



WELCOME TO DECEMBER

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, December 1st
Door Decorating Contests Begin

Monday December 4th
Twin Day

Thursday December 7th
Chanukah Begins

Friday December 8th
Chefs Table Presentation

Tuesday December 12th
Gingerbread House Day

Sunday December 17th
Gift Wrapping Party

Thursday December 21st
First Day of Winter Wine and Cheese social

Sunday December 24th
Christmas Eve Festivities

Monday December 25th
Christmas Day

Week of December 26th
Boxing Week Open House (select residences)

December 30th
Funny Money Auction + Spin the Wheel

Sunday December 31st
New Year's Eve Dinner & Dance



Seasons Greetings from Our Family to Yours

As December unfolds, we find ourselves immersed in the joyful hustle and bustle of the holiday season. It's a time when the air is filled with a special kind of magic, and our hearts are warmed by the love and laughter of friends and family.

Amid the season's excitement, let's take a moment to appreciate the diverse celebrations that bring light to this season. Whether it's the warmth of Christmas traditions, the joy of Hanukkah festivities, or the spirit of other cultural observances, our shared experiences make this time of year truly magical.

That's why it brings us so much joy to share with you some of the amazing activities and celebrations happening at All Seniors Care communities throughout the month. We encourage you and your loved ones to get a festive and join a party or program at your residence!

*Wishing your family peace and light this holiday season.
Happy Chanukah! Merry Christmas! Happy New Year!*



Fox Hollow Knitters Give the Gift of Love



"That picture of our hats has quite a story," laughs June G.

The second person to move into **Fox Hollow** senior apartments in December 2019, June enjoyed sitting in the residence's bright lobby, knitting. As the building in London, ON filed up, other residents approached June to chat and - as chats sometimes do - this led to the start of an amazing initiative.

Calling themselves The Knit and Natter group, Marg, Heather, Joan, and June initially met once a week. And according to June, "It is a very social part of our lives". Now grown to more than 14, the gals decided to knit items for donation: lap doodle blankets for the Alzheimer's Society and miscellaneous items for the Children's Hospital and

Ronald McDonald House. When the pandemic closed donations to healthcare facilities, June contacted The Salvation Army Centre of Hope, which supports homeless people in the London, ON community. "They were very thankful for the donations. We have remained loyal to them and have knit over 200 toques, scarfs, and neck warmers," says June. "The women's shelter also receives some of our small hats and baby sweaters."

The group meets every Tuesday and Friday at 1:00 p.m. in Fox Hollow's amenities room.

The Gals rely on the generous help of those who care to donate money or wool for their cause. For more information, contact Tanis Siddique, Executive Director at tsiddique@allseniorscare.com

Holiday Bazaar in Whitby



Come one, come all to **Lakeridge Heights** 3rd annual Holiday Bazaar! On Saturday, December 2nd, the Whitby residence will be brimming with holiday cheer. Browse the 30 amazing vendors, stop at the raffle table, purchase a 50/50 draw ticket, and have lunch in the tearoom. Kids and the young at heart will love having their picture taken with Santa! The event this year will include a table with baked goods and Christmas ornaments made by the wonderful residents! All funds raised at the bazaar will go to support families in need this Christmas. For more information, contact Kayla at kmarshall@allseniorscare.com.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

December's Festive Open Houses

In December, All Seniors Care Living Centres will be hosting Open Houses, an event you won't want to miss. These open houses are set to showcase the full array of amenities our beautiful residences offer. Expect to be greeted with delightful refreshments, festive seasonal decorations, and entertaining performances. You'll also have the opportunity to tour our exceptional facilities.

Additionally, we warmly invite friends and family to join us for holiday meals and festivities.

Keep a close watch on our Facebook Pages for all the essential details about these much-anticipated events. Don't miss this chance to experience the vibrant community life that awaits you at one of our senior living centers near you!

Holiday Gift Guide



If you're looking for a wonderful gift that an older adult will use and enjoy, we've got you covered this holiday season.

- Board games
- Fitness gifts like resistance bands
- Gift baskets
- Bedside organizer
- Memory books or pictures
- Sensory items
- Tickets to local attractions
- Something homemade!

