



ALL SENIORS CARE NEWS | June 2025



Celebrating June

Sunday June 1
Intergenerational Day

Wednesday June 11
A Taste of Ottawa “Flavours of the Capital”

Friday June 13th – Sunday June 15th
Father’s Day Weekend

June 15th
World Elder Abuse Awareness Day

Friday June 20th
First Day of Summer Beach Boys Luau

Monday June 23rd
National Ice Cream Day

Tuesday June 24th
National Day of Quebec

Wednesday June 25th
Hang Your Flag Day

Monday June 30th
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.



ALL SENIORS CARE™
LIVING CENTRES

Neighbourhood News

WELCOME TO JUNE

Hello Sunshine!

With the sunshine stretching a little longer each day and gardens beginning to bloom, there’s no mistaking it—summer is almost here! June brings a season of connection, celebration, and a whole lot of fun to our residences.

We’ll kick things off with Intergenerational Day Canada, where young and young-at-heart come together to plant, paint, and grow lasting memories. From there, we’ll take a culinary trip to the capital with Flavours of Ottawa, celebrate dads, raise awareness on World Elder Abuse Awareness Day, and surf into summer with a Beach Boys-inspired luau full of good vibrations.

We also want to extend a warm welcome to all new residents who’ve recently joined our community. As a proudly Canadian-owned and operated company, we’re especially excited to come together for Hang Your Flag Day—a moment to celebrate our diverse backgrounds, shared values, and national pride. Whether it’s a flag on your door, a friendly wave, or a new friendship blooming—June is a time to feel at home. 🍁

Happy Father’s Day, ASC Dads!



Gone Fishin’: A Reel Good Father’s Day. This year, Saskatchewan residences are reeling in the fun with a celebration designed for all the gents in our communities—dads, grandpas, uncles, and friends alike!

Themed around a nostalgic day on the lake, the festivities include magnetic fishing at the pond, a toe-tapping performance by Live Bait, and classic games like the fishbowl toss. Residents will enjoy delicious themed treats, including the cleverly crafted “Snackle Boxes”—tackle box-style containers filled with favourite candies and personalized Father’s Day cards.

To end the day with plenty of laughs, everyone will gather for a screening of Grumpy Old Men, the perfect movie to celebrate friendship, fishing, and a little bit of harmless mischief.

To find out about the amazing Father’s Day celebrations at a residence near you, please contact the Health & Wellness Director. Whether casting lines or sharing stories, this celebration promises to bring smiles, spark memories, and honour the wonderful men who bring heart and humour to our communities.

To all fathers: Thank you for your endless dedication, patience, and guidance. We love you!

Calling Little Movers And Groovers In Calgary!



Get ready for toe-tapping fun and heartwarming connections! On Tuesday, June 24th at 11:00 a.m., **Aspen Heights** in Calgary will welcome Little Rebels Music & Development for a FREE pop-up music class designed especially for babies, their parents, and grandparents.

This playful, interactive session is all about movement, rhythm, and early development—set to the sounds of Broadway, Motown, Pop, and Rock 'n' Roll! Little ones will love singing and dancing with parachutes, scarves, balls, and shakers, while enjoying a warm, welcoming atmosphere alongside the seniors who call Aspen Heights home. It’s a wonderful way to building

meaningful intergenerational moments.

Spaces are limited, so don’t miss your chance to experience this uplifting class! For more information, contact Haley at asp-wellness@allseniorscare.com.

VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

Sweet & Fun:
Theme Days at
Seine River!



This June, tenants at Seine River residence in Winnipeg are in for a treat—literally! With a series of playful and delicious theme days, there’s something new and exciting to look forward to almost every week:

- June 5 – National Gingerbread Day
- June 6 – National Donut Day
- June 9 – Donald Duck Day
- June 12 – National Peanut Butter Cookie Day
- June 19 – National Martini Day
- June 26 – National Rocket Popsicle Day



Each themed day brings something special—fun facts or trivia sessions, tasty afternoon snacks, and sometimes even dress-up fun or lighthearted photo shoots.

These themed days are designed to bring joy, spark conversation, and even introduce something new. It’s a wonderful way to build community and keep each week feeling fresh and festive!

World Music Day Trivia Answers	
1.	Elvis Presley
2.	Polka
3.	Ukulele
4.	Italian
5.	Yesterday
6.	Argentina
7.	Flamenco
8.	Alouette

Helping Hands: Summer Donation Drive Returns

A successful winter clothing drive at Beacon Heights is back for summer—this time to support even more people experiencing homelessness.

Organized by Seaward H. (Stu), a **Beacon Heights** resident of more than seven years, the initiative asked for donations of warm clothes, hats, mitts and socks during the cold months. Stu was inundated with contributions from fellow residents, families and staff.

Now that the warmer months are here, he is asking for donations of toiletries and personal hygiene products, as well as cartons of juice. “You wouldn’t think it, but many get quite dehydrated especially in the heat and so cartons of juice are top of the list to hand out,” Stu says.

“We’re also hoping to collect toothpaste and toothbrushes, stick deodorant, light clothing like tee shirts and shorts, head protection, sun cream and of course fluids” he added.

Stu is also encouraging residents at **Chapel Hill** and **Cité Parkway** to join the effort. To donate or get involved, reach out to him through the residence at 613-742-1243.

