



# WELCOME TO DECEMBER



## Important Dates

*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.*

Wednesday December 4th  
**Elf-Ercise**

Saturday December 7th  
**Healthy Living with Nurse**

Thursday December 12th  
**Gingerbread House Day**

Monday December 16th  
**Gift Wrapping Brunch**

Tuesday December 17th  
**Anti Bullying Day**

Friday December 20th  
**Winter Solstice Celebration**

Saturday December 21st  
**First Day of Winter**

Wednesday December 25th  
**Christmas Day  
Chanukah Begins**

Thursday December 26th  
**Boxing Day**

Sunday December 29th  
**Funny Money Auction +  
Spin the Wheel**

Tuesday December 31st  
**New Years Eve  
East Coast Dinner and  
Dance**

## Seasons Greetings from Our Family to Yours

As the year comes to an end, let's embrace the magic of the season. From twinkling lights to delicious treats, it's the perfect time to reflect on the moments that made 2024 unforgettable.

Across our residences, we've witnessed inspiring acts of kindness, creative expressions, and moments that remind us of the joy in everyday living. From the ASC Senior Games and engaging activities like therapeutic art programs to intergenerational music projects and record-breaking charity fundraisers, this year has truly showcased the vibrancy and warmth of our community. Looking ahead to 2025, we're excited to launch two incredible events: ASC's Got Talent, where creativity will shine, and a special gala in March to honor the achievements that make our residences exceptional. Stay tuned!

*Wishing you a wondrous festive season filled with joy, connection, and simple pleasures.  
Here's to a wonderful holiday season and a bright year ahead!*



## You are Invited to Join a Weekly Activity at ASC Residences



We're thrilled to announce the launch of a new weekly activity group at All Seniors Care Living Centres! Designed to foster connections and fun, these events are open to residents, friends, and older adults exploring retirement lifestyles. Each week will feature a unique activity that reflects the community spirit that is a hallmark of our residences, whether it's an entertaining performance, a themed happy hour, or an engaging wellness session.

It's the perfect opportunity to enjoy quality time with others, share a laugh, or try something new—all in a welcoming environment. For more details about the activity chosen at a residence near you, contact their Lifestyle Director. Just follow this link to find your local ASC community. Whether you're a longtime resident or a first-time guest, we can't wait to see you there!

## Caring for Hungry Minds: Stratford Seniors Support Food Drive



This December, McCarthy Place residents are rallying to support the Stratford Public Library's accessible pantry, *The Snack Stop*. The program provides free, non-perishable food items to anyone in need, including schoolchildren who feel more comfortable accessing the library's discreet pantry than other options.

From December 1–23, McCarthy Place will collect non-perishable food donations for the vital Hungry Minds initiative. Visitors attending the **Christmas Vendor Market** on

**Saturday, December 14**, are encouraged to bring a non-perishable food donation.

The Stratford Public Library shared their heartfelt gratitude: "We're the one location that provides free food later at night and on weekends, and it's incredible to see schoolchildren access our pantry without stigma. McCarthy Place's resident support makes this kindness possible, and we're so thankful."

Through their generosity, McCarthy Place residents are helping make Stratford a more compassionate, connected community. Please contact Stephanie Schmidt, Health and Wellness Director, for a list of needed items: [cc2-activity@allseniorscare.com](mailto:cc2-activity@allseniorscare.com).



VISIT OUR WEBSITE

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

## Nurses Choir Spreads Cheer at Sturgeon Creek I



We are excited to welcome back the Winnipeg Nurses Choir to the Sturgeon Creek I stage for their annual holiday concert. This talented group of healthcare professionals, including both active and retired nurses, is committed to using their musical gifts to give back to the community, blending harmony with heart.

Inspired by the joy of the season and the power of music to heal and inspire, the choir will present a heartwarming performance on **Monday, December 9th at 7pm**. While it won't be a formal sing-along, the choir encourages audience members to join in and sing along to their favorite holiday tunes.

## Building Connections Through Friendship, Creativity, and Song

At **Cataraqui Heights** in Kingston, ON, residents are enjoying a variety of new activities that foster creativity and camaraderie.

The Friendship Men's Group meets every Friday in the private dining room, offering a relaxed space to share snacks, drinks, and great conversation. Meanwhile, the Busy Hands Women's Group has quickly become a favorite gathering. Residents bring their personal projects—knitting, painting, jewelry making—and enjoy crafting together, teaching one another new skills along the way.

Adding to the festive spirit, the newly formed holiday choir is hard at work rehearsing for an upcoming performance. Their dedication and teamwork promise a heartwarming chorus for all to enjoy!



## The Team at the Heart of Shaftesbury Park



At Shaftesbury Park, the housekeeping team isn't just known for their dedication—they're also the quirkiest and funniest department in the building!

