



WELCOME TO APRIL

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.

Monday April 1st

Easter Monday

April Fool's Day

Royal Canadian Air Force Centennial



Friday April 5th

New Beer's Eve Party

April 7th

Green Shirt Day

Tuesday April 9th

Vimy Ridge Day

Hindu New Year

Wednesday April 10th

Eid al-Fitr

Thursday April 11th

We Can Build It Workshop

April 15th – 19th

National Volunteer Week –

Our Volunteers are Dynamite!!

April 22nd

Passover Begins

Earth Day

Thursday April 25th

Retirement Lifestyle Show

Monday April 29th

Funny Money Auction + Spin the Wheel

Tuesday April 30th

Passover Ends



Embracing Spring, Joy, and Community Engagement

As the gentle breezes of spring begin to dance through our communities, we're delighted to bring you another collection of updates, events, and stories to brighten your days. The ASC activity calendars are choc-a-block full of ways for older adults to emerge from winter's cocoon, enjoy the longer, brighter days, and smell the spring flowers. Join us as we dive into a variety of activities designed to uplift and engage every individual in our close-knit family. From outdoor strolls amidst blossoming gardens to stimulating workshops and heartfelt gatherings, there's something for everyone to enjoy.

As we reflect on the recent celebration of Easter and look forward to observing Passover and Eid, let's embrace the spirit of unity and joy that these festivities bring. As always, we extend our deepest gratitude to each of you for being an integral part of our community. Together, let's embrace the spirit of April and all the wonderful moments it has in store for us. To quote the late, great Robin Williams: "Spring is nature's way of saying, Let's party!"



The ASC Retirement Lifestyle Show Returns



Experience the epitome of retirement living at the upcoming a Retirement Lifestyle Show, where excitement and engagement await! Building on the success of last year's events in Whitby, ON and Saskatoon, SK, ASC proudly expands the show to all ASC residences across Canada, inviting seniors and their families to delve

into a world of possibilities. From specialized displays to tantalizing culinary samples, captivating entertainment, and exhilarating contests, immerse yourself in a day filled with enriching experiences. Discover the latest in senior support services through informative presentations and explore exhibitors showcasing the incredible services available to seniors in each target community.

For more information, including when the Retirement Lifestyle Show will be held at an ASC Living Centre near you, contact reception or the Lifestyle Director. Don't miss this chance to embrace aging well and unlock the keys to a redefined retirement lifestyle!

Seine River Residents are Ready to Rock!



Residents of Seine River are buzzing with anticipation for an electrifying event coming this April: the Sisters of the Holy Rock concert! The excitement is so intense that there's already a waitlist for spots on the residence bus!

Rocking since 1992, these non-denominational "sisters" from Manitoba have an infectious blend of harmony, rhythm, choreography, humor, and boundless energy. But they're not just performers; they're all about making a difference. The sisters' aim is always to entertain, uplift spirits, and spread positivity while also raising funds for a community organization. Get ready, Sein

River! The Sisters are coming, and they're bringing the party with them! 🇨🇦

Outing date: April 7, 2024, at 7:00 pm (Sunday) at Franco-Manitoban Cultural Centre. Contact Krzysztof Szulc, Health & Wellness Director for details.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

National Volunteer Week at ASC



Join All Seniors Care as we celebrate all the volunteers who generously donate their time, energy, and creativity during National Volunteer Week. Volunteers are our behind-the-scenes heroes.

The week of **April 14-20** honors all those who are working on behalf of others, giving generously to help. As a volunteer you are a part of our All Seniors Care family!

We welcome students and seniors who wish to be part of a vibrant and social community, make some new friends, and experience the diverse personalities of our residents! If you live at an ASC residence, as your Lifestyle Director about our volunteer incentive program.

Thank you to all our volunteers – our communities would not be the same without you!

April Fools Day!



Those who are fooled on April 1 in Québec are called the “Poisson d'avril” (the April Fish). A common prank is to place a paper fish on the back of an unsuspecting person. When the paper fish is discovered, the victim is declared a “Poisson d'Avril.” Why fish, you ask? Well, according to lore, it's because April is when the fish start to bite again after a long winter, making them easier to catch. Celebrated all over the world as a morning of jokes and tricks all sorts of people join in the fun. But don't play a trick after noon - or you are the fool!

Lakeridge's Dynamic BLOSSOM Coordinator



Meet Sidney Coughlin, the dedicated and detail-oriented Blossom Coordinator at **Lakeridge Heights**, whose passion for working with the aging population shines through in her everyday interactions with residents. With a background in Family and Community Social Services, Social Service Work, and Personal Support

Work, Sidney's journey in this field began with a student placement in 2018, and she's been committed ever since.

