



# WELCOME TO AUGUST

## Celebrating August

Friday August 2<sup>nd</sup>  
**Ice Cream Sandwich Social**

Saturday August 3<sup>rd</sup>  
**Food Day Canada**

Monday August 5<sup>th</sup>  
**Civic Holiday**

Wednesday August 7<sup>th</sup>  
**ASC Farmers Market  
Manitoba National Event**

Thursday August 8<sup>th</sup>  
**Zucchini Festival**

August 15<sup>th</sup>  
**National Acadian Day**

Tuesday August 20<sup>th</sup>  
**Chef's Table Presentation**

Monday August 26<sup>th</sup>  
**Folklorama!**

Wednesday August 28<sup>th</sup>  
**ASC Carnival  
Ontario National Event**

August 31<sup>st</sup>  
**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.*



## Embracing Summer's End with Festivities Galore

There's plenty to look forward to this August! It's the ideal time to embrace the outdoors, cherish each other's company, and make the most of these remaining summer days. Challenge yourself this month—whether it's trying a new program, striking up a conversation with someone new, picking up a hobby, or simply taking more walks. Let's discover what excites and motivates us!

Join us as we dive into August and explore some of the fun and festivities from around the country. And, since happiness is known to be contagious, share this month's ASC Family Newsletter with your friends and loved ones. With summer in full swing, there are plenty of opportunities to have fun, soak up some sunshine, and create memories that will keep you smiling all year long.

*"Let the sunshine of August inspire you to shine your brightest"*

## Chapel Hill's 9th Anniversary Celebration: A Night to Remember



On **August 2<sup>nd</sup>**, Chapel Hill in Orléans will be alive with excitement as it celebrates its 9th anniversary with a spectacular Casino Night extravaganza. The event will kick off with a delightful sit-down meal to tantalize everyone's palates, setting the stage for an evening of fine dining and fellowship.

Guests will then enjoy thrilling games at three tables—roulette, High Card, and blackjack—each offering a chance to test their luck and skill. A lively karaoke session and vibrant music will keep spirits high throughout the night, while a photo booth will be available to capture memorable moments.

A bar stocked with wine, beer, and a signature pineapple juice and rum concoction will cater to all tastes, complemented by delicious finger foods served during the casino festivities. Allison Boraman, Health & Wellness Director, expresses her excitement, anticipating a memorable celebration of community and camaraderie at Chapel Hill's anniversary event. Don't miss this unforgettable celebration! Black tie optional.

Time: 4:30 PM - 7:30 PM

Location: 2305 Pagé Rd, Orléans, ON (613) 804-2273

## Celebrate Summer's Grand Finale at the ASC Carnival



On August 28th, get ready for a spectacular end-of-summer bash at the ASC Carnival, happening at select residences nationwide! Brace yourself for a day filled with thrilling games like Axe Throwing, Chuck a Duck, and Balloon Darts. Plus, there will be chances to win fantastic prizes and decide which manager gets a pie in the face! This Family & Friends event promises fun for everyone, so bring your loved ones and dive into an afternoon of laughter, delicious food, and community spirit.

Individual residences in Ontario and Alberta will put their own special spin on the event, and we cannot wait to see the diversity of activities and themes they have planned. Guaranteed—each is designed to bring joy, relaxation, and a strong sense of community.

Whether it's a cherished annual tradition at your residence or an exciting new experience, don't miss out—mark your calendars and get ready to celebrate summer's finale in style at the ASC Carnival! Contact your Health & Wellness Director for more details, including information on an alternate or rain date.

VISIT OUR WEBSITE  
[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)

## A Message from the Director of Care, River Ridge II



It's hard to believe that summer is already half over, and August has arrived. Instead of focusing on what's behind us, let's consider the glass half full. Poppies, a flower associated with August, symbolize regeneration and new beginnings.

Sometimes, a fresh start is just what we need to fill us with optimism and hope. With that in mind, here are some tips to Age Gracefully:

- ✓ Live in the present and enjoy each moment. No one can predict life's every twist and turn, so savor each day.
- ✓ Forgive yourself and others. This doesn't mean condoning what happened; it's about releasing the toxic hold that past events have on your mind and soul.
- ✓ Find humor and even laugh at yourself. When life throws you a curveball, remember to take joy seriously.
- ✓ Stay curious. You're never too old to learn something new.
- ✓ Meditate. This can take any form that allows you to enjoy the moment, whether it's gardening, prayer, or crocheting.
- ✓ Be grateful. Take time to appreciate the good things around you.

