

# South Van Adult Day Program

# ACTIVITY CALENDAR

# JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>2018</b> HAPPY NEW YEAR</p>	<p><b>The ADP is <u>CLOSED</u> today</b> <i>Happy New Year!</i></p>	<p><b>2</b> Morning Projects 10:45 Exercises 11:30 Remembering 1968 1pm Bulletin Board Art Craft: Decoupage Musical Memories</p>	<p><b>3</b> Morning Projects 10:45 Exercises 11:30 Funny Resolutions 1 pm Lucky Walk Art: Mandalas Mah Jong /Tin Gau</p>	<p><b>4</b> Morning Projects 10:45 Exercises 11:30 Spot the Difference Health Talk (Chinese) 1pm Craft: God's Eyes Bake Oatmeal Cookies</p>	<p><b>5</b> Morning Projects 10:45 Exercises 11:30 Elvis Song Quiz 1pm Jewelry Making Music of Elvis Presley Cook: Presley Sandwich</p> 	<p><b>6</b></p>
<p><b>7</b></p> 	<p><b>8</b> Morning Projects 10:45 Exercises <b>Outing: Fish &amp; Chips</b> 11:30 Floor Hockey 1pm Chinese Opera Winter Mural Project</p>	<p><b>9</b> Morning Projects 10:45 Exercises <b>Outing: Chinese Cuisine</b> 11:30 Bowling 1 pm Black Jack Bake: Pigs in a Blanket</p>	<p><b>10</b> Morning Projects 10:45 Exercises <b>Men's Outing Tim Horton's</b> 11:30 Soccer 1 pm Jackpot BINGO Mah Jong / Tin Gau</p>	<p><b>11</b> Morning Projects 10:45 Exercises 11:30 <b>Fire Drill</b> 1pm <b>Artsway Concert</b> <b>Daybreak Brass Quintet</b></p>	<p><b>12</b> Morning Projects 10:45 Exercises 11:30 Horse Trivia 1pm What's Your Sign? Bake Applesauce Cookies Mixed Media Art Project</p> 	<p><b>13</b></p>
<p><b>14</b></p> 	<p><b>15</b> Morning Projects 10:45 Exercises 11:30 Just for a Laugh 1pm <b>Birthday Party</b> <i>Music, Dancing, &amp; Cake</i></p>	<p><b>16</b> Morning Projects 10:45 Exercises 11:30 Tie Trivia Health Talk: (English) 1pm Table Games Art: Picasso Project</p>	<p><b>17</b> Morning Projects 10:45 Exercises/ <b>Podiatrist</b> 11:30 News &amp; Views 1 pm Bake Brownies Musical Memories Art: Picasso Project</p>	<p><b>18</b> Morning Projects 10:45 Exercises 11:30 PEN Trivia Quiz 1pm Bingo Chinese Calligraphy Mah Jong / Tin Gau</p>	<p><b>19</b> Morning Projects 10:45 Exercises 11:30 Flower Quiz 1pm Short Stories Bake: Cupcakes Craft: Lavender Sachets</p> 	<p><b>20</b></p>
<p><b>21</b></p> 	<p><b>22</b> Morning Projects 10:45 Exercises 11:30 Scottish Quiz 1pm Crafts: Tartans Travel to Scotland Bake: Scottish Pancakes</p>	<p><b>23</b> Morning Projects 10:45 Exercises 11:30 Scottish Jokes 1pm Movie: Brigadoon Crafts: Bag Pipers Bake: Raspberry Buns</p>	<p><b>24</b> Morning Projects 10:45 Exercises 11:30 Golfing 1pm Sing along with Saul Crafts: Scottish Flags Mah Jong /Tin Gau</p>	<p><b>25</b> Morning Projects 10:45 Exercises 11:30 Haggis Trivia 1pm <b>Celebration</b> <b>Robbie Burns Day</b></p> 	<p><b>26</b> Morning Projects 10:45 Exercises 11:30 Australia Day Quiz 1 pm Art: Dot Paintings Bake Anzac Biscuits Music from 'Down Under'</p> 	<p><b>27</b></p>
<p><b>28</b></p> 	<p><b>29</b> Morning Projects 10:45 Exercises 11:30 Opera Trivia 1 pm Listening to Mozart Bake Viennese Biscuits Mozart Creative Art Project</p>	<p><b>30</b> Morning Projects 10:45 Exercises 11:30 Man Quiz 1pm Musical Memories Art: Jackson Pollock Mah Jong / Tin Gau</p>	<p><b>31</b> Morning Projects 10:45 Exercises 11:30 Hangman 1 pm Short Stories Art: Palm Sketch Baking Molasses Cookies</p>	<p><b>S.V.A.D.C.</b> <b>3076 East 49th Ave.</b> <b>Vancouver, BC</b> <b>V5S 1K9</b> <b>Phone: 604 430 6373</b></p>	 <p><b>SOUTH VANCOUVER</b> <b>NEIGHBOURHOOD</b> <b>HOUSE</b></p>	 <p>MEMBER <b>ASSOCIATION OF</b> <b>NEIGHBOURHOOD</b> <b>HOUSES BC</b></p>

