



WELCOME TO FEBRUARY

Upcoming Events

Sunday February 2nd
Ground Hog Day

Monday February 3rd-7th
16th Annual All Seniors Care
Senior Games

Sunday February 9th
Superbowl Sunday

Thursday February 13th
Wear Red for Women's Heart
Health



Friday February 14th
Valentine's Day
Sadie Hawkins Dance

Monday February 17th
Family Day (AB, SK, ON)
Louis Riel Day (MB)
Random Acts of Kindness Day

Friday February 21st
A Taste Of Edmonton

Wednesday February 28th
Funny Money Auction + Spin
the Wheel

February is Black History
Month

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.



A Message from Our Family to Yours

February may be the shortest month of the year, but it's one of the sweetest, filled with moments to celebrate and connections to cherish. More than just chocolate, roses, and romance, this month is jam-packed with celebration after celebration, offering something for everyone to enjoy.



The highlight of the month is the 16th Annual All Seniors Care Senior Games, where we embrace the theme *Life Is Like a Box of Chocolates*—a perfect reminder that every day is full of delightful surprises. From cheering on the teams during the Games to celebrating Valentine's Day with a lively Sadie Hawkins Dance, there are endless opportunities to come together, have fun, and make new memories.

We'll also be raising awareness for Women's Heart Health, savoring the flavors of A Taste of Edmonton, and spreading joy with Random Acts of Kindness Day. Even February's chilly days can't dampen the warmth of community and togetherness this month brings.

Throughout the month, we invite residents and their families to participate in the many events and activities planned by our creative Health & Wellness teams. Read on to discover all the amazing activities planned, and let's make this February a month to remember!

Let ASC Senior Games Begin!

The 16th Annual All Seniors Care Games is here! On February 3-7th, 2025, much-anticipated event will take place simultaneously at our retirement residences across Canada, continuing the tradition of fostering community spirit and active living among older adults.

This year's theme, "*Life is Like a Box of Chocolates*", will bring a sweet and whimsical twist to the week's activities. From chocolate-inspired games to delightful treats, the theme reminds us to embrace the surprises life has to offer with joy and enthusiasm.

The ASC Games feature a variety of inclusive activities, with national medals awarded in selected sports. Special guests and dignitaries will join the festivities, adding to the excitement and energy.

Characterized by friendly competition, personal bests, laughter, and camaraderie, the Games are a highlight of the winter. Whether you're competing as an eager athlete or cheering on your peers, this is a wonderful opportunity to stay active, connect with others, and celebrate the season.

Don't miss the chance to participate in or cheer on this exciting event! For more information, visit the ASC Games website: allseniorscare.com/asc-games/.

Schedule of activities (check with your residence for times):



- February 3rd – Opening Ceremonies and Walk the Halls
- February 4th – Bean Bag Toss and Pétanque (National Sport)
- February 5th – Ladder Ball (National Sport) and Corn Hole
- February 6th – Bocce or Shuffleboard, And Card Games
- February 7th – Jeopardy and Bingo



Summaries and results for each residence will be posted our website daily!

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Glamour Gal Program Debuts at Fox Hollow



Fox Hollow in London, ON, is thrilled to kick off the new year with the launch of its first *Glamour Gal* program, in partnership with Western University medical students.

The inaugural session, set for Valentine's Day, promises an afternoon of pampering. Residents will enjoy manicures with heated towels, soothing hand massages, aromatherapy, and music therapy—all designed to create a relaxing and rejuvenating experience.

This program isn't just a one-time treat; it will become a monthly tradition, bringing warmth, care, and connection to residents throughout the year. The partnership highlights the joy that comes from combining intergenerational collaboration with thoughtful self-care.

Fox Hollow is excited to see how this special program brightens residents' days!



Fox Hollow Mascot

Thank You for Your Leadership and Inspiration!



We would like to take a moment to recognize our incredible Chefs de Mission - they are the real MVPs at the ASCSG!

Handpicked for their leadership qualities, they're like coaches and captains rolled into one, making sure everything in the Games ticks along perfectly. They participate in planning, getting the word out, and making the games a blast for everyone. Crucial to fostering a sense of community and active participation among their fellow residents, the Chef de Mission and their Assistants are invaluable spokespersons for their teams. During the Opening Ceremonies, these Chefs de Mission are entrusted with the prestigious task of reading special greetings from the Governor General, highlighting their significant role in bridging the community with national dignitaries.

Thank you to all the ASCSG Chef de Missions – you inspire us with your energy and commitment showcasing the joy and camaraderie of the Games! A list of the Chefs can be found on our website.

