



WELCOME TO MAY

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.

Saturday May 4th
Kentucky Derby
Star Wars Day

Sunday May 5th
Cinco de Mayo
Dutch Heritage Day

Tuesday May 6th
World Laughter Day

Monday May 6th – 10th
National Nursing Week

Friday May 10th – 12th
Mothers Day Weekend

Thursday May 16th
National Caesar Day

Sunday May 19th
World Baking Day

Monday May 20th
Victoria Day

Thursday May 23rd
Chef's Table Presentation

Saturday May 25th or 26th
Walk for Alzheimer's

Thursday May 30th
**Funny Money Auction +
Spin the Wheel**



Every Day Is the Beginning of Something Beautiful!

As the flowers bloom and the temperatures rise, we extend a warm welcome to this delightful month infused with anticipation. May is a time to embrace the beauty of nature, the joys of community, and the endless possibilities that lie ahead.

Join us as we dive into some of the latest updates and happenings at All Seniors Care residences across the country. From festive celebrations honouring Mother's Day to outings in the sunshine, there's something for everyone to enjoy. Residents of our communities are embarking on a month filled with exciting activities and enriching experiences.



This May, let's seize the opportunities the month offers to cultivate friendships, explore new interests, and create lasting memories together. Whether it's sharing laughter over a delicious meal or finding inspiration in the beauty of our surroundings, every day is an opportunity to embrace the richness of life.

Celebrating Mothers: A Tribute to Love and Legacy



Mother's Day, a special occasion dedicated to honouring mothers worldwide. This day holds immense significance for all of us, as we recognize the love, wisdom, and support that mothers and grandmothers provide. Whether they are with us physically or in spirit, their impact is indelible, shaping who we are and the way we view the world.

This Mother's Day, let's celebrate the stories, wisdom, and love that our mothers have passed down through generations. We invite all residents to share their favorite memories, whether it's a cherished recipe, a lesson learned, or a simple moment that has stood the test of time.

Falling on May 12th this year, Mother's Day celebrations at our residences will feature a host of activities, delectable treats, and live entertainment. Contact your residence to find out their plans! This year's theme in many residences is Mother's Day in Paris. We promise that all celebrations will provide a beautiful opportunity to connect, reminisce, and celebrate the nurturing figures in our lives.

Lastly, but most importantly, we wish each one of our beautiful ladies a wonderful and Happy Mother's Day—we are so honoured and blessed to have you with us!!!

Happy Birthday, Queen Victoria!



This May 20th, people across Canada will celebrate the birthday of Queen Victoria. Known affectionately as the "May Two-Four Weekend" in many provinces, this holiday not only marks the birthday of the historic monarch but also unofficially signifies the start of the summer season in Canada. Join in the festivities and celebrate the legacy of Queen Victoria, whose influence is still felt today. Whether it's enjoying a

local fireworks display, exploring historical sites, or simply spending time outdoors with friends and family, there's no shortage of ways to partake in this cherished Canadian tradition.

Many of our senior living centres mark the day with tea and trivia. Check your Activity Calendar for details!

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Couple Celebrates Platinum Anniversary!



A heart-warming celebration will echo through the halls of **Sturgeon Creek** on May 21st, marking a milestone few achieve—a 70th wedding anniversary. This special occasion belongs to Ian and Ruth, whose love story began in 1950, amidst the scholarly pursuits at Success Business College in Winnipeg. It was there, halfway through their degrees, that their paths crossed, and a lifelong partnership bloomed.

Ian ventured into the world of sales following his education, while Ruth applied her skills as a secretary at the legendary Eaton's department store. Together, they wove a life rich in experiences, welcoming four children into their world, who would go on to give them six grandchildren and a great-granddaughter. This youngest addition to the family has, undoubtedly, become the apple of their eye.

The couple has made Sturgeon Creek their home for the past 4.5 years, integrating themselves into the community with enthusiasm. Ruth, known for her active participation in card games, fills her days with the joy of friendly competition. Ian, on the other hand, contributes his time as a volunteer in the Tuck Shop. He also holds the high-score in Pétanque—a testament to his competitive spirit and dexterity.

Let us take inspiration from Ian and Ruth, celebrating the daily acts of love, big and small, that have defined their life together. Here's to Ian and Ruth, and the unwritten chapters of their love story!

New Face & New Programs at Fox Hollow



Introducing Andrea Kallumadyil, the new Director of Health and Wellness at **Fox Hollow**! Starting off as a receptionist at our London, ON residence, Andrea's natural flair for leadership and her rich recreational background made her a perfect fit for the newly opened Health & Wellness role. "I love working at Fox Hollow, getting to know the residents well and catering to their overall happiness

and wellbeing," she shares.

Andrea's journey to this role has been fueled by her passion for understanding and enhancing mental health. While pursuing her undergraduate degree in Psychology at Western University, she served as a Research Assistant in a lab dedicated to dementia care and mood disorders. Currently a 3rd year Medical Doctorate (MD) candidate, Andrea is deeply involved in numerous organizations. From collaborating with non-profit Boards of Directors to advocating for the prevention of non-communicable diseases, her commitment to community health is unwavering. She spends her free time teaching South Indian fusion dance to children, adding a touch of cultural vibrancy to her already diverse pursuits.

