



WELCOME TO MARCH

Mark Your Calendars

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 March 1st
March Mystery Party

Sunday March 3rd
World Wildlife Day

Thursday March 7th
Healthy Living with Nurse

Monday March 8th
International Woman's Day

Sunday March 10th
**Daylight Savings Starts
Academy Awards Night**

Monday March 11th – 15th
**ASC Spring Break
Staycation**

Sunday March 17th
St. Patrick's Day

Tuesday March 19th
First Day of Spring

Thursday March 21st
Australian Harmony Day

Friday March 29th
Good Friday

Saturday March 30th
**Funny Money Auction +
Spin the Wheel**

Sunday March 31st
Easter Sunday



When you go to bed Saturday, March 9th, remember to move your clocks ahead an hour!

A Message from Our Family to Yours

Welcome to March, a month overflowing with mystery, celebration, and the promise of spring! We're diving headfirst into the excitement with a Mystery Party on March 1st, setting the stage for a month filled with engaging and memorable activities.

As we "spring forward" on March 10th for Daylight Saving Time, we're reminded of the longer days ahead and the fresh start that spring symbolizes. The festivities continue as we don the vibrant greens of St. Patrick's Day on March 17th, celebrating with enthusiasm thanks to our Health & Wellness team's planned activities. Amid these celebrations, we'll pause to honor the inspiring women in our lives on International Women's Day, March 8th, reflecting on their incredible contributions.

With March Break activities and the delightful shift in weather, this month promises a blend of joy, reflection, and renewal. Let's embrace the bright changes and opportunities March brings to our community.

March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling, each followed by a frosty pink twilight which gradually lost itself in an elfland of moonshine.

— Lucy Maud Montgomery

Residents Invited to a Spring Break Staycation



Spring Break is a much-anticipated break in Canada, offering students a week-long hiatus from their studies. It is a time for families to engage in various activities together, creating lasting memories. From outdoor adventures in national parks to cultural experiences in far-flung cities and enjoying long days playing in the snow with friends, everyone looks forward to Spring Break.

This year, older adults at ASC communities can take a virtual break from the long winter months with a staycation at top travel destinations! Colourful drinks, music, and dress-up days are on the itinerary from **March 11-15th** as we dive into Spring Break Staycation Week. Residents at ASC Living Centres nationwide will come together to party heartily and reminisce about vacations past with their peers.

Every day will feature a new destination: Hawaii, The Bahamas, Mexico, Florida, and Jamaica.

Activities include an indoor cycling trip and daily entertainment, as well as embarking on a Miami Vice Happy Hour. The week promises to entertain and rejuvenate. Contact your residence's Health & Wellness Director for more details and the schedule for the week!

River Ridge II Rolls Out Fun New Fitness Classes

River Ridge II reminds us that every laugh shared, every memory relived, and every new friendship formed is a great way to live life. And that physical activity sweetens every day as it nourishes our bodies, minds, and souls! Older adults living at the Manitoba residence can grab their can-do attitude and join a whole host of new and fun fitness classes. There's something for everyone:

- Monday – Weight training makes bones strong 🏋️
- Tuesday – Generate some heat with Senior Boxing 🥊
- Wednesday- Cardio class for heart health 🏃
- Thursday – Relax and re-centre with Yoga Stretch 🧘
- Friday – Chair Zumba inspired dance class gets you ready for the weekend 🕺
- Saturday – Sit 'n Stretch or mixed fitness.



Embrace the opportunity at River Ridge II to enrich your life with health, happiness, and a sense of community through our diverse fitness classes.

VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

Happy Birthday, Centenarians!!

Agnes B, Beacon Heights – Happy 102nd Birthday!

Richard S, Chapel Hill – Happy 100th Birthday!

Mme J Coté, Résidence de la Gappe – Joyeux 102e anniversaire !

Bean Bag Toss: This Kanata Residence Can't Get Enough



Since the 2024 ASC Senior Games, residents of Courtyards on Eagleson – along with their families and the staff – have become obsessed with Bean Bag Toss. It has grown so popular, in fact, that family members have requested the game remain in the lobby indefinitely!

Also known as cornhole, this game can involve two to four players who take turns tossing bean bags at slanted boards with holes on the opposite side. It's as much a game of strategy as it is an active one, appealing for its skillful challenge that's reminiscent of summer carnivals. The only thing missing is the candy corn! Easy to learn yet offering moments of excitement, the whoops and hollers of players can often be heard throughout the residence, sometimes drawing quite a crowd.

The bean bags and board have now found a permanent home in the community room, where families and residents are welcome to play anytime. This simple addition has brought a sense of joy and community spirit, reminiscent of fun-filled summer days.

Happy Retirement Elaine & Marilyn!



Please join us in extending best wishes to two members of the ASC family. Elaine Spinner, who retired on February 29th and Marilyn Alexander, who is retiring on March 31st.

Elaine joined ASC when we were in our fledgling years; she has worked under Mr. George Kuhl and Lily Goodman's leadership for 33 years. As we grew, she took on additional responsibilities and became our Corporate Director of Human Resources, Payroll, & Benefits. Elaine's attention to detail, while keeping the broader picture in mind, has been invaluable. In addition to her incredible competence, and skill, she has been a friend to all with her thoughtfulness and encouragement. Elaine loves people and has built an incredible team at Head Office. Her years of experience, wisdom, and know-how will be sorely missed. We will also miss those candies that she keeps on her desk.

