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National Senior Games Bursting with Energy and Enthusiasm *Friendly Competition and Community Spirit Shine on Day 4 of the Games*

CANADA – Day 4 of the 16th Annual All Seniors Care (ASC) Senior Games brought excitement and energy to 29 ASC residences, where seniors competed in events that challenged both mind and body. From strategic card games to precision bocce and shuffleboard matches, participants showcased their skills while friends and neighbours cheered them on. The day was filled with standout moments, from perfectly played hands to spot-on bocce tosses, all highlighting the talent and camaraderie that define these Games.

"The Games are more than just a competition," says Benjamin Sommerville, VP of Operations. "They're an opportunity for our residents to stay active, connect with others, and celebrate their energy and resilience. As a Canadian owned and operated company, we're proud to champion active living for older adults."

As Day 4 wrapped up, attention turned to tomorrow's final events. Day 5 will test participants' general knowledge in the Jeopardy playoffs and add a bit of luck with Bingo. The Games will conclude with the Closing Ceremonies, where national medal winners will be announced. Local VIPs, including politicians and dignitaries, will join residents and staff to celebrate the achievements of the participants. Spectators are welcome!

While seniors competed for gold, silver, and bronze medals, the true reward was the friendships and shared experiences built along the way. The ASC Senior Games continue to highlight the strength, determination, and joy of Canada's older adults, proving that the spirit of competition and community knows no age.

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About All Seniors Care Living Centres Ltd.:

All Seniors Care, where caring is our number one concern, is setting the standard of excellence in luxury retirement living. Founded on an unwavering commitment to exceptional care, All Seniors Care is dedicated to creating and operating the best senior's facilities by providing the highest level of care to seniors. For more information, please visit our website at <http://www.allseniorscare.com/>.