



# WELCOME TO NOVEMBER

## Important Dates

*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.*

Friday November 3<sup>rd</sup>

**Wizard Of Oz Anniversary**

Sunday November 5<sup>th</sup>

**Daylight Savings Time Ends**

Wednesday November 8<sup>th</sup>

**Taste of India**

Saturday November 11<sup>th</sup>

**Remembrance Day Ceremony**

Sunday November 12<sup>th</sup>

**Diwali**

Monday November 13<sup>th</sup>

**World Kindness Day**

Tuesday November 14<sup>th</sup>

**Sadie Hawkins Dance**

Tuesday November 21<sup>st</sup>

**Cinnamon Roll into Fall Prevention Day**

Friday November 24<sup>th</sup>

**November Happy Hour**

Thursday November 30<sup>th</sup>

**Funny Money Auction + Spin The Wheel**



## Don't Miss These Fall Highlights

November has rolled in, and it's bringing a whirlwind of activity to our retirement communities!

There's no doubt that November is a special month. As the golden autumn ends and much of the country starts to look like winter, it's a season of shorter days and longer nights, where we adjust our clocks and routines. It's also a time where the closeness in our communities shines the brightest. So, while it might be getting chillier outside, our homes are filled with un-be-leaf-ably cozy laughter and heartwarming moments.

In this month's Family Newsletter, we have a cornucopia of updates and exciting news to share from our various locations. So, grab a cup of something warm, settle in, and join us in celebrating the transitional beauty of November in our wonderful homes.

## Remembrance Day - Lest We Forget



With 376 veterans living in ASC residences, Veterans' Week and Remembrance Day holds a special place in our hearts.

Each year during Veterans' Week, from November 5 to 11, Canadians remember and honour the brave individuals who served our country in the past, and we recognize those who serve in uniform today.

On November 11th, we collectively pay homage to Canada's veterans. At ASC residences, we stand to observe a moment of silence for all who have fallen in service and acknowledged the courage of those who continue to serve. A full ceremony follows, during which veterans attend in full dress uniform. Ceremonies include readings from In Flanders Field, a Remembrance Day prayer, and singing the National Anthem.

This year marks the 105th anniversary of the end of World War One. Take a moment, at the 11th hour, to reflect with gratitude and grief on the heroes who served. To all the men and women who so bravely sacrifice so we can live as we do today, a heartfelt thank you.



## The ASC Seniors Games Are Back



We are thrilled to announce the return of the All Seniors Care Senior Games, scheduled for February 2024! This eagerly anticipated event promises a week brimming with energy, friendly competition, and camaraderie. The annual event is a multi-sport event that encourages seniors to be active, social, and engaged, promoting a sense of community, well-being, and healthy competition among the residents.

Residents square off against one another in favourite sports events like Bean Bags, Pétanque, Ladder ball, Corn hole, Bocce Ball, Shuffleboard, Jeopardy, and Bingo! Without a doubt, the competition gets intense, but a jovial, sportsmanlike attitude tends to prevail with teammates and opponents alike hugging and bonding over the joy of sport. Each day, the results are tallied, recorded, and posted online with national medals awarded in select sports. Remember: the games are designed to be inclusive, allowing seniors of all mobility and skill levels to participate.

Preparation is the key to success! Starting this November, we will begin honing our skills with daily practice. Each participant, imbued with a sense of purpose and excitement, will engage in meaningful practice sessions, gearing for February's competition.

Find out more at [www.allseniorscare.com/asc-games/](http://www.allseniorscare.com/asc-games/)

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



## Introducing the CONNECT Program



We are excited to announce that we are getting ready to launch our new CONNECT (Connecting Old & New Neighbours Enjoying Community Time) program!

Designed to make the most of every day, CONNECT allows seniors living in the family home to have “a day out”, participate in social programming and connect with peers. Each day, people enrolled in the program take part in a variety of social, recreational, and physical activities, including special events and wellness education. Participants receive nutritious meals and snacks and assistance with activities of daily living. All in a safe and supportive environment.

Our goals are to preserve members’ level of mental and physical functioning, provide respite and support to caregivers, and help individuals experience firsthand the benefits of life in an ASC retirement community. Contact your nearest All Seniors Care Lifestyle Director for details.

## Don't Fall for It

November is Falls Prevention Month in Canada. Take steps now to prevent falls and fall related injuries!



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

## Be a Mo Bro! Join the Moustache Movement.



All Seniors Care is asking men to grow moustaches during the month of November. To help spur on a friendly competition, residents can earn Funny Money for every day that they don't shave. On the last day of the contest, the fellow residents will vote for their favourite 'stache during the Movember Happy Hour! The winner wins 2 FREE drinks and bragging rights!

**Lakeridge Heights** in Whitby, ON will host an auction with Funny \$ (or real money for those who are fundraising for the charity) to choose how both residents and staff should shave their moustaches! A Stache Bash Party will cap off what is sure to be a hilariously fun event. Let's Change the Face of Men's Health!

Movember is an annual event which asks men to grow moustaches during the month of November. Started by the Movember Foundation in 2004, the goal of the charity is to "change the face of men's health". By encouraging men (whom the charity refers to as "Mo Bros") to get involved, Movember aims to increase early prostate and testicular cancer detection, diagnosis, and effective treatments. Movember also aims to increase awareness about men's mental health.

