



WELCOME TO DECEMBER

Important Dates

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.

Monday December 1st
Spiked Hot Cocoa Happy Hour

Wednesday December 10th
Christmas Buffet Dinner Family And Friends Night

Friday December 12th
A Taste of Christmas Neighbourhood Social

December 14th – 22nd
Chanukah

Friday December 19th
National Ugly Christmas Sweater Day

Sunday December 21st
Winter Solstice Crossword Puzzle Day

Thursday December 25th
Christmas

Friday December 26th
Boxing Day

December 26th–31st
Home For the Holidays Open House

Wednesday December 31st
New Year's Eve Dinner & Dance Funny Money Auction & Spin the Wheel



Seasons Greetings from Our Family to Yours

The weather outside may be frightful, but our December is truly delightful!

This is the month when we shine a light on everything: our homes, our celebrations, and the moments that bring us together. From holiday socials and festive dinners to Ugly Sweater Day and outings to see twinkling neighbourhood lights, there's plenty to enjoy as we welcome the spirit of the season.

As we begin the count down to New Year's Eve, we also pause to reflect on a remarkable 2025. Throughout the year, our communities have been filled with unforgettable moments: incredible staff leading inspiring activities, the energy of the 2025 ASC Senior Games, the excitement of our MasterChef competition, and the thrill of a Summer Camp that brought out the child in all of us. We can't wait to see what 2026 will bring!

With gratitude for our residents, families, and staff, we wish everyone a Merry Christmas, and light and love this Hanukkah season.



Laughter Goes Viral at Cedarcroft



What began as a simple 'Friday Fun TikTok' has grown into a cherished weekly tradition at **Cedarcroft Place** that sparks resident engagement. For the past year, the Stratford, ON, residence has shared creative, often hilarious, videos on TikTok and Facebook.

Residents eagerly await each week's video, which fills the room with laughter. Their enthusiasm spreads quickly. Visitors often mention how much they enjoy the videos, and staff are even recognized at the grocery store for their new "celebrity" status.

At dinner, the dining room absolutely hums as residents call out to friends and staff, waving them over to show off their latest video. It's become a highlight of the week: something to look forward to, talk about, and laugh over.

Thanks to the amazing teamwork of Lifestyle and Activity Directors, Stacy and Jess, the videos continue to bring the community together in the most fun and engaging ways. While aging can bring its share of challenges, the caring team at Cedarcroft Place is committed to making each day brighter. They take pride in going the extra mile to bring laughter and meaningful moments to those who call the community home.

Victoria Landing's 2nd Annual Holiday Bazaar & Craft Sale



Come one, come all to **Victoria Landing's** second annual Holiday Bazaar & Craft Sale! On **Saturday, December 6th**, the Brandon residence will be brimming with holiday cheer as you browse amazing vendors offering seasonal treasures, home-baked goods, and unique gifts. This is the perfect opportunity to find special gifts for a loved one...or even treat yourself. Enjoy live music, hot chocolate, and festive treats as you browse. It's retail therapy and seasonal fun, all without leaving home!

This bazaar is part of the All Seniors Care (ASC) tradition of bringing local vendors direct to residents throughout the season. Family, friends, and neighbours are warmly invited to attend. For more information, contact your ASC Lifestyle Director for details.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

December's Festive Open Houses



Discover the very best of community living this holiday season with our Home for the Holidays: Tour & Taste experience.

This holiday, each ASC residence will host a special Open House **between December 26th and 31st**. Visitors are invited to explore their local community and discover why ASC is the best choice for senior living through our festive hospitality.

Guests will be welcomed with a warming beverage and delicious dainties. While you tour the residence, staff and existing residents will be available to greet you personally and share what they love most about calling their community home.

To elevate the atmosphere, live piano or harp music will fill the air, complemented by cozy holiday décor that highlights the comfort and charm of our residences. A festive photo booth adds an extra touch of fun.

Please contact your local residence's Lifestyle Director for the specific date and time of their event!

Train Your Brain

Words starting with 'DEC'.

