

傳統日



家人照片分享



棉花糖餅乾品嘗



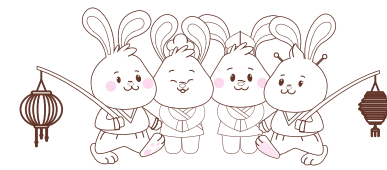
LOUGHEED HOUSE 健步日



農夫市場



華埠嘉年華



CLOVER LIVING

月刊

第 53 期 • 2022 年 9 月

中秋愉快



月到中秋分外圓，千里共嬋娟。在我們傳統佳節—中秋節來臨之際，衷心祝願大家平平安安，健健康康，人月兩圓。

關節關注月

在長者中關節炎是相當普遍的。尤其以退化性關節炎最為常見。隨著年紀漸長，關節液分泌減少。關節因長年累月的磨擦而勞損，軟骨也因此變薄。若加上關節附近的肌肉及筋腱軟弱、又或身體過重、不正確的姿勢和活動，情況便會更差。若你想學習如何好好保護你的關節和正確地使用他們，誠意邀請你參加9月23日李經理主講的：關節炎與運動。

緊急求救提醒



住客在大廈內求救有三種方式：

1. 撥打電話按"0"字到前台
2. 拉動洗手間裏的救命鐘
3. 按動隨身攜帶的緊急救命鐘



記得長按**綠色/紅色**按鍵**5秒以上**直到紅光閃動才可以放手。

職員接到住客求救信號后首先會撥打住客電話確認情況。如果不見住客接聽的話，職員會上門。職員先會敲門，必要時會開啓門鎖入門查看情況，直到親眼或親耳確認住客安全為止。如果不明白的話可以隨時下來前台問詢。

生日快樂

王生, Ghassan, 袁太,
馬太, 謝女士, 鄭生,
韓老師

道歉啓事

上月短短一個月內接連發生了3宗火警鐘誤鳴事件，對此造成的影響，我們深感抱歉。不過我們希望住客不要由此放鬆消防安全意識。



坐小巴/步行 悠遊魚溪公園

日期：9月8日 (周四)

位於卡城南面的魚溪公園其實是加拿大第二大的市內公園，面積多達14平方畝。要想悠遊魚溪公園，最舒適的莫過於步行或坐敞篷小巴士。小巴士僅限9人乘坐，先報先得。

餃子日

時不時換個口味，我們廚房
將為住客奉上一頓北方風情的餃子餐。

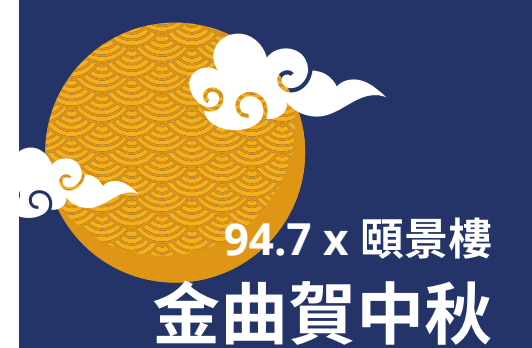
日期：9月20日；時間：中午；

費用：包餐住客免費，非包餐住客\$14

不做垃圾蟲



近日我們清理電梯槽時發現很多的衛生紙團，既惡心又極有可能影響電梯的正常運動。所以督請所有住客不要亂扔垃圾。3樓洗手間門口的公共垃圾桶只能放普通垃圾，生濕的廚餘垃圾請用專用廚餘垃圾袋包好扎緊，到大堂扔入指定的垃圾槽。此外，仍發現有人從樓上往後院扔麵包煙頭。為此，我們已在多個公共區域安裝監控攝像頭，請勿做垃圾蟲。



9月9日 (周五)