## ASC Memories in the Making

October was a fun-filled month at All Seniors Care Living Centres! We embarked on an Exercise a Day Challenge, went on bus tours, took in the fall colours, and visited pumpkin patches! Halloween was a highlight, with costume parades, grandbuddy programs, and crafting groups. It was a ghoulishly good time! 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. There are also more pictures on page 4 of this newsletter!



## “There’s No Place Like Home” Celebrates Movie Magic



On November 3rd, transport yourself to the Emerald City for this incredibly magical Wizard of Oz party to celebrate the Anniversary of the Wizard of Oz's debut on broadcast television. The film was first released in theatres on August 15, 1939, but it was the 1956 television broadcast that made everyone's dream come true.

Invite your friends to join Dorothy, Toto, the Scarecrow, the Tin Woodsman, and the Cowardly Lion in Oz as we bike ride through Kansas. Just hold on to your hats! You never know when the infamous tornado will land.

Nikki Johnson, Health & Wellness Director at **River Ridge II**, shared her inspiring idea and it has caught on at other residences! The Winnipeg residence will feature a TIN MAN (made from cans) and has a variety of themed activities planned. How many monkeys you can hit in 1 bounce? Pictures of flying monkeys will grace their Bounce Basketball game, allowing adventurers to earn funny money for each monkey they knock out of the sky. Residents can follow the Yellow Brick Road and discover some things along the way. And one lucky person will find the Ruby red slippers for a grand prize!

## Happy Birthday Centenarians

Maxine M, Auburn Heights – Happy 102<sup>nd</sup> Birthday!

Ken T, Shaftesbury Park – Happy 100<sup>th</sup> Birthday!

Waldtrout F, Sturgeon Creek II – Happy 102<sup>nd</sup> Birthday!

Nick K, Preston Park – Happy 103<sup>rd</sup> Birthday!



## Residence Supports the Fight Against Cancer



**Fox Hollow** made a difference this October 26th, embracing pink for a special cause. The London, ON community came together to fundraise and raise awareness in support of Breast Cancer Awareness Month. Selling cookies and other goodies, the initiative raised an incredible \$1,330!

At the end of the campaign, Fox Hollow residents shared stories and friendship during a Think Pink Social. Decked out in pink and sipping on pink mocktails, residents learned about the symptoms, risks, and treatment options.

The most commonly diagnosed cancer among women, 1 in 8 women are diagnosed with breast cancer in their lifetime. Although less common, breast cancer also affects men.

Every contribution is a step closer to a future without breast cancer. Thank you to everyone who supported this great cause!

## Train Your Brain

1. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
2. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
3. No matter how little or how much you use me, you change me every month. What am I?
4. How can  $8 + 8 = 4$ ?
5. What kind of running means walking?

- Train your brain answers:
1. Love
  2. The number 8
  3. A calendar
  4. When you think in terms of time. 8 AM + 8 hours = 4 o'clock.
  5. Running out of gas.

## Remembrance Day Word Search



MONUMENT  
AIRFORCE  
NOVEMBER  
UNIFORM  
COURAGE  
SERVICE  
BRAVERY  
TROOPS  
PEACE  
FREEDOM  
VETERANS  
NAVY  
THANKS  
FLAG  
MARINES



## World Kindness Day

November 13 is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these 10 simple ideas:

- Compliment the first three people you talk to.
- Write a hand-written note to a caregiver.
- Say good morning to the person next to you on the elevator.
- Place uplifting notes in library books, on restroom mirrors, on someone's door, or on their computer screen.
- Dedicate 24 hours to spreading positivity on social media.
- Chat with a stranger and ask them about their day'
- Send flowers to a friend.
- Offer to help with someone's errands'
- Read a book or listen to a podcast about kindness.
- Write a recommendation or positive Google Review.

Set an alarm to go off three times on World Kindness Day. When the alarm sounds, stop what you're doing a call/text/email someone simply to tell them how awesome they are.



## The Manitoba Mystery Draw



Welcome to Shaftesbury Park's Manitoba Mystery Prize Draw #3! Beginning November 1, residents, family, staff, visitors can buy tickets from the Health & Wellness Office in support of the Harvest Manitoba, a not-for-profit, community-based organization dedicated to nourishing the community.

Tickets are \$2 each and every ticket wins a prize! The prizes are all fun and simple -anything from mugs, books, letter openers, gloves, funny money. We are even hearing a rumour that there will be a Grand Prize this month! A draw will be held on November 22nd in the dining room.

The 'Mystery Prize Draw' fundraisers are created and organized Mr. David R, a resident at Shaftesbury for 4 years. He shares that he is 85 years young and "really great"! Known for his humorous and caring nature, David personally collects and wraps each prize – there were over 200 prizes last time!

On November 23rd a Harvest representative will speak to residents about the organization's latest updates, challenges, successes etc. At that time, we will present them with the donations!

The residence will also be collecting bins of much needed Staple Foods.

Previous Fundraisers include the *International Red Cross* and *The Mennonite Disaster Services*.

**Thank you, Mr. David R. !!**

[www.harvestmanitoba.ca](http://www.harvestmanitoba.ca)



# October

