



WELCOME TO SEPTEMBER

September Special Events

Monday September 2nd
Labour Day

Tuesday September 3rd
Alberta Day Travelogue

Thursday September 5th
Back To School Picture Day!

Friday September 7th or 8th
Grandparents Day Weekend at the Rodeo

Sunday June 15th
Silver Fox Walk
Honouring the Terry Fox Run

Friday September 20th
Oktoberfest

Saturday September 21st
World Alzheimer's Day

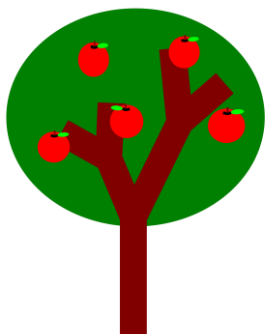
Sunday September 22nd
First Day of Autumn

Wednesday September 25th
Healthy Living with Nurse

Friday September 27th
Funny Money Auction + Spin the Wheel

Monday September 30th
National Day for Truth and Reconciliation

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.



Welcoming Autumn: A Season of Warmth and Celebration

As the days grow shorter and the leaves turn amber, we embrace the arrival of autumn—a season rich in color, comfort, and community. This month, we're thrilled to bring you the latest updates from our retirement residences nationwide, where ASC communities are alive with activities, events, and new initiatives designed to enhance the well-being and joy of our residents.

From the nostalgic charm of our "Back to School" photo shoot to the meaningful observance of World Alzheimer's Day, our residences are celebrating the season's bounty in ways that bring people together. Whether it's the cozy warmth of shared meals, the excitement of seasonal events, or the reassurance that your loved ones are in caring hands, we're committed to making this autumn as vibrant and fulfilling as ever.

Thank you for being part of the All Seniors Care family!



Grandparents Weekend Rodeo – A Rootin' Tootin' Good Time!



Yeehaw! Saddle up for a rootin'-tootin' good time as we celebrate Grandparents Day with an ASC Rodeo on the weekend of **September 7th**. Dust off your best country duds and mosey on over! We're callin' all children, grandchildren, and great-grands to join in a hootin' and hollerin' celebration that's bound to bring smiles to every generation.

The day will be packed with classic games like Cornhole, Potato Sack Races for the (great) grandchildren, and an Egg on a Spoon Relay Race. Who will reach the finish line first?! Enjoy lively country music, dancing, and refreshing beverages at the Watering Hole. We'll round up the day with a family-friendly country movie to cap off the festivities with a grin. Come on out and make lasting memories with your loved ones at this special weekend shindig!

If you or a loved one lives at Aspen or Auburn Heights in Alberta, we know that you've just finished Stampede season, so we have some extra fun plans in store for you. A weekend at the Carnival!! Contact your Health & Wellness Director for more information.

ACTIV8 with ASC – Balanced Wellness for Everyday Living!



We are thrilled to unveil our latest initiative, ACTIV8, a comprehensive wellness experience designed to enhance the well-being of our residents across eight key domains of health.

ACTIV8 goes beyond traditional fitness programs, offering a diverse range of classes and activities tailored to suit every level of mobility and ability. Engaging in regular activity is vital to maintaining strength and overall health as we age, and ACTIV8 ensures that our residents have access to the tools they need to thrive.

Whether you're interested in cardio and strength training or exploring Tai Chi and meditation, there's something for everyone. With categories like ACTIV8 Move, ACTIV8 Balance, and ACTIV8 Rejuvenate, we provide a holistic approach to wellness, incorporating physical fitness, mindfulness, and relaxation. Our dedicated Health & Wellness Directors are here to guide you every step of the way, ensuring you have the support and resources you need. Join an ASC community and discover how ACTIV8 can help you lead a healthier, more independent life! Contact a Lifestyle Director near you for more information.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Here's to you, Mrs. Robinson!



Cedarcroft Place in Stratford, ON, recently had the distinct pleasure of celebrating an extraordinary milestone—Ferne's **105th Birthday**. A cherished member of the Cedarcroft family for the past seven years, Ferne holds a special place in the hearts of everyone at the residence.

To mark this incredible occasion, Ferne had just two simple requests: ribs from Swiss Chalet and chocolate ice cream for dessert. The celebration was made even more memorable with a performance by Johnny Borton, who filled the room with rock and roll classics, including one of Ferne's favorite songs, "We'll Meet Again" by Vera Lynn.

Adding to the festivities, on August 21st, John Nater, MP for Perth-Wellington, joined the party. He later shared the joyous event on his Facebook account, praising Ferne for her remarkable longevity and recounting her humorous advice on reaching such an age: "In and out, just keep breathing in and out!" His warm wishes echoed the sentiments of all who know and love Ferne—Happy Birthday, and many more!

