



# WELCOME TO NOVEMBER

## November Special Events

*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*

Friday November 8<sup>th</sup>

**Chef's Table Presentation**

Monday November 11<sup>th</sup>

**Remembrance Day Ceremony**

Tuesday November 12<sup>th</sup>

**Chicken Soup for the Soul Day**

Monday November 18<sup>th</sup>

**Mystery Monday!**

Tuesday November 19<sup>th</sup>

**International Men's Day**

Thursday November 21<sup>st</sup>

**Early Christmas Shopping Trip**

Thursday November 28<sup>th</sup>

**Thursday Ted Talk Day**

Friday November 29<sup>th</sup>

**Funny Money Auction + Spin the Wheel**

Saturday November 30<sup>th</sup>

**Anne Of Green Gables Day**

**Fall Prevention Month**

*November*



## What Would You Do with More Free Time This November?

November is packed with local and national holidays and events, giving fall a proper send-off and setting the tone for the holiday season—the most wonderful time of the year! At All Seniors Care, our residences are brimming with activities, from our upcoming Christmas Bazaar to tournaments, creative workshops, and celebrations for all to enjoy. Residents are gathering for cozy gatherings, creative pursuits, and seasonal preparations that truly make this month one to remember. This month's Family Newsletter is packed with stories and highlights that capture the spirit of connection and celebration in our residences. So, settle in with a warm drink, and let's dive into all that this season has to offer!

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

## Honouring Our Heroes on Remembrance Day



With 359 veterans and spouses living within our ASC residences, Veterans' Week and Remembrance Day remain deeply cherished occasions across our communities. Each year, from November 5 to 11, Canadians remember and honour those who served bravely in the past, as well as those who continue to serve today.

On November 11, residents and team members across ASC will pause for a solemn moment of silence at the 11th hour, reflecting on the sacrifices made by Canada's veterans and the commitment of our active servicemen and women. Following this observance, we hold ceremonies featuring our resident veterans dressed in uniform, readings from In Flanders Fields, a Remembrance Day prayer, and the singing of the National Anthem. These moments of shared reverence and remembrance are both moving and unifying.

In gratitude and reflection, we thank all those who served and those who continue to serve, making it possible for us to live with peace and freedom today. To all our heroes, your bravery and sacrifices will never be forgotten.



## Aspen Heights Moves for Movember



This November, **Aspen Heights** is proudly taking part in Movember! Movember highlights important health issues, from mental well-being to cancers affecting men, such as prostate and testicular cancer. To show support, residents and staff at Aspen Heights in Calgary, AB are joining the MOVE challenge, aiming to complete 60 kilometers together throughout the month—one for every man lost to suicide each hour worldwide. By walking, biking, or participating in other activities, Aspen Heights is not only raising awareness but also creating a supportive space for conversations about men's health. With each kilometer, they hope to inspire others to prioritize mental and physical wellness. Will you join Aspen Heights in their MOVE for men's health?

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Across the country, All Seniors Care residents are invited to join the "Order of the Mo"- the world's least secret society. Because we want everyone to know that we stand for healthier men and a healthier world, each and every day that our male residents don't shave, we will give them funny money! Growing a moustache is the symbol that grabs attention and starts important conversations. So, give it a go – Grow A Mo!

VISIT OUR WEBSITE

[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)



## Preparations are Underway for the 2025 ASC Seniors Games



This November, seniors across Canada will begin training for the 16th All Seniors Care Senior Games, coming February 2025! This week-long, multi-sport event is all about fun, friendly competition, and community. Residents will participate in favorites like Bean Bags, Pétanque, Ladder Ball, Corn Hole, Bocce Ball, Jeopardy, and Bingo. The atmosphere is always upbeat, with cheers, hugs, and camaraderie between teammates and opponents alike. Each day, results are shared online, and national medals awarded in select events. Practice begins now, fostering a strong sense of purpose as we prepare for an exciting February ahead! Learn more at [allseniorscare.com/asc-games](https://allseniorscare.com/asc-games).

## Halloween Fun at ASC!



Halloween brings out the spooky spirit across all ASC residences, with each community adding its own unique twist! **Seine River** hosted a lively Monster Mash Party, while **Sturgeon Creek I** in Winnipeg added a Witchy twist to their Workout. Over at **Beacon Heights**, residents enjoyed a “Creepy Bingo” session, complete with Halloween-themed prizes. To make things even more fun, many communities welcomed little ghouls and goblins for a children’s costume parade—a favorite for both residents and staff. The day is always a hit, as seniors and staff alike dress up, decorate, and get creative with festive crafts. With each residence celebrating in its own way, Halloween was a day of fun, laughter, and unforgettable memories!

## Student Volunteer Makes a Big Impact



Meet Tirani. A volunteer at Courtyards on Eagleson, she has made a lasting impact at the unique memory care residence in Kanata.