With ASC since July 2023, what Sidney loves most about her role as Blossom Coordinator is the opportunity to connect with residents experiencing early cognitive decline on a personal level. She thrives on adjusting programming and specialized time to cater to their individual needs, ensuring that each resident feels valued and engaged.

A specialized program for those experiencing cognitive decline, BLOSSOM Living maximizes the care, support, and well-being of each individual. With programming that encompasses many different interests from folksong to baking, gardening to bingo and painting to cycling, seniors enrolled in BLOSSOM Living are busy!

Sidney's favorite types of programs are music-based activities like “Name the Tune”, reflecting her lifelong love for music. In fact, from ages 8 to 18, Sidney was a tap dancer!

When she's not orchestrating engaging activities for BLOSSOM residents in Whitby, Sidney enjoys immersing herself in various genres of music, reading, and staying active through exercise. Her adventurous spirit often leads her to spontaneous journeys, embodying her life motto, "Things always work out for me." With unwavering optimism, Sidney believes in the power of life's journey, trusting that everything unfolds exactly as it's meant to.

ASC Memories in the Making

March was a fun-filled month at All Seniors Care Living Centres! We celebrated World Wildlife Day, explored exotic locations during our Spring Staycation, paid tribute to International Women's Day, and ‘went’ to the Oscars. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence's [Facebook profile](#) or see more highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



Kids & Seniors Bond in Regina



Every month, laughter fills the halls of **College Park II** in Regina, SK, as children from Prairie Sky School, including kindergartners and their older buddies, pay a visit. These gatherings are thoughtfully organized with themed activities reflecting the time of year. In March, for instance, the children plant seedlings for the garden, engage in art projects, and enjoy story time.

Activities during these visits range from making stone soup to salsa-making with garden-fresh vegetables harvested by the kindergarten class. Residents eagerly participate, finding joy in the interaction.

These intergenerational visits offer mutual benefits. Residents find companionship, combatting feelings of loneliness, and depression while sharing their wisdom and experiences.

For the children, these encounters foster invaluable growth. They gain knowledge, confidence, social skills, and develop empathy, combating ageism in the process.

Prairie Sky School, a non-profit institution focusing on holistic education through Art, Community, and Nature, values these monthly visits. They serve as meaningful experiences for both CP2 and Prairie Sky, enriching the lives of all involved.

Fundraiser Alert:

College Park 2 is hosting its 1st Annual Rubber Duck Derby on April 22nd at 1:30 pm! Race a duck for \$5 – the first duck to swim the length of the College Park residence pool wins a steak dinner.



Family & friends, please join us in raising funds for the Alzheimer's Society!

RSVP: Melisa (306) 501-1776

Stand up to Parkinson's Disease



April is *Parkinson's Awareness Month*. A month that shines a spotlight on an important cause close to our hearts. Throughout this month, we'll be learning about Parkinson's disease, its impact, and joining in activities aimed at raising awareness and support for those affected.

Parkinson's disease is a neurological condition that affects millions of people worldwide, causing a range of symptoms from tremors to mobility challenges.

On **April 11th, River Ridge II** will be joining the global "Stand up to Parkinson's Challenge" when individuals and organizations from around the world commit to stand up to Parkinson's Disease by collectively completing 2,000,000 Sit to Stands in 24 hours!

Throughout the day, staff at the Winnipeg residence will initiate several random Sit-2-Stand exercises. Residents will also receive 2 Sit-2-Stand credits for every program that they attend!

A sit to stand is the transitional movement of going from a seated position to an upright standing position. This motion is one of the most important and energy-consuming basic motions in everyday life and is a great and useful exercise for Parkinson's!

To join the challenge, encourage your community to join in! Count your sit-2-stands and post to social media using the hashtags #standup2pd and #sit2stand!

Secret Bunny Solution!
 Bunnies are cuddly, the large and the small, but I like the chocolate ones the best of them

Happy Birthday Centenarians!

It may be their overwhelming enthusiasm for life, or their positive attitude, or the positive impact of living a full life at ASC. Regardless, during the month of April ASC is celebrating a record 8 centenarians!