ASC Highlights from January

January was full of excitement and celebration! Some of the many highlights at ASC residences: lifelong-learning programs, Wonka Spirit Week, Robbie Burns Day, and A Shuffleboard Cruise Social. To see more photos and videos from our residences, please visit our social media page at www.allseniorscare.com/socia-media. More pics on page 4!



Celebrating Recreation Therapy Month

February is Recreation Therapy Month, a time to celebrate the incredible impact Recreation Therapists have on well-being and quality of life in our residences. Also known as Therapeutic Recreation, this unique profession is dedicated to helping individuals overcome barriers to engage in healthy and rewarding leisure activities.

At **McCarthy Place** residence in Stratford, ON, Health and Wellness Director Stephanie Schmidt is marking the occasion with a special display in the lobby highlighting the importance of Recreation Therapy. In addition, Stephanie will host an educational presentation and activity for residents, family members, and staff, showcasing the transformative power of recreation in enhancing physical, cognitive, social, emotional, and spiritual health.

While it may look like fun and games, every activity is rooted in helping individuals live their best lives—while having fun! Happy Recreation Therapy Month!

Festival du Voyageur at Sturgeon Creek I



On February 21st, Sturgeon Creek I in Winnipeg will bring the magic of the Festival du Voyageur to its residents. This cherished Winnipeg tradition celebrates French-Canadian and Métis heritage through vibrant music, outdoor fun, and delicious food, all while embracing the winter season.

Danielle Jameson, Regional Director of Health & Wellness, shared her enthusiasm: "We're thrilled to bring some of that festive spirit and tradition to Sturgeon Creek! I'm certain this event will be a hit with the residents. They really appreciate a fun theme."

With plans to honour the festival's lively atmosphere, the event promises to connect residents to local culture and history, creating a memorable experience for everyone involved.

Acts of Kindness

One can never go wrong with kindness! On February 17th, many ASC Living Centres will celebrate Random Acts of Kindness Day. To explore of the many ways in which we can have a positive influence on each other's lives, residents will carry out small and random gestures throughout the day. Join us and brighten someone's day today!

- Compliment a stranger.
- Anonymously donate to a charity or local shelter.
- Hold open a door or offer your seat to a senior.
- Compliment a stranger and make them smile.
- Let the person in line behind you go ahead.

Heart Health Tips



With Valentine's Day around the corner,

we wanted to take a minute to discuss the importance of healthy living and more specifically, your heart health!

Did You Know? 8 out of 10 cases of premature heart disease and stroke are preventable through healthy lifestyle behaviours!

What you can do to live a heart healthy life:

1. Eat Well

Your diet plays a major role in your overall health and wellness. In fact, eating a healthy, balanced diet is one of the most important things you can do to protect your health. To help lower your risk of heart disease and stroke, reduce your consumption of processed foods. Instead, fill your plate with fruits and vegetables, whole grains, and protein.

2. Get Moving

Regular activity helps us sleep better, feel more relaxed, and slows the decline of aging! Additionally, it can dramatically lower your risk of heart disease and stroke. How much exercise do you need? The Heart and Stroke recommends that adults accumulate at least 150 minutes of physical activity per week, in bouts of 10 minutes or more.

3. Stop Smoking

Tobacco use increases your risk of developing heart disease and stroke.

4. Reduce Stress

Recognizing and addressing your stressors is an important step.

For more health tips and tricks ASC's [Senior Living Advice](#) on our website.

Behind the Scenes : A Health & Wellness Director



At Seine River residence in Winnipeg, Health & Wellness Director Krzysztof Szulc has spent four years making events like January's Wonka Spirit Week and the ASC Senior Games (ASCSG) unforgettable for residents.