For the last two years, this scholarship student’s volunteer journey began with Ontario’s mandatory 40 volunteer hours in high school. But what started as a requirement quickly blossomed into a passion. “I realized how much I enjoyed helping others,” she recalls.

Volunteering almost every day of the week, Tirani assists in setting up, running, and cleaning up after activities, always ready to lend a hand whenever needed. “She’s a phone call away and brings so much joy to our residents,” says Licy Panes, Health and Wellness Director. “We’re truly lucky to have her.”

A Master of Social Work candidate, Tirani has created lasting bonds at **Courtyards on Eagleson**. “I love all the residents, the environment, and all the staff are wonderful”, she says. “The residents may not remember my name, but they know that I’m not a stranger, and they are so sweet and kind and happy to see me.”

Outside of her volunteer work, Tirani enjoys staying active by playing volleyball and badminton, finding these activities to be a great way to have fun and relieve stress. She also loves spending time walking and running in local parks with her dog. Tirani also works with youth offenders, on Kids Help Phone, and supporting low-income families.

## ASC Special Moments from October

October was a fun-filled month at All Seniors Care Living Centres! We celebrated autumn & enjoyed a lot of outdoor activities. Residents decorated for Halloween, strutted their stuff in fashion shows, and painted for Picasso’s birthday. To see more photos and videos, please visit individual residence [Facebook pages](#) or see highlights on our [Instagram](#) page.



## Giving Back: Care Packages Bring Joy



This Thanksgiving, the spirit of giving was truly alive at **River Ridge I**, thanks to Sean Knox, the Winnipeg residence’s Health and Wellness Director. When presented with a surplus of guest soaps, Sean had a wonderful idea: rather than letting them go to waste, why not use them for a meaningful cause?

With that spark of inspiration, ten residents came together to create care packages for the homeless. The activity quickly became a heartwarming experience as they assembled 40 kits filled with essentials like soaps, granola bars, toothbrushes, toothpaste, shampoo, and conditioner. These basic items are often overlooked but can make a huge difference for someone in need.

The joy was contagious. The group enjoyed the experience so much that they’ve already decided to do it again for Christmas, with hopes of making even more kits to help those facing tough times during the holiday season.

Sean delivered the care packages to Siloam Mission, an organization offering vital services such as emergency shelter, showers, laundry facilities, and meals. They also provide mental health support and life skills training for individuals experiencing homelessness.

During this season of gratitude and giving, it’s beautiful to see our community coming together to give back in such a meaningful way!





## Saskatoon Fashion Show Dazzles with Style & Spirit!



**Preston Park II's** Fashion Show dazzled once again as residents lit up the runway with their spirited style and raised an impressive \$4,540 for Breast Cancer Research! With support from fabulous residents, guests, and generous auction donors, the 3rd Annual Fashion Show and Silent Auction was a smash hit. Special thanks to Underground Trends for the runway-ready looks, which the feisty models rocked with flair! Here's to everyone who made the night unforgettable — looking forward to seeing everyone strut their stuff next year at the 4th Annual Fashion Show! Be sure to check out the Saskatoon residence's Facebook page for more pictures.

[www.facebook.com/PrestonPark2](http://www.facebook.com/PrestonPark2)

## 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 November ASC residences are celebrating four 100<sup>th</sup> Birthdays ... and one 103<sup>rd</sup>!



Eunice W, Aspen Heights – Happy 100th Birthday

Maxine M, Auburn Heights – Happy 103rd Birthday

Suzanne B, Cite Parkway – Happy 100th Birthday

Keith C, Preston Park – Happy 100th Birthday

Mme. Vachon, LaGappe – Happy 100th Birthday

## The Buddies Program is Back at Sturgeon Creek I



Once a month, 20 kids team up with older adults at Sturgeon Creek I for some serious fun—it's the Buddies program! Since 2016, the Winnipeg residence has partnered with Athlone

School and Mrs. Andrews' grade 3 & 4 split-level class.

"We absolutely love it," says Danielle Jamieson, Regional Director of Health & Wellness for Manitoba. "It's extra special that it's a split-level class because some of the same students return the next year. Two years is better than one!"

Participants appreciate the opportunity to share their life experiences, offer guidance, and build lasting friendships while doing fun activities with the class. Holiday celebrations are a highlight, whether it's the Halloween costume parade or decorating gingerbread houses for Christmas. Each year, the senior buddies are VIPs at the school's Remembrance Day Ceremony and Winter Concert, with front-row seats reserved just for them. How special is that?

Intergenerational programs are a staple across All Seniors Care for good reason. Some very real benefits for both kids and seniors include enhanced social skills, improved self-esteem, and intergenerational understanding. "It goes both ways," Danielle adds, "the students are constantly teaching the residents their new lingo and how to stay hip!"