For details, read our blog: www.allseniorscare.com/blog/the-best-holiday-gifts-for-older-adults/

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



We're Having a Baby ... Times Three!



Residents at **Shafterbury Park** were thrilled when staff surprised them with a gender reveal party!

On November 23rd, it was revealed that two staff members are pregnant and will soon be welcoming their first babies: Brandi, Lifestyle Director and Jill, Health Care Aide. The Winnipeg building's dining room exploded with applause and

congratulations as everyone toasted the expectant mothers with sparkling apple juice. Once the gender was revealed, blue cookies were served to celebrate the new moms and their future sons! Afterwards, residents were treated to a piano concert by a fellow resident, Audrey Vail.

About the soon-to-be new moms:

Jill has been with ASC for almost 2 years. From the Philippines, Jill loves Japanese food and has 3 dogs and 2 cats ...house is about to become even fuller wow!

Brandi has been with ASC for 11 years! From very small-town Flin Flon, Manitoba, Brandi loves travelling, is a dog mom, and keeps active with volleyball & swimming.

Last month Anastasia, Health & Wellness Director revealed that she is also expecting. This will be her second baby! During the residence's Barbie Day Event, the Barbie Box photobooth turned into a "Barbie OR Ken" Reveal. It's a Ken!

Happy Birthday Centenarians!

During the month of December ASC residences are celebrating ten 100th Birthdays ... and two 102nd! Happy Birthday!

River Ridge II Myrtle B; Shaftesbury Park Doris L; Victoria Landing Betty M; Cite Parkway Jacqueline D; Courtyards Maija K; Summit Heights Norma M; College Park Mary G; Preston Park II Margaret H, Marguerite T, & Lilly W; La Gappe Helene G & Gertrude B

ASC Memories in the Making

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!



The Preston Park II Movember Results are Here!



Preston Park II embraced the Movember fundraiser with panache and perseverance. The Preston Park Team raised \$1495.00 toward increasing awareness about men's health, including mental health, early prostate and testicular cancer detection, diagnosis, and effective treatments. The annual event, which asks men to grow moustaches during the month of November, aims to "change the face of men's health". The Saskatoon residence celebrated with the cutest homemade moustache-shaped cookies and enjoyed some live entertainment. They then called each of participant up to show off their Mos. Well done, Lorne, Gerry, Joe, Raymond, Jim, Dick, and the entire Preston Park II team!

Grand Opening and Ribbon Cutting



All Seniors Care is please to announce the official Grand Opening of the **Aspen Heights** retirement community in Calgary on Tues., December 5.

Guests at the event will be treated to a lunch that highlights the residence's exceptional culinary options, featuring fresh, seasonal, and locally inspired menus.

"We are proud of the hard work everyone has done in opening this building", says Regional Vice President, Sandy Lauder.

Address:
15 Aspen Summit Drive SW,
Calgary, AB
Date: Tues, December 5
Time:
Ceremony 10:45 a.m.
Ribbon Cutting 11:15 a.m.
Lunch/Entertainment 11:30 a.m.

Residents Love Our Mobile Vendors



Did you know that our residences host monthly vendors? Yes, we bring the mall to you! It's a great chance to shop for essential items and engage in a bit of retail therapy. More than that, it's a good opportunity to connect with the greater community, discover hidden gems, and support local businesses. All without leaving the comfort of home. As the holiday season approaches and the festive spirit fills the air, these booths may just be the place where you find the perfect gift for that special someone! If you are a vendor who would like to provide a mobile shopping experience to our residents, contact an ASC living centre near you for details. 📺