星期天	星期一	星期二	星期三	星期四	星期五	星期六	
 <p>2018 HAPPY NEW YEAR</p>	<p>中心休息</p> <p><i>Happy New Year!</i></p>	<p><b>2</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 记住一九六六年</p> <p>1pm 飾布告板</p> <p>美术: 剪纸装饰, 音乐记忆</p>	<p><b>3</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 转变</p> <p>1 pm 幸运步行</p> <p>术: 曼陀罗, 麻雀 / 天九</p>	<p><b>4</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 填字游戏</p> <p>健康讲座(廣東話)</p> <p>1pm 工艺: 上帝的眼睛</p>	<p><b>5</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 猫王 歌曲测验</p> <p>1pm 珠宝制作</p> <p>猫王的音乐, 准备三明治</p>	<p><b>6</b> </p>	
		<p><b>7</b> </p>	<p><b>8</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>出外午餐: <b>Fish &amp; Chips</b></p> <p>11:30 曲棍球</p> <p>1pm 戏曲, 壁画</p>	<p><b>9</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>出外午餐: <b>中國菜</b></p> <p>11:30 保齡球</p> <p>1 pm 啤牌21 點</p> <p>烤饼干, 烘烤香肠卷</p>	<p><b>10</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>出外午餐: <b>Tim Horton's</b></p> <p>11:30 足球</p> <p>1 pm 宾果, 麻雀 / 天九</p>	<p><b>11</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 <b>火警演習</b></p> <p>1pm <b>藝途 音樂會</b></p> <p><i>Daybreak Brass Quintet</i></p>	<p><b>12</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 马琐事</p> <p>1pm 阅读星座</p> <p>烤苹果酱饼干, 混合媒体艺术</p>
<p><b>14</b> </p>	<p><b>15</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 只是为了一个笑 </p> <p>1pm <b>一月份生日會</b></p> <p><b>音樂, 跳舞, 蛋糕分享</b></p>	<p><b>16</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 那些琐事</p> <p>健康讲座(英语语言)</p> <p>1pm 桌面游戏</p> <p>艺术: 毕加索项目</p>	<p><b>17</b> 上午茶点及小手工</p> <p>10:45 早操/ <b>腳醫生到訪</b></p> <p>11:30 读报纸</p> <p>1 pm 烘烤布朗尼</p> <p>音乐记忆, 艺术: 毕加索项目</p>	<p><b>18</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 小节</p> <p>1pm 宾果</p> <p>书法, 麻雀 / 天九</p>	<p><b>19</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 花测验</p> <p>1pm 烘烤蛋糕</p> <p>美术: 薰衣草香囊</p>	<p><b>20</b> </p>	
<p><b>21</b> </p>	<p><b>22</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 苏格兰测验</p> <p>1pm 美术: 格子呢</p> <p>出访苏格兰, 烤苏格兰煎饼</p>	<p><b>23</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 苏格兰的笑话</p> <p>1pm 电影: <i>Brigadoon</i></p> <p>美术: 风笛, 烤覆盆子包子</p>	<p><b>24</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 打高尔夫球</p> <p>1pm 一起唱 Saul Berson</p> <p>美术: 苏格兰的旗帜, 麻雀/ 天九</p>	<p><b>25</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 香羊肚琐事 </p> <p>1pm <b>罗伯特·伯恩斯特天会</b></p>	<p><b>26</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 澳大利亚天测验</p> <p>1 pm 美术: 点画</p> <p>烘烤饼干, 澳大利亚音乐</p>	<p><b>27</b> </p>	
<p><b>28</b> </p>	<p><b>29</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 歌剧琐事</p> <p>1 pm 莫扎特音乐</p> <p>烤维也纳饼干, 莫扎特的创意项目</p>	<p><b>30</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 男子测验</p> <p>1pm 音乐记忆</p> <p>美术: Jackson Pollock, 麻雀/天九</p>	<p><b>31</b> 上午茶点及小手工</p> <p>10:45 早操</p> <p>11:30 串字遊戲</p> <p>1 pm 短篇故事</p> <p>烤糖蜜饼干 / 工艺: 棕榈素描</p>	<p><b>S.V.A.D.C.</b></p> <p><b>3076 East 49th Ave.</b></p> <p><b>Vancouver, BC</b></p> <p><b>V5S 1K9</b></p> <p><b>Phone: 604 430 6373</b></p>		 <p><b>SOUTH VANCOUVER NEIGHBOURHOOD HOUSE</b></p>	 <p>MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC</p>

