

A Fresh Start to the New Year

Happy New Year and welcome to our January 2026 newsletter! A new year brings fresh beginnings, new routines, and more moments to enjoy together here at Clover Living.

This month, we share simple ways to stay warm, active, and connected – from enjoying our new indoor spaces to spending time with friends and neighbors. Small daily habits can make a big difference to your well-being.

Spotlights

1. FRIENDSHIP IS GOOD FOR THE BRAIN
2. YOUR CONTAINER, OUR THANKS
3. COME ENJOY OUR NEW INDOOR SPACE!

UPCOMING ACTIVITIES:

- Jan 2 - *Piano Performance*
- Jan 7 - *Spot the Difference(s) Game*
- Jan 8 - *Senior Health Check*
- Jan 9 - *Movie: The Shadow's Edge*
- Jan 10 - *Outing: Lantern Workshop*
- Jan 16 - *Pedal Fun Friendship Race*
- Jan 20 - *Healthy Hearing*
- Jan 23 - *3D Tech Exploration*
- Jan 29 - *Outing: T&T & Walmart*

This month, we're excited to highlight our **Prevnar 20 vaccination clinic** on **January 15**, along with a new **Monday brain health program** featuring fun games and activities – with something different to enjoy each week!

Wishing you and your loved ones a happy,
healthy start to the New Year!

How Social Interaction Boosts Brain Health in Seniors

Spending time with others isn't just enjoyable, it's great for your brain! Friendly chats, shared laughs, and joining activities all help keep your mind active.

Social connection can:

- Keeps your brain active
- Boost memory and thinking
- Encourages healthy daily habits
- Helps protect your brain over time

A Friendly Reminder About Take-Out Containers

We've noticed that some dining room plates, bowls, and cups are being taken back to resident suites when food is saved for later. We completely understand the comfort of enjoying meals in your own space!

To help keep our dining room well-supplied and ready for everyone, we kindly ask that residents use their own reusable containers when taking food back to their suite. Families are warmly encouraged to help provide personal containers as well.

Starting January 15, 2026, a \$0.50 fee per disposable container will apply when personal containers are not used. Thank you for helping keep Clover Living clean and welcoming for everyone

Our New Indoor Space - Your Cozy Winter Hangout

Come take a look at our new indoor space by the front desk! With **comfy sofas**, a **TV sharing happy activity moments**, and extra seating in the activity room, it's a lovely place to relax, chat, and enjoy time with friends.

It's also perfect for a gentle indoor walk – from the elevator lobby through the common area and into the activity room – giving you a safe, warm way to stay active. Just 15 minutes a day can help lift your mood, support balance, and keep you feeling your best.

Drop by anytime and enjoy a little more warmth, movement, and connection this winter.



Elevator Lobby



Front desk Lobby



Activity Room



Entrance



Hallway

**HAPPY
Birthday**

Mr. Ng, Mr. D. Yuen, Bonnie, Mrs. Lin,
Mrs. Zhao, Mrs. Fung, Dr. Nip, Fanny,
Rose Chow, Amy Fok, Kin Lan,
Mr. Chan, Philip, Mrs. Wang





Zentangle Group



Christmas Lights Bus Tour



Christmas Lunch



Zumba Class



Christmas Bingo