We were fortunate to have Marilyn join All Seniors Care more than 14 years ago as our National Payroll Supervisor. She was exactly the right person at the right time--and the rest is history. Her quiet humour, selfless support, hard work, and dedication will be missed. Please join us in wishing Marilyn well as she starts a new chapter in her life. We know she is eager to catch up on the traveling, sewing, Jeopardy, and reading she loves so much.

We wish to extend a warm welcome to Sandra Sun and Olga Bashkatova who will be filling their roles.

ASC Highlights from February

The month may have been short, but it was also sweet! Some of the many highlights at ASC residences: Senior Games, and Chef's Table Presentations, and Valentine Day were celebrations of true love. 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!



Reading Is Dreaming with Open Eyes



Mr. Ken M. has been a volunteer librarian since **McCarthy Place** — well, became McCarthy Place in 2015! Ken has always had a love for books, and taking care of them has always been a beloved hobby. When he moved to McCarthy Place in Stratford, ON, he immediately volunteered to care for the library as if it were his own. He is always in the library, making sure it's neat, organized, and provides a warm, welcoming atmosphere for other residents, family members, and visiting children.

A favourite room for many, all ASC homes feature in-house, resident-run libraries! The libraries not only offer personalized selections that cater to the specific interests and needs of the community but also promote a collaborative environment where residents actively participate in library management, from organizing to selecting new acquisitions. Having so many avid readers means that material turnover is high! For that reason, some ASC libraries have developed a relationship with local organizations to help donate much-loved books. Notably, **Sturgeon Creek II** in Manitoba sends books to the **Grace Hospital Foundation** via the firehall.

Special Call-Out!



ASC residences are updating their libraries to include a children's section! If you have gently-used children's books – or large print books for seniors – kindly contact an ASC residence near you. We welcome donations!

Alberta ESL Group



Aspen Heights residence in Calgary, AB is excited to announce a brand-new community initiative launching at the end of March: ESL Conversation and Coffee Time. This innovative program invites community members for whom English is a second language to join us for an hour of engaging conversations with our residents. Designed to help them practice and improve their English skills, topics like Canadian food, driving, and sports will guide the discussions. It's a wonderful opportunity for community engagement and to support ESL members in a friendly, welcoming environment. Join us for a memorable hour of learning and connection! Contact Maddi Thauberger for info at 403-456-3233.

Perogies Anyone?



This winter, **Shaftesbury Park's** Baking Club mixed things up. When the Winnipeg residence's bakers got together, the idea of making perogies was floated. In a province that is home to scores of multi-generational Ukrainians, perogies are as entrenched in Winnipeg's culture as lobster is in Halifax or smoked meat in Montreal, making the dumplings a "chou-in"! The recipe was so good that we decided to share it! It can be found here:

<https://www.allrecipes.com/recipe/23058/perogies/>

Train Your Brain Answers: 1. Joan of Arc; 2. Marie Curie; 3. Queen Elizabeth II; 4. Rosa Parks; 5. Malala; 6. Aretha Franklin; 7. Michelle Obama; 8. Florence Nightingale

International Women's Day 2024



World-renowned feminist, journalist and activist, Gloria Steinem, reportedly once explained:

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

The campaign theme for International Women's Day 2024 is *Inspire Inclusion*. When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

How You Can Get Involved:

- ❖ Learn about and celebrate the women who have helped shape the world.
- ❖ Support women publishers, books & filmmakers : Start a weekly or monthly group - read, watch, and talk about women in media.
- ❖ Throw a party: Recognize the achievements of the women you are surrounded by every day. Host a women-owned business during the party.
- ❖ Build your own women of impact gallery: ASC is filled with incredible women! Some of them are trailblazers, others supportive in the background. Collect photos and stories from the women in your life and celebrate their achievements – great and small! Post them someplace prominent.

Collectively, let's forge a more inclusive world for women. Everyone everywhere can inspire inclusion. www.internationalwomensday.com

Train Your Brain

1. What woman is known as the patron saint of France in honor of her heroic efforts in defending her country?
2. Who was the first woman to win a Nobel Prize and the only one to ever win it twice?
3. Who was the longest-reigning monarch in British history?
4. What woman was known for not giving up her seat on a bus and was honored as "the first lady of civil rights?"
5. In 2014 at age 17, she won a Nobel Peace prize for advocating for the education of women and children in Pakistan.
6. This Lady of Soul was the first woman to be elected to the Rock and Roll Hall of Fame.
7. She was the first African-American woman to be the First Lady of the United States.
8. She is known as the founder of modern nursing.



Exercise is the Key to Happiness

(From Oakville Estates RR)

Keeping your mind engaged and your body moving contributes to sharp reflexes and a sense of well-being, slowing the aging process. In fact, research suggests that active seniors lead fuller lives, feeling more connected to family, friends, and their community. Regular physical activity offers numerous benefits that can enhance the quality of life in later years. Here are some reasons why exercise is important for seniors' happiness:

- ✓ Improved Physical Health
- ✓ Mental Health
- ✓ Social Interaction
- ✓ Increased Independence
- ✓ Better Sleep
- ✓ Pain Management

Examples of exercise for seniors might include walking, swimming, yoga, tai chi, or strength training with light weights. Remember that it's never too late to start exercising, and even small, consistent efforts can lead to significant improvements in overall well-being and happiness for seniors.

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

BLOSSOM Corner



With programming encompassing many different interests, from folksong to baking, gardening to painting, seniors enrolled in BLOSSOM Living at **Auburn Heights** in Alberta are busy!

To find out more about the specialized cognitive program, contact Cory Baiton today at 403-234-9695!

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February Memories