1. An athletic contest consisting of ten different events.
2. Lie to someone.
3. Convert a text written in code into normal language.
4. Relating to tenths.
5. State formally.
6. Like calorie-laden desserts.
7. Make one's mind up.
8. Decompose naturally.
9. Official order.
10. Appropriate social behaviour.

Behind-the-Scenes: Meet Catherine!



For 22 years, Catherine Lansangan has been one of the steady, brilliant minds working behind the scenes at All Seniors Care's Head Office. Originally from the Philippines, she joined the company shortly after arriving in Canada and has been a trusted member of our team ever since. With a university degree in Finance, Catherine brings both expertise and heart to her role as Property Accountant.

Her favourite part of the job?

Catherine thrives on complexity! "What interests me in accounting is the reconciliation process at the end of each reporting period; I consider this the most challenging part of my work."

Catherine also shares how meaningful her ASC journey has been: "I'm truly grateful to be part of ASC. Everyone here is such a beautiful person and we really come together as a team to do our best for all the residents."

When she's not balancing numbers, you can usually find Catherine in the kitchen cooking for herself and her husband. Or indulging in her not-so-secret guilty pleasure: singing (though she admits she's "terrible at it"!). Catherine has a talent for finding the best deals and always shows up in style.

ASC Memories From November

To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



All That Glitters: A Golden New Year's Eve



As we bid farewell to 2025, ASC activity teams from Quebec to Alberta are embracing spectacular New Year's Eve themes to make the countdown memorable. **Preston Park II** in Saskatoon is preparing for a trip back in time with a 1960's Countdown to Groovy-town Party, while **Lakeridge Heights** in Whitby is hosting a Semi-Formal Holiday Glow-Up. Want a hint of mystery? You'll have to check your local calendar to discover which **Manitoba** residence is hosting a glamorous Masquerade Ball! Whether the evening features live music or a special fancy meal, every residence is committed to making the transition into the New Year truly special. Happy 2026!

It's a Wonderful Time of the Year!



As the days grow shorter, the festivities at All Seniors Care residences across Canada are ramping up. At **River Ridge II** in Manitoba, residents are embracing a host of seasonal activities, starting with a special Christmas Carolling trip to the Selkirk Senior Village. After all, holiday cheer is meant to be shared, and this outing promises to spread joy well beyond our walls.

Back at the residence, creativity will be in full swing with a Right as rein(deer) Gingerbread Village—making contest where staff and residents transform icing, candy, and imagination into miniature masterpieces. The biggest challenge, of course, is resisting the temptation to nibble on the decorations.

Throughout the month, prizes will be up for grabs during the residences "12 Days of Giveaways". Entrance is easy! Residents can enter their names by taking part in the daily programs. It's a playful reminder that staying active not only lifts the spirit—it sometimes comes with a surprise or two.

Need some ideas for your holiday party? Here are some ideas from our activity specialist:

- Host a stocking roulette
- Christmas Bingo
- Name that Carol
- Christmas Movie Charades
- Guess the # of Ornaments

Across ASC communities nationwide, December is a time to celebrate connection, creativity, and the magic of the season. No matter the residence, there's something festive for everyone to enjoy.

A Cut Above: A Resident's Gift of Kindness



At Aspen Heights, community isn't just something we talk about, it's something residents live every day. And no one embodies that neighbourly spirit more than Deirdre, one of the very first people to call the Calgary residence home.