94.7中文電台將會來臨頤景樓，三位DJ家燕、盧子俊和阿豆會跟住客分享中秋趣事，大玩游戏，資深歌唱老師李衛賢還會獻唱經典金曲，記得不要錯過啦！



齊齊做冰皮月餅

過中秋節怎麼少得了月餅，如果能親手做做月餅，吃起來想必特別好吃。

日期：9月7日

時間：3點半

費用：\$6



HERITAGE DAY



FAMILY PHOTO SHARING



SMORES DAY



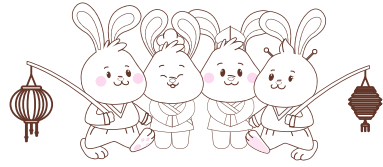
LOUGHEED HOUSE WALK



FARMER'S MARKET



STREET FESTIVAL



CLOVER LIVING

NEWSLETTER

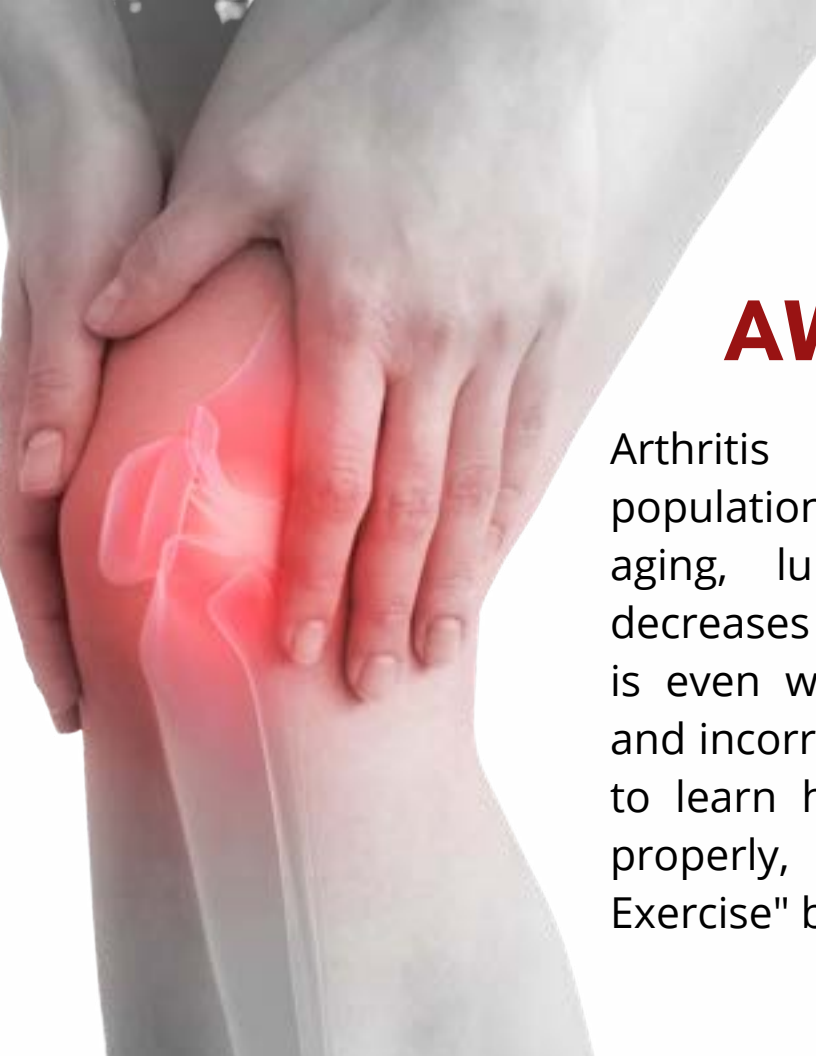
ISSUE 53 • SEPTEMBER 2022

HAPPY
MID-
AUTUMN
Festival

中秋
愉快

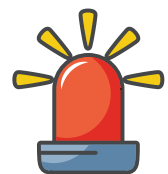


Though miles apart, we share the beauty of the fullest moon at different places. We sincerely wish every residents and their families safe, healthy and happy Mid Autumn Festival.




ARTHRITIS AWARENESS MONTH

Arthritis is quite normal in our seniors population, especially Osteoarthritis. During aging, lubricating fluid inside our joints decreases and the cartilage becomes thinner. It is even worse with weak muscle, overweight and incorrect posture and activities. If you want to learn how to protect and use your joints properly, please join our talk: "Arthritis and Exercise" by Anthony on 23rd September.



EMERGENCY CALL PROTOCOL

There are 3 ways you can ask for help in our building:

- **Dial 0 to the front desk** 
- **Pull the emergency cord in your washroom**
- **Press your emergency pendant**

Remember to press your emergency button (some **GREEN** & some **RED**) for over 5 seconds until you see a flashing red light.

When we receive an emergency call, we will phone our resident first, if no one answers, then we will come to the unit and knock on the door. If no one answers, we will use our master key to enter the suite to ensure our resident is safe. If you have any doubt or questions, please see us at the Front Desk.



Happy Birthday

Mr Wong, Ghassan,
Ms Yuan, Ms Mah,
Ms Xie, Mr Cheng,
Ms Han

Apology Notice

Sorry!

Last month we experienced 3 false fire alarms. We are sorry for any inconvenience caused, however all alarms should be taken seriously and responded too in an orderly and safe manner.

Fish Creek Minibus Tour

Fish Creek Provincial Park is the second largest city park in Canada. The best way to explore this wonderful park is via Minibus. Remember, our minibus is only limited to 9 participants, first come, first serve basis.

Dumpling Day

Our kitchen will provide residents with a northern-style dumpling meal

Date: September 20

Time: 12 noon

Free for Supportive Living Residents,
\$14 for Independent Living Residents.



DON'T LITTER



We have found a large quantity of kleenex tissues at the bottom of elevator shafts, which is very dangerous and may cause issues with the elevator functionality. Please do not place anything between the gaps on the floor between the doors. Also, please do not throw your In-Suite garbage into the bin on the 3rd-floor, this is provided for common area garbage only, your In-Suite garbage is to be thrown in the Main Floor Garbage room. Finally, we have spotted residents throwing garbage and cigarette butts into the backyard. We have installed additional cameras for monitoring this area. Please don't litter.

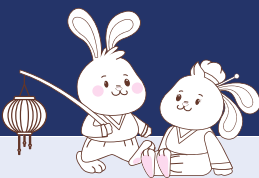


94.7 x CL

Mid Autumn Celebration

SEPT 9 (FRI)

Terry, Xenia and Chi Chun from 94.7 Fairchild Radio will be coming to visit our residents. They will share some wonderful Mid Autumn festival stories. The pop song star Ricky Lee will also come and perform as well. Don't miss it!



Snowy Mooncake Workshop

Moon cakes are one of the most famous Mid-Autumn Festival food.

Please let us know if you can make Home Made moon cakes!

Sept 7 • 3:30pm • \$6

