



# WELCOME TO MARCH

## Dates to Remember

Sunday March 2<sup>nd</sup>  
**Academy Awards Night**

Monday March 3<sup>rd</sup>  
**World Wildlife Day**

Wednesday March 5<sup>th</sup>  
**A Taste of Toronto**

Saturday March 8<sup>th</sup>  
**International Women's Day**

Sun, March 9<sup>th</sup>  
**Daylight Savings Time Begins**

Friday March 14<sup>th</sup>  
**Pi Day**

Monday March 17<sup>th</sup>  
**St. Patrick's Day**

Thursday March 20<sup>th</sup>  
**First Day of Spring  
International Day of  
Happiness  
ASC Spring Break**

Tuesday March 25<sup>th</sup>  
**ASC MasterChef**

Monday March 31<sup>st</sup>  
**Funny Money Auction +  
Spin the Wheel**

*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

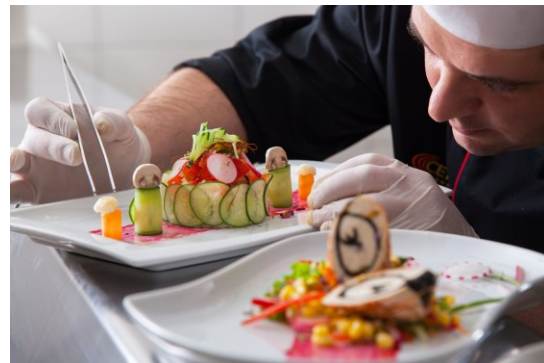
As winter loosens its grip on the Canadian landscape, the first signs of spring usher in a sense of renewal and fresh beginnings. With longer days, earlier sunrises, and later sunsets, March heralds a new season filled with possibilities. After the excitement of February's ASC Senior Games, our proudly Canadian residences are buzzing with energy, ready to embrace the warmth ahead.



This month is bustling at All Seniors Care Living Centres, where our communities are welcoming change with new activities and special celebrations. As we "spring forward" on March 9 for Daylight Saving Time, we anticipate brighter days and new opportunities. With St. Patrick's Day just around the corner, our Health & Wellness team is ready to bring the "luck o' the Irish" to life with their creativity and dedication.

March is all about empowerment and inspiration! From honouring women's achievements on International Women's Day to celebrating joy and positivity on the International Day of Happiness, there's much to celebrate. Welcome to March!

## Who Will Be Crowned ASC MasterChef?



On Tuesday, March 25, all 29 of our residences across the country will compete in a delicious culinary showdown—our very own ASC MasterChef! Each Chef will present their Signature Dish, which will be served for residents and their invited guests to enjoy.

The day is packed with food-themed fun, including a pre-meal stretch, Tastebud Trivia, and a hilarious Q&A with our kitchen teams. After the meal, everyone is encouraged to fill out a review card, with staff and volunteers available to assist. The residence with the most 5-star reviews will be crowned MasterChef Champion! To celebrate, we're creating an ASC MasterChef Cookbook featuring recipes and photos of each dish.

Join us for a day of great food, laughter—plus a movie night featuring Julie & Julia and other foodie favourites. Will your residence take home the top prize? Let's cook up some fun!

## March 8th International Women's Day Celebration



At **Lakeridge Heights** in Whitby, residents are marking International Women's Day with an elegant High Tea, celebrating this year's theme: *Strength in Every Story*. With delicate doilies, floral centerpieces, and an assortment of fine teas and treats, the event will be both refined and meaningful.

As we gather, we recognize the power of storytelling—how women's experiences, challenges, and triumphs shape the world around us. Residents will share stories of resilience, wisdom, and the impact women have made in their lives. And, of course, there will be plenty of laughter as they reminisce, joke, and enjoy each other's company.

This special afternoon is a tribute to the strength and grace of the women in our community. Here's to honouring their past, celebrating their present, and embracing their stories!

VISIT OUR WEBSITE  
[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)

## Nelda's Knitting



Since she was 14, Nelda has been knitting with love and purpose. Her journey began during the war, crafting socks for soldiers, and over the years, she turned her passion into a small business making and selling sweaters. When she retired from that 15 years ago, she found a new mission—knitting for The Snowsuit Fund.

Last year, Nelda donated 59 pairs of mittens and 40 hats to help keep children warm during the winter. A resident at **Ottawa's Chapel Hill** since October, Nelda continues her work with enthusiasm, telling us, "One day, I hope to see someone wearing one of my handmade hats!".

With each stitch, Nelda brings warmth not only to little hands but also to our hearts!

## World Wildlife Day

On March 3rd, our residences are embracing the wonders of wildlife with exciting, hands-on presentations! At **Sturgeon Creek 2** in Winnipeg, Wildlife Haven Rehabilitation Centre will introduce residents to some of their ambassador animals—who will they bring? It's a surprise! **Chapel Hill** in Ontario welcomes Little Rays Nature Centre for an up-close experience with fascinating creatures. Meanwhile, **Lakeridge Heights** in Whitby is hosting Critters from Bowmanville, featuring reptiles—because even slithery snakes can be fun! **Aspen Heights** is taking a scientific approach, welcoming PhD candidates who will share their research on wildlife health and ecology.

