



WELCOME TO JANUARY

Mark Your Calendars

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.

Alzheimer's Month

Monday January 1st

New Year's Day

Make Your Resolutions

Wednesday January 8th

Shuffleboard Cruise Social

Week of January 13th – 17th

Wonka Spirit Week

Wednesday, January 15th

ASCSG Pep Rally

Friday January 24th

A Taste of Winnipeg

Thursday January 25th

Robbie Burns Day

Friday January 26th

Australia Day

Tuesday January 28th

Lego Day

Wednesday January 29th

Lunar New Year

Puzzle Day

Wednesday January 31st

Funny Money Auction + Spin the Wheel

Happy
New Year!

Here's to a New Year Filled with Festivities (Small, medium, and outstanding!)

As we welcome 2025, we reflect on the memories made in the past year while looking ahead to the exciting possibilities the New Year brings. January is a time for fresh starts, new goals, and meaningful connections—a perfect opportunity to embrace the small joys and big celebrations that make life special.

At All Seniors Care, we believe every moment, big or small, is worth celebrating. This month, our residences will kick off the year with events like the Shuffleboard Cruise Social, setting the stage for a Spirit Week filled with festivities to brighten everyone's days. These occasions offer wonderful opportunities to gather, enjoy delicious food, and create new memories with friends and family.

We are grateful to our residents, families, and dedicated staff for making 2024 so remarkable. Your kindness, creativity, and sense of community inspire us every day. As we embark on this New Year together, we look forward to continuing to create joyful moments and unforgettable experiences.

*From all of us at All Seniors Care,
May 2025 bring you health, happiness, and many reasons to celebrate!*

Join the Race for the Golden Ticket: Wonka Spirit Week

"A little nonsense now and then is relished by the wisest men", Willy Wonka, 1964



Get ready to step into a world of pure imagination! From **January 13th to 17th**, we're transforming our communities into Wonka Wonderlands for Spirit Week—a magical kickoff to the 16th Annual ASC Senior Games happening in February.

Each day will be packed with fun: dress-up themes inspired by Willy Wonka, sweet treats like Violet Beauregarde's blueberry pie, engaging group activities, fun fitness sessions, and open practices for the ASC Senior Games sports. The highlight of the week? Our ASCSG Pep Rally on **Wednesday, January 15th**, where we'll introduce your Chef du Missions, all while pumping

up the excitement for the upcoming Games!

Throughout the week, residents can hunt for hidden Golden Tickets to win exciting prizes—so get ready to join the fun, dress the part, and embrace the magic! The festivities culminate with the **Golden Ticket Gala on Friday, January 17th**—a dazzling dance featuring a candy bar, a signature Wonka drink, and a lively Oompa-Loompa Dance-Off. **Invite your friends to explore the Wonka Wonderland and discover their own Golden Ticket—it's an experience they won't want to miss!**

Spreading Warmth and Joy: Seniors Support Project Warmth



In December, **Aspen Heights** residents embraced the season of giving by supporting Project Warmth, a Calgary charitable association dedicated to helping those in need stay warm throughout the winter months. At the Annual Christmas Bake and Craft Sale, residents and vendors came together to make a difference. The event raised over \$800 through the sale of beautifully crafted items and delicious baked goods, which was donated to this meaningful cause. It's inspiring to see how small actions can create a big impact. Thanks to the generosity of everyone involved, the fundraiser brought warmth and hope to our community.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Stay On Your Feet Preston Park III!



We are thrilled to announce a new 12-week program at Preston Park II in partnership with the Saskatoon Health Authority—"Staying on Your Feet"!

This exciting program focuses on fall prevention through a combination of education and fitness exercises. Each session is an hour long, featuring ½ hour of fall prevention education and ½ hour of exercises designed to improve balance and strength.

Education sessions will focus on reducing the fear of falling by discussing how to stay and get back on their feet. If you or your loved one wants to reduce their risk of falling and falls with injury, this program is the perfect opportunity!

The program is free for all participants, though residents will need a stretch band for the exercise portion. Pre-registration is required, so be sure to sign up at the front desk to secure your spot! Sessions will be held every Wednesday.

For more information, contact Preston Park 2 at 306-664-0515 —we're here to help!



Meet Dawn V., College Park 1's Chef de Mission



activities that bring residents together.

The role of Chef de Mission is an essential part of the ASCSG, acting as a leader, motivator, and representative for their residence. Dawn eagerly accepted the position, sharing her belief that the Games are a unique opportunity for seniors to connect, build camaraderie, and enjoy friendly competition. Her goal is to inspire others to join in the fun by leading through her own participation and encouraging words.

Dawn's positivity shines through in her favourite quote: "Sometimes a small action can result in a ripple effect, creating a wave of positive outcomes." With her at the forefront, College Park 1 is ready to embrace the spirit of the Games, celebrating teamwork, perseverance, and joy.



The 2025 All Seniors Care Seniors Games wouldn't be possible without the dedication of our Chefs de Mission and their Assistants. These inspiring resident volunteers lead the way at each of our 28 participating retirement communities, working tirelessly as part of the Games Organizing Committees. We are grateful for their time, effort, and unwavering commitment to making this year's Games truly exceptional!

ASC Highlights from December

The 12th month of 2024 was jam packed, fabulous, and festive! Some of the many highlights are ASC residences: Lifelong-learning programs, Holiday-Spirit week, Chef's Table presentations, gingerbread house decorating, multiple outings, craft sales, and Open Houses. To see more photos and videos from our residences, please visit our social media pages at www.allseniorscare.com/social-media.



BLOSSOM Corner



We LOVE hearing from our residents and their families. This testimonial particularly touched our hearts.

"We were approached by **Lakeridge Heights** as a suggestion that Mum may benefit from a newer program called the Blossom program. We were unsure of what the benefits would be for her and what it entailed. However, we decided to give it a try, and within a few months, we noticed a positive change in Mum. We noticed she was not as withdrawn or unsure of connecting with others. Mum eventually looked forward to her interactions with the folks that ran the program, and she called them her "friends" and she looked forward to her daily interactions with them. As well she made friends with some residents in and out of the program and eventually felt she was part of the community. It takes a special person to connect with our loved ones and it is especially difficult if our loved ones have mild or moderate cognitive decline. This program keeps the mind active and our loved ones "busy". We were thankful that Lakeridge had this to offer to us for mum.

Kayla, Sidney and the team were amazing with the communication, kindness.

Thank you to this wonderful team!"

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