



# WELCOME TO NOVEMBER

## November Special Events

*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*

Friday November 7<sup>th</sup>  
**Chef's Table Presentation**  
**French Toast Friday**

Tuesday, November 11<sup>th</sup>  
**Remembrance Day Ceremony**

Wednesday, November 12<sup>th</sup>  
**Chicken Soup for the Soul Day**

Monday November 17<sup>th</sup>  
**Mystery Monday!**

Wednesday, November 19<sup>th</sup>  
**International Men's Day**  
**Taste of Nova Scotia**  
**Women's Wellness Afternoon**

Friday, November 21<sup>st</sup>  
**Early Christmas Shopping Trip**

Thursday November 27<sup>th</sup>  
**Thursday Ted Talk Day**

Friday November 29<sup>th</sup>  
**Funny Money Auction + Spin the Wheel**

Saturday November 30<sup>th</sup>  
**Anne Of Green Gables Day**

*Fall Prevention Month*  
*November*



## Falling in Love with November at All Seniors Care

November has a beauty all its own. Though the trees now stand bare, there's a comforting warmth in the softer light, the scent of baking, and the rhythm of autumn settling in. It's the month of remembrance and reflection; a time to cherish the joy found in good company.

Across our residences, we are making the most of every day! Residents are gathering for festive bazaars, creative workshops, and the first touches of holiday cheer. Cozy afternoons are filled with conversation and laughter, while evenings bring the glow of music, movies, and friendship. This month's Family Newsletter offers a glimpse into this togetherness that make November special at ASC. So, pour yourself a cup of tea, settle into your favourite chair, and join us as we celebrate a season of reflection and wonder.

Thank you for being part of the All Seniors Care family!

## Honouring Our Heroes on Remembrance Day



With hundreds of veterans and spouses living within our ASC residences, Veterans' Week and Remembrance Day remain deeply cherished occasions across our communities. Each year, from November 5 to 11, Canadians remember and honour those who served bravely in the past, as well as those who continue to serve today.

On November 11, residents and team members across ASC will pause for a moment of silence at the 11th hour, reflecting on the sacrifices made by Canada's veterans and the commitment of our active servicemen and women. Following this observance, we hold ceremonies featuring our resident veterans dressed in uniform, readings from In Flanders Fields, a Remembrance Day prayer, and the singing of the National Anthem. This year, we are pleased to include special video messages from the Chief of the Defence Staff, and the Chief Warrant Officer for the Canadian Armed Forces.

In gratitude and reflection, we thank all those who served and those who continue to serve, making it possible for us to live with peace and freedom today. To all our heroes, your bravery and sacrifices will never be forgotten.



## Changing Lives. Giving Hope.

**Preston Park 2** proudly joined the 26th Annual C95 Radio Marathon for Breast Cancer Research, presenting a cheque for an incredible \$8,415.50 in support of the Cancer Foundation of Saskatchewan. Their annual Fashion Show and Silent Auction once again proved that compassion and creativity can change lives.

In total, this year's marathon brought in a record-breaking \$470,764 during the live broadcast.

With All Seniors Care residences across Canada each hosting their own stylish fundraisers, we thank all who helped raise awareness and hope for a future without breast cancer. Now that's the power of community! ❤️

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

## Follow the Yellow Brick Road to the 2026 ASCSG



The *All Seniors Care Senior Games* are back and residents across Canada are gearing up for a week of friendly competition and fun! From **February 2–6, 2025**, communities will compete in classic events like Walking Club, Bean Bag Toss, Ladder Ball, Shuffleboard, Bocce, Bingo, and more.

Created in 2009, the Games were designed to bring joy, connection, and active living to seniors during the winter months. This year's theme, *"The Yellow Brick Road,"* reminds everyone that, like Dorothy and her friends, we each have what we need within us — courage, heart, and wisdom — to reach our goals together.

Learn more at [allseniorscare.com/asc-games](http://allseniorscare.com/asc-games).

## Halloween Magic at ASC!



Halloween brings out the spooky spirit across all ASC residences, with each community adding its own unique twist! Brandon's **Victoria Landing** hosted a lively Monster Mash Party, while **Sturgeon Creek I** in Winnipeg hosted a full Halloween Week of fun. Over at **Summit Heights** residents and staff went viral on TikTok with their clever "play on words" costumes. Think "Spice Rack," "Chick Magnet," and "Smarty Pants!" Their humour and originality captured hearts nationwide, proving that imagination and laughter are truly ageless. Whether spooky, witty, or whimsical, every costume told a story, making Halloween a celebration of creativity and pure fun at ASC residences.