## Welcome!

We warmly welcome you to our day program:

### Program Highlights

- Jan. 1<sup>st</sup> The ADP is **Closed**
- Jan. 8<sup>th</sup> Outing: Fish & Chips
- Jan. 9<sup>th</sup> Outing: Chinese Cuisine
- Jan. 10<sup>th</sup> Men's Outing: Tim Horton's
- Jan. 11<sup>th</sup> Health Talk (Chinese)
- Jan. 11<sup>th</sup> ArtsWay Concert:  
Daybreak Brass Quintet
- Jan. 15<sup>th</sup> Birthday Party
- Jan. 16<sup>th</sup> Health Talk (English)
- Jan. 17<sup>th</sup> Podiatrist visit
- Jan. 24<sup>th</sup> Sing Along with Saul Berson
- Jan. 25<sup>th</sup> Robbie Burns Lunch

### January Birthdays

We wish our following friends a very Happy Birthday!

- |                   |                       |
|-------------------|-----------------------|
| Mrs. Teresa Fong  | Jan. 9 <sup>th</sup>  |
| Mrs. Aurora Borge | Jan. 14 <sup>th</sup> |
| Mr. Pa-Tsun Wu    | Jan. 19 <sup>th</sup> |
| Mrs. Ayako Tamai  | Jan. 20 <sup>th</sup> |
| Mrs. Bidia Mate   | Jan. 26 <sup>th</sup> |



## 歡迎

我們溫暖地歡迎您到我們的中心:

### 節目聚焦

- 一月一日: **中心休息**
- 一月八日: 出外午餐: Fish & Chips
- 一月九日: 出外午餐: 藝途 音樂會:
- 一月十日: 出外午餐: Tim Horton's
- 一月十一日: 健康講座 (廣東話)
- 一月十一日: 腳醫生到訪: Daybreak Brass quartet
- 一月十五日: 一月份生日會
- 一月十六日: 健康講座 (英語語言)
- 一月十七日: 腳醫生到訪
- 一月二十四日: 一起唱 Saul Berson
- 一月二十五日: 罗伯特·伯恩斯特会

### 一月份生日 會員

生日快樂對我們的朋友

- |                   |        |
|-------------------|--------|
| Mrs. Teresa Fong  | 一月九日   |
| Mrs. Aurora Borge | 一月十四日  |
| Mr. Pa-Tsun Wu    | 一月十九日  |
| Mrs. Ayako Tamai  | 一月二十日  |
| Mrs. Bidia Mate   | 一月二十六日 |



## South Vancouver Adult Day Program

南溫哥華成天中心

## January 2018 Newsletter

2018 年1月 月報



Participants enjoy Creative Arts project.