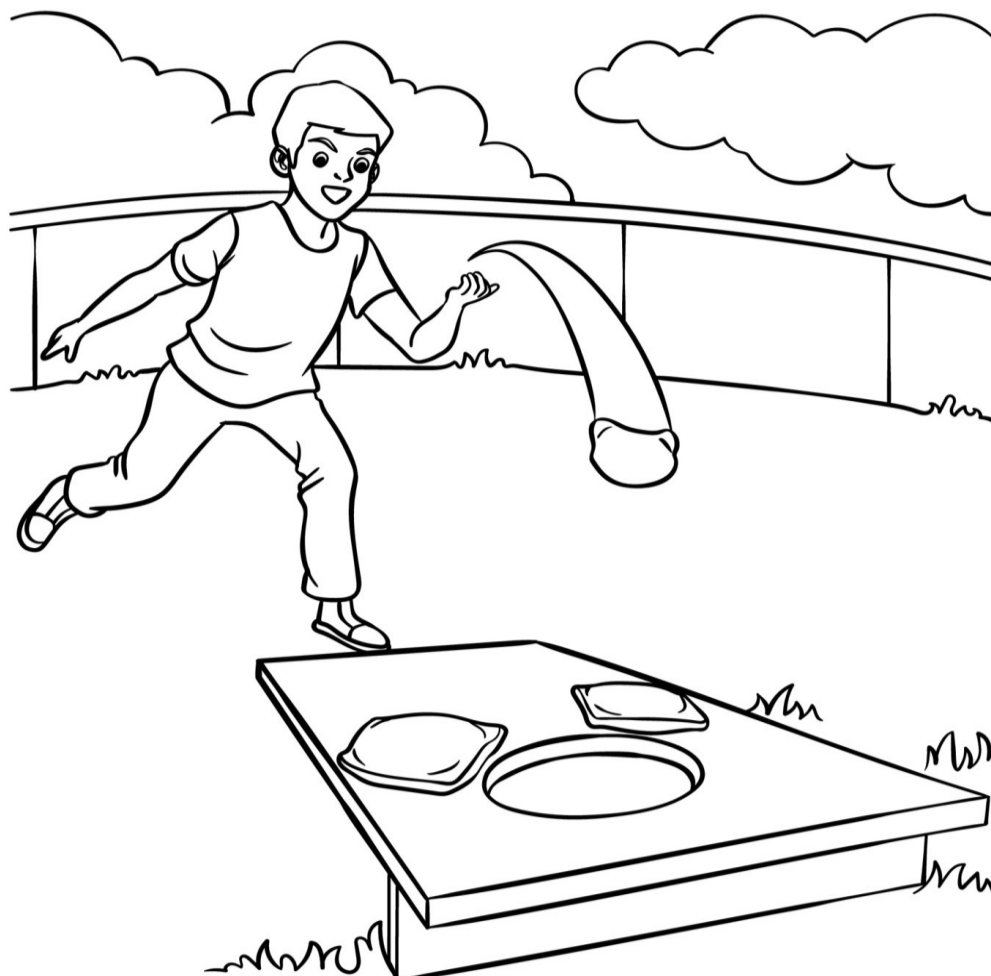
"Spirit Week is a fun way to beat the winter blues and get tenants

excited about the Senior Games in February," Krzysztof explained. Held during the coldest time of the year, Spirit Week and the Games bridge the gap between the holidays and spring, keeping residents engaged and motivated.

Highlights of this year's Spirit Week included a Golden Ticket Gala, featuring a DJ to get everyone dancing, and a chocolate-making activity led by the Chef. The week also included a pep rally to introduce tenant volunteers who will assist during the Games. In February, the ASC Senior Games offer a variety of inclusive and accessible activities, from national medal events like bocce ball and pétanque to trivia and card games, ensuring there's something for everyone.

"It's a big team effort," Krzysztof said, describing the extensive planning, from gathering supplies and crafting decorations to organizing entertainment and snacks. "But seeing the joy it brings to tenants makes it all worthwhile. There's an energy that happens when everyone participates or cheers on their friends—it's magical."

For Krzysztof, the most rewarding part is hearing residents share how much they've enjoyed the events. "Some tenants, especially those who've lost loved ones, express how the sense of community helps them feel supported. Moments like these make every day a privilege."



Valentine's Day Trivia



1. What Roman god is often associated with love and Valentine's Day?

- A) Mars
- B) Venus
- C) Cupid
- D) Apollo

2. Which flower is most commonly given on Valentine's Day as a symbol of love?

- A) Tulip
- B) Daisy
- C) Rose
- D) Lily

3. What popular Valentine's Day treat was originally called "heart-shaped" something, and was created in 1866.

- A) Chocolate truffles
- B) Candy hearts
- C) Chocolate bars
- D) Licorice ropes

4. Which day of the week is Valentine's Day most commonly celebrated on?

- A) Tuesday
- B) Thursday
- C) Sunday
- D) Friday

5. What is the traditional gift for a couple's first Valentine's Day together?

- A) A romantic dinner
- B) Chocolate
- C) A stuffed animal
- D) Jewelry

6. Which colour is most often associated with love and passion?

- A) Pink
- B) Red
- C) Blue
- D) Green

- Answer Key:**
- 1. C) Cupid
 - 2. C) Rose
 - 3. B) Candy hearts
 - 4. C) Sunday
 - 5. B) Chocolate
 - 6. B) Red

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January Memories