## Mysteriously Good Fun at Beacon Heights



Everyone turned detective for an unforgettable Murder Mystery Dinner, where laughter, suspense, and a few "aha!" moments filled the room. Between clues and confessions, residents indulged in a steak and lobster feast—because solving crimes works up quite the appetite!

Staff from every department got fully into the spirit, dressing up and overcoming acting jitters to deliver a masterpiece of 'Whodunnit'!

"I wanted to do something different, fun and easy for every resident to engage with," says Kayla O'Malley, Beacon's Health and Wellness Director. "And it was so well received that this might have to become a regular feature!," she added.

## ASC Special Moments from October

October was a fun-filled month at All Seniors Care Living Centres! We celebrated autumn & enjoyed a lot of outdoor activities. Residents decorated for Halloween, strutted their stuff in breast cancer awareness fashion shows, and created beautiful art. To see more photos and videos, please visit individual residence [Facebook pages](#) or see highlights on our [Instagram](#) page.



## Happy Birthday to Our November Residents!



Wishing all our residents celebrating this month a very happy birthday! May your special day be filled with laughter, love, and wonderful memories shared with friends and family.

A Happy Birthday goes out to our centenarians—your wisdom, grace, and spirit continue to inspire everyone around you. Here's to another year of joy, health, and happiness!

## Mom's Poetry: A Thankful Heart



*This touching poem was written by one of our residents, whose words remind us to pause and appreciate life's simple blessings.*

It's a beautiful day on the 6th of May (2025).

The sky is blue,  
and the birds are having their say.

And even tho' there is a breeze,  
it's freshening up more old trees.  
The sun is shining, but it is quite cool  
it couldn't be better for this old fool.

I thank you God, I feel so blessed,  
even though I know I am such a pest.  
My body is good, but my mind is not  
but God, let's face it,  
it's all I've got.

I can hardly hear and it's hard to see,  
and now I've lost my memory.  
What day is it?  
I can't remember.  
It could be May or even November.

But you are always there by my side  
I am so grateful,  
you never ever hide.

May I be with you up above,  
a place where there's always love.  
That's not always true in this world today  
too many people know not how to pray.

I thank you Lord for the life I have had.  
I have been blessed,  
and now I rest.

– Poem by Marilyn P. Auburn Heights, Calgary

## The Buddies Program Still Going Strong



Once a month during the school year, students from Athlone School's Grade 3 class join older adults at **Sturgeon Creek I** for the much-loved Buddies program! Since 2016, this intergenerational partnership has brought joy, learning, and laughter to everyone involved.

Together, the students and residents share stories, do crafts, and celebrate holidays, from Halloween parades to decorating gingerbread houses. The seniors are also honoured guests at the school's Remembrance Day Ceremony and Winter Concert, with front-row seats reserved just for them.

"The program builds friendships, boosts confidence, and connects generations," says Danielle Jamieson, Regional Director of Health & Wellness for Manitoba. "The students even teach the residents their new lingo—it's so fun to watch!"

## Preventing Falls

November is Falls Prevention Month in Canada. Take steps now to prevent falls and fall related injuries.

7 STEPS  
*To Falls Prevention*

- ♥ Keep Spaces Bright and Clutter-free
- ♥ Wear Safe Footwear
- ♥ Stay Active
- ♥ Get Annual Eye Exams
- ♥ Eat a Balanced Diet
- ♥ Use Prescribed Assistive Devices
- ♥ Review Medications

[www.allseniorscare.com/blog](http://www.allseniorscare.com/blog)

For more health tips and tricks ASC's [Senior Living Advice](#).