Whether it's trying something new, reconnecting with old friends, or simply taking a moment to appreciate the beauty around us, let's make the most of each day.

—Linda Pomeroy

## Manitoba Market Fun

Step back in time and experience the charm of a bustling farmers market right here at home. This special day is all about celebrating the freshest and finest local produce, and the joy of coming together as a community. Residences in Winnipeg will be transformed into a vibrant marketplace filled with beautiful flowers, delightful music, and a variety of fun activities.

External vendors will set up in the Dining Rooms, offering a wonderful selection of goods. The day's festivities will include live entertainment, jam making, and games, ensuring there's something for everyone to enjoy. Come on out!



## McCarthy Place Supports Furry Friends!



McCarthy Place is thrilled to welcome Tyler Jouwsma, owner of Paws on Patrol, a local mobile pet services company, to our **Stratford residence**. Tyler has launched the [Paws on Patrol Pet Pantry](#), an amazing initiative dedicated to helping Stratford families care for their beloved pets. This effort ensures that pets can stay in their homes, where they belong.

Join us on Friday, **August 2nd**, as Tyler shares the inspiring story of his successful non-profit organization and how it has been instrumental in reducing the number of pets in shelters. He will discuss how the pantry provides essential pet supplies to those in need through bi-weekly care packages.

Want to help? We will be collecting donations throughout August:

- 🐾 Cat and Dog Food
- 🐾 Cat Litter
- 🐾 Toys (Cats & Dogs)
- 🐾 Dog Beds
- 🐾 Treats (Cats & Dogs)

## ASC Memories from July

July was a fun-filled month at All Seniors Care Living Centres! We danced, attended BBQs, enjoyed Turned Back Time Car Shows, held Olympic opening and watch parties, and enjoyed a ton of summer activities. We even went to the Stampede! 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!



## BLOSSOM Living Corner



This past month, BLOSSOM Living participants at **Auburn Heights** went on a lunch outing to PaSu Farms in Mountain View County, AB. Overlooking the Rocky Mountains, PaSu, an acronym of Patrick and Susan, is a working sheep farm that combines restaurant dining and gift shop filled with quality craftsmanship. What a beautiful place! Everyone enjoyed PaSu's friendly staff and great food. So many cute and beautiful things in the store, and fun artifacts to admire in the main hall. And what a view!

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

## Shaftesbury Park Bird Watching Club



Have you ever admired the birds in your courtyard, garden, or while walking around the neighbourhood? Mr. Raymond C. has! He's been enjoying their company with his binoculars for some time now. Inspired by his passion, Shaftesbury Park excited to announce the start of a new bird watching club! Join Raymond and his friends as they explore the feathered wonders around us. The Winnipeg residence will use the [Merlin Bird ID app](#) to identify and learn about their feathered visitors. For more details, contact Raphael Flores, Health & Wellness Director at [rflores@allseniorscare.com](mailto:rflores@allseniorscare.com).



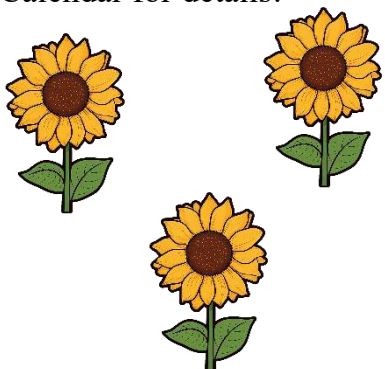
## Zucchini Festivities: From Harvest to Happiness!



Every gardener who has grown zucchini knows that this time of year, the vines go crazy, producing hundreds of tiny squashes. Why do so many gardeners grow it? Low in calories and packed with nutrients, zucchini is versatile in the kitchen. It can be used in a variety of dishes such as stir-fries, salads, soups, and as a substitute for pasta noodles in dishes like zucchini spaghetti. Zucchini plants are also prolific producers.

