



WELCOME TO JULY

Celebrating July

Monday, July 1st
Canada Day

Thursday, July 4th
Caribbean Party

Monday, July 8th
World Chocolate Day

Thursday, July 11th
Turn Back Time Vintage Car Show

Friday, July 12th
Stampede Festival Day

Thursday, July 18th
We Can Build It Workshop

Monday, July 22nd
Mystery Ice Cream Day

Wednesday, July 24th
ASC Just for Laughs

Friday, July 26th
Paris Summer Olympics Start

Wednesday, July 31st
Funny Money Auction + Spin the Wheel

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.



Summer Fun and Festivities Await!

As we dive into the heart of summer, ASC buildings are buzzing with excitement as we prepare for the first big celebration of the season! Monday, July 1st, is Canada Day and we're pulling out all the stops for an unforgettable party. Get ready for a day brimming with fun – from musical performances and refreshing treats to engaging games and sizzling BBQs. It's the perfect opportunity to make lasting memories with friends and neighbours. Don't forget to show your Canadian pride by donning red and white!

Over the past month, our dedicated Health & Wellness Directors have been busy planning a fantastic array of activities. Look forward to vintage car shows, Stampede adventures, an ASC-style nod to Montreal's Just for Laughs Festival, and of course some Summer Olympics watch parties. Residents can also anticipate exciting outings, picnics, tournaments, games, and plenty of live music. There's always something happening at ASC Living Centres to keep you and your family active, social, and entertained. Wishing everyone a joyful and safe summer!



Celebrating a Decade of Community at College Park II



Join us as we commemorate the 10th anniversary of College Park II Residence with a dazzling Anniversary Party! Throughout July, residents and guests will enjoy various engaging events, all leading up to a grand black-tie celebration. This spectacular evening will feature live entertainment, delectable cuisine, and the joyous company of friends. There will even be a special surprise tribute to tenants who have shared the last decade with us, one that creates a legacy of their contributions to our vibrant community. Join us as we celebrate a decade of memories and look forward to many more wonderful years at **College Park II in Regina, SK**. Mark your calendars and be a part of this unforgettable milestone!

Details and Date to be confirmed: July 25, 2024

4:00 p.m. Cocktail reception

4:30 p.m. Recognition of 10-year Residents

5:00 p.m. Dinner and Presentation

6:30 p.m. Entertainment and Family Dance

Stratford School Brings Joy to Older Adults



McCarthy Place residence in Stratford, Ontario, recently had a delightful visit from Anne Hathaway Public School's grade 1 & 2 students. Led by their teacher, Meghan Bracken, the students engaged residents in an interactive music program that brightened everyone's day.

The French Immersion class performed songs in both official languages, which particularly resonated with bilingual residents. The musical activities included clapping and circle songs, creating a lively atmosphere. The children also brought along books to

showcase their reading abilities to residents – everyone was very impressed!

One of the many highlights of the visit was a game of "Chat et Souris" (Cat & Mouse) using a large parachute, which brought laughter and joy to everyone involved. The students' enthusiasm and engaging presence left a lasting impression on the residents. The visit concluded with a heartwarming group performance of "Frere Jacques," sung first together and then as a round, with students starting and residents joining in.

The beautiful afternoon left many with tears of joy. The event was so successful that there are plans to make it a regular program, aiming for visits every other month starting in September as a part of McCarthy's Grand-buddies Program.



VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

ASC Seniors Proudly Celebrate Canada Day

Canada Day at ASC residences is filled engaging activities designed to be joyful and foster feelings of camaraderie. Look for themed games, Canadian trivia contests, and fireworks outings. Whether a BBQ and fun fair, or Western Hoe-down, the festivities are as unique as the regions they are held in!

Leading up to Canada Day, ASC residences across the country adorned building balconies in with Canadian flags in a brilliant display of national pride. After all, Canada Day is not just about celebrating our country's birthday, it is also about reflecting on what it means to be Canadian.

Happy Canada Day!



New Summer Sensory Programs

Sensory programs play a crucial role in memory care for older adults, offering significant benefits for cognitive and emotional well-being. These activities, designed to engage the five senses, help stimulate memory, reduce anxiety, and improve overall mood. ASC proudly offers a variety of new sensory activities this summer, ranging from outdoor scavenger hunts and tactile workshops to music and art sessions. These programs not only enhance the quality of life for participants but also provide a fun and enriching environment. Embrace the summer with ASC's sensory activities and support the journey to better mental health for your loved ones. Ask your residence's Health & Wellness Director for details!

Preston Park Welcomes a "Bundle of Sunshine"

By Meghan Arnault Senior Health and Wellness Director, Preston Park I



René joined the Saskatoon community six months ago and he loves everything about **Preston Park Retirement Residence**: "I love it here! The staff are great, the food is good, and the activities are superb! Everyone needs to come out!"

He sings the residence praises with a wealth of experience to back his opinion. Thirty-three years ago, René started a lifelong career with the City of Saskatoon as a Recreation Director,

advancing to Superintendent, a position he held until retirement. He enjoyed the creativity and variation the job allowed, including operating civic centres, planning new programs, and developing new areas in the city. Given the opportunity, he would do it all over again!

