



## Spirit Week Returns to ASC Residences Ahead of ASC Senior Games

*Older Adults Enjoy a Week Filled with Joyful Team Building*

CANADA - The countdown has begun! As we approach the much-anticipated ASC Senior Games in February, residences are buzzing with excitement. This week, from January 15th to Friday, January 19, residents at All Seniors Care senior living centres immerse themselves in fun and games designed to boost community spirit, wellness, and fellowship.

“It is wonderful to see the excitement building around the residences”, says Hannah Silver, VP of Health & Wellness for All Seniors Care (ASC). “Everyone is excited to get a sneak peak at the Games events, meet their Chef de Mission, and cheer on their team!”

Each day of Spirit Week has been carefully curated. With theme days, outings, group activities, exercise, and special events like performances by a comedian, a magician, the week has something for everyone.

A fun feature of Spirit Week is the opportunity for older adults to try their hand at various activities that are part of the upcoming ASC Senior Games. From "Walk or Roll the Halls" to "Bocce Ball" and "Jeopardy," the activities not only serve as great practice for the games but also help residents stay active and engaged during Canada's coldest time of year.

With Opening Ceremonies less than a month away, preparations are underway for **the 13th ASC Seniors Games. February 5th – 9th, 2024** when thousands of seniors will enjoy an environment of friendly competition at 27 All Seniors Care Living Centres across Canada.

Read more about Spirit Week here. <https://www.allseniorscare.com/celebrating-community-spirit-week-returns-to-asc-residences/>

Follow the fun on Facebook <https://www.facebook.com/allseniorscare> or Instagram <https://www.instagram.com/allseniorscarelivingcentres/>.

### **About All Seniors Care Living Centres Ltd.:**

All Seniors Care, where caring is our number one concern, is setting the standard of excellence in luxury retirement living. Founded on an unwavering commitment to exceptional care, All Seniors Care is dedicated to creating and operating the best senior's facilities by providing the highest level of care to seniors. For more information, please visit our website at [www.allseniorscare.com](http://www.allseniorscare.com).

### **Facility Contact Information**

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