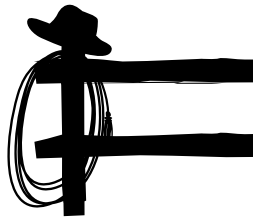




NEWSLETTER



DO YOU KNOW WHY WAS STAMPEDE CREATED ?

The world renowned Calgary Stampede was founded in 1912 as a celebration of rural heritage and ranching in the West. Evolving out of agricultural fairs and cowboy sporting events, it also features chuckwagon races, a parade, midway, art exhibits, and stage shows.



THE CALGARY STAMPEDE | JULY 7-16, 2023

A FEW FACTS YOU DID NOT KNOW ABOUT STAMPEDE.

#1. Stampede Park is as big as....

The Stampede Park is over 200 acres (809,371 square meters) in size. That's about:

- One and one fifths the size of Disneyland
- One and four fifths the size of the Vatican City
- About six times as big as The Pentagon
- About eleven times as big as Buckingham Palace

#2. Daily Park Visitors

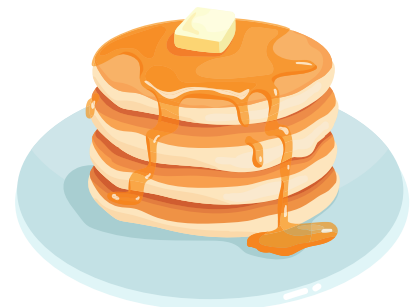
- On a daily basis, over 120,000 people visit the Calgary Stampede, making the Stampede Grounds the third largest city by population in the province of Alberta

#3. Eat Free Breakfast

- Do a little bit of reading online and in newspapers and you'll be able to eat free breakfast every day of the show.
- That's 10 days of free pancakes, bacon, sausage, fruit juices and other tasty breakfast foods, often cooked by volunteers!

FUN FACT: HOW MANY PANCAKES ARE SERVED AT STAMPEDE EACH YEAR?

(The answer is on the last page of this newsletter)



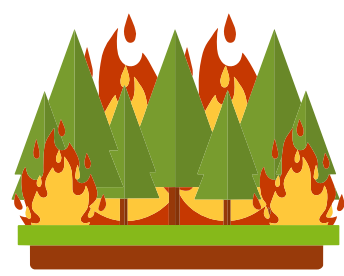
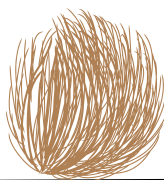
CALGARY STAMPEDE HIGHLIGHTS

SENIOR DAY, JULY 11 TUESDAY

Free gate admission all day long including complimentary breakfast till 11:00AM for seniors.

CLOVER LIVING STAMPEDE BREAKFAST JULY 12 WEDNESDAY

Starts from 7:45AM to 9AM. All residents are welcome. Dust your boots and lets YeeHaw!



To protect yourself during poor air quality due to wildfires:

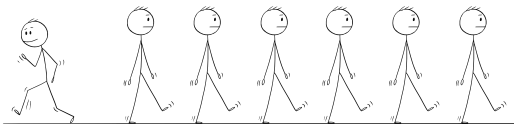
- Monitor symptoms
- Stay hydrated
- Limit outdoor activity
- Keep windows and doors closed
- Use recirculate mode in vehicles
- Find a cool, ventilated indoor place

Contact your healthcare provider or call Health Link at 811 for health concerns.

"Wildfire Smoke: Protecting Your Health"

Special Air Quality Statements have been issued in Alberta last couple of weeks due to the smoke from wildfires, which has led to poor air quality. It is crucial for all of us to take necessary precautions to protect ourselves and our loved ones from the hazardous effects of the smoke. Symptoms such as increased coughing, throat irritation, headaches, and shortness of breath may be experienced. We should especially look out for children, seniors, and individuals with cardiovascular or lung diseases, as they are more vulnerable to the severe health effects, even at lower levels of smoke.

Let's support each other during this challenging time should it happen again.



CCECA WALKATON

JULY 22, SATURDAY

STARTING AT 10AM

We will be forming a team, let's be active and join us for a walk. Lots of fun planned for that day. It is all at your backyard, so come and join us and CCECA.



BANFF + CANMORE ROADTRIP

JULY 25. THURSDAY

I understand that the requirement to walk without walkers or canes might pose challenges. It's unfortunate that no alternatives are available for this trip. We empathize with the potential limitations this may impose on participants.



LET'S SHOW CONSIDERATION FOR OTHERS. IT'S DISHEARTENING
TO SEE THAT RESIDENTS HAD BREAD AND TISSUES THROWN
INTO THEIR BACKYARD, CORRIDORS + IN THE LIFTS.
PLEASE REMEMBER THE IMPORTANCE OF
NOT LITTERING AND TREATING YOUR HOME WITH RESPECT.



2ND SEATING MEALTIMES



DO: GO TO THE DINING ROOM ACCORDING TO THE MEALTIME SCHEDULE



DON'T: GO TO THE DINING ROOM TOO EARLY
(ENSURE WE HAVE ENOUGH TIME TO SANITIZE THE TABLES AND SEATS)



KELOWNA CHERRY PICKING TRIP

DATE: JULY 8/15/22 SATURDAY

CO-ORGANIZED WITH CALGARY TOURS, STARTS FROM \$289/PP.
PLEASE ENQUIRE WITH MAY FOR MORE DETAILS.

RESIDENT & FAMILY COUNCIL

DATE: JULY 21, FRIDAY
ALL RESIDENTS AND FAMILIES
ARE WELCOME TO JOIN.



*MRS WONG, MR DENYS,
MS WOO, MS MARK,
MRS LY, MR SAM,
MRS LAU*

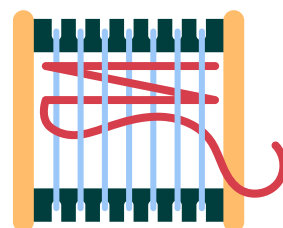
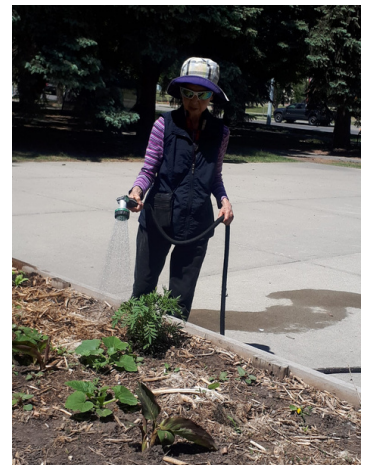
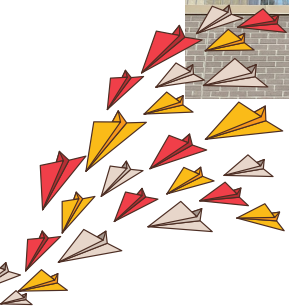
SUMMER BBQ

July 20th, details will be shared on
the notice boards.



DENTAL HYGIENE SERVICES

Christine Ta from Arches Dental Hygiene Group, a preventive focused team of experienced dental hygienist will be providing mobile dental hygiene services to Clover Living. Their objective is to ensure our seniors have easy access to dental care through their mobile services. We will be doing an introductory with Christine. Please come and join us.
Date: July 17 (Monday)



Fun Fact: Over 200000+ pancakes are served at community breakfasts year round.