

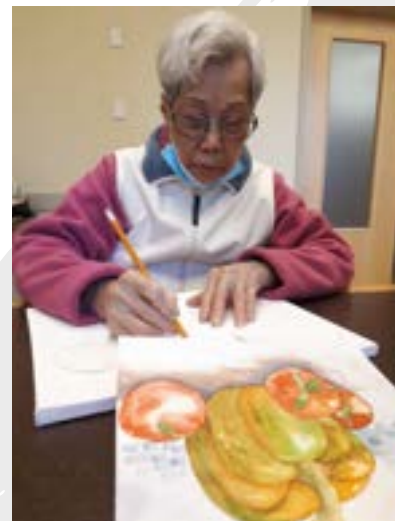
Musical Performance



Halloween Party 



Fall Art Class



Vietnam Day



T&T Shopping Trip



CLOVER LIVING

NEWSLETTER

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Lest We Forget

For those who have experienced the cruelty of war, would deeply realize that peace never comes easy. For those who have been through COVID and endured the endless isolation, fully understand the longing for family and friends.

REMEMBRANCE

Lest we NEVER forget the dark days and celebrate & appreciate all that we have today.






As weather is getting cold, please remember to:

1. Shut the windows
2. Turn up the heat

Frozen water pipes present a huge risk to our beloved building.

 As mold and germs can grow easily on wet carpets, please do not pour water onto the carpet at any time.



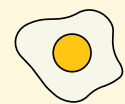
WELCOME

Mr Li: Shares the name of a Chinese pop star, he enjoys playing Ping Pong and goes for long walks along the Bow River.

Mrs Li: Enjoys line dancing, which is one of the best exercises for anyone.

REMINDERS

For residents who would like to dine in their own room, please pick up meals **ONLY** during the times below :



Breakfast: 8:15-8:45



Lunch: 12:00-12:30



Dinner: 5:15-5:45



COVID may only cause mild symptoms these days, however, remember how highly infectious this is to our Senior population. Please report to the Front Desk immediately if you develop any symptoms or even just feel a bit uneasy, and remember, wash your hands often.



HAPPY BIRTHDAY

**Denise, Shui Wah, Stella,
Pui Yin, York Lan, Lia Yi,
Maria, Amy, Feng Yu,
Yau Fung, Shui Lan, Lai Fong,
Chun Fong**

FALL PREVENTION

Research found that falls are the leading cause of injury among older adults. However falls are preventable by working on improving your balance!

You can improve your balance by practicing movements like:

1. Stand and reach for something
2. Heels and toes lift
3. Go in different directions
4. Half Squats
5. Use the stairs when it is safe to do so.



HANGER FLIGHT MUSEUM TRIP

In order to remember those who fought and died in the line of duty, in defense of our freedom, Clover Living has organized a field trip to the HANGER FLIGHT MUSEUM in honour of Flight History Month.

Date: Nov 4, 2022

Fee: Uber and ticket



RESIDENT FAMILY COUNCIL MEETING

As COVID is still mutating and lingering, how should Clover Living be prepared for the upcoming Flu season and helping residents to stay healthy? What new activities do you expect us to organize in the new year? Residents and families are welcome to join the upcoming meeting!

Date: Nov 23 (Wed)
Time: 3:30pm

PACIFIC MALL SHOPPING TRIP

Clover Living will organize a shopping trip to Pacific Mall. All senior residents at Clover Living will enjoy a 10% discount at Oomomo and Wah Hing Chinese Herbs Ltd.

Date: Nov 15, 2022

FEE: Uber and lunch