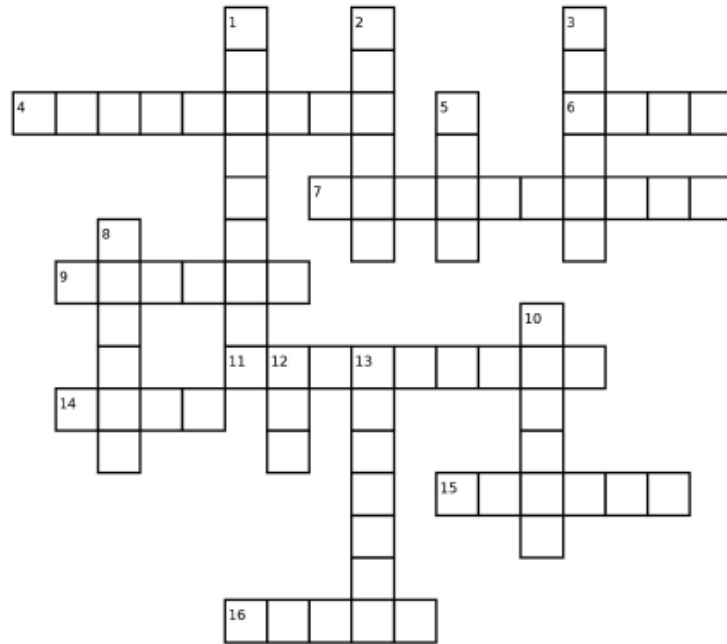
Train Your Brain

Words starting with 'DEC'.

1. An athletic contest consisting of ten different events.
2. Lie to someone.
3. Convert a text written in code into normal language.
4. Relating to tenths.
5. State formally.
6. Like calorie-laden desserts.
7. Make one's mind up.
8. Decompose naturally.
9. Official order.
10. Appropriate social behaviour.

- Train your brain answers:
1. Decathlon
 2. Deceive
 3. Decipher
 4. Decimal
 5. Declare
 6. Decadent
 7. Decide
 8. Decay
 9. Decree
 10. Decorum

Hanukkah Word Crossword Puzzle



Across

4. The tyrant in the Hanukkah story.
6. Chocolate-covered coins.
7. What the word "Hanukkah" actually means.
9. The best letter to get when you spin the dreidel.
11. Sivion, _____.
14. _____ of ages, hear our song.
15. A food we eat to celebrate Hanukkah.
16. The number of nights of Hanukkah.

Down

1. The family of Hanukkah heroes.
2. The Hebrew month in which Hanukkah is celebrated.
3. Hanukkah is the festival of _____.
5. When the dreidel lands on _____, you "put one in."
8. Where we display the *hanukkiyah* (Hanukkah menorah).
10. What are *sufganiyot*?
12. Hanukkah celebrates the miracle of the _____.
13. The helper candle.

Across answers: 4. ANTIOCHUS 6. GELT 7. DEDICATION 9. GIMMEL 11. SOVSOSOV 14. ROCK 14. LATKES 16. EIGHT
Down answers: 1. MACCABEES 2. KISLEV 3. LIGHTS 5. SHIN 8. WINDOW 10. DONUTS 12. OIL 13. SHAMASH



Aspen Heights' Dynamic Duo



In Calgary's exclusive Southwest side, at the newly established Aspen Heights senior living center, a unique friendship has blossomed between two of its residents.

It all began when John, a retired education administrator, joined the newly opened Aspen Heights community in July 2023. Maddi Thauberger, the Health & Wellness Director at Aspen Heights, had recently purchased a collection of 750 DVDs for the residence's theater. She needed help sorting through the mountain of movies and creating a playlist for a new leisure program. This is where John's life took an unexpected twist.

As John was sifting through hundreds of DVDs, Donna, a former worker dedicated to helping girls at risk, stumbled upon him. She immediately offered to help. "I felt sorry for him," laughs Donna as they tell the story. This marked the beginning of a friendship.

The pair quickly became known for their vibrant presence and infectious laughter. Their camaraderie evolved into a partnership that extended beyond organizing movie nights. They became key members of the Aspen Heights Welcoming Committee, ensuring that new residents feel connected and integrated into the community.

John & Donna now enjoy various activities together, from swimming and walking to using the gym together. "Aspen Heights and the staff are wonderful," says John. "There is always something to do, and the residence is close to lots of shops, walking paths, and restaurants."

Their enthusiasm is most evident in their love for dancing. Donna's passion for dance and John's ability to find the perfect tune have made them popular figures in the community. Their dance videos, [available on the Aspen Heights Facebook page](#), showcase the joy and vibrancy that characterize their friendship.

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November Memories