According to the Farmers' Almanac website, "Every gardener who has grown zucchini knows that this time of year, the vines go crazy, producing hundreds of tiny squashes." For those blessed (or perhaps burdened) with abundant zucchini, August 8 brings a delightful solution: National Sneak Some Zucchini onto Your Neighbour's Porch Day!

This **August 8th**, to honour this playful holiday that originated in Pennsylvania, USA, ASC has planned a **Zucchini Festival**. There will be cooking demos, fun snacks made with the summer squash, outdoor entertainment, and more! Check your August Activity Calendar for details!



## 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 August ASC residences are celebrating six 100+ Birthdays ... and one 105th!

- Mercedes C., Aspen Heights - Happy 100th Birthday!
- Dorothy W., Auburn Heights - Happy 101st Birthday!
- Ferne R., Cedarcroft - Happy 105th Birthday!
- Marie C., Cite Parkway - Happy 101st Birthday!
- Guy L., Lakeridge Heights - Happy 100th Birthday!
- Joan B., Sturgeon Creek 1 - Happy 100th Birthday!
- Jim C., Sturgeon Creek 2 - Happy 101st Birthday!

## August is Happiness Happens Month



August 1 marks the start of International Happiness Happens Month, a time to celebrate and appreciate all of life's joys! The goal is to spread happiness throughout the world and remind people to be grateful for everything they have. So, get ready to smile and enjoy this

special month by indulging in activities that make you happy and spreading joy wherever you go! Here are just some of the ways that "Happiness Happens" at ASC:

- ♥ We exercise to keep our body healthy.
- ♥ We do Brain Neurobics to keep our mind strong .
- ♥ We eat 3 healthy meals a day (and the occasional treat 😊).
- ♥ We offer Movie nights in our plush theatres.
- ♥ We play games - because we like fun!
- ♥ We socialize, listen to live music, and make friends.
- ♥ We are like family and family is important.

This year is extra special because Happiness Happens Day on August 8th is 25 years old! What are you doing to make Happiness Happen today?

### Word Search

### SUMMER OLYMPICS



O	W	F	E	N	C	I	N	G	N	F	N	C	X
H	T	I	W	P	B	Q	C	A	H	O	Y	B	P
A	Z	R	T	E	N	N	I	S	U	D	M	S	O
N	O	C	I	S	U	R	F	I	N	G	C	I	L
D	N	C	H	A	T	H	K	G	L	I	S	L	G
B	A	M	I	S	T	Q	G	L	T	G	A	N	S
A	M	O	E	I	W	H	A	E	N	B	I	S	W
L	K	U	W	O	E	B	L	I	T	V	L	H	T
L	Q	Z	O	T	T	H	M	O	I	S	I	O	B
E	V	M	A	E	T	M	O	D	N	P	N	O	O
K	U	R	K	A	I	F	G	O	L	F	G	T	X
S	A	S	G	W	H	K	X	O	E	H	U	I	I
K	A	L	S	B	A	D	M	I	N	T	O	N	N
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|-----------|------------|----------|------------|
| Football  | Tennis     | Golf     | Basketball |
| Diving    | Fencing    | Shooting | Handball   |
| Archery   | Athletics  | Judo     | Sailing    |
| Badminton | Equestrian | Sumo     | Triathlon  |
| Karate    | Boxing     | Surfing  | Swimming   |

## Celebrating Three Wonderful Years at Lakeridge Heights!



We are thrilled to announce that **Lakeridge Heights** will be celebrating its 3rd anniversary on August 9th! It has been an incredible journey filled with joy, growth, and some amazing memories. The Whitby residence always has some incredible surprises up it's proverbial sleeve, but we have it on good authority that the day will be marked with live entertainment with a special toast acknowledging their original residents.

But the celebrations don't stop there! On **August 14th**, they will hold a special staff appreciation event to honour Lakeridge Heights' dedicated team. We are incredibly grateful to all our staff members for their hard work and commitment, and we want to give a special shout-out to four staff members who have been with Lakeridge since the very beginning. To acknowledge their loyalty and dedication, they will be presented with flowers, gift cards, and certificates. There will also be a delicious lunch and a visit from an ice cream truck, bringing sweet treats and smiles to everyone.

Join us in celebrating these milestones and the wonderful community we have built together at Lakeridge Heights. Here's to many more years of happiness and success!



# ALL SENIORS CARE *Neighbourhood News*

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## July Memories

