



CLOVER
LIVING
BY TRICO LIVINGWELL

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Newsletter

Mar 2026 | Issue 94

March arrives quietly with early spring, as all things begin to awaken. Daylight grows longer, and temperatures slowly rise, lifting our spirits.

The rustle of leaves in the breeze, birds singing outside the window, the gentle voices of family – among these familiar sounds of spring, let us also remember to care for our hearing. Protecting our hearing means protecting the warmth and connections in our daily lives.

SPOTLIGHTS

1. Let's Welcome Spring
2. World Hearing Day
3. Emergency Bell Reminder
4. LNY Night Market Special
5. Spring Menu

UPCOMING ACTIVITIES:

- Mar 1 - Phone/iPad Clinic **NEW**
- Mar 3 - Lantern Riddles Reveal
- Mar 10 - Chinook Movie & Shopping
- Mar 13 - Residents & Families Council
- Mar 13 - Chinese Music Concert
- Mar 15 - Phone/iPad Clinic **NEW**
- Mar 17 - St. Patrick's Party
- Mar 20 - Immigration Journey
- Mar 20 - Movie: Back to the Past
- Mar 27 - SmartFit Workshop

As the weather softens and signs of spring appear, we're excited to spend more time outdoors. Stay warm, walk carefully, and enjoy the fresh air as we safely welcome the brighter days ahead.

World Hearing Day – March 3rd

Hearing changes often happen gradually and are sometimes mistaken as normal aging. In fact, hearing is closely linked to quality of life, social engagement, and cognitive health.

When hearing declines:

- Frequently mishear or ask others to repeat
- Frustration due to communication challenges
- Participate less in conversations
- Feel strained in group setting



Early identification allows many concerns to be managed effectively. Our NEW Monthly Hearing Check Service helps residents better understand their hearing and stay connected.

Emergency Bell Reminder

 PRESS when:

- Has fallen or gotten hurt
- Fire or Smoke
- Other emergencies



WHEN IN EMERGENCIES, PRESS PENDANT INSTEAD OF PHONE

REMEMBER

1. Keep the emergency bell within easy reach at all times.
2. Press and hold for 3 seconds before releasing.
3. Staff will check the pendant regularly to ensure proper function.

LN^Y NIGHT MARKET SPECIAL

Enjoy a few moments from our LNY Night Market. Thank you to all for celebrating and sharing the festive joy with us!



Heather – This is my first time joining LNY activities here. I had so much fun – bought a beautiful orchid and even created a pastel horse artwork.

Mr. Liang – I was very happy to join the Night Market. I bought lovely New Year flowers, received a gift I liked and enjoyed festive treats.



Annie – The Lunar New Year celebration at Clover Living had a wonderful festive atmosphere. I was delighted to buy fresh and handmade flowers.



Spring Menu & Chef's Specials

Enjoy seasonal chef's features through
March – September

- Pork Knuckle with Preserved Plum
- Shrimp Paste Stuffed Tofu
- Chicken with Fish Maw
- Prawns with Wasabi Mayo
- Five-Spice Dried Tofu
- Fried Stuffed Eggplant

Ms. Chen, Mrs. Ng,
Paul, Muoi, Alice,
Michael,
Mrs. Tang, Mr. Bow,
Mrs. Ser





LNY
Night
Market



Embassy
Embas-
sador
Visiting



LNY
Wreath
Workshop



LNY
Lion
Dance