**3076 East 49th Avenue**  
**Vancouver, BC V5S 1K9**  
**604 430 6373**

## Steps You Can Take in Eating Foods Lower in Sodium

### GROCERY SHOPPING

#### 1. Choose whole and minimally processed foods.

Great choices from each of the 4 food groups in Canada's Food Guide are:

**Vegetables and Fruit** – fresh and frozen fruits and vegetables; canned fruits in their own juice; low sodium canned vegetables  
**Grain Products** – whole wheat couscous, bulgar, barley, oats, rice, quinoa, pasta, and noodles  
**Milk and Alternatives** – milk, yogurt, and fortified soy beverage  
**Meat and Alternatives** – unseasoned meat, poultry, fish, seafood, and tofu; unsalted nuts and their butters; dried beans, peas, and lentils; low sodium canned fish and beans; eggs

#### 2. Read and understand the food label when buying processed, "convenience" and pre-packaged foods.

There are different ways to use the information on a food label: The Percent Daily Value (%DV) on the Nutrition Facts Table (NFT) tells you if a food is high or low in sodium. 5% DV (120mg) or less is "a little" and 15% DV (360 mg) or more is "a lot".

**For example**, 1 slice of whole grain bread with 5% DV of sodium would be a low sodium food choice. The %DV helps you to compare products. Serving sizes can vary a lot between products; compare the amount of sodium in a similar serving size.

**For example**, if you compared canned soups and one had 20% DV sodium per cup and the other had 40% DV per cup, you may decide to choose the one with the lower %DV for sodium.

For more information about reading the Percent Daily Value on the NFT. Other things to look for on a package to help you make low sodium choices include: Words such as "**sodium-free**", "**low sodium**", "**reduced sodium**," or "**no added salt**". Ingredients such as monosodium glutamate (MSG), soy sauce, or seasonings with salt (e.g. celery salt or onion salt). For more ingredients that are high in salt.

**Note:** Kosher salt, sea salt, fleur de sel, gourmet salt, and smoked salt all have about the same amount of sodium as table salt.

### PREPARING MEALS & SNACKS

#### 3. Add flavour to your meals without adding sodium

Cook most meals from scratch using whole and minimally processed foods from each of the 4 food groups. Flavour your foods without adding salt.

**Try:** Adding extra amounts of garlic, onion and ginger to the recipe. Using fresh herbs such as basil, cilantro and mint. Because they are delicate, add them at the end of cooking. Using fresh and seasonal produce when possible.

Adding crushed garlic and mustard to vinaigrette salad dressings. Lemon, lime and orange juices can also be added. Toasting unsalted nuts, seeds, or shredded coconut before adding into a recipe. Browning these foods is what adds extra flavour. Try making your own soups, sauces and salad dressings. Find quick and easy recipes at the dieticians of Canada Cookspiration site.

Use smaller amounts and lower sodium versions of store bought sauces, condiments and gravies. **ow.** Enjoy more vegetables and fruit. Use fresh or frozen instead of canned whenever possible.

Cook pasta, noodles, rice, hot cereal and other grains without adding salt.

Rinse canned vegetables and canned beans, peas and lentils to wash away some of the salt.

Taste your food before adding salt.

### EATING OUT

#### 4. Look for nutrition information before you order.

Many restaurants now offer nutrition information about their menu items. This information may be available on the restaurant's website or at the restaurant on a poster or in a pamphlet. Check the nutrition information of menu items and choose foods with less sodium. Some restaurants are also willing to prepare foods on special request.

### 購買日用糧食

#### 1. 選擇完整和盡量少經加工的食物

以下是《加拿大飲食指南》(Canada's Food Guide)所列四大類食物中的良好選擇: 1 蔬菜和水果——新鮮及冷凍蔬果; 罐頭水果連汁; 低鈉罐頭蔬菜 1 穀麥食品——全麥粗粒 (whole wheat couscous)、bulgar小麥片、大麥、燕麥、米、藜麥 (quinoa)、意大利粉和麵條 1 奶類及奶代用品——奶、乳酪和營養強化的大豆飲品 1 肉類及肉代用品——沒有調味的肉、家禽肉、魚、海產和豆腐; 無鹽果仁和果仁 醬; 豆乾、豌豆和鰵豆; 低鈉罐頭魚和豆; 蛋。

