

South Van Adult Day Program

ACTIVITY CALENDAR

FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Morning Projects 10:45 Exercises 11:30 February Quiz 1pm Bake Brownies Bulletin Board Art Musical Memories	2 Morning Projects 10:45 Exercises 11:30 Share Your Jokes 1pm Bingo Jewelry Making Bake Groundhog Cookie	
4  Morning Projects 10:45 Exercises 11:30 Fun Riddles 1pm Lucky Walk Mah Jong Tin Gau Crafts: Olympic Medals	5 Morning Projects 10:45 Exercises 11:30 Fun Riddles 1pm Lucky Walk Mah Jong Tin Gau Crafts: Olympic Medals	6 Morning Projects 10:45 Exercises 11:30 Crossword 1 pm Table Games Musical Memories Craft: Olive Leaf Crowns	7 Morning Projects 10:45 Exercises 11:30 Hangman Health Talk: English 1pm Birthday Party <i>Music, Dancing , & Cake</i>	8 Morning Projects 10:45 Exercises 11:30 Romantic Couples Health Talk: Chinese 1pm Travel to Venice Crafts: Valentine Cards	9 Morning Projects 10:45 Exercises 11:30 Fire Drill 1pm Craft: Torch Make Truffles Art: Olympics Banner	10 
11 	12 The ADP is CLOSED today 	13 Morning Projects 10:45 Exercises Outing: Chinese Cuisine 11:30 Bowling 1pm Black Jack Art: Chinese Zodiac Wheel	14 Morning Projects 10:45 Exercises 11:30 Zodiac Love Signs 1 pm Valentine's Day Party 	15 Morning Projects 10:45 Exercises 11:30 Chinese Horoscope 1pm Calligraphy Craft: Lanterns Bake Almond cookies	16 Morning Projects 10:45 Exercises 11:30 Dog Trivia 1pm Artsway Concert Chinese New Year Year of the Dog	17 
18 	19 Morning Projects 10:45 Exercises 11:30 Mini Olympics 1pm Inspirational Quotes Bake Medal Cookies Craft: Olympic Collage	20 Morning Projects 10:45 Exercises 11:30 Mini Olympics 1pm Winter Games Trivia Craft: Olympic Collage Make Torch Cake Pops	21 Morning Projects 10:45 Exercises 11:30 Mini Olympics 1pm Craft: Five Rings Make Cherry Sports Drink Biography: Nancy Greene	22 Morning Projects 10:45 Exercises 11:30 Mini Olympics 1pm Sporting Terms Craft: World Flags Make Marshmallow Skiers	23 Morning Projects 10:45 Exercises 11:30 Mini Olympics 1 pm Olympic Quotes Bake Cookie Flags Travel to South Korea	24 
25 	26 Morning Projects 10:45 Exercises Outing: Boston Pizza 11:30 Floor Hockey 1pm Chinese Opera Bake Rice Krispy Squares	27 Morning Projects 10:45 Exercises 11:30 Fun Quiz 1pm Make Fudge Biography: Johnny Cash Art Impression: Franz Marc	28 Morning Projects 10:45 Exercises Men's Outing: A. & W. 11:30 Soccer 1pm Bingo Table Games	S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373		

星期天	星期一	星期二	星期三	星期四	星期五	星期六
				1 上午茶点及小手工 10:45 早操 11:30 二月小测验 1pm 烘烤布朗尼 飾布告板, 音乐记忆	2 上午茶点及小手工 10:45 早操 11:30 逗哈哈 1pm 宾果 珠宝制作, 烘培饼干	3 
4 	5 上午茶点及小手工 10:45 早操 11:30 谜语 1pm 幸运步行, 麻雀/ 天九 工艺: 奧運會 奖牌	6 上午茶点及小手工 10:45 早操 11:30 纵横字谜 1pm 桌面游戏 音乐记忆, 工艺: 中国十二生肖	7 上午茶点及小手工 10:45 早操 11:30 足球, 健康讲座(英语语言) 1pm 二月份生日會 音樂, 跳舞, 蛋糕分享	8 上午茶点及小手工 10:45 早操 11:30 浪漫的夫妇 健康讲座(廣東話) 1pm 出访威尼斯 工艺: 情人节卡片	9 上午茶点及小手工 10:45 早操 11:30 火警演習 1pm 手工艺: 火炬, 准备巧克力 美术: 奧運會 横标	10 
11 	12 The ADP is CLOSED today 	13 上午茶点及小手工 10:45 早操 出外午餐: 中國菜 11:30 保齡球 1pm 啤牌21 點 工艺: 橄欖叶冠	14 上午茶点及小手工 10:45 早操 11:30 十二生肖爱的迹象 1pm Valentine's Day Party 	15 上午茶点及小手工 10:45 早操 11:30 中国星座 1pm 书法 工艺: 灯笼, 烘烤: 杏仁饼干	16 上午茶点及小手工 10:45 早操 11:30 关于狗的事实 1pm 慶祝農曆新年 狗的一年 藝途 音樂會: Zhimin Yu	17 
18 	19 上午茶点及小手工 10:45 早操 11:30 迷你奥运 1pm 你是聰明的 烘烤奖牌饼干, 工艺: 奥运拼贴画	20 上午茶点及小手工 10:45 早操 11:30 迷你奥运 1pm 冬季游戏琐事 工艺: 奥运拼贴画, 烤蛋糕	21 上午茶点及小手工 10:45 早操 11:30 迷你奥运 1pm 手工艺: 五环会徽 准备运动饮料, 传: Nancy Greene	22 上午茶点及小手工 10:45 早操 11:30 迷你奥运 1pm 体育术语 工艺: 世界的标志, 做棉花糖小吃	23 上午茶点及小手工 10:45 早操 11:30 迷你奥运 1pm 奥运 名言 烤旗帜饼干, 出访南韩	24 
25 	26 上午茶点及小手工 10:45 早操 出外午餐: Boston Pizza 11:30 曲棍球 1pm 戏曲, 做米脆皮正方形	27 上午茶点及小手工 10:45 早操 11:30 有趣的测验 1pm 准备软糖 传: Johnny Cash, 艺术印	28 上午茶点及小手工 10:45 早操 出外午餐: A. & W. 11:30 足球 1pm 宾果, 桌面游戏	S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373		

