



WELCOME TO FEBRUARY

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.

Thursday February 2nd
Groundhog Day

Monday February 5th – 9th
All Seniors Care Senior Games!



Saturday February 10th
Chinese New Year

Sunday February 11th
Superbowl Sunday

Tuesday February 13th
Mardi Gras/Pancake Tuesday

Wednesday February 14th
Valentines Day
“Canoe Be My Valentine’s Dance”

Monday February 19th
Family Day / Louis Riel Day

Thursday February 22nd
Chef’s Table Presentation

Wednesday February 28th
Funny Money Auction + Spin The Wheel

Thursday February 29th
Leap Day



Big Things are Happening in February

Get ready to leap into an exhilarating February with us! It's not just any month - it's a Leap Year special, packing an extra day of fun and festivities. Whether you're swooning over Valentine's Day, getting festive with Mardi Gras, or immersing in the cultural wonders of Chinese New Year, there's a whirlwind of activities waiting for you at All Seniors Care. And don't miss the highlight – the return of our thrilling Seniors Games! All about active living and community bonding, the Games are a time for achieving personal bests and creating wonderful memories through laughter and camaraderie. Dive into the details below and let the good times roll! Let's make this February unforgettable together!



Let ASC Senior Games Begin!

The 15th Annual All Seniors Care Games is a much-awaited event happening simultaneously at our retirement residences across Canada. This year's edition continues the tradition of fostering the spirit of community and active living among seniors.

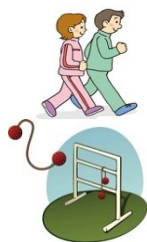
Characterized by friendly competition and the pursuit of personal bests amidst laughter and camaraderie, this event is a fantastic opportunity to have fun and get involved. Whether you're an eager athlete or a spirited cheerleader, you won't want to miss the chance to get active and make new friends in the middle of our Canadian winter.

The theme for this year's Games - “When Life Gives You Lemons!” - will be peppered throughout the week with witty sayings, lemony games, and perfectly tart-sweet snacks.

The ASC Games feature a range of activities, including bocce ball, ladder golf, shuffleboard, and more, with national medals awarded in selected sports. These Games are a testament to joy and community spirit, offering an uplifting and warm experience for all who attend. Special guests and dignitaries will be in attendance, adding to the excitement. For more information, visit the ASC Games website: www.allseniorscare.com/asc-games/.

Schedule of activities (check with your residence for times):

- Feb 5th – Hallway Walk and Roll & Opening Ceremony with Entertainment
- Feb 6th – Bean Bag Toss & Pétanque Atout (National Medal)
- Feb 7th – Ladder Ball (National Medal) & Cornhole
- Feb 8th – Bocce & Shuffleboard & Card Games
- Feb 9th – Jeopardy & Bingo & Closing Ceremony



Summaries and results for each residence will be posted our website daily!

“When I think about the ASCSG, I feel happy that I get to participate. I am nervous about being in the spotlight because I am shy, but I will feel empowered when I play. I will be happily surprised if I win and wondering what the results will be!” - Lillian S, RRII Creative Writing Group

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Groundhog Day Fun



Groundhog Day, a beloved tradition rooted in folklore, takes a whimsical turn this February in our ASC residences. On February 2nd, as legend has it, if a groundhog sees its shadow, we're in for six more weeks of winter. Embracing this charming custom, residents at **Chapel Hill in Orleans, ON** can join a scavenger hunt for groundhog cutouts hidden throughout the building, play a 'predict the weather' game, and then cap off the day with a screening of the classic film "Groundhog Day." Filled with fun and nostalgia, Groundhog Day reminds us to embrace life's adventures.

A Whipped Cream Finale: A Hilarious End to Spirit Week



It was a day of giggles and whipped cream at **Fox Hollow in London, ON**, as Spirit Week reached its uproarious conclusion with the "Pie in the Face" draw. The event, a cherry on top of the ASCSG pep rally, saw residents buzzing with excitement. Each activity attended throughout the week earned a golden ticket: a chance to pie management.

The air was thick with suspense and whipped cream as 3 brave individuals lined up, sporting wide grins and protective gear. This hilariously messy tradition not only crowned the week with laughter but also showcased the vibrant and playful spirit of the Fox Hollow community.

Our Incredible ASCSG Chefs de Mission



At **Preston Park Retirement Residence** in Saskatoon, Sylvia will be joined this year by Olga as co-facilitator of the Chef de Mission position for the Senior Games, February 5–9th.

An experienced, Chef de Mission, Sylvia believes there is nothing exercise can't help improve, both in the mind and body. "It was motivating to watch newcomers at the January Pep Rally beating out the 'seasoned professionals'", she says. "There were moments of spontaneous fun and comradeship that can not be scheduled and planned." Olga, a novice Chef de Mission, offers her encouragement, praise, and joyful spirit to the leadership role. A cheerleader all year long, Olga role models the critical importance of staying active.

To read more about Sylvia and Olga, head over to the ASC Blog!! Their sage words and enthusiasm for the Games – and life – are sure to inspire! www.allseniorscare.com/residents-are-beyond-excited-for-the-upcoming-ascsg/

Thank You for Your Leadership and Inspiration!



We would like to take a moment to recognize our incredible Chefs de Mission - they are the real MVPs at the ASCSG! Handpicked for their leadership qualities, they're like coaches and captains rolled into one, making sure everything in the Games ticks along perfectly. They participate in planning, getting the word out, and making the games a blast for everyone. Crucial to

fostering a sense of community and active participation among their fellow residents, the Chef de Mission and their Assistants are invaluable spokespersons for their teams. During the Opening Ceremonies, these Chefs de Mission are entrusted with the prestigious task of reading special greetings from the Governor General and the Prime Minister, highlighting their significant role in bridging the community with national dignitaries.

