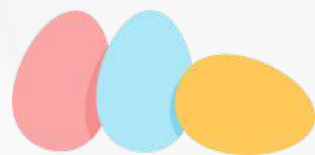




Newsletter



April 2024

Issue 71

As we embrace the arrival of spring, we're captivated by its charm - the vibrant blooms, the budding trees, and the promise of new beginnings. With each passing day, we're greeted by the ever-changing canvas of nature's beauty. Take a moment to immerse yourself in the wonders of this season, whether it's enjoying the blossoming gardens or taking a leisurely stroll in the crisp, refreshing air.



April isn't just about blossoms and sunshine; it's also Oral Health Month! We've got some great speakers lined up for our event. Christine, our dental hygienist, will be sharing tips on keeping our smiles bright and healthy. And Yvonne from AHS will be here to talk about Shingles, something that's on our minds, especially for our seniors.

Spotlights

1. Outdoor Activities in Spring
2. Resident and Family Council Meeting
3. Staff Updates
4. Health Seminar: Shingles & Dental Talk
5. New Karaoke Singing Class

Spring brings with it a sense of renewal and opportunity - let's embrace it together, as we forge ahead with fresh starts and new beginnings.



Spring Means More Outdoor Activities are coming



With the return of sunshine, we can all benefit from its numerous health advantages. Whether simply opening curtains and blinds to welcome the daylight or venturing outside for a walk, sunlight offers tremendous benefits that we should all embrace.

- Sunlight positively influences mood, promoting a sense of well-being.
- Sunlight serves as the most optimal natural source of Vitamin D, essential for various bodily functions.
- Exposure to sunlight contributes to the reduction of blood pressure, further enhancing overall health.

Enjoyable activities in the outdoors:

Going on a Walk | Bird watching | Photography
Community events | Fruit picking | Sightseeing
Outdoor shows | BBQ



Resident and Family Council Meeting

Date: April 2 (Tuesday)

Time: 2:30PM

Empower Our Community and Building Better
Together: Your Voice Matters at Our Resident and
Family Council Meeting!



Exciting Staff Updates:

With sincere appreciation, we announce Stella's departure, recognizing her invaluable dedication and contributions to our team. While she will be greatly missed, we are confident in Anthony's leadership as he continues to serve you with unwavering passion and professionalism.

Health Seminar: Understanding Shingles

Date: April 9 (Tuesday)

Seniors are among the most vulnerable age groups when it comes to **Shingles**. Yvonne from AHS will share with you the ABCs of shingles, including how to identify it, what to do if you have it, and how to prevent it.



Dental Talk & In-house Cleaning

Date: April 15 & 22 (Monday)

Prioritizing the care of our mouths, teeth, and gums can profoundly influence our overall well-being. In observance of **Oral Health Month** this April, we are pleased to extend an invitation to a presentation by dental hygienist, Christine. Furthermore, residents are encouraged to take advantage of the opportunity to schedule onsite dental cleanings available on April 22nd.



NEW Karaoke Singing Class

Date: Every Saturday

Time: 05:30 p.m.

Come and experience the pure joy of singing with us! Step into our singing class and let Anita, our amazing volunteer instructor, help you unlock your musical potential. Join us in the basement for a session filled with laughter and song, all while having a blast singing karaoke!



Happy BIRTHDAY



**Pui Fong, Peter, Wing Yau,
Pei Qiong, Brandon, Shirley,
Chor Lan, May Woo**



March Art Session



New Gallery Outing



Pastel Nagomi Art Class



St. Patrick's Day



Le Petit Chef Dinner

