風險的每月提示

第 01 個月：多吃蔬菜和水果：食用各種各樣的蔬菜和水果而不是高脂、高卡路里的食品，會幫助你有健康的體重。這是好事，因為身體過重或過分肥胖 會增加你患癌的風險。把蔬菜和水果當作 天然方便食品。香蕉、蘋果和橙全都有本 身的果皮，方便攜帶，隨時隨地都可以 吃。大部分生的蔬菜也是如此。

第 02 個月：減少吃紅肉，及 不要吃加工肉類：紅肉是指牛肉、豬肉、羔羊肉和山羊肉。加工肉類包括火腿、煙肉（培根）、莎樂 美腸、熱狗和香腸。如果飲食包括了加工 肉類或有大量紅肉，患結腸直腸癌的風 險 會增加。這也會使你難有健康的體重，增 加整體的患癌風險。

第 03 個月：吃大量纖維：纖維關乎的不單只是早餐麥片，纖維是身 體不能吸收的蔬菜、水果和植物（例 如全 穀類和豆類）那個部分。它幫助消化系統 有良好的功能。高纖飲食可防止結腸直腸 癌，也會降低你 患許多其他癌症的風險，因為它幫助你有健康的體重。

第 04 個月：多活動：以 30 分鐘可鍛煉心臟的適度日常活動為目 標。這會降低你患結腸直腸癌的風險，並 且亦可能降低你患其他種類癌症的風險。 你也會感到沒那麼焦慮不安、更有生產力 和輕鬆自在。試試輕 快地步行、耙樹葉或 鏟雪。體能活動也很重要，它們幫助肌肉 和骨骼保持強壯。體能活動可以是舉重、 拿起食品雜貨或抱孩子（孫子女）上床！

第 05 個月：少飲酒：飲用任何酒類 – 啤酒、葡萄酒或烈酒 – 都會增加你患癌的風險。酒飲得愈少，風 險 就會降得愈低。女性應該每天飲少於 1 杯酒，而男性每天就飲少於 2 杯酒。

第 06 個月：有健康的體重：你的改變之年已經過了一半。隨著你改 變了飲食習慣及開始了更多活動，你的 體重開始有改善了嗎？身體過重或過分 肥胖會增加你患癌的風險，因此減輕體 重可以降低你的風險。這聽起來很簡 單 – 不過問問曾經試過的人就知道，這 並非易事。試試今個月每星期增添以下 提示的其中一項。

第 07 個月：少坐一點：即使你有定時做運動，長時間坐著也可 能會增加你患癌的風險。

第 08 個月：盡可能不要吃加工食品：最終我們全都會不時選擇它們。加工食品 無處不在！當然，包裝和 加工可有助保存 食物及使它們可安全食用，但要提防隱藏 的脂肪、卡路里、糖和鹽。

第 09 個月：少吃鹽和糖：吃太多鹽和鹹的食物可能會增加你患胃癌 的風險。我們的身體需要鹽，但加拿 大人 一般攝取太多鹽了！吃含糖食物會使你有 更大可能增磅，而這增加你患癌的風險。仔細閱讀營養標 籤。到處你都會見到額外 的糖，包括在某些醬汁和調味料裏，例如 番茄醬（茄汁）和酸黃瓜醬。鹽也幾 乎無 處不在，即使早餐麥片也含鹽。

第 10 個月：慎防脂肪：高脂食物可以令體重增加，而身體過重會 增加你患癌的風險。不飽和脂肪是較為 健 康的脂肪，可在以下的食物找到：牛油 果、堅果、籽仁、非氫化軟人造牛油和橄 欖油等油類。飽和脂肪及反式脂肪沒那麼健康。飽和脂肪可在以下的食物找到：動 物性食物，例如肉類、家禽、牛油和乾酪（芝士/起司），以及椰子油、棕櫚油和棕櫚 仁油等熱帶油類。反式脂肪存在於以部分 氫化脂肪製造或在部 分氫化脂肪裏面烹煮 的食物中。

第 11 個月：少燒烤、焙炙和煎炸：這項建議我們許多人都很難聽得進去。然 而，研究顯示，以高溫烹煮 肉類、家禽和 魚（用煎炸、焙炙或燒烤等方法 – 尤其 是煮到全熟或燒焦時）會產生可能增加你 患癌風 險的化學物質。

第 12 個月：做個精明消費者：關於某些食物與癌症之間有關係的證據仍 不斷出現。意思是？對所見所聞 不要完全相信。廣告商想吸引你購買他們的產品，就好像媒體想吸引你相信他們的報道一 樣。某項研究可 能會把某種食物與降低你 患癌的風險聯繫起來，而另一些就不是。