



# WELCOME TO SEPTEMBER

## Special Days to Celebrate

Friday, September 1<sup>st</sup>  
**Labour Day BBQ**

Tuesday, September 5<sup>th</sup>  
**Back To School Picture Day!**

Friday, September 8<sup>th</sup>  
**Potato Festival**

Sunday, September 10<sup>th</sup>  
**Grandparents Day**

Friday, September 15<sup>th</sup>  
**Rosh Hashana Begins**

Saturday, September 16<sup>th</sup>  
**Oktoberfest**

Thursday, September 21<sup>st</sup>  
**World Alzheimer's Day**

Saturday, September 23<sup>rd</sup>  
**Welcome to Fall Party**

Wednesday, September 27<sup>th</sup>  
**Apple Picking Outing**

Friday, September 29<sup>th</sup>  
**Funny Money Auction + Spin The Wheel**

Saturday, September 30<sup>th</sup>  
**National Day for Truth and Reconciliation**

*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.*



## All Seniors Care Embraces the Season

Autumn is about building connections – to each other, our community, and the world. As we bid adieu to summer and gear up for the change of seasons, we explore traditions and celebrate connections in a month that is teeming with special events and commemorative days. Mark your calendars; we're excited to share these moments with you!

This month promises enriching activities, heartwarming gatherings, and continued camaraderie in all our beautiful residences, starting with our traditional Labour Day BBQs. We then dive into the harvest spirit for a Potato Festival, celebrating this versatile vegetable in all its glory with games and crafts, music, and presentations. Mid-month, we'll be commemorating World Alzheimer's Day, taking a moment to raise awareness and express our support for those affected. And as summer draws to a close, we'll transition to the golden warmth of autumn with a Welcome to Fall Party.

We remain dedicated to ensuring a comfortable and engaging environment, no matter which location you call home. Let's savor the last summer warmth, the emerging colorful leaves, and the wonderful moments that we share.



## Warren's Big Splash! Fund-Raising Event

*Back by popular demand! Lakeridge Heights Retirement Residence's Executive Director Takes a Plunge for Alzheimer's on September 28<sup>th</sup>.*

Warren's Big Splash was so successful last year that we decided to bring it back for World Alzheimer's Day 2023. The residence will be selling raffle and 50/50 tickets all month long, and for every \$500 donated, Executive Director Warren Van Vorst will make a SPLASH in the pool wearing a fun outfit and large floaty. Residents are invited to wear their best beach gear.

The Whitby, ON community is fiercely committed to raising funds that make a difference in the lives of people living with Alzheimer's disease and their caregivers. Help them reach their goal: to beat last year's donation total of \$1500! A member of the Alzheimer's Society- Alzheimer Durham will be attending the event.

## Join Us for World Alzheimer's Day

Observed on September 21st, World Alzheimer's Day is an international campaign to raise awareness and challenge the stigma surrounding Alzheimer's disease and other forms of dementia.

As we strive to enhance understanding and provide unwavering support, we invite families and prospects to enlightening presentations that spotlight our specialized BLOSSOM Living curriculum and holistic Memory Care Lifestyle. This day isn't just about awareness—it's about embracing and celebrating the journey, together. Come, discover the dedication and compassion of our communities, and let us pave a comforting path for your loved ones with memory care needs.

Residents are encouraged to wear purple to show their support and attend presentations at their residence about Alzheimer's and other types of dementia. This year's theme 'Never too early, never too late', centres on key risk factors and risk reduction.



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



## Resident Spotlight



Esther P, a resident at **McCarthy Place** in Stratford, ON, celebrates her **105th birthday** this month!!

Born in Lisbon – a hamlet in the Waterloo Region – we asked Esther the secret to long life. “Work hard and never give up, keep going, even when it’s tough”, she confides.

And she knows all about hard work. Esther was 9 years old when her father moved the small family to a farm. Not having any brothers, Esther did her fair share of work on the homestead. “You name it, I did it; I was the jack of all trades!”.

A home-based hairdresser for 35 years, Esther left the farm when she married, and had a daughter at 23 years old.

To say Happy Birthday, McCarthy Place is throwing a birthday bash, complete with her favourite desert - homemade chocolate cake.

**Words of wisdom:** As long as you have family and good friends, that’s all you need.

## 100<sup>th</sup> Birthday Club

Lorna A, Seine River – Happy 100<sup>th</sup> Birthday!

Doris J, Sturgeon Creek I – Happy 103<sup>rd</sup> Birthday!

Marjorie W, Victoria Landing – Happy 100<sup>th</sup> Birthday!

Marjorie L, College Park II – Happy 102<sup>nd</sup> Birthday!

Jean A, 105, Preston Park I – Happy 105<sup>th</sup> Birthday!