Every morning, Rowena, Francisca, Myrna, Neelam, and Maria bring boundless

energy and joy to the Manitoba residents. With over 72 years of combined service, their unwavering commitment is matched only by their sense of humor and positivity. Rowena, who has been with us for 17 years, shared, "What makes the place great are the people working and living in this building. We are all family in here."

It's this spirit of connection and camaraderie that makes our community feel like home. Whether it's sharing a laugh or ensuring every suite sparkles, this team is truly at the heart of what makes Shaftesbury Park special. Thank you, ladies, for all that you do!

## Welcome to Oakville Estates Residence



Oakville Estates, opening in early 2025, is set to bring an elegant and engaging option for older adults in the Oakville and Halton Region. Over 65% of the Independent Living suites have

already been reserved, highlighting the excitement for this vibrant new community, which also offers Assisted Living and Memory Care.

At Oakville Estates, every newcomer is a friend from day one, thanks to the "Welcoming Friends" initiative. Resident ambassadors will greet new arrivals, accompany them to meals, and introduce them to the community. It's a thoughtful way to ensure every resident feels at home. For more information or to reserve your suite with a fully refundable deposit, contact 647.493.7383 for more information.

## ASC Memories Made in November

To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



## Employer of the Year Award Goes To ...



Sturgeon Creek II is proud to be a recipient of the 2024 SCE Lifeworks Employer of the Year Award, recognizing their commitment to inclusivity and support for individuals with developmental and intellectual disabilities.

Executive Director Morgan Marleau and team member Santana represented the residence at the awards ceremony, held at the Winnipeg Art Gallery. The event celebrated the partnerships that foster meaningful opportunities for all, and it was a truly memorable evening. With a longstanding relationship with SCE Lifeworks, the Winnipeg residence has been a champion of creating an inclusive workplace. This year's recognition was made possible by nominations from peers, family members, and staff, highlighting the residence's dedication to enriching lives and building community. The Sturgeon Creek II team is deeply honoured to be part of this meaningful initiative and looks forward to continuing their partnership with SCE Lifeworks.

## Cold Weather Tips

As winter arrives, older adults should be cautious of cold weather risks:

- **Hypothermia:** Stay indoors, dry, and layered. Watch for cold, pale skin, tiredness, confusion, and slow heart rate.
- **Frostbite:** Cover extremities and seek warmth if skin turns pale or numb.
- **Falls:** walkways, wear non-skid boots, and ensure mobility aids are grippy.
- **Drive with caution:** Winterize your car, avoid icy roads, and carry emergency supplies.



## Any Mummings Allowed in?



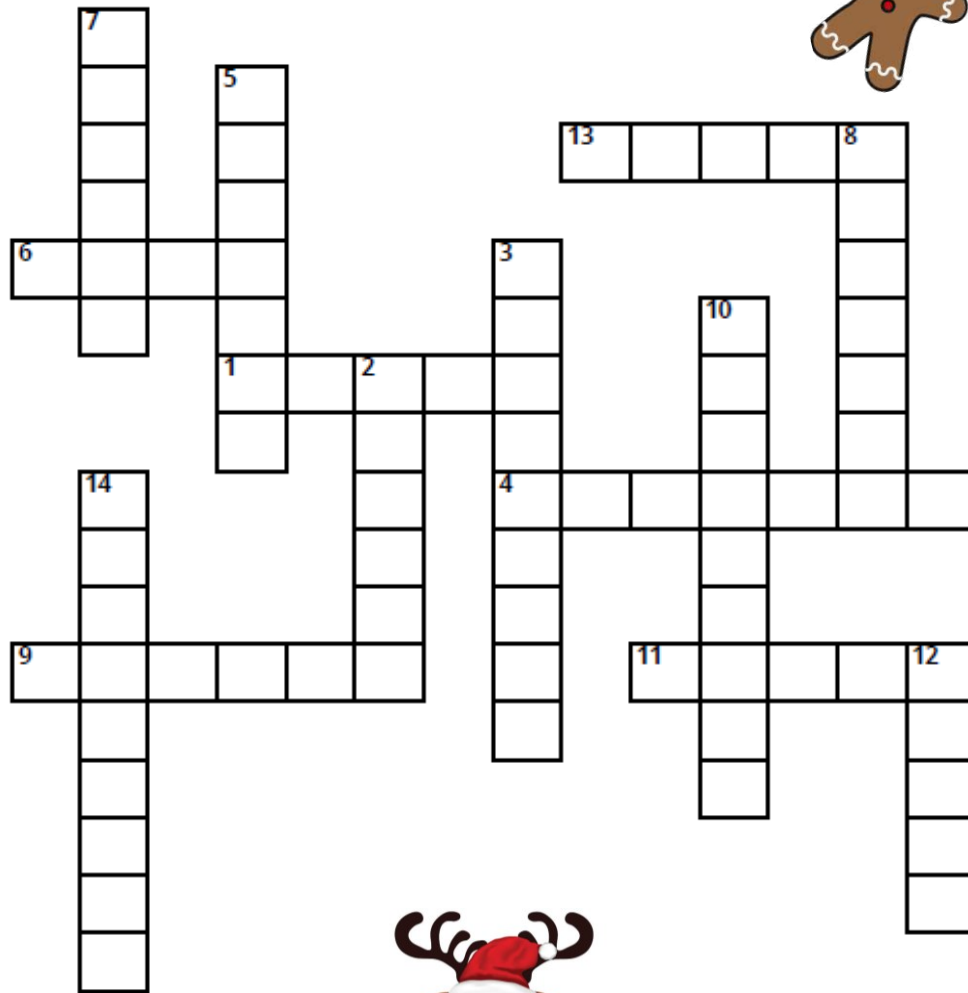
Ring in the New Year with an East Coast tradition! All Seniors Care residences across the country are hosting an East Coast-style dinner and dance, complete with festive music, delicious food, and the spirit of mummering. Mummering is a cherished East Coast custom where people visit each other in outlandish costumes made from household items, spreading cheer and laughter. Residents and staff are invited to join the fun by dressing up in creative disguises or simply enjoying the lively atmosphere. This special evening promises to be filled with joy, dancing, and camaraderie as we celebrate the arrival of 2025. Let's toast to a happy, healthy, and memorable new year together!