- Dorothy C at Auburn Heights – Happy 100th Birthday!
- Besse G at Shaftesbury Park – Happy 103rd Birthday!
- Hans B at Catarauqui Heights – Happy 102nd Birthday!
- Donna M at Cedarcroft – Happy 103rd Birthday!
- Hazel H at McCarthy Place – Happy 100th Birthday!
- Dorothy R at Summit Heights 101 – Happy 101st Birthday!
- Eileen M at College Park – Happy 100th Birthday!
- Margaret K at Preston Park 2 – Happy 102nd Birthday!

Secret Bunny Alphabet Code

Below is a saying about bunnies. Crack the code by putting the letter in the blank that comes between the two letters in the alphabet.

 AC TV MO MO HJ DF RT ZB QS DF

 BD TV CE CE KM XZ SU GI DF



 KM ZB QS FH DF ZB MO CE SU GI DF

 RT LN ZB KM KM AC TV SU HJ KM HJ JL DF

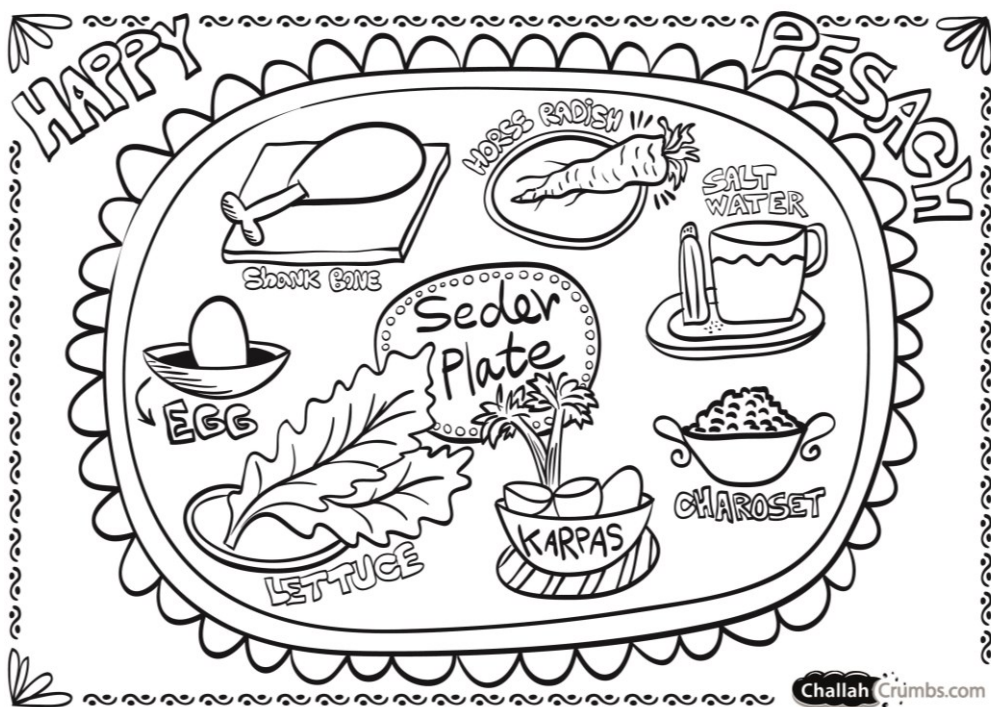
 SU GI DF BD GI NP BD NP KM ZB SU DF

 NP MO DF RT SU GI DF AC DF RT SU NP EG

 SU GI DF LN ZB KM KM



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Life Grows On



Noel is a star at Catarauqui Heights! A true green thumb and the Kingston residence's dedicated plant sitter, Noel tends plants in the residence potting room and helping others revive their green friends.

"What's really heart warming", says Nastasha Edwards, Director of Health & Wellness, "is Noel has continued to nurture several plants that belonged to a resident that passed away over a year ago."

"It's a way for her to live on", he says.

A plant of remembrance is a meaningful way to honour a loved one after their passing. It keeps their memory alive, and seeing it grow over the years can bring comfort to many. Thank you, Noel.

International Haiku Poetry Day

*Rain hits my window
 Angels tap-dancing softly
 A heavenly sound*

April 17 was International Haiku Poetry Day, the perfect opportunity to celebrate the age-old Japanese poetry. A haiku is a poem consisting of 3 lines and 5-7-5-syllable structure. Used as a form of meditation, they are also used for humor, to evoke emotions, or to reminisce on the past.

How to Haiku:
 Choose a topic - watch the butterfly or the rain falling down. Or think about a small moment in your life. How does it look, feel, sound, taste, and smell? Write down key words that conjure up powerful images. Now work them into the haiku pattern. Give it a try!

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March Memories