Welcome!

We warmly welcome you to our day program!

Program Highlights

Feb. 7th Health Talk (English)
Feb. 7th Birthday Party
Entertainer: Steve Warner
Feb. 8th Health Talk (Chinese)
Feb. 12th ADP is **Closed: Family Day**
Feb. 13th Outing: Chinese Cuisine
Feb. 14th Valentine's Party
Sing along with Saul Berson
Feb. 16th Chinese New Year Celebration
Musician: Zhimin Yu, ruan
Feb. 19th to Feb. 23rd: Mini Olympics
Feb. 26th Outing: Boston Pizza
Feb. 28th Men's Outing to A. & W.

February Birthdays

We wish our following friends a very Happy Birthday!

Ms. Julie Sun	Feb. 10 th
Mrs. Siu Lan Lee	Feb. 12 th
Mrs. Ngan Chun Lai	Feb. 19 th
Mr. Darrell Dersch	Feb. 29 th



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

二月七日: 健康講座(英語語言)
二月七日: 二月份生日會
演奏者 Steve Warner
二月八日: 健康講座(廣東話)
二月十二日: **中心休息 家庭日**
二月十三日: 出外午餐: 中國菜
二月十四日: 情人节舞蹈
一起唱 Saul Berson
二月十六日: 慶祝農曆新年 演奏者 Zhimin Yu, 阮
二月十九日: 二月二十三日: 迷你奧運
二月二十六日: 出外午餐: Boston Pizza
二月二十八日: 出外午餐: A. & W.

二月份生日 會員

生日快樂對我們的朋友

Ms. Julie Sun	二月十日
Mrs. Siu Lan Lee	二月十二日
Mrs. Ngan chun Lai	二月十九日
Mr. Darrell Dersch	二月二十九日



South Vancouver Adult Day Program

南溫哥華成天中心

February 2018 Newsletter

2018 年2月 月報



Participants work on zodiac wheel for Chinese New Year.

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

Cholesterol and Your Heart

Cholesterol is a soft, waxy, fat-like substance found in the blood. It is also part of every body cell. Cholesterol is used to form different hormones and other necessary substances. Your liver produces most of the cholesterol that you need and the rest comes from the foods that you eat. Only animal products contain cholesterol, e.g. meat, organ meats, poultry, seafood, dairy products (except fat free milk), and egg yolk. Foods of plant origin have no cholesterol but may contain fat e.g. nuts and seeds. Keep in mind that cholesterol is not the same as fat.

Too much cholesterol in the blood stream can clog up the arteries that supply blood to the heart muscle and lead to a heart attack. A desirable total cholesterol level should be below 200 mg/dl. Values between 201-239 are considered borderline-high and over 240 are considered high.

Your body transports fat and cholesterol in protein packages known as LIPOPROTEINS. LDL and HDL are two types of lipoproteins found in the blood. LDL is known as the “bad” cholesterol because it is responsible for depositing cholesterol in the arteries and HDL is known as the “good” cholesterol because it removes the deposited cholesterol back to the liver for disposal. To lower your “bad” cholesterol, follow a low saturated fat, low cholesterol diet. To raise your “good” cholesterol (HDL), exercise regularly, stop smoking, and lose weight if overweight. A desirable LDL cholesterol level is below 100 mg/dl and a desirable HDL cholesterol level is above 40 mg/dl. Persons with diabetes or heart disease should keep their LDL levels below 70 mg/dl.

