



CLOVER
LIVING
BY TRICO LIVINGWELL

頤景樓

NEWSLETTER

July 2026 | Issue 98



Howdy



July is here—put on your cowboy hat and get ready for a festive summer! The annual Calgary Stampede is just around the corner, joined by exciting events like Canada Day, the World Cup Final, Ice Cream Day, and Taste of Calgary.

Whether you're gathering with friends, enjoying delicious food, or taking part in community celebrations, this summer promises plenty of laughter and memorable moments. As you make the most of these outdoor festivities, remember to stay safe in the sun and heat. This issue includes practical tips to help you enjoy a healthy and safe summer.

We look forward to enjoying this vibrant July with you!

Upcoming Activities:

SPOTLIGHTS

1. Summer Safety Tips
2. Keeping Our Community Healthy & Safe
3. Art Exhibition Opening
4. Fun July Activities!

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| July 3 | - Art Exhibition Opening |
| July 8 | - Stampede Breakfast |
| July 10 | - Cowboy Silhouette Collage |
| July 11 | - CCECA Walkathon |
| July 14/15 | - World Cup Semifinals |
| July 16 | - Backyard BBQ |
| July 17 | - Buffet + Fish Creek Park |
| July 19 | - World Cup Final |
| July 20 | - Ice Cream Truck Visit |
| July 24 | - Movie: Twilight of Warriors |
| July 27 | - Heritage Park Outing |
| July 30 | - Vitality Challenge |
| July 31 | - Taste of Calgary |





SUMMER SAFETY TIPS

Calgary's dry July sun brings strong UV and higher risk of dehydration. Stay protected outdoors!

Summer Safety Tips

- For extended outdoor activities, go out before 10 a.m. or after 6 p.m.
- Wear breathable clothing, a hat, and sunglasses
- Apply sunscreen
- Drink water regularly

Hot weather places extra stress on the body and heart. If you have chronic health conditions, pace yourself and rest when needed. Stay cool, stay hydrated, and enjoy the summer sunshine.



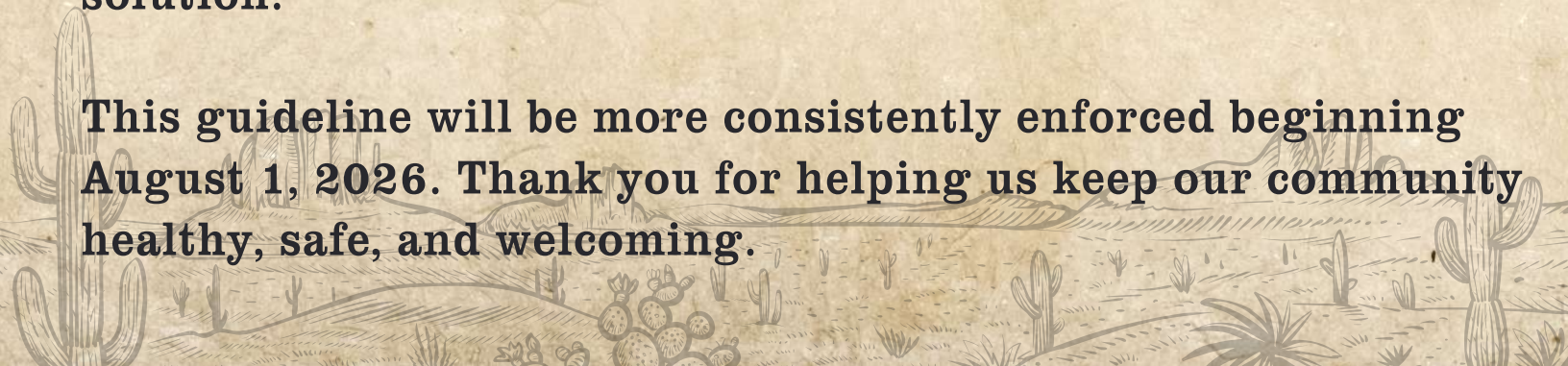
KEEPING OUR COMMUNITY HEALTHY & SAFE



At Clover Living, resident health and well-being come first. To support food safety, hygiene, and a comfortable living environment, meals and beverages should be enjoyed in the dining room, as outlined in our Resident Handbook.

If you have medical needs, special circumstances, or would like to discuss an exception, please connect with Keenie or May during July. We are happy to work with you to find a suitable solution.

This guideline will be more consistently enforced beginning August 1, 2026. Thank you for helping us keep our community healthy, safe, and welcoming.





JOIN US FOR FUN JULY ACTIVITIES!



Art Exhibition by CAA Students

Join us for the Art Exhibition opening on July 3 at 2:30 pm in the dining room and discover the heartwarming stories and inspiration behind the artwork.



Stampede Breakfast

Date: July 8 (Wednesday)

Location: Dining Room

Cowboy Silhouette Collage

Date: July 10 (Friday)

Time: 1:30 PM

Location: Conference Room

Backyard BBQ

Date: July 16 (Thursday)

Location: Backyard

World Cup Final

Date: July 19 (Sunday)

Time: 1:00 PM

Location: Activity Room

Join us in the backyard for a delicious summer BBQ, refreshing drinks, and great music!

Ice Cream Truck Visit

Date: July 20 (Monday)

Time: 1:45 PM

Location: Main Entrance



Mrs. Ye,
Mrs. Wong, Rosanna
Ng, Tina, Mr. Wong,
Mariae, Mrs. Lau





PICNIC



DRAGON BOAT FESTIVAL



STUDIO BELL
FREE VISIT



WALK FOR
WING KEI



SPRING PLANTING



FOSSIL TALK



MAHJONG
COMPETITION



FATHERS' DAY

=SUMMER=

