



WELCOME TO MAY

Mark Your Calendars

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.

Thursday May 1st
May Day Lei Day

Saturday May 3rd
Kentucky Derby

Sunday May 4th
World Laughter Day

Monday May 5th
**Cinco de May
Dutch Heritage Day**

Friday May 9th – 11th
Mothers Day Weekend

Monday May 12th
International Nursing Day

Thursday May 15th
National Chocolate Chip Day

Monday May 19th
Victoria Day

Tuesday May 20th
Royal Tea Party

Wednesday May 21st
A Taste of British Columbia

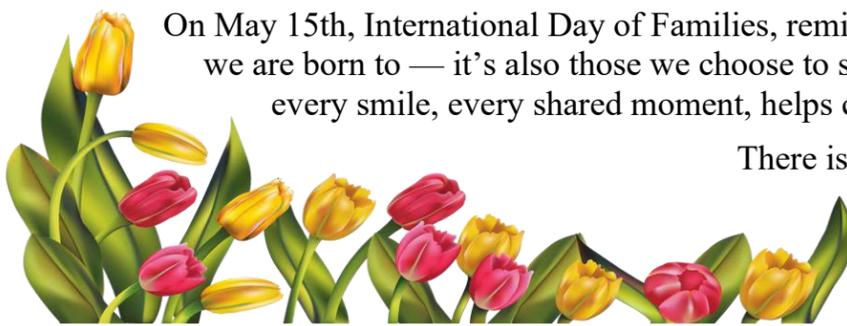
Friday May 30th
**Funny Money Auction +
Spin the Wheel**



Every Day Is the Beginning of Something Beautiful!

As the flowers bloom and the days grow longer, May brings a sense of renewal — and so many reasons to celebrate. This month, we are especially excited to welcome new residents and families into our community. Whether you're joining us for the first time or have called this place home for years, you are part of something truly special.

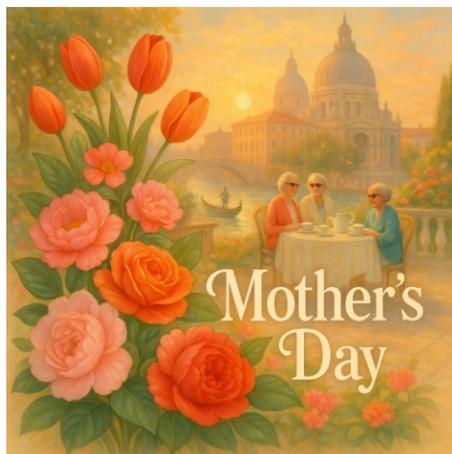
We begin the month with an ASC tradition: May Day and Lei Day, a joyful celebration of spring, connection, and the simple happiness of being together. Our journey continues through to A Taste of British Columbia, a chance to enjoy the flavours and virtually cycle through this beautiful province.



On May 15th, International Day of Families, reminds us that family is not just who we are born to — it's also those we choose to surround ourselves with. Here, every smile, every shared moment, helps create a true sense of belonging.

There is so much happening, and so much to look forward to in May! We invite you to explore this month's newsletter, and to celebrate all the moments, big and small.

Celebrating Mothers: A Tribute to Love and Legacy



Mother's Day is always an important celebration in our residences — a time to honour the women who've shaped lives with love, laughter, and wisdom. This year, between May 9–11, each residence is putting its own special twist on the festivities.

In Manitoba and Saskatchewan, residents will be whisked away to Springtime in Italy, complete with themed décor and treats that capture the romance of the Riviera. In Ontario, it's time to don your sun hat and sip tea at A Mother's Day Garden Party — the perfect way to enjoy spring blooms and good company. Quebec is bringing the magic with a Disney All-Star Celebration, where the stars come to life through music,

creative snacks, and joy. Meanwhile, Alberta residents will be treated to well-deserved pampering at a relaxing Spa and Tea Day. Ask your residence for details — and join us in celebrating the incredible mothers and mother figures who make our community so special.

Residences Celebrate International Nurses Day



On Monday, May 12th, our residences will come together to celebrate International Nurses Day — a special opportunity to recognize the incredible nurses and care staff who make a difference every day.

ASC communities across the country will host an appreciation ceremony to honour the dedication, compassion, and hard work of nurses, both those currently working and retired. Residents and their loved ones are invited to share or write thank-you notes to show how much their care is valued. To add a little fun to the day, we'll also have a nurse-themed photo booth for everyone to enjoy!

To all our nurses and care teams: thank you for your kindness, skill, and the countless ways you brighten lives. We appreciate you today and always!

Our nurses. Our future.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

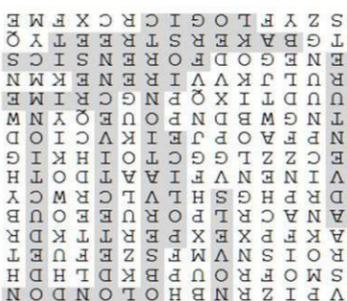
Celebrating Love and a Full Life!



At **River Ridge II**, Lifestyle Director Chassity McIntyre celebrated a very special milestone in April—*two*, in fact. She and her husband, Mike, met in high school and marked 25 years of marriage on April 29th and 32 years together on April 30th. Mike is a well-known Winnipeg Free Press sports reporter (and crime writer with six Canadian bestsellers to his name!), while Chassity found her calling later in life—right here at All Seniors Care. Their daughter Bella, an ASC scholarship recipient, now works in Health & Wellness at RR2 while pursuing a teaching degree. Their son Parker once worked with the maintenance team at ASC and now manages a city-wide delivery route.