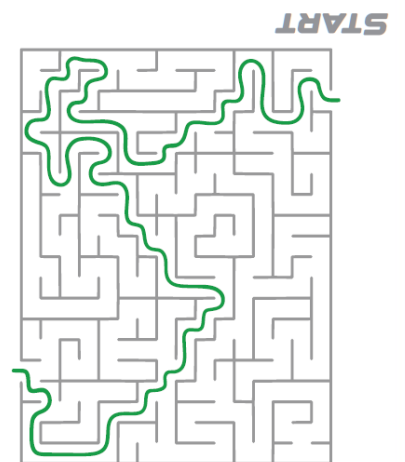
In a heartwarming full-circle moment, one of the new volunteers at Sturgeon Creek I was once a student buddy in the program! She is now volunteering with the same seniors she befriended years ago, demonstrating the lasting impact of these intergenerational connections.

"Our intergenerational program with Athlone School has been a source of joy, learning, and friendship for all involved. We are grateful for the opportunity to connect these two generations and create meaningful experiences that will be cherished for years to come!"

## Rack-Em Up : It's a Billiards Showdown!



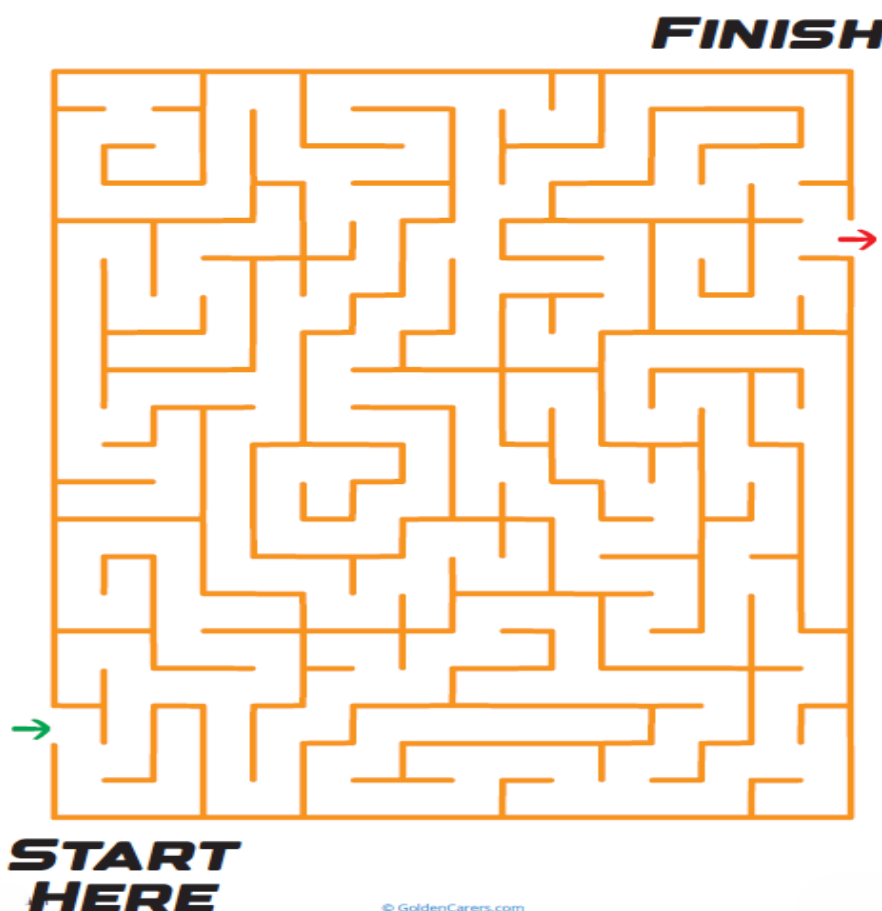
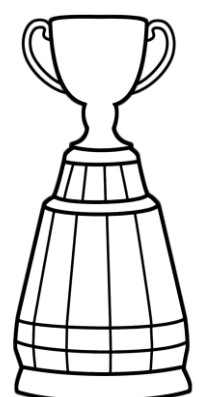
**Chateau Symmes** in Gatineau, QC, is excited to host its first-ever billiard tournament this November! With around 8-10 regular players already signed up, there's still time for residents to join in the fun. Participants will compete for a gold medal and a small bottle of wine for the winner, while the finalists receive silver medals. All participants will enjoy "funny money" as a special reward. "It's the first time we try it and hopefully not the last," shares Marie-Ève Denis, the Health & Wellness Director.



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## The Grey Cup 2024

The 111th Grey Cup is scheduled to be played on November 17, 2024, kicking off at 3 p.m. PT/6 p.m. ET. Ask your Health & Wellness Director for information on how you can cheer on the players! Or if you're not into football, when you can watch the halftime show.



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## October Memories

