



CLOVER
LIVING
BY TRICO LIVINGWELL

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NEWSLETTER

Apr 2026 | Issue 95

Hello, Spring! April brings a fresh start and a calendar packed with sunshine and smiles. From savory dumpling making to our 'Sweet Sleep' meetup, there are so many ways to celebrate the season of renewal together. We can't wait to see you at this month's festivities!

To keep the 'spring in your step,' we're also focusing on allergy wellness this month. To help you navigate seasonal triggers like pollen or dust, we've featured some practical 'Allergy Awareness' tips and introduced a brand-new water station on the next page. Let's stay healthy and hydrated together!

SPOTLIGHTS

1. Be Aware of Allergies
2. Newest COVID-19 Vaccine
3. 2026 New Version Resident Handbook
4. Stay Connected with Us

UPCOMING ACTIVITIES:

- Apr 1 - Sweet Sleep Meetup
- Apr 6 - Easter Acrylic Workshop
- Apr 10 - Easter Game Challenge
- Apr 13 - Managing Spring Allergy
- Apr 15 - Sibling Storytelling Day
- Apr 17 - Dim Sum + T&T Shopping
- Apr 20 - Dumpling Making Day
- Apr 23 - COVID Vaccine Clinic
- Apr 24 - Movie: Under Current
- Apr 25 - Senior Health Check
- Apr 27 - Inglewood Walk & Dine

BE AWARE OF ALLERGIES

Allergies can affect anyone. Knowing your triggers helps keep you safe.

Common Allergies

Allergies may be caused by:

- Foods (e.g. nuts, shellfish, dairy)
- Medications
- Pollen, dust, or other environmental factors
- Certain materials or products



If you experience sneezing, itching, or swelling, **don't hesitate to speak up**. Informing our team helps us provide the right support immediately!

Stay Hydrated

Did you know drinking enough water can help make breathing more comfortable during allergy season? We're excited to invite you to our new water station in the Main Floor Lounge. Stop by, say hello, and stay hydrated!

NEWEST COVID-19 VACCINE ONSITE

On-site COVID-19 vaccinations are scheduled for **April 23** at **9:00 AM**. Please register at the Reception, and contact May and Keenie if you have any questions.

RESIDENT HANDBOOK 2026 VER.

The updated Resident Handbook is now available for reference on the notice board near the main floor elevator lobby.

Personal copies are available at the Reception upon request.

SO MANY WAYS TO CONNECT!

We love hearing from you. Check out these easy ways to stay connected and informed!

RESIDENT TOWN HALL

A forum where residents can share their opinions and ideas.

RESIDENTS & FAMILY COUNCIL

Small group discussions that explore important topics in greater depth.

NEW RESIDENT MEET & GREET

An opportunity for new residents to get to know one another, meet our team, and receive important information.

SUGGESTION BOX

Located by the garbage room, where residents can share feedback at any time.

DIRECT CONTACT

We love a face-to-face chat! Reach out to our team in person for the quickest response and personalized care.

ANNUAL RESIDENT SURVEY

Our most in-depth check-in to hear your thoughts and help us grow even closer as a community.



Mr. Choi, Shirley,
Pui Fong, Linda,
Betty, Peter, Mrs. Su,
Mrs. Au, Brandon,
Mrs. Gee





Calgary Chinese Orchestra



LNK Classic Songs



St. Patrick's Day Party



Dim Sum