



WELCOME TO APRIL

Celebrating April

Saturday, April 1

April Fools' Day Party

Tuesday, April 4

Disney's 100 Years of Wonder

Wednesday, April 5

Passover Begins

Friday, April 7

**Good Friday
Green Shirt Day**

Sunday, April 9

**Easter Sunday
Family Egg Hunt**

Monday, April 10

Easter Monday

Thursday, April 13

Passover Ends

Week of April 16-22

Volunteer Week

Monday, April 17

Cheeseball Social

Saturday, April 22

Earth Day

Wednesday, April 26

Chef's Table Presentation

Saturday, April 29

**Funny Money Auction +
Spin the Wheel**

Sunday, April 30

**International Jazz Day
Educational Workshop and
Dance**

Each residence has a unique calendar full of fantastic programs and activities, so be sure to check with your Health and Wellness team for details.

April Forecast ... Cloudy with a Chance of Chuckles

Tis the season of Easter bunnies, April showers, rainbows—and so many ways to keep your senior loved one engaged. At ASC residences across the country, April 1st kicks off a month that observes several unique days – and we have brought them to the fore for some fun.

Every year in April, ASC communities celebrate our volunteers. Without whose “Caring Hands & Loving Hearts” our community would not be the same. Thank you so much for all you do!! As a volunteer you are a part of our All Seniors Care family! We welcome students and seniors who wish to be part of a vibrant and social community, make some new friends, and experience the diverse personalities of our residents! If you live at an ASC residence, ask your Lifestyle Director about our volunteer incentive program.

To stay well informed about what is happening in your community, ask your ASC recreation director for your residence specific activity calendar and be sure to pick up the monthly *Headlines and Heartstrings* newsletter at reception. You can also visit our [Social Media page](#) to see new posts every day.



Spring Magic Monday!

Monday April 24th is Spring Magic Monday! The Seine River community in Winnipeg will enjoy a full day of MAGIC themed activities!!



The day will start with an exploration of the rich history of magic in Winnipeg during a **History of Magic in Winnipeg Discussion Group**. Be sure to bring your best illusionist vibes for the afternoon's **Magic Photoshoot** with some fun props! After the photoshoot join the Health & Wellness team in the front lobby for a special **1:30 p.m. Magic Show** with magician Evan Morgan! Get ready for a day fun and illusion!!

Residents are encouraged to WEAR BLACK & WHITE during the day to earn some extra Seine River Dollars!!

Preston Park I and II Helping People Every Day

In March, the Preston Park buildings raised \$2,230 towards [Telemiracle](#), a charity in Saskatchewan. The twin residences sold Helping Hands for \$2.00/each, sold candy, popcorn and donated Happy Hour proceeds.

“We have many wonderful and generous residents”, says Meghan Arnault, Recreational Therapist at Preston Park. “Greg T. is a resident who has been involved with the charity since 1977 when he was a student in commerce. Part of the first VIP panel in 1977, he joined Kinsmen in 1979. He has been involved in Telemiracle every year since the beginning and helps talk it up here as well!”

Founded in 1971, Kinsmen Foundation works to improve the quality of life of people in Saskatchewan by raising money to purchase medical equipment and fund medical travel expenses. Grants for equipment may be awarded to individuals or care homes for people with special needs, with past purchases including walkers, accessories to make vehicles more accessible, wheelchairs, specialized bathtubs, and systems to lift people.

ASC Referral Program

Do you have a friend, family member, former neighbour or someone you know who would benefit from the lifestyle offered at one of our Living Centres? Submit their names to one of our Executive or Lifestyle Directors! If your friend or relative tours a building, you will be awarded \$500.00 Funny Money. If this person moves in and stays for at least 30 days, you get to spin the Wheel of Treasures for a fabulous prize – up to a free month rent.

(This is not a joke!)



VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Laughter is the Best Medicine

By Susan Cull, DOC, Seine River

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

For more health tips and tricks ASC's [Senior Living Advice](#). It is published every Thursday on our website.

April Fools'!

Celebrated in many parts of the world, April Fools' Day is filled with practical jokes and hoaxes.

