

ICE CREAM
the coolest dessert in history



TOP 5 Ice Cream consuming countries in the world

1. New Zealand
2. United States of America
3. Australia
4. Finland
5. Sweden

The worlds tallest ice cream cone was 9 feet tall
It was scooped in Italy

Most of the vanilla used to make ice cream comes from
Madagascar and Indonesia

Chocolate syrup is the most popular topping



Belvedere
Care Centre

739 Alderson Avenue
Coquitlam, BC
V3K 7B3
Phone: 604-939-5991
Fax: 604-939-5910
belvederecare@telus.net



Residences at
Belvedere

750 Delestre Avenue
Coquitlam, BC
V3K 0A1
Phone: 604-939-1930
Fax: 604-939-1901
residences@telus.net



Cherington
Place

13453 111A Avenue
Surrey, BC
V3R 2C5
Phone: 604-581-2885
Fax: 604-582-9028
cherington@telus.net



Suncrest
Retirement Community

NOW OPEN
2567 King George Blvd
Surrey, BC
V4P 0E9
Phone: 604-542-6200
suncrestbc@telus.net



www.belvederebc.com

Keeping you informed...



SUNCREST RETIREMENT COMMUNITY 2567 King George Blvd. South Surrey

We are pleased to announce that Suncrest Retirement Community opened in September 2017.

The building is comprised of 78 Independent Living suites and 110 Complex Care beds. It is designed to be appealing, welcoming and comfortable. Independent Living suites are equipped with a kitchenette, a refrigerator and space for a microwave.

Rent includes continental breakfast, lunch, dinner and recreation programs with access to outings and social events.

Complex Care has 24 hour professional care, attending physicians and personnel to meet all care requirements.

We welcome you to come and tour, stay for lunch or dinner.

Please visit our website belvederebc.com



Stay Hydrated – Tips to ‘drink up’ this Summer

Fruits and Veggies

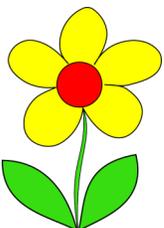
Summer might bring the heat, but it also brings some of the most delicious in-season and water-packed foods of the year. Indulge in favorite summer-ripe cucumbers, oranges, plums and lettuces all summer long. The extra water content in these foods will help keep optimal hydration levels.

Mix it Up

Good hydration doesn't have to rely on water alone. Iced tea, home-made lemonade or even simply adding fruit to a bottle of water can make it easier (or at least tastier) to get more fluids. Just be sure to avoid too many overly sweetened or caffeine-laden beverages, which could undo some hydration efforts.

Keep it With You

Sometimes the easiest way to get enough fluids is to make sure they are within easy reach. Keep a bottle of water next to the bed or a favorite chair, or carry one with you during the day to sip on between meals.



Schedule It

Still having trouble staying hydrated? Why not add it as a short and easy activity throughout the day.

So “drink up!” healthfully this summer to beat the heat and stay on top of your hydration. Your body and health will thank you