René has called Saskatoon home since leaving his birth town of Tisdale at the age of 8. His childhood days were spent playing and enjoying every sport available with a favoured interest in speed skating. He later became the President of the Speed Skating Association. Following that, he became a referee and the first Canadian to be Chief Referee at the Olympics. René remembers what an honour it was to have refereed the Olympics in Calgary in 1988. He continued this adventure refereeing several World Cup Championships and World Championships.

René's active mindset, positive energy and engaging spirit are infectious! Welcome to Preston Park René!

To read residence stories, watch our Senior Living blog at <https://allseniorscare.com/blog/>

ASC Memories from June

June was a fun-filled month at All Seniors Care Living Centres! We walked for Alzheimer's Awareness and across Canada in a national challenge, took a trip to France for Father's Day, planted gardens, and draped buildings in our national flag in the lead up to Canada Day. To see more photos and videos, please visit individual residence [Facebook pages](#) or wee more highlights on our [Instagram](#) page.



Calgary Stampede Celebrations Abound!



Inspired by the Stampede theme, "Under the Western Skies", residents of **Auburn Heights** and **Aspen Heights** are gearing up for 10 days of fun to celebrate the Calgary Stampede. The festivities will include joining neighbours to watch the Stampede Parade, a western costume contest, and a rodeo watch party. Special Stampede-themed breakfasts will be served, and all activities, food, and drinks will reflect the festive western spirit. Aspen Heights residents also can enjoy an afternoon of tasting midway foods.

Everyone is encouraged to dust off their cowboy boots and hats for an unforgettable Stampede experience.

Welcome to the Paris 2024 Summer Olympics



Join fellow residents to watch the opening ceremonies of the [Paris 2024 Olympics](#) on Friday July 26th and stay tuned for Olympic-themed activities running through August 11th. Ask your residence reception for an event schedule and to find out where they will be streaming the games.

Activities at residences will range from a virtual cycle-along as Canadian cyclists pass Arc de Triomphe to sampling artistic swimming and a seated game of badminton. The options are endless. Get involved and cheer on the 10,500 competing Team Canada athletes!

Little Rebels is Coming to Ottawa



We are thrilled to announce that Little Rebels Music and Development is coming to **Beacon Heights** this summer! This shared ASC initiative brings seniors and preschoolers together for a unique social and musical experience.

After its successful launch at Summit Heights in Hamilton, Little Rebels is coming to the Ottawa residence weekly for six weeks (July 8th to August 19th). Everyone is absolutely thrilled!

These intergenerational programs foster well-being as children and older adults exchange knowledge and skills. Residents enjoy singing, playing instruments, and getting physically active with the toddlers.

Local seniors, parents, and tots are invited to join the Intergenerational Music Class, featuring songs inspired by Broadway, Motown, and Rock 'n' Roll, along with engaging activities like movement, balls, shakers, and a parachute. This class promises to uplift and delight people of all ages! To find out more, contact Kayla O'Malley at 613-742-1243 or sign up on the [Little Rebels Event page](#).



ASC Thanks All Who Sponsored June's Alzheimer's Walk

Across Canada, older adults in ASC residences and their families, along with numerous staff members, joined in the June 2024 IG Wealth Management Walk for Alzheimer's. The Oakville Estates residence proudly sponsored their regional walk, and the final numbers are in!! You helped raise \$256,434 across our region, and a grand total of \$3.1 million across Ontario!



BRANTFORD
\$47,158

JARVIS
\$71,139

HAMILTON
\$70,853

OAKVILLE
\$69,564



Word Search CANADA



Z	W	L	A	C	R	O	S	S	E	V	R	M	M
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Chipmunk
Ottawa
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Nanaimo

Maple
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Lacrosse
Poutine
Tourtiere

Inuit
Winnipeg
Mounties
Loonie
Quebec

Caribou
Yukon
Vancouver
Knapsack
Montreal



Happy Birthday, ASC Centenarians!!



Helen H, River Ridge 1 – Happy 103rd Birthday!

Elmars D, River Ridge II – Happy 101st Birthday!

Hannah H, Cataraqui Heights – Happy 100th Birthday!

Join Our "Welcoming Friends" Program!



"Welcoming Friends" is a initiative that really has us excited! Designed to help older adults who have newly joined one of our communities feel right at home from day one, this program is all about friendship and community spirit.

Residence ambassadors – comprised of established neighbours – will form a warm committee to greet newcomers with a warm smile, a welcome gift, and a card. They'll join them for their first few meals, introduce them to other residents, and make sure they feel comfortable and connected.

And don't worry – the Health and Wellness Director at each residence will match new tenants with buddies who share similar interests so there will be plenty to talk about! Plus, our Welcoming Friends will regularly meet for coffee and chats to keep the good vibes going.

Welcome to the ASC family!



ALL SENIORS CARE *Neighbourhood News*

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June Memories