In addition to her popular games and activities programming, Andrea hopes to bring more cognitive health-based programs into Fox Hollow. Just in time for Mental Health Month, she has introduced mindfulness workshops and yoga classes on Monday and Wednesday evenings. We can't wait!

Let's extend a warm welcome to Andrea as she embarks on this new chapter with us at Fox Hollow.

ASC Memories in the Making

April was a fun-filled month at All Seniors Care Living Centres! We celebrated Easter & Passover, played April Fool's jokes, and paid tribute to volunteers. 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!



Happy Birthday to All May Babies!

People born in May are either Taurus or Gemini. May's birthstone is the vibrant green emerald. April showers bring May flowers: May's flower is the Lilly of the Valley, which symbolize sweetness.



Walk for Alzheimer's



Join ASC communities across Canada in the annual Alzheimer's Walk, a nationwide event dedicated to raising awareness and funds for Alzheimer's care, support, and research.

Participants in our residences can choose from activities and distances, making it accessible for everyone. Your involvement helps fuel vital services and groundbreaking research aimed at combating this challenging disease. Lace up your walking shoes and make a real difference—register today and step forward for a world without Alzheimer's. Reach out to your Health & Wellness Director to find out what your residence has planned.

BLOSSOM Corner

"My Mother has been a resident of **Cataraqui Heights**, and enrolled in the Blossom Program, for 5 months now. I am so appreciative of the genuine care and compassion shown to her by all the staff members. The Blossom Program has been wonderful! I have been amazed at the activities that my Mother is participating in and enjoying – from art classes, Tai Chi, bingo and word games, flower arranging, and musical programs, to special outings like visiting Maple Madness at Little Cataraqui Conservation area. Participation in the program has also enabled her to make many new friendships. Through the encouragement and dedication of Aman, my Mother has truly blossomed – the program is very aptly named! Thank you so much, Aman and staff, for all that you do to ensure my Mother is contented and well-cared for, with lots of interesting and fun activities to fill her days!"

– Kathy C.



NATIONAL CAESAR DAY

The Thursday before the May long weekend is National Caesar Day! A day when the Caesar obsessed and the Caesar curious stand side-by-side and say, "Isn't it time for a Caesar?" As Canadian as Maple Syrup, the Caesar was created at the Calgary Inn in 1969 and was declared Canada's National Drink in 2009.

The Original Caesar Recipe

- 1 lime wedge
- 1 T celery salt or as needed
- Ice cubes as needed
- 1 oz vodka
- 1 dash Worcestershire sauce, or to taste
- 1 dash hot pepper sauce (such as Tabasco), or to taste
- 8 oz tomato and clam juice cocktail (such as Mott's Clamato or Walter Chell Caesar mix)
- 1 celery stick

Wet the rim of a cocktail glass with the lime wedge; set aside for garnish. Place celery salt in a small dish and press the rim of the glass into the salt to coat. Add ice to the glass. Pour vodka, Worcestershire sauce, and hot pepper sauce over the ice; top with tomato-clam juice.

Garnish with lime wedge and celery stick.



May the 4th Be with You

Word Search

STAR WARS



C	S	D	A	R	T	H	V	A	D	E	R	C	S
H	P	K	F	S	T	A	R	W	A	R	S	L	T
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B	R	D	T	O	A	V	P	I	U	N	C	E	M
A	E	A	W	O	A	L	O	N	A	O	P	S	T
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J	I	D	A	I	Y	S	J	L	Q	C	T	B	E
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| Chewbacca | Princess Leia | Kenobi | Jedi |
| Droid | Stormtrooper | Rebellion | Imperial |
| Spaceship | Galaxy | Planet | Lightsaber |
| Force | Dark Side | Wookiee | Clones |
| Darth Vader | Star Wars | Yoda | Skywalker |

An Inspiring "We Can Build It" Workshop



In an inspiring gathering on Thursday, April 11th, the residents of **Seine River** were treated to a special workshop dubbed "We Can Build It". Hosted by the talented Mr. Vern G., a member of the Winnipeg residence for over a year, attendees were captivated by a unique demonstration on the art of carving chickadees.

Vern, who has nurtured his passion for carving over the last five decades, shared not only his skill but also his inspiring journey with wood as his chosen medium. An artist at heart, Vern wanted a hobby that would accompany him into the later stages of his life.

The workshop shone a spotlight on Vern's exquisite carvings, earning him widespread admiration from his fellow retirees. All the compliments made it clear that Vern's artistry has touched many lives within the Seine River community.

Adding to the workshop's success was the participation of the residence's Lifestyle Director, Lisa, who has eagerly begun learning the intricate art of carving under Vern's tutelage. Her enthusiasm for carving is a testament to Vern's skill as both an artist and a mentor.



The Seine River community extends its heartfelt thanks to Vern and Lisa for sharing their passion and knowledge, creating a memorable We Can Build It experience that resonates with all who attended.



Word Search

R	B	E	R	A	S	A	L	I	G	H	T	S	L	I	I
D	I	D	O	I	D	Y	N	D	N						
R	P	S	H	I	P	E	O	E	X	S	P	A	C	E	S
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STAR WARS

ALL SENIORS CARE *Neighbourhood News*

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April Memories