1. They say babies born on March 31st are the easiest to prank on April Fools' Day (because they were born yesterday).
2. Believe nothing and trust no one this April Fools' Day. So, it's just like any other day.
3. What monster plays the most April Fools' jokes? Frankenstein.
4. Did you hear about the guy who swapped the labels on the pumps at the gas station? It was an April Fuels' joke.
5. Excuse me, sir. Do you think they named April Fools' Day in your honor?
6. Why was the donkey annoying his friend? It was April Mules' Day.



Pawsitively Adorable Recruit in Saskatchewan



On March 23rd – National Puppy Day, Preston Park I in Saskatoon staff and residents welcomed their new joy, Simba!

At the end of September, they sadly said goodbye to Scrubs, a faithful companion of 13 years. Scrubs held a special place in many hearts and was one of the reasons some residents chose to move into Preston Park. He was that best concierge and marketer in Saskatchewan!

There was a little reluctance at the idea of adopting a puppy as the residence's heart healed, they took the plunge.

When a picture of the potential new puppy was shared, name suggestions flooded in: Popeye, Cashew, Tumbleweed, Biscuit – all the names of former loved fur babies.

As they watched the newly arrived 9-week-old Aussiedoodle stalk and pounce on stuffed toys, Roy (a resident) said, "He looks like a little lion, maybe he should be Simba". When the golden ball of fur perked up his head and enthusiastically trotted back as if to say, "Yes of course I'm the lion protector of our home," they knew they'd found his name.

Simba loves his new position (and home)! He can be found at Preston Park I Monday to Friday and of course at all special events!

ASC Highlights from March

In like a lion and out like a lamb, March was extra fun at ASC residences: Hawaiian, Mexican, and The Philippines Staycations; International Women's Day celebrations; We Can Build It workshops; and, of course, St. Patrick's Day! To see more photos and videos from our residences, please visit individual residence [Facebook pages](#) or look at some highlights on [Instagram](#).



Can Chinchillas Be Emotional Support Animals?

No joke! **Fox Hollow** in London, ON recently had Little Tracks Petting Zoo visit their Memory Care and Assisted Living floors. What a fun time!! Lifestyle Director, Patty Urquhart told us "I would encourage every home to give this wonderful experience to their Memory Care residents. It sparked so much joy." Click the link for some pictures.

Animals are playful, affectionate and give their owners unconditional love. Pet therapy, also referred to as [animal-assisted therapy](#), uses pets for companionship. Its purpose is to improve a senior's social, emotional, or cognitive well-being.

BLOSSOM CORNER



Etta Gover, Senior Blossom

Coordinator at Chapel Hill Retirement Residence in Orléans, ON shared a lovely message she received from a Blossom Living resident's daughters.

She wrote: "Thank you for the wonderful care you provide my father. We are truly blessed. FYI – Chapel Hill is wonderful at posting online. I have been wanting to delete my Facebook account and the only reason I still have it is because I see the updates and posts by Chapel Hill! Well done! These posts provide peace of mind and joy that my father is well cared for, is happy and that he is surrounded by people who are compassionate."

Putt Putt and Away

To mark the [87th 2023 Masters Tournament](#), **Beacon Heights residence** in Gloucester, ON (BH) has something very special planned!

The fun will kick off with a trip to a Virtual Golf Bar on Thursday, April 6th and continue with a Mini Putt Challenge on April 7th. For those who wish to follow the Masters Tournament play by play, it will be showing in their cinema. And since "the woods are full of long drivers", the creative team at BH have designed "Green Grass & Golf Ball" scavenger hunt so that residents can experience the pleasure in finding a ball after an errant shot into the rough.

also told that they will be serving The Arnold Palmer – a non-alcoholic beverage with half iced tea and half lemonade – during the weekend.

Ask Lynn Bowie, Director of Health & Wellness for details!

Spiked Arnold Palmer

Mix:

- 1 ½ oz vodka
- 1 ½ oz simple syrup
- 1 ½ oz lemon juice
- 3 oz freshly brewed English Breakfast Tea (cold)

Garnish with a lemon slice and serve over ice!