



ALL SENIORS CARE™  
LIVING CENTRES

# Neighbourhood News

ALL SENIORS CARE NEWS | August 2025

## WELCOME TO AUGUST



### Mark Your Calendars

- Saturday August 2<sup>nd</sup>  
**Food Day Canada**  
"Celebrating Canadian Flavours Together"
- Monday August 4<sup>th</sup>  
**Civic Holiday**
- Thursday August 7<sup>th</sup>  
**S'mores Social**
- Tuesday August 12<sup>th</sup>  
**A Taste of Calgary**
- Friday August 15<sup>th</sup>  
**National Acadian Day**
- Monday August 18<sup>th</sup> &  
Tuesday August 19<sup>th</sup>  
**ASC Summer Camp**
- Wednesday August 20<sup>th</sup>  
**Left Handers Day**  
"Left Out? Not Today!"
- Friday August 29<sup>th</sup>  
**Corn Roast Night**
- Sunday August 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.



### Soak Up the Summer Fun at All Seniors Care

As we turn the calendar to August, it's hard to believe summer is already in its final stretch. The days are long and golden, filled with warmth, sunshine, and those little moments that make the season so memorable: sharing a laugh on the patio, catching a breeze on an evening walk, or enjoying ice cream with friends.

There's still plenty of summer fun ahead, and we've packed the month with activities to keep spirits high. From musical entertainment to themed socials, there's always something to look forward to. Be sure to check your residence calendar so you don't miss out!

One highlight this month is our annual All Seniors Care Summer Camp. Whether you're a returning camper or joining us for the first time, we invite you to dive into the fun. Over two amazing days, you'll enjoy crafts, games, themed lunches, and maybe even a few surprises. It's a wonderful opportunity to connect with fellow residents and make lasting memories.

Let's soak up every sunny moment and make the most of this special time of year—together.

### Residents Take the Lead: Welcoming Ambassadors



All Seniors Care is proud to launch the Resident Ambassador Program—an initiative designed to foster friendship, ease transitions, and build stronger communities within our residences.

Ambassadors play a vital role in welcoming new residents, families, and guests. From delivering welcome baskets to sitting with newcomers at meals, these dedicated individuals ensure that no one ever feels alone. They help residents settle in, share knowledge of the building and its programs, and often accompany staff to outreach events.

This program not only enriches the lives of new residents but gives Ambassadors a meaningful way to give back.

Thank you to our inaugural Ambassadors—your kindness truly sets the tone.

### ASC Summer Camp 2025: Where Memories Are Made



On August 18 & 19, 2025, All Seniors Care residences across the country are gearing up for two unforgettable days of friendship, fun, and summer nostalgia as the annual ASC Summer Camp returns! From nature walks and birdhouse painting to tie-dye shirts, campfire sing-alongs, and a movie under the stars, residents will get to relive their favourite parts of childhood — no mosquito bites required!

Camp spirit will be in full swing with cabins (buildings) choosing their own names, staff dressing as "Camp Counsellors," and themed décor transforming lobbies and dining rooms into forest hideaways. Even the food gets a makeover, with hot dogs, pasta salad, and s'mores on the menu.

"Our summer camp event always feels incredibly magical," says Danielle Jamieson, Regional Director of Health & Wellness for Manitoba and the lead planner for the event. "I'm excited to watch our classic camp activities come to life, immersing everyone in nature and the outdoors. But above all, it's the pure joy and the beaming smiles of our residents or 'campers' as they embrace new experiences that I cherish most! These precious days at camp are sure to be filled with happiness and discovery for all of us."

Volunteers are warmly welcomed to join the fun — whether helping with crafts, cheering on campers during games, or simply sharing a smile, your presence makes a big difference.

Let the adventure begin! Be sure to check with a residence near you for details and timetables.

VISIT OUR WEBSITE

[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)





## Ellen's Gift of Music



Picture by resident Dave D

Tucked in the chapel at **Aspen Heights** Retirement Residence is a piano—and behind it, you'll often find Ellen, her fingers dancing across the keys.

Growing up on a farm, music was always part of Ellen's life. When her family brought home a piano during her teen years, Ellen was thrilled. Her mother, who had learned to play a little, taught Ellen what she could. Without sheet music, Ellen taught herself to play by ear.

