



# WELCOME TO JULY

## Celebrating July

Saturday July 1st  
**Canada Day Party**

Tuesday July 4th  
**A Taste of Canada**

Sunday July 9th  
**Campfire Social**

Wednesday July 12th  
**Pecan Pie Day**

Friday July 14th  
**Bastille Day  
Strawberry Social**

Monday July 17th  
**Stampede Square Dance**

Tuesday July 18th  
**Ice Cream Day**

Friday July 28th  
**Meteor Shower Formal**

Sunday, July 30th  
**International Friendship Day**

Monday July 31st  
**Funny Money Auction + Spin  
the Wheel**



*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.*

## Patio Season and Canada Day are Here!

Heading into deep summer mode, ASC buildings have been counting down to the first federal holiday of the season!

On Saturday, July 1st residences are throwing a Canada Day Party that you won't want to miss! The day will be filled with festivities. Enjoy musical entertainment, cool and delicious refreshments, games, BBQs, and more – all while creating memorable moments with the people around you. Be sure to show your Canadian spirit by wearing red and white! Helpful hint: residents get funny money for wearing red.

This past month, Health & Wellness Directors have been hard at work planning Campfire Socials, square dances, meteor shower parties, and travelogues. Residents can expect some interesting outings and picnics, tournaments, games, and of course, live music events. There is always something going on to help keep you active, social, and having fun!

There are many other activities planned throughout the month, so be sure to check Activity Calendars weekly. Wishing everyone a happy and safe summer!



## Winnipeg Seniors & Families Donate to Local Hospital



Jon Einarson, Executive Director, Grace Hospital Foundation loves getting a call from Wanda Metro, Executive Director of Sturgeon Creek I in Winnipeg, Manitoba.

Six months ago, All Seniors Care embarked on an effort led by Metro to donate mobility aids and wheelchairs to Grace Hospital. Metro explains that when residents pass, or progress to different equipment, their mobility aids often go unused and accumulate at the residence. “Donating the items was a perfect fit. And we love that patients at the Grace benefit from the generosity of ASC residents and their families,” says Metro.

Mr. Ian L., a resident at Sturgeon Creek and long-time supporter of the Foundation, accompanied Metro with

the first donation and has been helping her take the mobility equipment to the nearby hospital every 6-8 weeks since.

Facilities management team at the hospital inspect them to make sure that they are in safe working order before delivering them to the hospital's Occupational Therapy Department. The therapists use them to help people ambulate and mobilize. Other times, the aids are given to patients who are cleared to go home but don't have the resources to purchase their own equipment.

“All Seniors Care are very good friends with the Grace Hospital,” says Einarson, “and these walkers and wheelchairs are a real tangible item that makes a huge difference.”

Bruce Lillie, National Director of Marketing at ASC and Grace Hospital Foundation Board Member is an avid supporter of the program. All Seniors Care is also major supporter of the Grace Hospital Foundation: they support the Grace Hospital Day Radio-A-Thon, sponsor the annual Grace Gala and, participate in the bocce ball tournament each August.

As for Einarson, he is waiting for the next call, “Generosity can make a big difference and its very kind of All Seniors Care to give us these items. It is a perfect situation all around!”

VISIT OUR WEBSITE  
[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)

## Want To Age Optimally? New Study Reveals the Power of Social Participation

A three-year study tracking over 7500 Canadians 65 and older found that high rates of social participation, through volunteer work and recreational activities, were associated with successful aging. Successful aging is defined by freedom from major physical, cognitive, mental, or emotional conditions, along with self-reported happiness and health.

The findings of the study published on 6 June 2023 in the [International Journal of Environmental Research and Public Health](#), shows that seniors who participated in recreational activities and volunteer or charity work were 15% and 17% more likely to maintain excellent health across the study, respectively.

“Being socially active is important no matter how old we are. Feeling connected and engaged can boost our mood, reduce our sense of loneliness and isolation, and improve our mental health and overall health,” says the study’s first author, Mabel Ho, a doctoral candidate at the University of Toronto’s Factor-Inwentash Faculty of Social Work (FISW) and the Institute of Life Course and Aging. In fact, the benefits of are so profound that some medical professionals are advocating for ‘social prescribing,’ or encouraging older adults to engage in social activities.

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

## College Park Party

College Park are having a BLOCK PARTY on July 29th! There will be entertainment, a petting zoo, carnival games, and food trucks all booked. It will be a great family event! Ask the Health & Wellness team for details.

## Porsches in the Parking Lot



River Ridge residences will host the Red River Region Porsche Club of America at their annual **Porsches in the Parking Lot Show and Shine** on Wednesday, July 12 in the parking lot between their two buildings. There will be many beautiful cars to view and a lot of fun happening at this exciting event.

Residents and the community are encouraged to come out, enjoy the cars, interact with the owners – there will be opportunities to sit in vehicles and have your picture taken. Be sure to vote for your favourite vehicle in the Peoples Choice Award.

On the day of the event, River Ridge I tenants will have the opportunity to purchase raffle tickets for a chance to win a ride to the Half Moon Restaurant in John Sobczak’s award-winning Ocean Jade Metallic 1999 Boxster. Shuttle Driver at River Ridge I, John, is a member of the Red River Porsche Club integral to the organization of Porches in the Parking Lot.