Diets high in both fat and cholesterol play a major role in raising blood cholesterol levels. Fat, especially saturated fat (butter, lard, chicken fat, coconut oil, and palm oil) and trans fat (hydrogenated vegetable oils) both raise blood cholesterol. The first step in lowering blood cholesterol level should always be a change in your diet. Here are some suggestions to help you cut down on your fat and cholesterol intake:

1. Choose lean meat, chicken breast, and most seafood. Include fish 2 times a week.
2. Limit daily fat intake of meat, poultry, and seafood to 6 oz. Remove skin and all visible fats.
3. Choose fat free or 1% low fat dairy products.
4. Eat less high saturated fat foods, e.g. sausage, roast pork, roast duck, pig’s feet, chicken feet, chicken wings, fried foods, coconut milk, and pastries.
5. Eat less high cholesterol foods, e.g. organ meats (liver, kidney, and brain), egg yolks, shrimps, and squid.
6. Choose vegetable oil such as canola, olive, and safflower oil but limit the amount used (even though vegetable oil is cholesterol free, it is 100% fat!)
7. Use low fat cooking methods, e.g. steaming, boiling, baking, and braising.
8. Eat more high fibre foods, e.g. oatmeal, whole wheat bread, brown rice, fruits, vegetables, and dried beans.

If you do not know what your cholesterol level is, discuss this with your doctor on your next visit. Remember, keeping your cholesterol level under control lowers your chance of developing heart disease

Source: 1991 Chinese Community Health Resource Center Revised 01/2013 <http://www.cchrhealth.org/>



胆固醇度数与你的心脏

胆固醇是一种存在於血液裏像脂肪似的蜡状软体物质，它亦是人体细胞的一部分。胆固醇是用来製造不同的荷尔蒙及其他身体必需的物质。大部分你身体需要的胆固醇来自於你的肝脏，其余的来自你的日常饮食。只有动物食品才含有胆固醇，如肉类、家禽类、海产类、全脂奶、内脏及蛋黄。植物并不含有胆固醇，但有些植物产品却含脂肪，如硬壳果类及种子类。

过多的脂肪也可提高你的胆固醇度数，造成动脉血管闭塞，导致心脏病发作。理想的胆固醇总数是在 200 毫克之下，201 至 239 毫克则是屬於偏高边缘，而 240 或以上便是过高了。

LDL 及 HDL 是两种存在血液裏的脂蛋白，它们的功能是用来输送体内的脂肪及胆固醇。LDL 被称为「有害」的胆固醇，因它将胆固醇累积於动脉血管内。HDL 则被称为「有益」的胆固醇，因它能将积累的胆固醇输送到肝脏以便清除。若想降低「有害」的胆固醇，则应选择低饱和脂肪及低胆固醇的食物。如欲提高「有益」胆固醇，你应定时运动、戒烟、及保持标准的体重。理想的 LDL 胆固醇度数是在 100 毫克以下，而理想的 HDL 胆固醇度数是在 40 毫克以上。*

请记住，提高血胆固醇度数的主要因素是因为吃过多的脂肪及胆固醇的食物。脂肪，尤其是饱和的脂肪（saturated fat），如牛油、猪油、鸡油、椰油，棕榈油以及氢化脂是胆固醇增高的主要因素。改善你的日常饮食是降低胆固醇的第一步。以下是一些能帮助你减低脂肪及胆固醇的建议：

1. 选用瘦的肉类、鸡胸肉或海鲜类。每星期吃两次鱼类。
2. 每日所吃的肉、鸡或鱼类的份量不要超过六安士。将皮及所能见到的脂肪切掉
3. 选用脱脂（fat free）或低脂（1% low fat）奶品。
4. 少吃高饱和脂肪的食物，如腊肠、烧肉、烧鸭、猪脚、鸡脚、鸡翼、油炸食品、椰奶、甜饼食等。
5. 少吃高胆固醇的食物，如内脏（肝、肾、脑等）、蛋黄、虾、鱿鱼等。
6. 选用菜油、如油菜籽油（Canola）、橄榄油（Olive）、红花子油（Safflower）、但必须限制用量（菜油虽然不含胆固醇，但却是百份之百的脂肪）。
7. 选用蒸、滚、烤和炖的烹饪方法。
8. 多吃高纤维的食物，如麦片、全麦麵包、粗米、水果、蔬菜、乾豆等。

如果你不知道你胆固醇的度数，可问你的医生。请记住，若想减低患上心脏病的机会，你必须保持理想的胆固醇度数！

糖尿或心脏病患者应保持 LDL 胆固醇度数在 70 毫克以下。

华人社区健康资源中心编译，1991 年版权所有, 01/2013 年修正

