



ALL SENIORS CARE™
LIVING CENTRES

Neighbourhood News

ALL SENIORS CARE NEWS | July 2025

WELCOME TO JULY

Mark Your Calendars

Tuesday, July 1st
Canada Day



Friday, July 4th
Calgary Stampede Festival

Monday, July 7th
World Chocolate Day

Thursday, July 10th
A Taste of Saskatoon

Monday, July 14th
Bastille Day – Célébrons à la Québécoise!

Wednesday, July 16th
National Hot Dog Day

Friday, July 25th
**Christmas In July
Santa In the Sand Social**

Thursday, July 31st
**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.



The Summer Fun is Heating Up!

July has arrived, and with it comes a season full of festive flair and classic summertime fun across our ASC residences! This year, we're celebrating in style with Canada Day falling on Tuesday, July 1st — a perfect excuse for patriotic parties, live music, BBQs, and red-and-white pride from coast to coast.

But the fun doesn't stop there. July's activities have a distinctly Canadian flavour as we continue our *Taste of Canada* series with a spotlight on Saskatoon and tip of the hat to Québec. From prairie charm to French-Canadian flair, residents will enjoy themed events that celebrate our country's rich culture and regional traditions. Along the way, we'll also mark *National Hot Dog Day* with classic summer eats and bring a little sparkle to the season with a festive *Christmas in July*.

Thanks to our amazing Health & Wellness Directors, residents can also look forward to themed socials, sun-soaked outings, friendly competitions, and plenty of laughter all month long. Whether you prefer dancing to live music or relaxing with a cold treat on the patio, there's something for everyone this summer at ASC. Wishing you a joyful, safe, and memory-filled July!



Hot Tips for Cool Gatherings

There's nothing like a summer gathering to bring people together. Whether you're hosting a Canada Day celebration on July 1st, a garden party, a patio sing-along, or an indoor ice cream social, the key to a successful July event is cool comfort.

Start with simple touches: seasonal snacks, easygoing music, and activities everyone can enjoy. A few summery decorations—think fresh flowers, string lights, or a beachy tablecloth—go a long way to setting the tone.

Don't forget the heat! Choose shaded spots when outdoors, have plenty of seating, and offer Cooling or Hydration Stations. Think fresh mint and cucumber infused ice water, a portable fan, and cold washcloths for quick refreshment. And if the weather takes a turn, an air-conditioned lounge or decorated common area makes a great backup.

With a little planning and a lot of care, it's easy to create moments that are both meaningful and refreshingly fun.

Porsches in the Parking Lot Returns to Manitoba Residences



Get ready for some high-octane fun! On **Wednesday, July 9th from 5-8PM, River Ridge 1 & 2** will once again host the *Red River Region Porsche Club of America* for their annual **Porsches in the Parking Lot Show & Shine**. The event promises an exciting afternoon for residents and the local community.

Come admire an impressive collection of Porsches, chat with their passionate owners, and even snap a photo behind the wheel. Don't forget to cast your vote for the *People's Choice Award*!

As an added thrill, River Ridge residents can purchase raffle tickets for a once-in-a-lifetime ride to Half Moon Restaurant in an *Ocean Jade Metallic 1999 Boxster*—owned and driven by none other than River Ridge I's own *John Sobczak*. A proud member of the Red River Porsche Club, John has been instrumental in bringing this beloved event to life. Don't miss this opportunity!

VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

Bingo Fundraiser Supports Local Hospice



Residents at McCarthy Place rallied together for a meaningful cause, raising an incredible \$1,359 through a bingo fundraiser in support of the Rotary Hospice Stratford Perth. Spearheaded by Senior Health & Wellness Director Stephanie Schmidt, the initiative reflects the community's generous spirit and commitment to compassionate care.

Every dollar raised helps ensure that individuals and their loved ones receive comfort and dignity through end-of-life care. McCarthy Place is proud to support this vital community resource.

ASC Seniors Proudly Celebrate Canada Day



Canada Day at ASC residences is filled with engaging activities designed to be joyful and foster feelings of camaraderie. Look for themed games, Canadian trivia contests, and fireworks outings. Whether a BBQ and fun fair, the festivities are as unique as the regions they are held in!

Leading up to Canada Day, ASC residences across the country adorned building balconies in with Canadian flags in a display of national pride. After all, Canada Day is not just about celebrating our country's birthday, it is also about reflecting on what it means to be Canadian.