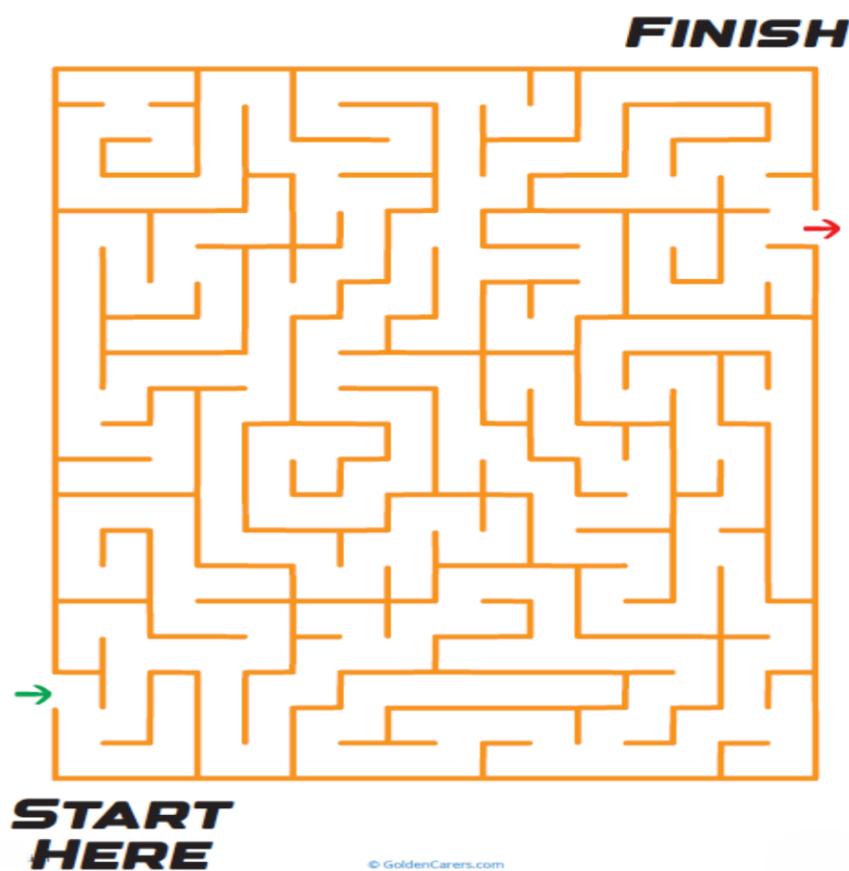
## Be a Mo Bro! Join the Moustache Movement



For the fifth year in a row, **Seine River** is proudly taking part in *Movember*: the annual campaign dedicated to raising awareness and funds for men's health. Each November, gentlemen in the Manitoba residence set down their razors and let their facial hair flourish in the name of a great cause.

Along with the good-natured ribbing and whiskers, the goal is serious: to spark conversations about men's mental and physical health. "As men, we sometimes keep our emotions and health concerns to ourselves," shares Krzysztof Szulc, Health & Wellness Director. "It's important to speak up and remind each other that we're not alone. Educating others about prostate and testicular cancer can also lead to early detection, which can save lives!"

To keep the momentum going, Seine River will host a *Movember Happy Hour Fundraiser* on **Friday, November 21st**, with all proceeds going directly to the *Movember Foundation*. There will be a fun photoshoot, with fake mustaches for the ladies and for any men who prefer to stay clean shaven, ensuring all can join in and show their support for men's health.



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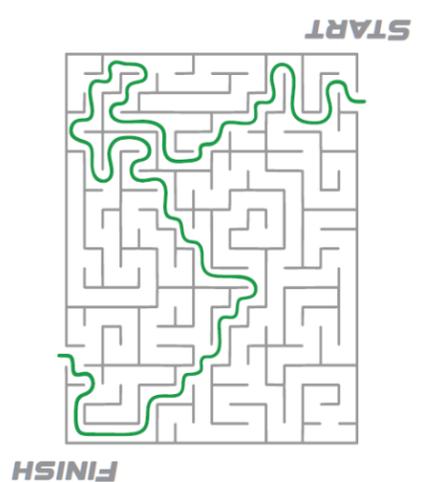
## The Grey Cup 2025



Excitement is brewing at All Seniors Care residences across Manitoba as the 112th Grey Cup heads to Winnipeg on **November 16th, 2025!** Seniors are already gearing up to cheer for their favourite CFL teams and reminisce about past Grey Cup memories ... after all, this will be the fifth time Winnipeg hosts the big game!

From football-themed socials to pre-game stretches and jersey days, ASC homes are planning to celebrate in true fan spirit. "The Grey Cup brings people together," says one resident, "and it's fun to see the city come alive with excitement again!"

The exciting event is has already sparked our imaginations and communities like **River Ridge I** are getting ready for their watch parties! There may even be a few touchdown dances in the lounges. *Go Blue!*



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# ALL SENIORS CARE *Neighbourhood News*

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## October Memories