## Train Your Brain

Set a timer and challenge yourself – and your friends – to see how many of these you can name in 20 seconds.

- 👉 boy names
- 👉 flowers
- 👉 cheeses
- 👉 ways to cook eggs
- 👉 tree's
- 👉 commands to tell a dog
- 👉 things in a tackle box
- 👉 things in a sewing box
- 👉 fruits
- 👉 vegetables
- 👉 types of footwear
- 👉 types of make up
- 👉 types of jewelry
- 👉 breakfast foods
- 👉 things in a bedroom
- 👉 things in a bathroom
- 👉 what would you see at a baseball game
- 👉 what would you see in an ice cream shop
- 👉 what would you see in a pet shop
- 👉 types of clothing

## Winter Wonderland Crossword Puzzle



### Across

1. Eskimos house - 5
4. A person made of snow - 7
6. Word mountain in German - 4
9. Keeps your hands warm in winter - 6
11. Where bears hibernate - 5
13. Winter footwear - 5

### Down

2. If you are lucky you may see these in the Northern Sky - 6
3. A type of winter storm - 9
5. Tuxedo with feathers - 7
7. A game played on ice - 6
8. A famously cold and snowy region of Russia.- 7
10. A single piece of snow - 9
12. A neck warmer - 5
14. A large mass of snow that slides down a mountain - 9

## Holiday Spirit Week Dress Up Themes

🎄 ✨ Get ready to spread the season's cheer during the ASC Holiday Spirit Week! 🎁 🧑‍🎨 Health & Wellness Directors have planned a week full of fun holiday-themed activities - each day brings a fun new theme to dress up and celebrate the season in style. Let's make it a week to remember! Family, friends, and staff are invited to join our residents as we get festive together! Check your activity calendar for details! ❤️ 🇨🇦



**Tinsel Toes:** Wear festive socks and tinsel.

**Winter Wonderland:** Wear white as snow clothes, and your winter gear.

**Christmas Sweaters:** Wear your holiday sweater, bonus points if it's ugly.

**Tree Topper:** Wear your favourite festive hat or wacky hairdo.

**Festive Friday:** Wear red, green, bows, hats, sparkles, tinsel!



### Crossword Answers

- Across
1. IGLOO
  4. SNOWMAN
  6. BERG
  9. GLOVES
  11. CAVES
  13. BOOTS
- Down
2. LIGHTS
  3. SNOWSTORM
  5. PENGUIN
  7. HOCKEY
  8. SIBERIA
  10. SNOWFLAKE
  12. SCARF
  14. AVAANCHE

## Holiday Parties and Scenic Drives to See the Lights



Whether you're joining us for crafting, entertainment, our annual Christmas party, or simply soaking in the holiday spirit, there's something for everyone to enjoy this December.

One of the most anticipated activities this month is our scenic drives to admire the sparkling holiday light displays. Residents will delight in the twinkling magic of festive decorations while sharing stories and laughter along the way.

Let's make this season one to remember by spreading kindness, laughter, and cheer. As always, we're here to ensure you feel at home and surrounded by love during this magical time of year.

## Showing off their "Staches!



The gentlemen of Aspen Heights proudly grew their 'staches this November to support men's health awareness. Their commitment to the cause sparked conversations, raised funds, and inspired our community. Together, we're making a difference—one moustache at a time! 🧔❤️



# ALL SENIORS CARE *Neighbourhood News*

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## November Memories