ASC Memories in the Making

May was a fun-filled month at All Seniors Care Living Centres! We celebrated May Day with Hawaiian Flower Leis, took a trip to Mexico for Cinco de Mayo, paid tribute to Moms, and held Alzheimer’s Walks. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page.



Two-Step Tuesdays Bring the Beat to College Park II

There’s a new reason to tap your toes at College Park II in Regina—say hello to Two-Step Tuesdays! This lively new program, dreamed up by our Lifestyle Director Melissa, is designed to bring energy, music, and fun to our community each week.

Taking place on Tuesday afternoons or evenings, these events feature upbeat entertainers who know how to get a crowd moving. Residents who want to dance are encouraged to hit the floor, while those who prefer to stay seated can join in with some chair dancing. Our amazing staff are always close by to assist and keep everyone safe and engaged.

More than just a great time, Two-Step Tuesdays also offer a wonderful opportunity to welcome visitors and show off the spirit of our community. So whether you’re dancing, clapping, or just enjoying the music—Tuesdays at College Park II are a celebration in motion!



Intergenerational Day:
Garden & Grow
Together



June is the perfect time to plant a garden—and to nurture the connections that make our communities thrive. This year, Intergenerational Day on June 1st was celebrated in the most heartwarming way: with soil, seeds, and laughter.

At **College Park I** in Regina, schoolchildren are visiting to plant seeds alongside residents, sharing stories and sunshine. Over at **Chateau Symmes** in Aylmer, QC and **Sturgeon Creek I** in Winnipeg, grand- and great-grandchildren are joining in a creative afternoon of painting flowerpots, brightening both our gardens and our hearts.

Intergenerational programming provide invaluable opportunities to connect children, youth, adults, and seniors. Participants come together to share, learn, and engage with each other, fostering meaningful relationships across generations. Intergenerational programming can take a variety of shapes and forms – from a single event to weekly scheduled activities, enriching the lives of all involved.

Across the country, ASC gardens are blooming with more than just flowers. From the planters at **Aspen Heights** in Calgary to the sparkling new planters at **Oakville Estates** in Ontario, it’s clear that summer is about more than greenery—it’s about connection generations and growing new memories!

World Music Day Trivia 🎵



Test your musical memory with these questions on June 21st!

1. Which famous American singer was known as “The King of Rock and Roll”?

2. The accordion is a key instrument in which European dance music that originated in Poland?

3. What stringed instrument from Hawaii has only four strings?

4. “Volare” became a global hit in the 1950s. Which language is the word “Volare” from?

5. Which Beatles song begins with, “Yesterday, all my troubles seemed so far away”?

6. The tango is a dramatic dance that started in which South American country?

7. What style of music, often featuring guitars and castanets, comes from southern Spain?

8. What Canadian folk song includes the lyrics, “Alouette, gentille Alouette”?

Crafter With Care: Ernie’s Workshop Wonders



art, blending craftsmanship with heart.

Ernie’s creations don’t just add charm to our surroundings—they reflect the care and creativity he puts into everything he does. Whether it’s a seasonal decoration or a handcrafted flower box, his work brings joy to residents and staff alike. Thank you, Ernie, for helping make Summit Heights such a warm and welcoming place—one planter at a time.

Celebrate Canada: A Time to Reflect

Every year from June 21 to July 1, Canadians mark *Celebrate Canada*—a series of important days that honour our country’s history and cultures. Across our residences, we take time to participate in this national program and reflect on what it means to live in a country built on diversity and community.

The celebration begins with **National Indigenous Peoples Day** (June 21), recognizing the unique heritage and contributions of First Nations, Inuit, and Métis peoples. On **Saint-Jean-Baptiste Day** (June 24), we highlight the traditions of Francophone communities with la *Fête nationale du Québec*. **Canadian Multiculturalism Day** (June 27) offers a chance to celebrate the many cultures that enrich our daily lives. Finally, **Canada Day** (July 1) brings everyone together in recognition of our nation’s founding and growth.

These celebrations are more than just dates on a calendar; they are moments to connect with our neighbors, learn from each other, and build a more inclusive and understanding society. Let’s embrace these opportunities to come together and celebrate what it means to be Canadian.



At Summit Heights, creativity is always in bloom—thanks in part to Ernie, a talented resident with a passion for woodworking. Originally from Waterford, Ernie spent his career as a crane operator before retiring and picking up the tools of a different trade. Now, with a little help from the Hamilton residence’s Maintenance Department, Ernie has his own dedicated space in the workshop, where he crafts beautiful wooden decorations and thoughtfully designed planters for the residence. Each piece is a work of

THANK YOU for Walking for Alzheimer’s with Us!



“On May 28th, we proudly walked to raise awareness and support individuals living with dementia,” said Hannah Silver, Vice President of Health & Wellness. “All together, our buildings have raised over **\$18,000—and counting!**”

Each ASC residence participated in a way that suited their community. Some strolled through nearby parks, others rolled through hallways, and a few even welcomed local schools to join in the fun. Walkers were cheered on by musicians, staff, and special guests, including local dignitaries who lent their support.

A big thank you to everyone who walked, donated, and helped make this event such a meaningful success.



BLOSSOM Living is an original program created by All Seniors Care to support residents experiencing early cognitive decline. This unique life enrichment initiative focuses on inclusion, personalized care, and meaningful engagement. With activities tailored to individual abilities and interests, the program ensures that every participant continues to blossom in their own way.

ALL SENIORS CARE

Neighbourhood News

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May

Memories