Building Community Through Generations



Daniel Vongkhamchanh, Health & Wellness Director at College Park I, is passionate about bringing people together—especially across generations. “I believe it's incredibly important for the younger generation to be active and engaged within the community,” he says. As a coach and active member of Regina’s sports scene, Daniel works with youth teams aged 9 to 16 and often finds creative ways to connect them with residents at **College Park I.**

“I love planning intergenerational events,” he shares. “Reminiscing activities are some of my favourites—they help youth realize that we all grow up with similar stories.”

Whether it's card games, board games, or simply spending time together during ice cream socials or happy hour, these shared moments create lasting impressions for everyone involved. Daniel believes these experiences build empathy, foster connection, and remind residents that they are valued and included in a vibrant, multi-generational community.

By bridging the gap between young and young at heart, Daniel helps foster a sense of belonging that makes the Regina retirement residence feel like home—for every generation.

ASC Memories from June

June was a fun-filled month at All Seniors Care Living Centres! We walked for Alzheimer's Awareness, celebrated the men we love on Father's Day, planted gardens, and enjoyed luaus and National Ice Cream Day. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram page](#).



McCarthy Place Noodle Hockey Tournament!

Get ready to laugh, cheer, and maybe even score a goal—McCarthy Place in Stratford, ON is hosting their first-ever Pool Noodle Hockey Tournament! Inspired by the classic camp game, this hilarious twist on floor hockey replaces the sticks with pool noodles and the puck with a wiffle ball. The name nearly says it all—it's hockey, but with noodles!

No experience? No problem! Come join the fun on July 30th and help us make McCarthy Place history—no skates required!

Doug's First Tattoo—at 85



At 85 years young, Chapel Hill resident Doug H chose to honour his late wife in a deeply personal way—by getting his first tattoo.

“Ena had a love for cardinals, and we used to see them all the time in our backyard,” says Doug, who has lived at the Ottawa residence for four years.

“My granddaughter told me that when I felt ready, she’d take me. It felt fitting to get a cardinal because of how special they were to my wife.”

Doug originally went just to inquire about pricing and learn more about the process. But when he learned there'd been a last-minute cancellation, he felt the timing was right.

“I thought, ‘Why not?’ I already knew I wanted it. And when I found out the artist’s name was the same as my son’s, it just felt meant to be.

Answer: National Flag of Canada Day

l	d	y	a	d	c	r	d	a
n	n	a	c	f	o	g	e	a
c	u	n	o	n	l	a	f	d
l	f	o	u	v	l	i	t	y
u	r	e	w	f	a	l	l	a
s	e	n	e	t	h	w	d	e
i	e	s	l	l	c	a	j	l
o	d	b	a	e	n	n	d	p
n	o	g	w	a	a	i	e	a
t	m	e	c	a	n	f	r	m

Happy Birthday, ASC Centenarians!!



Wishing a very Happy Birthday to our incredible centenarians! From 100 to 104 years young, these remarkable residents continue to inspire us with their wisdom, strength, and spirit.

BLOSSOM Living:
Growing Together



All Seniors Care is proud to announce that the BLOSSOM Living Program is now available at even more residences across the country. This inclusive, holistic lifestyle initiative is designed to support older adults with early cognitive impairment through thoughtfully developed physical, cognitive, social, sensory, and spiritual programming. Living in a safe and secure environment gives individuals the opportunity to thrive and grow, while staying active and connected.

Each participating residence has dedicated BLOSSOM Coordinator on-site. Working alongside the Health & Wellness Director, the coordinator tailors activity calendars to the needs and interests of BLOSSOM residents. Coordinators also provide gentle encouragement and escorts to and from programs. those who choose BLOSSOM Living may continue to participate in regular building activities and can opt in or out at any time.

With trained and compassionate staff, BLOSSOM promotes person-centred care and creates a supportive environment where all tenants—regardless of ability—can build routines, maintain independence, and enjoy meaningful connections within an inclusive community. Contact an Executive Director at an ASC Living Centre near you!



