

NEWSLETTER

AUGUST 2026 | ISSUE 99

August brings warm sunshine and plenty of chances to enjoy the outdoors – walking in the yard/park, chatting with neighbours, or joining community activities.

This month, try our new **Retro Snacks Market**, where residents can buy small packs of traditional, nostalgic snacks right within the facility – no need to go outside! Enjoy fresh air at our **Summer Carnival**, with lighthearted backyard games. Or test your mind at **Amazing Race**, a fun, energetic, brain-teasing challenge.

Please stay sun safe, drink plenty of water, and protect yourself from insect bites – and thank you for your continued support as we wish you a happy, safe August!

Upcoming Activities:

SPOTLIGHTS

1. Insect Bites & Stings
2. Keeping Our Community Healthy & Safe
3. Elevator Safety
4. Retro Snacks Market

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|-----------|----------------------------|
| August 1 | - Seniors' Health Check |
| August 6 | - Dim Sum Day |
| August 7 | - Retro Snacks Market |
| August 12 | - Praise Dance at the Park |
| August 12 | - Garden Tasting |
| August 13 | - Piano Performance |
| August 14 | - Summer Backyard Carnival |
| August 19 | - Baby Gender Vote |
| August 21 | - Taste of Asia Outing |
| August 21 | - Insect Bite Talk |
| August 25 | - Buffet + T&T Shopping |
| August 27 | - Amazing Race |
| August 28 | - Movie: It Takes Two |



Insect Bites: What Seniors Should Know

Why it matters: As we age, we may not feel a bite right away — so a little awareness helps.



Is It a Bite or an Allergy?



Insect Bite

- Usually one red bump
- Often appears after being outdoors



Bed Bug Bites

- Several itchy bumps in a row or cluster
- Often noticed in the morning



Allergic Reaction

- Red rash or hives spread over an area
- Often occurs after new food, medicine, or products



Keeping Our Community Healthy and Safe



Dining Room Reminder

Starting August 1, 2026, we kindly ask residents to enjoy all meals and beverages in the dining room. This helps keep our community:



Clean



Safe



Comfortable for everyone

Need a medical accommodation? Please speak with Keenie or May.



Elevator Safety

Please help keep everyone safe:



Press ▲ or ▼ to reopen a closing door



Never use your hand, arm, or walker to stop the door



A "beep beep" means the door is closing and locking. Please stay clear.

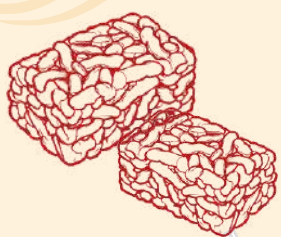


Stand back, fold your walker if needed, and let others exit first.

RETRO SNACKS MARKET NOW OPEN!

We have a new Snack Bar at Clover Living!
No need to go out.

Enjoy your favorite traditional, nostalgic snacks right here,
in small portions, at a great price.



Haw Flake



Sachima



Egg Rolls



What we have:



Seaweed Snacks



Tangerine Peel Plums



Brown Sugar Plum Lollipops



Grand Opening Day



Date: August 7



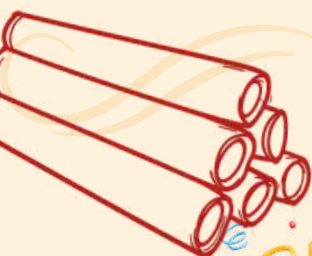
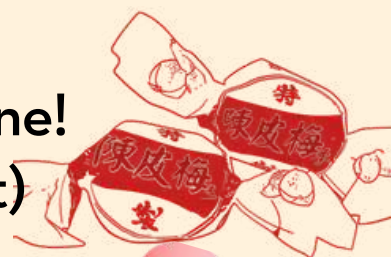
Time: 1:30 PM



Free drink + free snack for everyone!
(Limited quantity, while supplies last)

Location: Main floor

Come by and enjoy a familiar treat!



Lucia, Jane, Amy, Ms. Li,
Mrs. To, Zhene, Mr. Yuan,
Carmen



