

# NEWSLETTER

ISSUE 54 • OCTOBER 2022

"Thankfulness is the beginning of gratitude.  
Gratitude is the completion of thankfulness.  
Thankfulness may consist merely of words.  
Gratitude is shown in acts."  
—Henri Frederic Amiel

Be thankful for what you have, and feel  
gratitude each time you give someone a hand.



Dumpling Day



Mid Autumn Celebration



Fish Creek Minibus Tour



Crescent Heights Loop Walk



Snowy Mooncake Workshop





## 10 BENEFITS OF URBAN POLING



1. Full body workout.
2. Improves core strength.
3. Burns 20 - 46 percent more calories than standard walking.
4. Reduces impact to knees & hips
5. Improves balance
6. Reduces pain & increases flexibility
7. Improves posture
8. Improves mood according to studies on depression.
9. Increases motivation.
10. Effective for helping to manage diabetes, cardiac rehab, and a variety of injuries, chronic pain, obesity, breast cancer.



## SWEET REMINDERS



For all supportive living residents, please don't take extra jam or condiment packs home, as it can generate extra waste or increase the risk of consuming expired food.

## FLU/BIVALENT VACCINE SHOT

A new type of Vaccine called Bivalent, which provides more robust protection against Omicron, is ready now with the annual flu shot.

Date: Oct 4  
Time: 1:30 pm



## VIETNAM DAY



Vietnam is not only a beautiful country with richest history, but also full of unique and yummy food! Let's join us to get a taste of the best Vietnam Street Food and some amazing stories about Vietnam.

Date: Oct 21. Fri  
Time: Lunch time

- Free for Supportive Living residents
- \$15 for Independent Living residents



As weather is getting cooler, please adjust the heat valve from 1 to 3-4 out of 5.



All food waste should be sealed in a degradable bag and thrown into green food waste bin. All food containers should go into the black garbage bin. Degradable bags and garbage bags are available for purchase at the front desk.



## GRATITUDE WALL



What or who do you feel most grateful for in 2022? A **Gratitude Wall** will be set up at the entrance for Residents to write down a note of what they are grateful for.

*Blessed!*

Thanksgiving Lunch: Oct 11 Lunch time  
Thanksgiving sharing: Oct 11 tea-time

## CEMETERY VISIT & FUNERAL PLANNING TALK

Do you want to know about end-of-life arrangements, including cemetery funeral options and planning? Professional funeral service provider will lead a visit to cemetery and join us for a Q&A session at the tea-time.

Date: Oct 5 Wed  
Cemetery Visit: 9:30am  
Talk: 2:30pm



*Happy Birthday*

Mr. Ling, Mrs. Lau, Mr. Chow,  
Mr. Leung, Ms. Lau, Mr. Yuen,  
Mr. Wong

**New**

welcome

## Residents Bio:

Amy: She moved back to Calgary after living in Seattle for 12 years. Amy feels Calgary has the perfect size and population!



Chiu: There were only ~30 Alberta-born Chinese in the 30th century. Chiu and sibling occupied 4 of them.



Mr Yuan: He likes to enjoy his meal at his own pace and schedule. Mr. Yuan plays Mahjong regularly with friends.



From Ha'erbin, they came to Calgary more than a decade ago. They like Calgary a lot as it is not so busy.

Mr & Mrs Liu