In time, a group of local musicians would gather at the farm, forming a small band called the "Rainbow Drifters." They played at community dances, with Ellen on piano, letting her love for music take the lead.

Though there were times in her life when she didn't have access to a piano, Ellen always returned to playing when she could. When she discovered the piano at Aspen Heights, it reignited her passion. Within months, she was drawing an audience—residents, staff, and family alike—who marvel at her ability to recall and play music by ear.

Today, Ellen plays for hours each day, filling the community with joy. Thank you, Ellen, for sharing your gift and bringing joy to our community.

## 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.



## Staff Spotlight: Congratulations, Emma!



We're thrilled to announce the recent promotion of Emma Grodecki to Senior Health and Wellness Director for Saskatchewan!

Emma's journey with All Seniors Care began four years ago, following her final Therapeutic Recreation placement in the Health & Wellness department at **Preston Park II**. Since then, Emma has brought more than professional expertise to the Saskatoon residence—her passion, creativity, and warmth makes a lasting impression on residents and colleagues alike.

Her love for working with older adults started early—at just six years old, she fondly remembers tagging along with her Baba to coffee group at Market Mall in Saskatoon, SK. It was there that she began to appreciate the joy and wisdom of older generations. That early connection laid the foundation for what has become a fulfilling career. For Emma, the most rewarding part of her role is simple but powerful: "Being able to brighten someone's day and leave them with a smile! It's a reminder of the positive impact I can make in even the smallest interactions."

While not at work, Emma can be found experimenting with new recipes, gardening, spending time at the lake, and visiting her own grandparents whenever she can.

Please join us in congratulating Emma on this exciting new chapter. Her dedication, kindness, and positivity are truly appreciated by residents and team members alike!

## ASC Memories from July

June was a fun-filled month at All Seniors Care Living Centres! We took in the sights, hosted car shows, harvested the bounty from our gardens, and celebrated Christmas in July. To see more photos and videos, please visit individual residence [Facebook pages](#) or ASC our [Instagram](#) page. There are more pictures on page 4 of this newsletter.



## Left-Handers Unite!

August 13th is International Left-Handers Day! Are you a proud lefty—or up for a challenge? Try brushing your teeth or writing your name with your non-dominant hand today. It's harder than it looks! Celebrate the southpaws in your life and see how the other half lives, smudges and all!

## A Library that Thrives on Residents' Love



At **Lakeridge Heights** in Whitby, the library is more than just a quiet corner—it's a hub of connection and discovery, thanks to a dedicated group of resident book lovers. This engaged group not only keeps the shelves tidy and organized but has also formed a thriving book club that sparks lively discussions every month. To keep the collection fresh, the group has partnered with a local used bookstore that allows them to trade in books for store credit—covering up to half the cost of new titles. With their growing credit and the proposed budget, they're excited to add new books that reflect residents' favourite authors and genres. They've even set up an easy system for tracking returns and noting popular picks, ensuring the Lakeridge Heights library continues to offer something for every reader. Happy reading!

## BLOSSOM Corner



"I like how I've been welcomed into the community by both residents and staff. I have made new friends. Leanne is wonderful. She comes up with interesting activities and makes it a pleasure for us to participate. I appreciate that she welcomes our suggestions for day trips and other activities. The Blossom Program helps to keep my spirits up—it makes life better." – Dave A



Burgers to Beat MS  
at Preston Park II



This August, Preston Park II will once again proudly participate in A&W’s “Burgers to Beat MS” fundraiser. Now in its fourth year at the residence, the event offers residents a delicious lunch featuring a Teen Burger from A&W, served with fries and root beer provided by the team. Thanks to a special partnership with the local A&W, every burger purchased by residents helps raise funds and awareness for MS research. On the day of the event, the meals are picked up by Crystal, Lifestyle Director and Emma, the Health & Wellness Director, then served fresh in the Bistro.

The event holds special significance for the Saskatoon retirement community, as a valued staff member at Preston Park II lives with MS. Each year, she and her son are warmly welcomed to join in this meaningful tradition.

S'Mores Please!



What you need to serve 4:

- 8 whole graham crackers
- 4 marshmallows
- 4 pieces chocolate

Lay out 4 graham squares. Place one square of chocolate each graham cracker. Place marshmallows roasting stick. Grill until toasted to your preference.

Transfer marshmallow onto graham cracker with chocolate, then top with second graham cracker square.