Thank you to all the ASCSG Chef de Missions – you inspire us with your energy and commitment showcasing the joy and camaraderie of participating in the Games!

ASC Memories in the Making

To see more photos and videos, please visit individual residence's [Facebook page](#) or see more highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



When Life Gives You Lemons...

In the heart of our retirement communities, where laughter echoes louder than the howling winter winds of winter, we know a thing or two about making the best lemonade out of life's lemons. This year, as the theme of our delightful "All Seniors Care Senior Games" suggests, we're squeezing out fun and joy, regardless of the season!

Winter might blanket the world in white (or grey depending on your province!), but it also brings a canvas of opportunities for warmth and joy indoors. Picture this: a lemon-themed soiree in the Bistro, where the only thing brighter than the decorations are our smiles.

We'll sip lemonade – tart with a touch of sweetness, much like life –



and share stories that sparkle brighter than any snowflake. How about a good old-fashioned game night? Checkers, chess, and maybe even a spirited bingo session. Or, perhaps a crafting afternoon, where we create lemon-scented candles, bringing a whiff of summer into our lives.

Let's toast with our glasses of homemade lemonade to the joys of winter, and every season that follows. Here's to making the most of every moment, surrounded by friends and warmed by the knowledge that every season has its own unique flavor of joy.

Celebrating Family

Monday, Feb 19, Family Day – and Louis Riel Day in Manitoba — is a day dedicated to home and spending time with loved ones. Invite the whole family to your residence to share a meal and bake cookies. Later, make some popcorn and watch movies together. For the adventurous senior, heading outdoors for family hikes or watching the grandkids sledding will have everyone enjoying Family Day together!

Spice Up February with Bright Colours and Sweet Treats



When shorter days and colder temperatures make people feel a little dull around the edges, Mardi Gras swoops in to brighten up the days. Also known as Shrove Tuesday or Pancake Tuesday, French-culture and fun-loving people around the world celebrate Mardi Gras on the last Tuesday before Ash Wednesday—falling on **February 13th** this year. It is a carnival of feather-filled parades, sugary goodies, and letting your hair down. At ASC, residences are celebrating with travelogues through New Orleans, carnival games, and (of course) pancakes. Ask your Health & Wellness Director for details.

Canoe Be My Valentine?



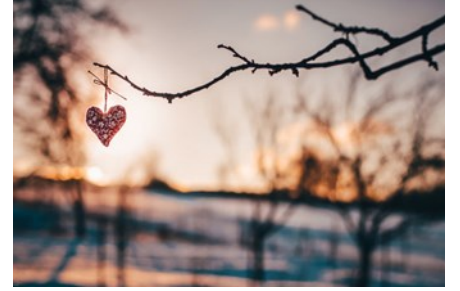
February is the month of love! At ASC residences around the country, this Valentine's Day promises a heartfelt celebration of love and laughter. Capture special moments at our Valentine's Day photo booth before indulging in a romantic dinner and swaying the night away at an evening dance, complete with lively entertainment. Residents can use Funny Money to send roses to their sweethearts, adding a playful twist to the day of romance. Engage in a Tie the Knot game, test your knowledge with Love is in the Air trivia, and enjoy a spirited round of Valentine's Day Family Feud. Don't forget to wear red and pink to earn extra Funny Money!

Colour Your Life with ASC Seniors Games!



Crafting A Green World

Unleash Your Inner Artist



Exciting news from **Aspen Heights**. The Calgary, AB residence is thrilled to introduce a new activity, "Resident-Led Painting Time." During the chilly winter weekends, residents are invited to gather friends and visit the multi-purpose room for a tranquil painting session. Dive into the 'Idea Binder' for inspiration and follow easy step-by-step tutorials. If your masterpiece isn't completed in one sitting, no worries—simply store it and continue next weekend. This creative outlet is not just fun; it's also beneficial for older adults, offering a therapeutic way to express emotions, improve motor skills, and enhance cognitive abilities. All while exploring your inner creativity with friends and neighbours.

BLOSSOM Corner



On January 11th, **Cedarcroft Place BLOSSOM Living** participants served coffee and treats to raise awareness about Alzheimer's disease. The Ontario residence's successful Coffee Break Day included 2 raffles. Proceeds from the first went to the Alzheimer's Society, and the second towards transportation for BLOSSOM outings. The BLOSSOM Living program re-enforces the importance of an inclusive environment to overall quality of life by maximizing care, support, health and well-being, & a sense of normalcy. With programming encompassing many different interests, from folksong to baking, gardening to bingo and painting to cycling, seniors enrolled in BLOSSOM Living are busy!

VALENTINE'S DAY

Wordsearch




S	W	E	E	T	H	E	A	R	T	F	E	E	S	H
I	Y	R	O	S	E	C	R	U	S	H	B	C	Y	Z
G	K	S	W	N	J	R	O	I	M	F	O	H	J	R
P	N	Q	X	D	E	L	U	K	S	E	U	U	Z	N
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B	E	M	I	N	E	S	N	S	C	U	P	I	D	L

WORD LIST

BE MINE	CRUSH	GIFT	RED
BOUQUET	CUPID	HEART	ROSE
CANDY	DECORATE	KISS	SWEETHEART
CARD	FEBRUARY	LOVE	TEDDY
CHOCOLATE	FLOWERS	PINK	VALENTINE

Homemade
GIFTS MADE EASY

The solved word search can be found here:

www.homemade-gifts-made-easy.com/valentines-day-word-search.html#valentines-day-word-search-medium-answers



ALL SENIORS CARE *Neighbourhood News*

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January Memories