#### 2. 購買加工、[簡便]和預先包裝的食物時,要閱讀和明白它的食物標籤。

食物標籤上的資訊可作不同用途: 1 參看食物「營養含量說明」(Nutrition Facts Table, 英文簡寫"NFT")所示的每日建議攝取量百分比 (Percent Daily Value, 簡寫"%DV"), 可知該食物鈉含量的高低。

m 5% DV (120毫克) 或更低的數字, 屬於只含「少許」; 15% DV (360 毫克) 或以上, 則屬於「很多」。

n 例如, 一片含鈉5% DV的麥麵包, 屬於低鈉食物。m 食物列明% DV, 可以幫助你比較產品。不同產品所指的「每份」, 份量可以有很大的分別。比較不同產品的鈉含量時, 應將「每份」份量相若者加以比較。

n 例如, 你比較不同的罐頭湯時, 一款每杯含鈉20% DV, 另一款則 每杯含40% DV, 你便可決定選購鈉% DV含量較低的一款。關於如何閱讀NFT。1 選購低鈉產品時, 還需注意食物包裝上的其他資訊, 包括:

m 不含鈉 ("sodium-free")、低鈉 ("low sodium")、減鈉 ("reduced sodium") 或沒有加鹽 ("no added salt") 等字眼。

m 味精、醬油或含鹽調味品 (例如西芹鹽或洋蔥鹽) 等成份。關於食物高鹽

成份的更詳盡資料,。附注: 潔淨 (kosher) 鹽、海鹽、鹽花 (fleur de sel)、味精鹽和 燻味鹽的鈉含量, 大致上與幼鹽 (table salt) 並無分別。

### 預備食物和點心

#### 3. 不加鹽炮製美味餸菜

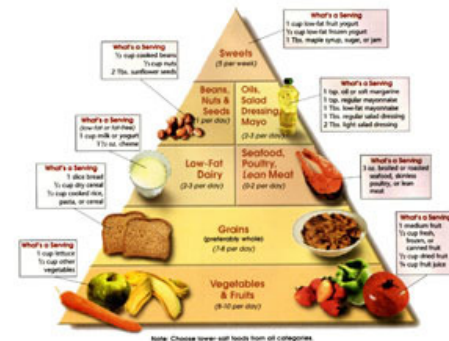
1 經常在四大類食物中的每一類, 選取完整和盡量少經加工的食物, 自行預備食材 和烹調, 所有步驟不用別人代勞。

1 不靠食鹽而調製出美味食物, 可嘗試以下方法: m 在餸菜中多放蒜、洋蔥和薑。m 使用新鮮香草調味, 例如羅勒 (basil)、芫荽和薄荷葉。由於它們不耐 煮, 故應於餸菜接近完成時放上。m 盡可能採用新鮮合時菜蔬。

m 可在醋油沙拉醬中加入蒜蓉, 亦可加進檸檬、青檸或橙汁。m 將無鹽果仁、果籽或碎椰子加進食物之前, 先行烤烘, 會更加美味。1 試試自行製湯、醬汁和調味料。 加拿大營養師協會的「健康煮食」網頁 (Dietitians of Canada - Cook Healthy) 為你提供簡易食譜。1 購買現成醬油、調味料和肉汁, 應選擇低鈉產品。關於這方面的更詳盡資料,。 1 多吃蔬果, 盡可能選用新鮮或冷凍材料而避免罐頭製品。1 煮意大利粉、麵條、飯、穀麥或其他穀物時, 不要加鹽。1 罐頭豆、豌豆和小扁豆烹調前先行沖洗, 以去掉一些鹽份。1 打算加鹽前, 先嘗嘗食物的味道。出外用膳

#### 4. 點餐前, 留意食物的營養資訊

酒樓餐廳現在多已就餐單開列的各款食物提供營養資訊。這些資料或會放在有關餐廳的網頁上, 或見諸餐廳內的資訊海報或單張。你應閱讀餐單各款食物的營養資料, 然後點選含鹽較少的菜式。有些餐廳也會按顧客的特別要求預備食物。



HealthLinkBC