Chapel Hill Hosts 10 Year Anniversary Bash



Residents and staff at **Chapel Hill** in Ottawa are getting ready to mark a major milestone — the residence’s 10-year anniversary!

On August 5th, everyone will gather for a special Viva Las Vegas! celebration. The community will be transformed into a lively casino floor, complete with gaming tables, festive décor, and the thrill of a night out in Vegas — no travel

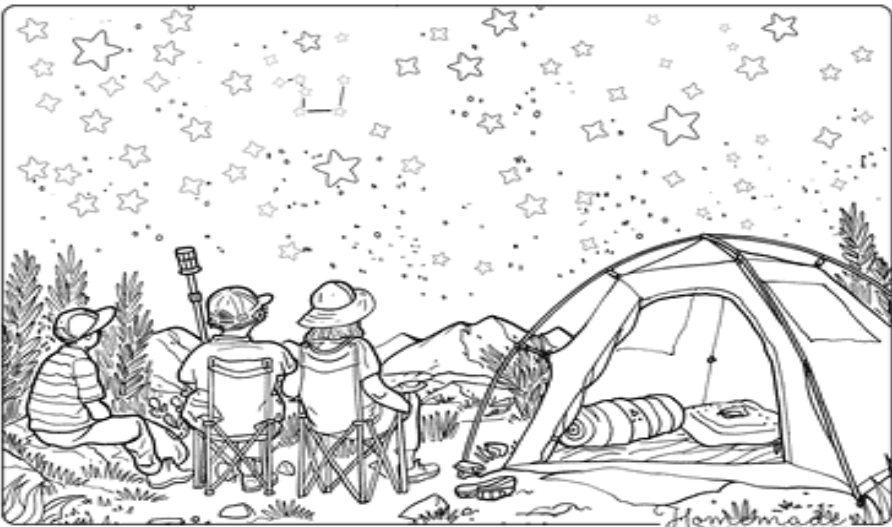
required! A talented performer will keep the energy high with live entertainment as residents and guests try their luck at blackjack, poker, and other classic games. It’s the perfect way to honour a decade of memories, friendships, and community spirit at Chapel Hill.

Here’s to 10 wonderful years together — and many more to come! For details, please contact Allison Boraman at [CHrecreation@allseniorscare.com](mailto:CHrecreation@allseniorscare.com).

Puzzle Time: Brain Teasers

Can you decode what these brain teasers are trying to say?

1. STONE STONE STONE STONE STONE STONE	2. DOft.OR	3. GO Jan. 6 Jan. 6	4. GREENNV
5. LOOK ME EYE	6. PROMISE	7. L C L U U R P B	8. OO ME
9. A+ PERFORM NCE	10. TAKE JOB	11. 8 – 6 = 2	12. NOWHERE
13. 21 lb. 18 lb. HAND FOOT	14. SUIT SIT IT T	15. KNOW IT TI	16. HIS.TORY
17. LAWYER	18. T E BED G	19. .....VIRGO.....	20. O D U C T C N U C T



AI Self-Portraits a Fun  
Twist to Sip and Paint



Lifestyle Director Patty Urquhart at **Fox Hollow** in London, ON put an imaginative spin on the weekly Sip and Paint program by inviting residents to become the artists and the subjects! With so many talented resident artists, Patty used AI technology to generate unique self-portraits of each participant, which were then printed on high-quality watercolour paper for them to paint. The results were remarkable — and the creative process sparked laughter, conversation, and plenty of smiles. Residents loved seeing themselves through an artistic lens and adding their own colourful touches. It was an inspiring way to blend modern technology with timeless artistic expression, and everyone agreed it made this week’s painting session extra memorable. Take a look at a few of the masterpieces — we’re sure you’ll be as impressed as we were!

- Brain Teaser Solution
1. Leave no stone unturned
  2. Foot in the door
  3. Go on a double-date
  4. Green with envy
  5. Look square in the eye
  6. Broken promise
  7. Pull up alongside the curb
  8. Excuse me
  9. High-grade performance
  10. Take on a big job
  11. Split the difference
  12. He came out of nowhere
  13. Wait on hand and foot
  14. Suit to a T
  15. Know it forward and back
  16. A period in history
  17. Crooked lawyer
  18. Get up on the wrong side of bed
  19. Sign on the dotted line
  20. Disorderly conduct



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## July Memories