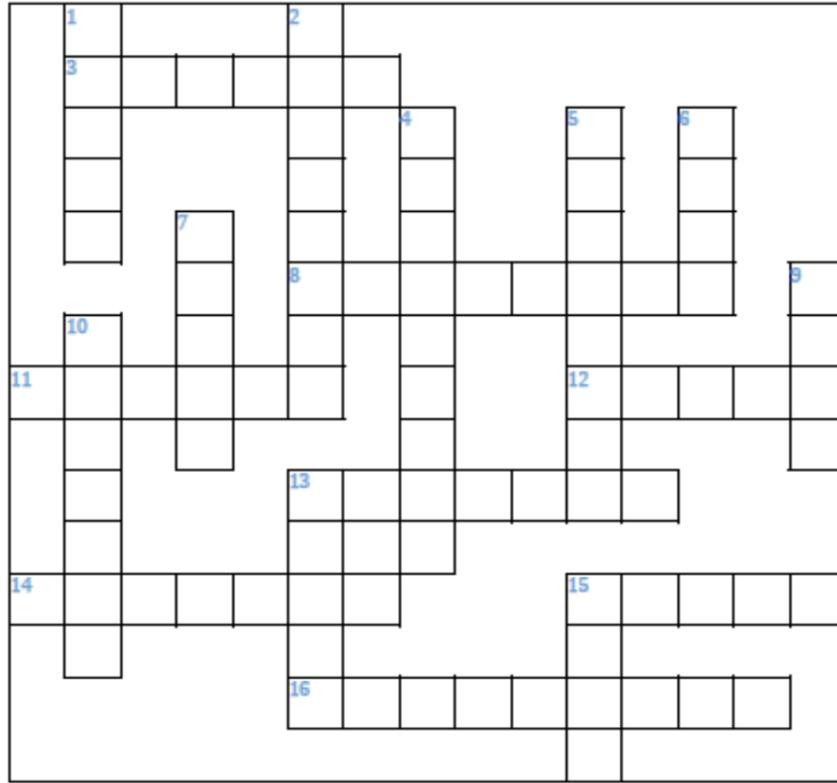
Recently, Deirdre made an extraordinary act of generosity: she cut her locks with the aim of helping a fellow resident in need of a wig. She spent months growing it out, caring for every strand with a single goal in mind: bringing comfort to a neighbour.

When the original plan didn't work out, Deirdre didn't hesitate. Instead of giving up, she set out to find a local shop that could transform her hair into a wig for someone in the community. Keeping it close to home matters to her; she wants this gift to stay within the neighbourhood she loves so much.

Deirdre's incredible act of kindness reminds us how one thoughtful gesture can ripple outward, bringing warmth, dignity, and hope to others in our community.