HILKA ROBDA CHALK BOARD
 RATERCEAIA CAFETERIA
 LONBUXHC LUNCHBOX
 RFOORTCE PROJECTOR
 LOTHOSC UBS SCHOOL BUS
 SGIMW TSE SWING SET
 RAT SUSEPLIP ART SUPPLIES
 IERF LDSUR FIRE DRILLS
 BKNOOTO NOTEBOOK
 SCOMALORS CLASSROOM
 BVALRIR OBKO LIBRARY BOOK
 CSRESE RECESS
 DVTUS RPOGU STUDY GROUP
 ESCNCEI ESOTJCPR SCIENCE PROJECT
 NAELGNIR LEARNING
 YGHEPGAR GEOGRAPHY

Calgary Cares: Residence Fundraisers Unite



As Calgary's annual Walk for Alzheimer's approaches in October, Aspen Heights is dedicating the entire month of September to raising awareness and funds for Alzheimer's research. Residents and community members are uniting for a series of events, all aimed at supporting this vital cause. Here is a rundown of their amazing plans:

- **Alzheimer's T-Shirts for Sale:** From September 3rd to the 26th, Alzheimer's t-shirts will be available for purchase at reception, priced at \$20 each (cash only). With limited sizes available, early purchases are encouraged.
- **Rumble Boxing Open House:** On September 13th, the nearby Rumble Boxing fitness studio will host an open house for Aspen Heights with all proceeds going directly to Alzheimer's research.
- **Charity Bake Sale:** On Friday, September 20th, Aspen Heights will host a Charity Bake Sale to raise funds. Those interested in contributing baked goods are encouraged to contact Maddi as soon as possible at ASP-wellness@allseniorscare.com.
- **Garden Mum Sale:** From September 24th to 26th, the Calgary residence will be selling Garden Mums, with all proceeds supporting Alzheimer's research.
- **Aspen Heights Walk for Alzheimer's:** On Friday, September 27th, Aspen Heights will host its own Walk for Alzheimer's. The event will begin at 10:30 a.m. Friends, family, and pets are all welcome to join in. After the walk, participants can enjoy an **Oktoberfest BBQ**. The day will conclude with live entertainment from 1-2 p.m.

ASC Special Moments from August

August was a fun-filled month at All Seniors Care Living Centres! We celebrated Summer and enjoyed a lot of outdoor activities. Residents took part in carnivals, car shows, and went on picnics and outings in their community. Here are a few pictures from around the country. To see more photos and videos, please visit individual residence [Facebook pages](#) or see highlights on our [Instagram](#) page.



Residence Pollinator Project: One in a buzz-illion Masterpiece



Recently, **Fox Hollow** in London, ON was approached by the Hyde Park Community with an exciting opportunity: to paint and prepare a barrel for use in the community to support pollinators, especially bees. They eagerly embraced the chance! Resident June, with her creative spirit, took charge of the project. Together with her dedicated team, affectionately dubbed the "Foxy Bees," she set out to design and bring to life a stunning "Oak Whiskey Bee Barrel."

After Labor Day, the Foxy Bees, accompanied by Friendly the Fox, will proudly deliver the completed barrel to the community, where it will be filled with flowers until October. Following this, the barrel will be stored at the local Garden Center, where it will be revitalized each spring with pollinator-friendly flowers.

Pencils, Pens, & Inkwells



For many older adults, the first day of school meant a new school bag, a No. 2 pencil, a brand-new pair of blue jeans, a hand-me-down shirt, along with a pair of black dress shoes that they would either grow out of – or grow into - before the end of the year.



At All Seniors Care Living Centres,

Thursday, September 5th is Back to School Picture Day! This means the chance of a back-to-school photobooth or creating an advice card to share with the grandkids.

It's also time to for residents to update their QOLA photo, so be sure to wear your best first day of school outfits!

Summit Heights: Knitting with Purpose



The residents of Summit Heights in Hamilton are always up to something exciting, and their latest venture is no exception.

Recently, the Summit Heights knitters had a special visit from the [CNIB KnitWits](#). The group meet to share patterns, chat about life in general, and support each other with tips and tricks to enhance their knitting and life skills with vision loss and other limitations. The day was filled with laughter, stories, a hearty lunch, and plenty of knitting. The event was a wonderful success, leaving everyone inspired and impressed by the power of community and creativity.

The **Summit Heights** knitters have dedicated themselves to several important projects: crafting scarves for those experiencing homelessness and preparing items for their Christmas mitten tree. The group meets every Monday.

Guess the Olympian!



In August, **Cataraqui Heights** in Kingston asked [their Facebook followers](#): can you guess which resident participated in the 1956 Summer Olympics?

- 🏹 Carol - Hammer Throw
- 🏃 Murray - 400m Run
- 🏊 Bibi - Long Jump

And the winner is... Mr. Murray! Born in 1933, Murray is a celebrated Canadian sprinter who competed in the men's 400 meters at the Melbourne 1956 Summer Olympics. He has made a significant mark in the world of athletics, proudly representing Canada on the global stage.

Back to School Word Scramble

(Answers can be found on the previous page.)



