



ALL SENIORS CARE NEWS | September 2025

# WELCOME TO SEPTEMBER

## Mark Your Calendars

Tuesday September 2<sup>nd</sup>  
**Labour Day BBQ**

Thursday September 4<sup>th</sup>  
**Back-to-School Picture Day**

Saturday September 6<sup>th</sup> or  
Sunday September 7<sup>th</sup>  
**Grandparents Day Weekend  
A Teddy Bear Picnic**

Thursday September 18<sup>th</sup>  
**A Taste of Montreal**

Monday, September 21<sup>st</sup>  
**World Alzheimer’s Day**

Tuesday, September 22<sup>nd</sup>  
**First Day of Autumn**

Wednesday, September 30<sup>th</sup>  
**National Day for Truth &  
Reconciliation**  
**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.*



We would like to extend our warmest welcome to the new residents who have made an ASC community their home this month. We are so pleased to welcome you to our extended family!

**September is Arthritis  
Awareness Month**

## This Season, We Add to Our Story Together



September is a month that carries both the last of the summer warmth and promise of a new season. The long days of summer give way to crisp mornings and colourful evenings, inviting us to pause and savour the moment.

It’s also a time filled with traditions that bring people together. We begin with Labour Day, a chance to recognize the contributions of workers who help shape our communities. Soon after comes Grandparents Day — and this year, we’re adding a playful twist with a Teddy Bear Picnic you won’t want to miss!

As we continue to explore our Canadian heritage this month—from a Taste of Montreal to reflecting on the National Day for Truth and Reconciliation—we are reminded of the richness of our shared stories. September invites us to gather and enjoy our time together, creating memories that will last well beyond the season.

So, let’s welcome September and make the 9th month of the year a divine month of the year!

## Stay Active This Fall at Oakville Estates



There’s no better time to embrace healthy living than autumn at Oakville Estates — ASC’s newest retirement residence. Each day brings opportunities to stay active, whether you’re joining an invigorating aqua fit class in the indoor pool or enjoying a brisk stroll on the bright, sun-filled walking track.

Looking for a breath of fresh air? Surrounded by nature, Oakville Estates is the perfect place to take in the blaze of fall colours while enjoying everything the residence has to offer. Residents also enjoy outings to some of the area’s most beautiful destinations, including the Royal Botanical Gardens just down the road.

With engaging programs, modern amenities, and a warm, welcoming atmosphere, Oakville Estates makes it easy to feel at home. Ask us about Oakville Estates! Here, you’ll find the perfect balance of fun, activity, relaxation, and a touch of glamour. From fitness to friendships, it’s a community where well-being flourishes.

## Grandparents Weekend: A Teddy Bear Picnic to Remember



On the weekend of September 6th and 7th, families and friends are invited to ASC residences for a Teddy Bear Picnic in celebration of Grandparents Day! It’s a chance to soak up the sunshine, share a laugh, and enjoy a day that’s all about fun.

There will be something for everyone—picnic-style lunches, a petting zoo full of furry friends, balloon animals, and carnival games to test your luck. The “Then & Now” photo booth will add a splash of whimsy, while songs, stories, and a few silly jokes are sure to keep the good times rolling.

Grandparents Day is the perfect excuse to grab your favourite teddy and join us for a weekend of laughter and play! Be sure to check with a residence near you for exact date and times!

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



### A Humble Resident, A Lasting Legacy

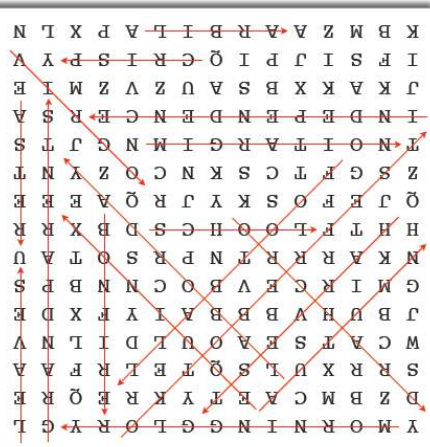


When you meet Margaret Lupton at **McCarthy Place**, you might not guess that she’s got her name on the door—well, on a whole boardroom!

The Lupton Boardroom, located inside the Zorra Municipal Office in Thamesford, isn’t just a meeting space—it’s a tribute to Margaret’s incredible 31-year career in municipal government. A strong advocate for women’s rights and the environment, she served three terms as Mayor of Zorra, five terms as Councillor, and even one term as Councillor in East Zorra-Tavistock, before retiring in 2022.

Margaret moved to London, ON’s McCarthy Place in August 2024, drawn by the bustling calendar of activities. She shares that she loves living here, where there is always something to do—or something new to try. Feeling honoured to have a boardroom named after her, Margaret says she is grateful for all the opportunities she has been given in her life.

We’re proud to have such a trailblazer in our midst. Congratulations, Margaret—you’ve earned your place in the history books (and on the meeting agenda)!



Searching for September (solution)

### From the Heart of Our Communities



Sometimes the smallest gestures make the biggest difference. At All Seniors Care, our Health & Wellness Directors are proving that a little company, laughter, and simple moments shared can make all the difference. It’s a reminder that connection – and caring -- are at the heart of our community, and what makes it feel like family.

Every day I witness memorable moment. When I come in, residents are waiting for exercise or the next activity.

