



FOR IMMEDIATE RELEASE

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A Golden Opportunity: Finding Inspiration at the Seniors Games

Amidst the buzz of excitement, senior athletes are demonstrating that age is just a number.

CANADA –The Senior Games is underway at All Seniors Care Living Centres around the country and thousands are taking part in the Day 3 competitive events as they push themselves to achieve personal bests.

An annual competition held during February, The Seniors Games offers residents the chance to exhibit their athletic skills, mental acuity, and plain good luck. All while promoting exercise and vitality in older adults. Across Canada, several thousand older adults will be enjoying the fun, friendly competition and activity that comes from taking part in the Games this week.

Hannah Silver, Vice-President of Health & Wellness at All Seniors Care, remarked, "These athletes embody the essence of successful aging. They're not just competing; they're creating bonds, learning, and embracing every moment. It's a testament to the power of community and the undeniable benefits of staying physically and mentally active."

In Winnipeg's Sturgeon Creek II, the atmosphere was electric, mirroring the energy of a crowd much larger than the one present, all gathered to cheer on their peers. Similarly, at College Park I in Regina, SK, nonagenarian Henry (Hank) R., a seven-time medalist, shared his philosophy, "At 97, staying active isn't an option; it's a necessity. The games are a highlight of my year, offering a chance to connect with friends and remain active."

A part of the All Seniors Care commitment to providing older adults with innovative ways to enjoy an active and healthy lifestyle, the Seniors Games are the result of planning and hard work by a large team of resident volunteers and Chefs de Mission in each building. The indoor events span the gamut of competitions, culminating each day with awards ceremonies, themed culinary delights, and visits from special guests, ensuring a vibrant and inclusive environment for all.

National Medals will be announced later in the week. Still to come this week are Card Games, Bocce, Shuffleboard on Thursday, February 8th & Jeopardy, Bingo, Closing Ceremonies on Friday, February 9th. Media and spectators are welcome to attend.

Event Information: Bruce Lillie, blillie@allseniorscare.com or 416.323.3773 ext. 383.

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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 <http://www.allseniorscare.com/>.