



## Celebrate Life

### REMINDER

COVID: Vaccine, mask on, hand wash.  
Heatwave: Stay hydrated, drink lots of water.  
Dress in light clothes. Stay in the shade.



Canada celebrated its 155th birthday on July 1st, 2022 and what a wonderful celebration it was! Let's all work together to create a better future for all.

Canada's multi-cultural roots are what makes this country great.

Thanks to MP Doug McLean and Councillor Terry Wong for joining us to celebrate this great birthday.



## Saskatoon Farm Trip

The Farmer's Almanac predicts a late harvest this year. You can pick a variety of berries, vegetables, flowers and try some tasty food, made fresh daily using organic ingredients. Please join us for a fun and exciting trip to the famous Saskatoon Farm on August 25!



### HAPPY BIRTHDAY

Ms. Young, Ms. Wong, Ms. Ho,  
Mr. Wong, Mr. Pan, Ms. Chan,  
Ms. Chau, Mr. Yuan, Ms. Li, Mr. Szarka

### Lougheed House & Garden Walk

Date: August 18th (Thursday)

Time: 9:15am to 11:00am

12 blocks in total, participants  
could return at half point.



### Farmer's Market Trip

Date: August 11th (Thursday)

Date: 10:15am

Cost: Bus fee \$20-\$30. Bring your  
own lunch or dine out at the  
Farmer's Market!



## Heritage Day Celebration

Right after "the Greatest Outdoor Show on Earth" (Calgary Stampede) comes Heritage Day. At Clover Living, we would like to celebrate our Clover Living tradition by dressing in Cheongsam, enjoying dim sum and watching Qipao performances. More details to follow. Stay tuned!



# DINING ROOM TAKE-OUT RULE

Residents occasionally would like to take extra bread, milk and condiment packs from the dining room. However, our Housekeeping team has noticed that often these extra items have not been consumed, instead stored in the fridge or on the counters for extended periods of time. This could pose a serious threat to food safety and the health of the residents!

- ▶ Please enjoy your 4 meals at the dining room if possible.
- ▶ Please prepare a clean container for take out service.
- ▶ Please don't take extra food out of the dining room.
- ▶ Please reach out to Anthony for any enquiries or special request.
- ▶ **NEW:** Please come between the time below for take-out:



Breakfast **8:15-8:45am**; Lunch **12:00-12:30pm**; Dinner **5:15-5:45pm**.

## WASTE SORTING & DISPOSAL

The key to maintain a clean and tidy environment is to dispose your trash correctly.



Food, coffee residue,  
paper lunch box, tea bag



Beverage/milk  
bottle/can/box



Foam lunch box/cup,  
straw, glove, etc

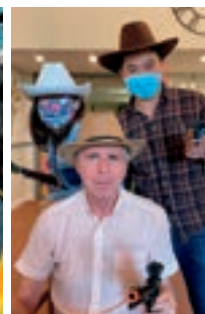
- 1** All residual waste should be put into compostable bags. Foam boxes should go into the Garbage.
- 2** For those in quarantine, please put your food containers into a garbage bag and tie it before leaving at your door.

- ▶ Please provide your own garbage bags or purchase some at the front desk.





Calgary Stampede



# JULY

ICE CREAM DAY



## EAST VILLAGE WALK



## LOUGHEED HOUSE TRIP



INTRODUCTION TO URBAN POLING