## Staff Spotlight: Passionate about Wellness



Haley Rutherford has worn many hats in senior living—starting at sixteen as a server in a retirement residence and working her way into a career she loves. Now, as **Aspen Heights' Health & Wellness Director**, she brings years of experience and a deep passion for seniors' well-being.

"I love getting to know residents and hearing their incredible stories and experiences," she shares. "I've also had the honour of celebrating four 100-year birthdays—that's pretty special!"

A longtime Calgarian, Haley earned a degree in Kinesiology and Health Studies, focusing on Gerontology. Her Master's thesis explored how technology can help seniors stay independent. Today, she brings that same dedication to Aspen Heights, helping residents stay active, engaged, and well-supported.

Outside of work, Haley is a wife, a mom to a 21-month-old daughter, and a proud "fur-son" parent. She loves traveling, road trips, and hiking in the mountains. A former competitive swimmer, she still finds joy and relaxation in the water—her "happy place" to this day. When she's not in the pool, she and her husband enjoy cooking and trying new recipes together—he's the head chef, and she's the trusty sous chef!

Guided by her motto, "*Treat others the way you would want to be treated*," Haley leads with kindness and care, making Aspen Heights a better place every day!

## ASC Highlights from February

The month of February may have been short, but it was also sweet! Some of the many highlights at ASC residences: the 16<sup>th</sup> Senior Games, and Taste of Manitoba, Super Bowl parties, and Valentine Day were celebrations of true love. To see more photos and videos, please visit individual residence's [Facebook page](#) or our [Instagram](#) page for more highlights. There are also more pictures on page 4 of this newsletter!



## Cheering on Team Kleiter at the Brier!

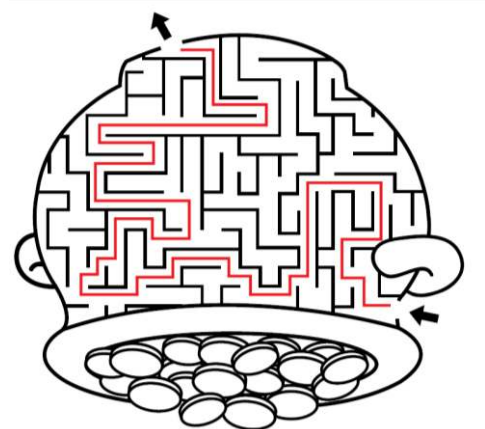


Excitement is sweeping through **Preston Park II** as we rally behind our very own Lorne K.'s family at the 2025 Brier! Lorne's grandson, Rylan, is the Skip, and his son, Dean, is the coach of Team Saskatchewan. What an incredible achievement!

Curling has deep roots in Canada, dating back to the early 18th century when Scottish immigrants brought the sport across the ocean. They played on frozen rivers and lakes, using curling as a way to stay connected to their homeland. Over time, curling became a national pastime, with passionate players and fans from coast to coast.

To celebrate this rich history and support Team Kleiter, the Saskatoon residence going full curling fever for the week of the Brier! Residents can put their curling skills to the test in a building-wide tournament, enjoy a special pizza lunch in the coffee lounge while watching one of their games, and, of course, dress in plenty of green to show our Saskatchewan pride!

**Train Your Brain Answers:** 1. Joan of Arc; 2. Marie Curie; 3. Queen Elizabeth II; 4. Rosa Parks; 5. Malala; 6. Aretha Franklin; 7. Michelle Obama; 8. Florence Nightingale



## Train Your Brain



Keeping your brain active is one of the best ways to support lifelong cognitive health and reduce the risk of dementia. Just like physical exercise strengthens the body, mental challenges—like puzzles, learning new skills, and social engagement—help keep the mind engaged and resilient.

In recognition of Brain Health Awareness Month, test your knowledge with these fun trivia questions and discover ways to train your brain for a healthier future!

1. What woman is known as the patron saint of France in honour of her heroic efforts in defending her country?
2. Who was the first woman to win a Nobel Prize and the only one to ever win it twice?
3. Who was the longest-reigning monarch in British history?
4. What woman was known for not giving up her seat on a bus and was honoured as “the first lady of civil rights?”
5. In 2014 at age 17, she won a Nobel Peace prize for advocating for the education of women and children in Pakistan.
6. This Lady of Soul was the first woman to be elected to the Rock and Roll Hall of Fame.
7. She was the first African-American woman to be the First Lady of the United States.
8. She is known as the founder of modern nursing.

(The answers can be found on page 2 of this newsletter!)

## Sweet Success: ASC Senior Games Rewind!



The 16th Annual All Seniors Care (ASC) Seniors Games, held February 3-7, 2025, was a week to remember! This year's theme, "Life is like a box of chocolates," inspired residents to embrace life's surprises together.