No matter how they’re feeling—living with arthritis, cancer, using a wheelchair or walker—they get up and they show up! - *Nikki Johnson, River Ridge II*

Our tenants are always so grateful for the little things—especially when it comes to fixing technology in their suites. Recently, a couple needed help with their smart speaker so they could listen to music again. It only took a few minutes to sort out, but the joy on their faces was unforgettable. - *Krzysztof Szulc, Seine River*

Heart to Heart’ moments are special. Over tea, Theresa and I reminisced about the many memories we’ve shared over the years. Instead of a new photo, we looked back at one from four years ago—because sometimes the best part of today is remembering yesterday. Fun fact: Theresa was the one who encouraged me to apply for the Health & Wellness Director role more than five years ago, and I’ll always be grateful she did! - *Allison Boraman, Chapel Hill* Follow the [Chapel Hill residence Facebook page](#) to read about Heart to Heart Moments at the Ottawa residence.

### ASC Special Moments from August

August was a fun-filled month at All Seniors Care Living Centres We went on road trips and to ice cream bars, went to summer camp, enjoyed some s’mores melted to perfection, and listened to so much live music! 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.



### What Do You Remember About 2005?

Here’s a fun fact: ASC is the same age as YouTube, Grey’s Anatomy, and the iPod Nano! Back in 2005, the very first YouTube video—*Me at the Zoo*—was uploaded, and Star Wars Episode III hit theatres. In Canada, 2005 was declared the Year of the Veteran, a time to honour, thank, and remember veterans of all ages. It was also the year ASC opened its first residences—20 years later, we continue to grow our family!

### The Courtyards: Care You Can Feel



Tucked into Kanata, **Courtyards on Eagleson** is one of a kind in the ASC family — a dementia and Alzheimer’s residence that shines because of the remarkable people who make it home.

Health and Wellness Director Licy Panes, who has been part of the team for five years, says the entire staff is united by one focus: the residents. “We are their eyes, their ears, their everything,” she explains. The work is demanding but deeply rewarding.

“Even if they don’t remember my name, they know my voice, my touch. If I’ve made their lives better at the end of the day, that’s enough. The smile in their eyes is worthwhile,” Licy shares.

“Our staff are so committed to caring for our residents every day, bringing joy and laughter to each one . We are forever grateful for their compassion and dedication. It takes hands to build a house, but only hearts can build a home. We are all our truly proud of our "home", says Bonnie Lacroix, Executive Director.

A close-knit team, staff and volunteers fill the residence with care and engagement, decorating for events, leading games, and ensuring everyone can participate. Families often join in for afternoon visits—and the fun. It’s a joyful atmosphere; made possible by people whose compassion and energy bring the community to life every single day.



Residents Cheer for their Team



The rumours are true—**College Park** residents are heading to Mosaic Stadium to cheer on the Saskatchewan Roughriders! On Saturday, September 13th at 5:00 p.m., residents will be in the stands as the Riders kick off against the Montreal Alouettes. Even better, friends from College Park II will be joining, making this an unforgettable outing.

From summer pontoon cruises to cheering on the Regina Red Sox, residents have been making the most of every chance to enjoy the season. Now, it’s time to trade gentle waves for roaring crowds as football takes centre stage. From the first kickoff to the final touchdown, nothing beats the energy of live sports shared with friends.

Residents can secure their spot on the cheering squad by signing up with the Health & Wellness Director at [recdirector@allseniorscare.com](mailto:recdirector@allseniorscare.com). Go Riders!

Five Fabulous Years at Fox Hollow!

This September, Fox Hollow turns five—and we’re celebrating with a fall fair! Residents, families, and friends can enjoy a grand carnival game station with prizes, plus face painting and balloon animals. Chef Ben will be scooping up special fall-fair ice cream treats to sweeten the day. Rumour has it the London residence’s mascot, Foxy the Fox, may make a surprise appearance to help mark the milestone. It’s the perfect time to cheer five wonderful years of Fun at the Fox! Contact Patty Urquhart, Lifestyle Director for details!  
**Date: September 20<sup>th</sup>**  
**Time: 1PM – 4PM**

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

ASTER	GRANDPARENTS (Day)	MIGRATION
AUTUMN	HARVEST	MORNING GLORY
BONFIRE	INDEPENDENCE (Day, Mexico)	OKTOBERFEST
CRISP	LABOR DAY	ORCHARD
EQUINOX	LEAVES	SCHOOL
FOOTBALL	LIBRA	VIRGO

Happy Birthday, September Babies

September babies are either Virgo or Libra. With their sapphire birthstone, September born people are sincere, faithful, and curious. Studies also suggest September-born people may have a higher likelihood of living to 100. As if you weren’t lucky enough! You share a birth month with Keanu Reeves, Randy Bachman, Candice Bergen, Darryl Sittler, and many more!



World Alzheimer’s Day



Residents are encouraged to wear purple on **September 21st** to show their support for Alzheimer's and other forms of dementia. This year’s theme, *‘Ask about Dementia. Ask about Alzheimer's’*, This campaign encourages open conversations, promotes early diagnosis by urging people to ask questions, and aims to reduce the stigma surrounding dementia and Alzheimer's disease.

This day is not just about awareness—it’s about embracing and celebrating the journey together. We invite families and prospects to attend informative presentations from local Alzheimer’s societies and participate in a neurobics challenge. Additionally, residences will spotlight on our specialized **BLOSSOM Living** curriculum and holistic Memory Care Lifestyle. Come, discover the dedication and compassion of our communities for your loved ones with memory care needs. Contact a residence near you for details!

Back to School Picture Day!



For many older adults, the first day of school meant a new school bag, a No. 2 pencil, brand-new clothes, along with a pair of black dress shoes that they would either grow out of – or grow into - before the end of the year.

At All Seniors Care Living Centres, **Thursday, September 4<sup>th</sup>** is **Back to School Picture Day!**  
  
A time to for residents to update their QOLA photo, so be sure to wear your best first day of school outfits!



# ALL SENIORS CARE *Neighbourhood News*

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## August Memories