Wintery Word Crossword Puzzle

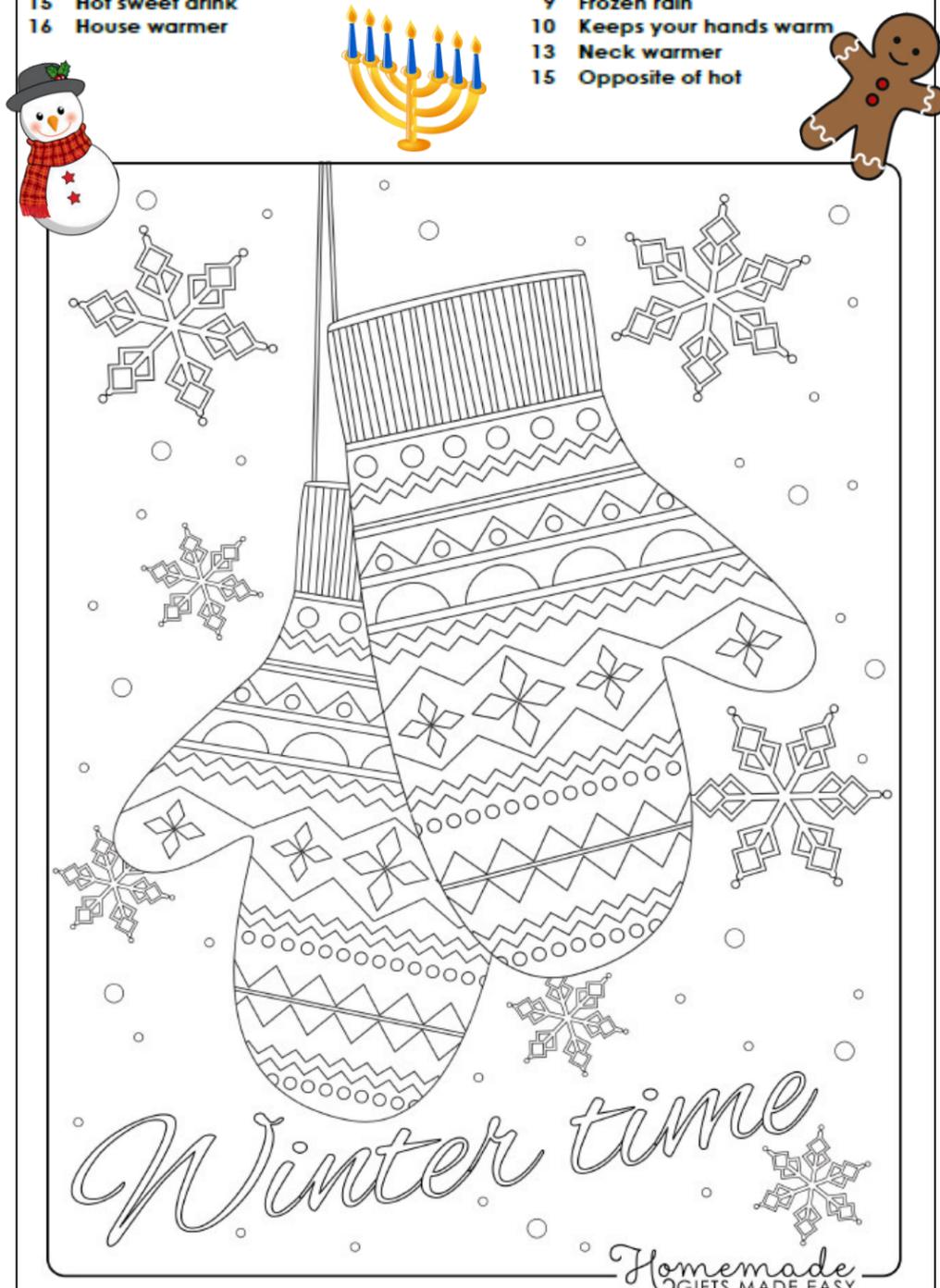


Across

- 3 Ice sport played with a puck
- 8 Snowstorm
- 11 The coldest season
- 12 House made of ice
- 13 Gliding on ice
- 14 Sometimes has a carrot nose
- 15 Hot sweet drink
- 16 House warmer

Down

- 1 The color of snow
- 2 Christmas month
- 4 Holiday of giving
- 5 Time off from school or work
- 6 Fun ride down a snowy hill
- 7 Direction birds fly for the Winter
- 9 Frozen rain
- 10 Keeps your hands warm
- 13 Neck warmer
- 15 Opposite of hot



ANSWERS: 8a) Blizzard; (4d) Christmas; (15a) Cocoa; (15d) Cold; (2d) December; (16a) Fireplace; (3a) Hockey; (12a) Igloo; (10d) Mittens; (13d) Scarf; (13a) Skating; (6d) Sled; (9d) Snow; (14a) Snowman; (7d) South; (5d) Vacation; (1d) White; (11a) Winter

Feel The Beat!



Ball drumming is all the rage, and once you try it, it's easy to see why. People can't help but fall in love with the rhythm, movement, and pure fun it brings. Also known as "cardio drumming," the all-in-one activity blends music, motion, and mindfulness, boosting coordination, stimulating the brain, and lifting spirits with every beat.

At **Cataraqui Heights**, the program has been on the calendar for nearly two years, offered weekly in both Independent Living and BLOSSOM participants. But it wasn't an easy sell. As Nastasha Edwards, Director of Health & Wellness, explains, "Residents were definitely reluctant to join, but after we performed during a large social, it piqued their interest."

Curiosity turned into confidence, and soon residents were tapping, drumming, and laughing along together. Two years later, ball drumming is a favourite class at the Kingston, ON residence.

Not convinced? An instructor will guide you through a drumming routine that includes various cardio moves to get your heart rate up and your muscles engaged. The rhythmic tapping and upbeat patterns even help protect your brain from age-related changes. More importantly, it's a ton of fun!

Ready to join the rhythm? Ask at an ASC residence near you about signing up for the next session!

Train your brain answers:
 1. Decathlon
 2. Deceive
 3. Decipher
 4. Decimal
 5. Declare
 6. Decadent
 7. Decide
 8. Decay
 9. Decree
 10. Decorum

ALL SENIORS CARE *Neighbourhood News*

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November Memories