Across our 29 ASC Living Centres, the Games kicked off with the Walk & Roll event and Opening Ceremony, where residents proudly carried the Seniors Games torch. VIP guests attended ceremonies nationwide, adding to the excitement. Throughout the week, residents competed in events like Bean Bag Toss, Pétanque, and Cornhole, strengthening bonds through friendly competition. The Games concluded with closing ceremonies, celebrating achievements and community spirit.

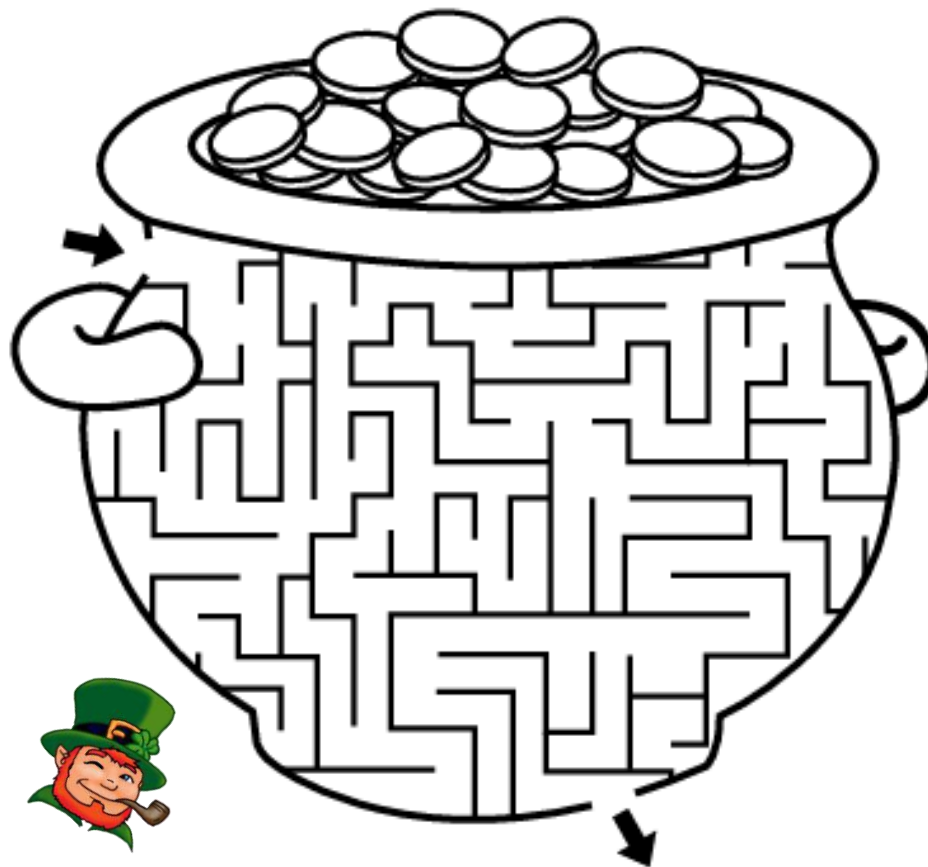
We're already looking forward to the 17th Annual ASC Seniors Games in 2026!

## Pi Day: A Delicious Equation!

Get ready to celebrate a day that's as sweet as it is smart—Pi Day is coming on March 14! While math enthusiasts might dive into puzzles and brain teasers, most of us will be taking a more delicious approach by indulging in everyone's favorite circular treat: pie! Whether it's apple, cherry, or a classic pecan, there's no better way to honor 3.14159265359 than by slicing into something tasty. So grab a fork, test your number skills (if you dare), and join in the fun—because on Pi Day, the only thing better than math is pie!



## Can You Find Your Way? Pot of Gold Maze



## Residents Delve into La Francophonie



March is Francophonie Month, a time to celebrate the French language and its deep roots in Canada. Proud of our bilingual heritage, Cite Parkway in Ottawa will join Francophones worldwide on March 20 to mark International Francophonie Day! This special occasion highlights the richness of French culture and the vital contributions of Francophone communities to Canada's history.

Whether you speak French or simply appreciate the beauty of French-Canadian culture, this will be a day to remember! Residents will enjoy French music, film, and cuisine, along with engaging activities like a virtual cycling tour through Quebec and a French-Canadian Trivia Challenge. As one of Canada's official languages, French is spoken by over 321 million people globally, making this a wonderful opportunity to embrace bilingualism and cultural diversity. *Joignez-vous à nous!* Let's celebrate together!

## Preparing for Daylight Savings Time



On March 9<sup>th</sup> at 2 a.m., Canadians in most provinces will Spring Forward into Daylight Savings Time. The time change can be disruptive, especially for seniors, but a few simple steps can help ease the transition. Gradually adjust sleep schedules by 15 minutes each night leading up to the change. Ensure bedrooms are well-lit in the morning and dim in the evening to support natural sleep rhythms. Encourage hydration and outdoor activity during daylight hours. Most importantly, be patient—adjusting to the new time may take a few days!

# ALL SENIORS CARE *Neighbourhood News*

ALL SENIORS CARE NEWS | March 2025

## February Memories

