



Newsletter

Alberta's Heritage Day

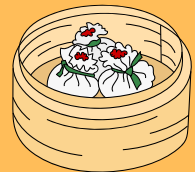
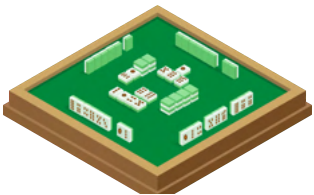
The holiday was first established in 1974 to honor the province's heritage and acknowledge the contributions of various cultural groups that have shaped Alberta's identity.

Let us celebrate and recognize Alberta's diverse cultural heritage and provides an occasion for residents to come together, appreciate their shared history, and celebrate their differences.

- Mahjong Tournament
- Heritage Dim Sum Lunch
- Cantonese Opera Concert

Spotlight:

- Living well with Dementia
- Garbage Disposal
- Plant Watering
- Activity Check
- August Outing
- Annual Fire Drill

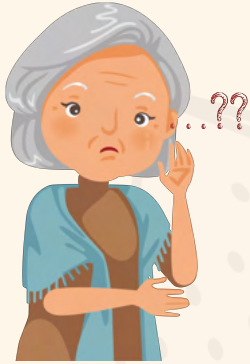


Fun Facts:

Albertans usually celebrate Heritage Day with interpretive tours, movies, crafts, face paintings, a treasure hunt, and genealogy presentations.

Health Information - Dementia

Dementia is a syndrome that affects memory, thinking, orientation, judgment and ability to carry out daily activities.



Main Signs and Symptoms

- Experiencing memory loss, poor judgment, and confusion
- Wandering and getting lost in a familiar neighborhood
- Trouble handling money responsibly and paying bills
- Losing interest in normal daily activities or events
- Hallucinating or experiencing delusions or paranoia

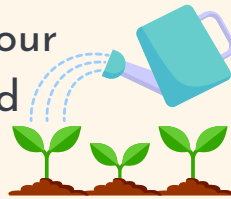
Dementia Advice Line

Between 8 a.m. and 8 p.m. daily, Albertans can call Health Link at 811 and select the option to speak with a nurse who specializes in dementia. Nurses will be available to answer your call, conduct an assessment, and provide advice and resources to address your immediate concerns related to dementia.



Plant Watering

Please refrain from dropping your garbage from your balcony as it could potentially harm other residents or pedestrians. Additionally, we kindly request that you avoid watering your plants during the late morning and early afternoon to prevent inadvertently getting someone wet.



NOTES

Garbage Disposal



Please ensure that all types of garbage, including food waste, are placed in the appropriate garbage bags, securely tied, and disposed of in the designated slots in the garbage room. Please contact the front desk if in need.

Activity Check

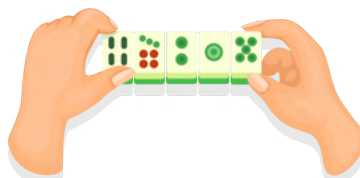
We kindly remind you to check the bulletin board regularly for upcoming events and activities. It is updated with important announcements, social gatherings, workshops, and other engaging events tailored to enrich your living experience. Look forward to seeing you at our events!



Mahjong Tournament

Date: Aug 8 (Tuesday)

Are you a Mahjong enthusiast looking for some friendly competition and fun? Don't miss this opportunity to bond with fellow residents, make new friends, and indulge in some thrilling gameplay.



Heritage's Dim Sum

Date: Aug 3 (Thursday)

Let's celebrate Heritage Day by indulging in a traditional Dim Sum lunch.

Happy Birthday

90 Years Old:

Jane, Chow Yet, Zhene

Wai Hong, Carmen,

Kit Fong, Frank,

Chung Lim, Amy, Rita,

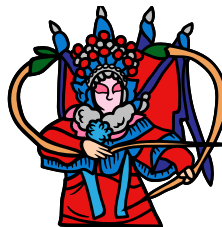
Sum Yen, Chao Hong



Cantonese Opera Concert

Date: Aug 17 (Thursday)

Immerse yourself in the enchanting melodies, vibrant costumes, and graceful movements that have mesmerized audiences for centuries.



Outing #1 ---- Ramsay

Date: Aug 10 (Thursday)

Let's savor a locally renowned dining experience at Red's Diner, which features farm-fresh ingredients, followed by enjoying the breathtaking view of the city's skyline at Calgary's iconic spot - Scotsman's Hill.



Outing #2 ---- Saskatoon Farm

Date: Aug 24 (Thursday)

Nestled in the picturesque countryside, Saskatoon Farm awaits to enchant you with its idyllic landscapes, bountiful orchards, seasonal blooms and unique souvenirs. Please register by Aug 10.

Annual Fire Drill

Date: Aug 30 (Wednesday)

NOTES

Calgary Stampede



Praise dance



Walkathon & Hot Dogs



BBQ