## ASC Celebrates Grandparents Day

As the leaves transition to their autumn symphony of colour, there's no better backdrop to relive cherished memories and create new ones. On Sunday, September 10th, we invite families to experience a day filled with love, laughter, and leisure as we celebrate Grandparents Day and the timeless bond of family at our picturesque retirement residences.

Stroll through our gardens, bring the whole family for a swim in our heated indoor pools, enjoy specially curated activities, or simply relax in our cozy common areas. Our team is eager to showcase the warmth and care that make our communities so special. It's more than just a visit—it's an ode to the special relationship between grandparents and grandkids. Reserve your spot and make this Grandparents Day unforgettable.

Here are just a few of the plans from around the country. To find out more, contact your All Seniors Care residence for information.



### Aspen Heights

Join our newest residence in Calgary for a Petting Zoo, Grandkids Swim Time, a Hot Chocolate Social, and a kid-friendly movie with popcorn!

### Preston Park II

Our plans for Grandparents Day include a big party in our dining room with entertainment, snow cones, cotton candy, popcorn, hot dogs, face painters, a balloon artist, and plenty of games for our residents and their families to enjoy!

### River Ridge I

Settle in for a morning craft, then head outside for an afternoon of lawn games. Finish the day off with a party, entertainment, and treats!

### Seine River

This Winnipeg residence is all about friendly competition. Families are invited to join residents for Lawn games in their beautiful Courtyard - there will be Horseshoes, a Frisbee Toss, and more. For the young and old at heart, a special sundae treat is sure to please.

### Cataraqui Heights

The Kingston, ON community will be decorated in high style! Families are invited to pose in a photobooth and enjoy conversation at a High Tea Social, complete with finger foods fit for a king or queen.

### Lakeridge Heights

Grandparents Day? Think Grandparents Weekend! On Saturday the Whitby residence is inviting families to a Petting Zoo and on Sunday they are hosting a High Tea social.

### Summit Heights

Residents and their families are invited to a Hamilton Mountain Pool Party! Games and treats are guaranteed to entertain grandchildren and adults alike. Then kick back in the late afternoon with entertainment and a celebratory snack. The event takes place from 1:00 PM - 4:00 PM and everyone is invited!

## Aspen Heights Making a Positive Impact on NATIONAL FOOD BANK DAY

September 1<sup>st</sup> is National Food Bank Day and **Aspen Heights** residence is partnering with the Calgary Food Bank to collect non-perishable items throughout the month of September.

Located in the heart of the Aspen Woods neighbourhood, Aspen Heights' Health & Wellness team are setting up 6 donation boxes throughout the building. Resident volunteers are helping to organize the bins and ensure that appropriate food items are added.

There will also be a cash box at reception for any monetary donations.

Food banks across the country help some of the 42 million men, women, and children who struggle with putting food on the table.



## Experience Active, Healthy & Engaged Retirement Living

Discover a world of well-being at our **Summit Heights Health & Wellness Retirement Fair** in Hamilton, ON. Browse specialized displays from vendors offering services like Mobile Dental, Footcare, Mobility Aids, and more. Plus, gain insights during expert-led presentations on topics ranging from falls prevention to memory care services.

Whether you're seeking information on walker tune-ups, advice on decluttering, or simply looking to connect with move specialists, there's something here for everyone.

**Date & Time:** September 21, 10 a.m. to 4 p.m.

**Location:** 2126 Rymal Road E, Hannon, ON

**RSVP:** Tanya 416.477.1650



## All Seniors Care is a Proud Sponsor of the Miracle Garden Party



On Thursday, September 14, Manitobans will enjoy a transformative evening at the Victoria Hospital Foundation's 8th Annual Miracle Garden Party!

With impressive entertainment, gourmet food, and fabulous prizes, the event is not to be missed!

The Miracle Garden is a special place of comfort and healing for patients, staff, and the community. This award-winning community space offers refuge, relaxation and healing for people of any age and ability.

This year's Miracle Garden Party is dedicated to helping transform and support people in the Winnipeg community living with mental health concerns.

Visit the event page at [www.thevicfoundation.ca/MiracleGardenParty](http://www.thevicfoundation.ca/MiracleGardenParty).

### Manitoba Fall Supper

Harvest time on the prairies means Manitoba's oldest culinary tradition comes alive: the fall supper.

Manitoba residences are preparing for a scrumptious feast. Imagine the cozy feeling of sitting "under the stars", enjoying some down-home cooking, live entertainment, and fun activities. Served with a side of Manitoba's famous hospitality, the event will take place on **Sept 26, 27, or 28<sup>th</sup>**. Keep on eye on your residence's Facebook page for details!



## ASC Special Moments from August

August was a fun-filled month at All Seniors Care Living Centres! We celebrated Summer and enjoyed a lot of outdoor activities. Residents took part in carnivals, corn roasts, carnivals and summer camp, and went on picnics and outings in their community. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see highlights on our [Instagram](#) page.



