

NEWSLETTER

September 2026 | Issue 100

100 ISSUES, COUNTLESS MEMORIES, ONE AMAZING COMMUNITY!

We can't believe we've reached our **100th** newsletter! To celebrate, we're sharing stories from a longtime resident and staff member, both with more than a decade at Clover Living, plus a fun 100th Issue Challenge filled with Clover trivia and memories.

This month, we'll also welcome the **Mid-Autumn Festival** with mooncakes and lanterns, and observe **World Alzheimer's Day** by highlighting the importance of understanding, connection, and support.

Thank you for being part of our journey. Here's to the next 100 issues together!

UPCOMING ACTIVITIES:

- Sept 3 – 100th Issue Quest Review
- Sept 4 – Cantonese Has Stories by Tony
- Sept 4 – Fire Drill
- Sept 11 – Nostalgia Snacks Market
- Sept 14 – Chess Tournament
- Sept 17 – Lantern Riddle Revel
- Sept 18 – Meet AI with Puppets
- Sept 18 – Exercise for Better Mobility
- Sept 18 – Festive Music Show & Dance Show
- Sept 21 – Moon Painting Workshop
- Sept 22 – Ice Mooncake Workshop
- Sept 24 – Mid-Autumn Outing

Spotlights

- Fire Drill
- Understand Alzheimer
- Mid-Autumn Festival
- Nostalgia Snacks Market

WORLD ALZHEIMER'S MONTH · SEPTEMBER

Alzheimer's Support Talk: September 28

Be a Good Friend to Someone Living with Alzheimer's

A smile, a little patience, and a moment to connect
can brighten someone's day.



Meal & Teatime Schedule

Just a friendly reminder that tea-time seating is first come, first served, so please feel free to take any available seat when you arrive!

To help keep our meal pick-up lines moving smoothly and reduce wait times, please follow our daily meal schedule:

- Breakfast: 8:00 am - 8:30 am
- Lunch: 11:45 am - 12:15 pm
- Teatime: 2:45 pm
- Dinner: 5:15 pm - 5:45 pm

Thanks so much for your cooperation — we appreciate it!

🎉 Celebrating 100 Issues! 🎉



We've reached our 100th newsletter!

To celebrate this exciting milestone and our wonderful community, enjoy a special Braised Pork Knuckle lunch on September 24.



Pick up your question sheet at the front desk starting Sep 3!
Answer 3 fun questions about our newsletter to win a prize.
Clues found in the "Memory Moments" binder at the front desk.

Mr. Tse, Cecilia, Mrs. Han, Patsy, Sherman,
Noha, Ms. Tran, Mrs. Wong, Ghassan



To celebrate, we're sharing a few words from residents and staff who have been part of our community for over 10 years:

Maria:

It's beautiful, cozy, and peaceful here. The staff are so caring, and there's always plenty to do.



Michael:

love living here! Zero worries, I'm eating and sleeping great.



Mrs. To:

I love the friendly staff here, as well as the exercise classes and brain games!



Ada:

Everything is going well, I've made friends, and the place is so bright and well-located.



14 years ago, a colleague taught me to care for and respect every resident. It's been amazing watching us grow from just 4 to over 100 residents since then. But no matter how much we grow, my promise remains the same: treat everyone like family.

– Lily (Kitchen Team)



12 years ago, I did towel exercises with residents. Today, that journey has made me a professional elderly fitness and yoga instructor. Every bit of progress they make keeps us moving forward, together.

– May (Resident Support)

Over the last 13 years, I've put my heart into caring for our residents, and I've received so much love in return. They treat me like family.

– Fong (Kitchen Team)

14 years have gone by, and in that time I've learned how to truly connect with and care for the elderly – chatting with them in quiet moments, growing as close as family. I've come to understand the changes their bodies go through, and lending a hand, however small, always feels natural. Being able to help them is what brings me the greatest joy. – Mei (Housekeeping)



DIM SUM DAY



SUMMER BACKYARD CARNIVAL



RETRO SNACKS MARKET



BABY GENDER REVEAL