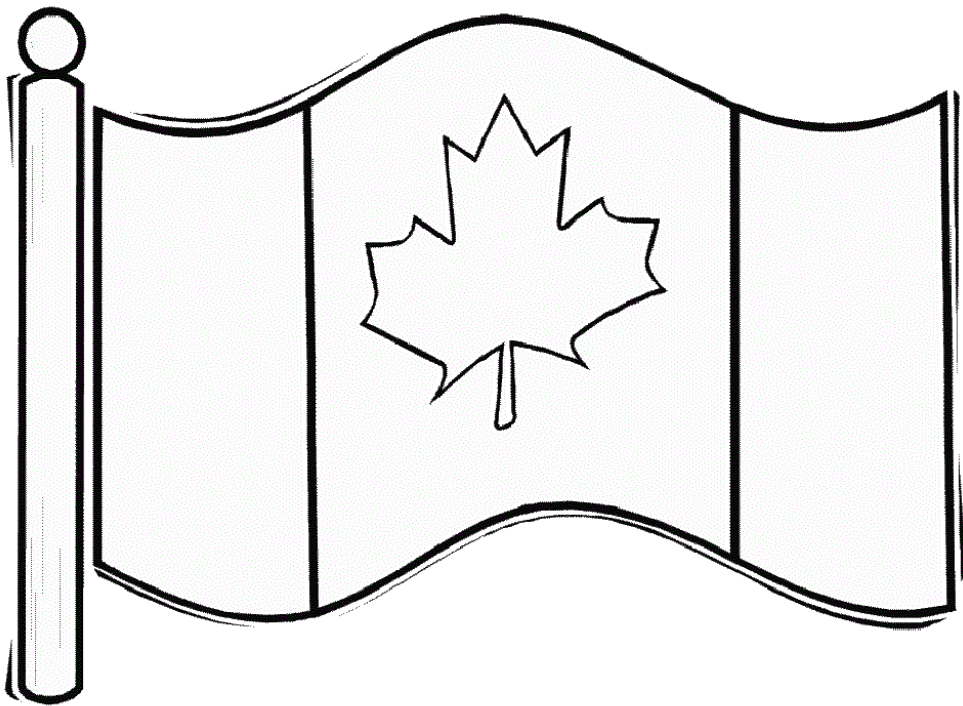
Bastille Day: A Celebration of
French Heritage

Join us for a joyful afternoon as we honour the spirit of France’s Bastille Day—celebrated across Canada—with a French Canadian twist! This fun-filled event will feature music, food, stories, and activities that celebrate the vibrant culture of Quebec. It’s a chance to spark pride in those with French Canadian roots while sharing the joy and traditions of this heritage with everyone.



Enjoy traditional treats like mini tourtière tartlets, maple fudge, pouding chômeur, cheese curds, and sparkling maple lemonade. Tap your toes to music by La Bottine Souriante and Félix Leclerc, take part in themed bingo, and join in for a group sing-along—with lyrics provided!

Bastille Day is a holiday in France that honours the values of liberty, equality, and fraternity. In keeping with our *ACTIV8* philosophy, this celebration is designed to be inclusive for residents of all abilities. From music and dancing to food tasting and storytelling, every element is accessible and engaging.



Canada Day word search

For ages 13 and up

Locate the 15 words, hidden in the grid, then use the 23 remaining letters to uncover a secret message!

M	R	F	N	A	C	E	N	M	T
A	E	I	A	A	O	M	G	O	N
P	D	N	N	E	A	B	I	D	O
L	J	A	C	K	L	L	S	E	I
E	D	W	H	I	T	E	N	E	S
A	L	G	A	L	F	M	E	R	U
Y	T	I	L	A	U	Q	E	F	L
D	F	A	L	N	O	I	N	U	C
A	E	G	O	O	F	C	A	N	N
A	D	R	A	C	D	A	Y	D	I

Canada
Ensign
Freedom
Leaf
Red

Coat
Equality
Inclusion
Maple
Union

Emblem
Flag
Jack
Red
White

Celebrate a Taste of
Saskatoon With Us



On July 10th, we’ll be serving up a classic Saskatoon Berry Crisp—an easy, crowd-pleasing dessert made with the sweet, purple berries that grow wild across the prairies and are native to North America. It’s a delicious way to enjoy a true Taste of Saskatoon!

Ingredients

Berry Base

- 4 cups Saskatoon berries
- ½ cup sugar
- 1 Tbsp flour
- 1 Tbsp lemon juice, optional

Topping

- 1 cup flour
- 1½ cups rolled oats
- ¾ cup brown sugar
- 1 cup butter

Instructions

1. Gather your ingredients, preheat oven to 350°F and lightly grease an 8×8 inch baking dish.
2. Wash berries and pat dry.
3. Stir in ½ cup sugar and 1 Tablespoon flour. (Add lemon juice at this time if using)
4. Pour into prepared pan.
5. Mix together the flour, rolled oats and brown sugar.
6. Add 1 cup butter and with your fingers or a pastry blender, blend the butter until mixture is crumbly.
7. Add crumbled mixture on top of berries.

Bake for 30-35 minutes until golden. Bon appétit!



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June Memories