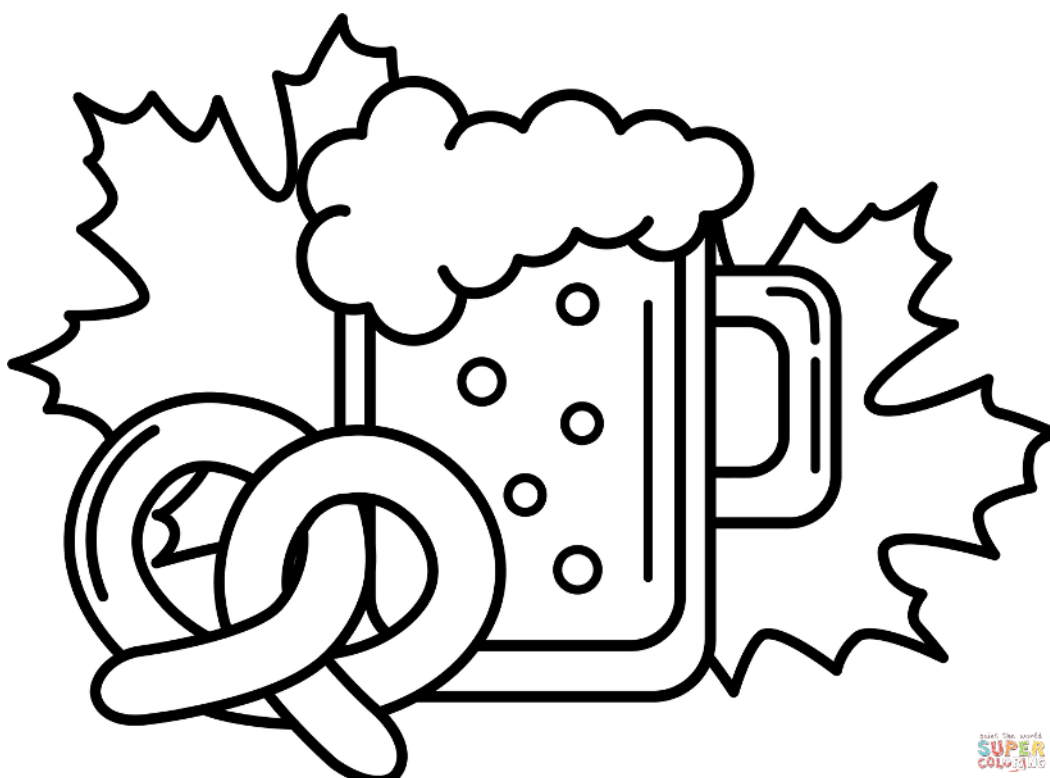
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|-----------------------|-------------------------|
| KHLCA ROBDA _____ | HTERAEC _____ |
| RATEFCEAIA _____ | NCIELP RPHEASNER _____ |
| LONBUXHC _____ | DYOPLUAGNR _____ |
| RJPOORTCE _____ | LOHOSC UBS _____ |
| NFOINUTA ENP _____ | SGIWN TSE _____ |
| LBALSAKBTE MGEA _____ | RAT SSUEPLIP _____ |
| KBCAPKAC _____ | IERF LDSLIR _____ |
| LIFNA MXASE _____ | BKOENOTO _____ |
| WEROHKOM _____ | SCOMALORS _____ |
| CSRESE _____ | BYALRIR OBKO _____ |
| DYTUS RPOGU _____ | ESCNCIEI ESOTJCPR _____ |
| YGHEPOGAR _____ | NAEGLNIR _____ |

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 September ASC residences are celebrating three 100th Birthdays ... and three 102nd!



- Marjorie M., Auburn Heights - Happy 101st Birthday!
- Doreen C., Shaftesbury Park - Happy 100th Birthday!
- Shirley C., Sturgeon Creek 2,- Happy 100th Birthday!
- Marguerite S.-S., Chateau Symmes - Happy 100th Birthday!
- Alice L.-B., Chateau Symmes - Happy 102nd Birthday!
- Marie-Paule L.-L., Chateau Symmes - Happy 101st Birthday!



World Alzheimer's Day



Residents are encouraged to wear purple on **September 21st** to show their support for Alzheimer's and other forms of dementia. This year's theme, *'Time to Act on Dementia, Time to Act on Alzheimer's,'* focuses on attitudes toward dementia and seeks to combat the stigma and discrimination that still exist around the condition, while highlighting the positive steps being taken globally to create a more dementia-friendly society.

This day is not just about awareness—it's about embracing and celebrating the journey together. We invite families and prospects to attend informative presentations from local Alzheimer's societies. Additionally, residences will spotlight on our specialized **BLOSSOM Living** curriculum and holistic Memory Care Lifestyle. Come, discover the dedication and compassion of our communities for your loved ones with memory care needs. Contact a residence near you for details!

Fun New Card Game!



Residents at **College Park I** have a new favourite card game! ♥ "Trash" is simple to learn, fun to play. ♠ In this picture, the Regina, SK players are using Braille playing cards – making it inclusive for players who are blind or have low vision. ♣ It was decided this should definitely be on their list of well-liked games and activities!! ♦ Give it a try!!

ALL SENIORS CARE *Neighbourhood News*

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August Memories