**Date:** Wednesday, July 12

**Time:** 6–9PM

**Location:** 50 Ridge Crest Ave, Winnipeg, MB

**Rain Date:** Wed., July 19

## Quebec Seniors Pedal with Tour de France

The Tour de France is an annual multiple-stage bicycle race primarily held in France, where cyclists race for the chance to wear the famous yellow jersey given to the winners of each stage. From July 1 – 23, residents at **Résidences de la Gappe**, Phase 2 in Gatineau, QC will be joining the fun! Residents will be attending travelogues and pedaling through the mountains of France while watching YouTube videos.

## TR Students Engage Seniors in Regina



Samantha Frey, BSRS, CTRS, the Senior Director of Health and Wellness at **College Park II** in Regina, SK is currently hosting two University of Regina Recreation Therapy students. The students are each completing a special project – and both have residents and staff excited!

One student, Nicole, has started up a small greenhouse in the residence’s Memory Care, incorporating intergenerational programming. Kindergarten students and their Grade 4/5 buddies come in to help plant, as well as paint pots and rocks for the raised garden beds. The greenhouse harvest will also be incorporated into a cooking program later in the season.

The second student, Miranda, is bringing a cuteness overload to the building! For 6 weeks residents will interact with baby chicks during the day, make baskets to hold them, a naming game, guessing weight, making feed for them, and more. After their time at College Park II, the chicks will go live with a farmer where they will become layers!

*(Photo courtesy of Summit Heights residence in Hamilton, ON.)*

## BLOSSOM Corner

Victoria Landing in Brandon, Manitoba has launched the BLOSSOM Living program!

Created to support residents experiencing mild cognitive decline in an inclusive community, the carefully developed programming engages seniors to help them live their best life. The add-on curriculum focusses on the whole person and includes physical, cognitive, sensory, social, and spiritual activities as well as providing Brain Healthy menu selections. Read about the program at [www.allseniorscare.com/sup-ortive-living-for-seniors-mild-cognitive-impairment/](http://www.allseniorscare.com/sup-ortive-living-for-seniors-mild-cognitive-impairment/)

Speak to a Lifestyle Director at your residence to learn more about whether BLOSSOM Living is right for you or your loved one.

## Aspen Heights Is Now Open!



The new and vibrant retirement community in Calgary is now open! The newest luxury community, Aspen Heights Retirement Residence has been welcoming residents and continues to fill up.

Be sure to watch the Aspen Heights [Facebook](#) page for pictures of the fantastic mountain views and beautiful! To all new residents – Welcome to the ASC Family!



## Berry Sweet News

There's nothing sweeter than strawberry season. That's why strawberries are one of the most popular fruits in Canada with the average Canadian consuming around three kilograms annually! On **Friday, July 14<sup>th</sup>**, residences will be celebrating our favourite berry during a Strawberry Social. Enjoy an afternoon of fun with strawberry refreshments, music, and soaking up the summer sun.

## Happy Birthday, ASC Centenarians!!

Mr. Albin L, Victoria Landing  
Happy 100<sup>th</sup> Birthday!

Helen H at River Ridge  
Happy 102<sup>nd</sup> Birthday!

Mabe H at Shaftesbury Park  
Happy 101<sup>st</sup> Birthday!

Marguerite M at Courtyards on Eagleson  
Happy 102<sup>nd</sup> Birthday!

## Calgary Stampede ... in Whitby



Get your dancing shoes on and join the square dancing at **Lakeridge Heights!** The Whitby residence is getting on the chuckwagon with a morning square dance by Country Entertainment. Bring your best Stampede style to the July 17th event and say "Howdy!" to your neighbours in this nod to the World's Largest Outdoor Rodeo.

*(Picture of Auburn Heights resident in Calgary 2022)*

## ASC Memories in the Making

June was a fun-filled month at All Seniors Care Living Centres! We walked for Alzheimer's Awareness and across Canada in a national challenge, celebrated Father's Day, took a trip to Portugal, planted gardens, and partied in true Canadian style leading up to Canada Day. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page



## Capture the Sunset Week



July evenings are just about the best time of all. A gentle breeze wafts through the warm air. The sun is putting on a dazzling display in shades of yellow, red, orange, and purple. It's the perfect time to snap some picture or selfies during **Capture the Sunset Week, July 16 - July 22, 2023.**

Sunsets are one of nature's prettiest pictures. Not every night produces a brilliant tapestry of color at sunset. The conditions have to be just right. When a brilliant sunset does occur, it can take your breath away. So, it's only fair and proper, that we take a moment to show recognition and appreciation for glorious sunsets, and to snap a few pictures to capture the moment.

## How to Celebrate Capture the Sunset Week

Here are some ideas on how to celebrate Capture the Sunset Week:

- Go out each evening and watch the dazzling colors of a brilliant sunset.
- Capture the moment in pictures: take some photos of the sunset from your balcony or take a stroll on your residence grounds to get the best shot. You can even get into the view with a selfie in the sunset!
- Share your beautiful sunset picture with others and with your Health & Wellness Director for posting on social media. Use the hashtags #setsets #sunsetcanada #sunset(yourprovince)