## Neurobics: Labour Day Trivia

Labour Day is an annual holiday to celebrate the achievements of workers. Exercise your brain with some Labour Day trivia!

1. When is Labour Day celebrated?
2. Which country started Labour Day – Canada or the USA?
3. Where was the first Labour Day Parade in Canada?
4. How many unions marched in the first parade?
5. What year did Labour Day become an official federal holiday?
6. Which colour is prohibited from being worn after Labor Day?
7. Which union in Canada has the most members?
8. The Labour Day Classic, the most-anticipated occasion for the fans, is played by which organization over Labour Day weekend?

(Answers can be found on the next page.)

## Pencils, Pens, and Ink Wells

The first day of school is a rite of passage; do you remember yours?

For many older adults, the first day of school meant a new school bag, a No. 2 pencil, a brand-new pair of slightly oversized blue jeans with rolled-up pant cuffs, a hand-me-down shirt, along with a pair of black dress shoes that they would either grow out of – or grow into – before the end of the year.

No matter your age, it's a day full of emotions — excitement, anxiety, anticipation. At All Seniors Care living centres, **Tuesday, September 5<sup>th</sup> is Back to School Picture Day!** This means the chance of a back-to-school photobooth or creating an advice card to share with the grandkids.

It's also time to for residents to update their QOLA photo, so be sure to wear your best first day of school outfits!

To get you in the spirit, we've put together this list of Back-to-School Activities that you can do with the Grandkids:

- ✍ Mock Kindergarten Skills Training
- ✍ Take a Milk and Cookies Break
- ✍ School Supplies Fundraiser
- ✍ Create Cartoons with Grandma and Grandpa
- ✍ Enjoy a Brown Bag Lunch Picnic
- ✍ Pre-Write Lunchbox Notes
- ✍ Bake some First Day of School Treats
- ✍ Share Memories of Your First Day of School





## How to Get Back into Exercise After 70

If it's been a long time since you've exercised and you're feeling less than fit, you might think that it's too late to make a change – nothing could be further from the truth.

Here are some great tips to get you back into the swing of things:

1. Understand why it's important to stay active.
2. Choose fun & interesting-to-you activities.
3. Join a group class – you might just have fun!
4. Incorporate movement into your everyday activities.
5. Start small – go for a short walk to visit a friend or join in a community outing.

For those days when you just can't get motivated, try the 10-minute hack: Set aside the next 10 minutes to exercise. You can set a timer if you want. Once the 10 minutes are up, decide whether or not you will continue. Nine times out of ten, people decide to keep going.

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

## The First Link Learning Series

The Alzheimer Society in Southwest Ontario is offering in-person and Zoom education to help individuals on the dementia journey connect with others. Throughout the First Link Series, participants are offered a comprehensive overview of dementia, coping strategies, resources, and support systems, spread over five progressive modules, each one building upon the other. To find out more about the series sponsored by Fox Hollow Retirement Residence, London, ON, use this link. <https://alzswp.ca/education-for-the-care-partner/>



## Okanagan Fall Wine Festival!



The day-long event brings a fully poured Okanagan Fall Wine Festival to seniors in Ontario retirement residences. On Wednesday, September 20th, seniors applaud our country's amazing wine culture with a bevy of events that celebrate of all things red, white, rosé, and sparkling. Here is a sample of some of the fun things planned:

- ☞ Yoga in The Vineyard
- ☞ Wine Trail Bingo
- ☞ Rustic Farm Lunch
- ☞ Jazz or Caribbean steel drums music
- ☞ Wine and Pairings Demo
- ☞ Movie Night: A Good Year



Ask your Health & Wellness Director for details!!



## Terry Fox – Running to the Heart of Canada



In 1980, with one leg having been amputated due to cancer, Terry Fox - athlete, humanitarian, and cancer research activist - embarked on an east-to-west cross-Canada run to raise money and awareness for cancer research.

During the early days of the Marathon of Hope and right up until his death, Canadians sent cards and letters of support to the Winnipeg-born man who had become the symbol of hope for so many.

To honour his memory and mark the **2023 Terry Fox Run on September 17th**, residents at **Beacon Heights Retirement Residence** in Gloucester, ON will spend the day learning about his life and writing “Dear Terry” letters filled with messages of love, hope, inspiration, and goodwill. Older adults and their families will also be invited to a walk around their beautiful community.

Ask whether a residence near you has plans to mark the day! #DearTerry

## Neurobics: Labour Day Trivia Answers:

1. First Monday in September
2. Canada
3. Toronto, ON on December 1872
4. 27 Unions joined to demonstrate in support of the Typographical Union who had been on strike since 25 March
5. 1894
6. White
7. CUPE
8. Canadian Football League (CFL)