With a home full of love, rescue dogs, and two amazing kids, Chassity says she's grateful every day—for her job, her team at ASC, and the life they've built together. "We laugh a lot," she says. "That's the secret."

Once you eliminate the impossible, whatever remains, no matter how improbable, must be the truth." - Sherlock Holmes. Arthur Conan Doyle.



Sherlock Holmes Word Search Solution

A Glorious Reunion at Fox Hollow

For 25 years, Gwen and Anne volunteered side by side at the St. Joseph Hospital Gift Shop, sharing laughter, purpose, and plenty of stories. When the pandemic forced the shop to close, the two lost their weekly visits—but not their friendship.

After five years apart, they've found each other again—this time at **Fox Hollow** Retirement Residence!

A few days before moving in, a phone call between the longtime friends revealed the fantastic coincidence.

At Gwen's lease signing, she shared the news with Patty Urquhart, the London community's Lifestyle Director, who helped the recreation team plan a special reunion once both women were settled.

"It was such a glorious day to see my dear friend again after all these years," Gwen said.

Though Volunteer Week has passed, Gwen and Anne's story reminds us that the bonds built through volunteering can last a lifetime. Both women speak fondly of their time at the gift shop—and wholeheartedly recommend it to anyone looking to connect, give back, and make lasting friendships.

ASC Memories in the Making

April was a fun-filled month at All Seniors Care Living Centres! We celebrated Easter & Passover, played April Fool's jokes, and paid tribute to volunteers. To see more photos and videos, please visit individual residence's Facebook or see highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



Happy Birthday to All May Babies!

People born in May are either Taurus or Gemini May's birthstone is the vibrant green emerald. April showers bring May flowers: May's flower is the Lilly of the Valley, which symbolize sweetness.



- Peter N., River Ridge II – Happy 102nd Birthday!
- Anne Z., Sturgeon Creek II – Happy 100th Birthday!
- Jean T., College Park II – Happy 103rd Birthday!
- Marion G., Preston Park II – Happy 103rd Birthday!
- Fern A., Preston Park II – Happy 100th Birthday!
- Ruby C., McCarthy Place – Happy 103rd Birthday!
- André B., La Gappe I – Happy 100th Birthday!



Blossom Buds Bloom in Ottawa



At **Chapel Hill** residence, spring is in full swing — and so is the new Blossom Buds Gardening Club, launched by our talented Blossom Coordinator, Tricia Osmond. As part of our BLOSSOM Living program—which offers inclusive, enriching activities for individuals living with early cognitive decline—this hands-on gardening group is already growing strong, bringing fresh energy and creativity to the Orleans residence.

Last week, members selected seedling pods and chose marigold, mint, and basil seeds. Next, they'll start their seedlings and paint personalized pots for transplanting. Each week, the group will check on their plants, share gardening tips, and celebrate every new sprout. When the time comes, members can take their plants home—or gift them to someone special.

Here's to sunshine, soil, and the joy of growing together!

Welcome to Oakville Estates: A New Chapter Begins



We are thrilled to announce the opening of **Oakville Estates** Retirement Residence this May—All Seniors Care's newest community.

Offering luxury living in a vibrant, welcoming setting, the Oakville residence features beautifully appointed suites, along with amenities like a fitness centre, pool, theatre, and indoor walking track—all designed to support an active, engaging lifestyle.

Contact Laurie Hunter, Lifestyle Director, at 905 464 0807 for details—be sure to ask about the May 22nd Open House!

Keeping Life Meaningful with QOLA

At All Seniors Care, we believe that aging well means living with purpose, joy, and connection. That's why each resident receives a personalized assessment when they move in — and ongoing monthly check-ins to support their health, wellness, and social goals.



Using our specialized *Quality of Life Assessment (QOLA)* system, teams track physical and cognitive health alongside interests and activity levels. This allows staff to tailor programs, suggest new hobbies, and ensure every resident is engaged in ways that truly matter to them. From rekindling a love of painting to joining a walking group or trying chair yoga for the first time, QOLA helps us recognize when someone is thriving — or when a little extra support might be needed.

May is Dutch Heritage Month!



Did you know that the Dutch gave Canada 100,000 tulip bulbs after WWII! It was as a thank you for sheltering the Dutch royal family during the war. Canadian forces played a key role in freeing the Netherlands from occupation.

- Wooden clogs (klompen) were once everyday footwear.
- Amsterdam has more bikes than people! 🚲
- Stroopwafels are the ultimate Dutch sweet treat.
- The Dutch invented the microscope and the telescope! Dutch culture is creative, adventurous, and full of surprises!

May 22nd is Sherlock Holmes Day!

Channel your inner detective and embark on a word search adventure worthy of 221B Baker Street.



Sherlock Holmes

V P I Z R N B H O L O N D O N
 S M O F R O U P B K D L H D H
 R O I S N V M F S Z E F U E T
 A K F P X E X P E R T T K D R
 A N A C R L P O R U E E O U B
 D R P H G S H L V L C R W C Y
 V I N E N V F I A A T D O T H
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IRENE	LONDON	OBSERVATION	FORENSICS
ADVENTURE	NOVELS	DEDUCTION	POLICE
LOGIC	BAKERSTREET	DETECTIVE	CRIME



Walk for Alzheimer's



Get ready to step out and make a difference! In May, ASC communities across the country will take part in the Walk for Alzheimer's, raising awareness and funds for care, support, and research.

Each residence will host its own *Memory Walk* with snack tables, a picnic lunch, and entertainment to keep spirits high. Walks will be tailored to residents' comfort and ability, making it easy for everyone to participate.

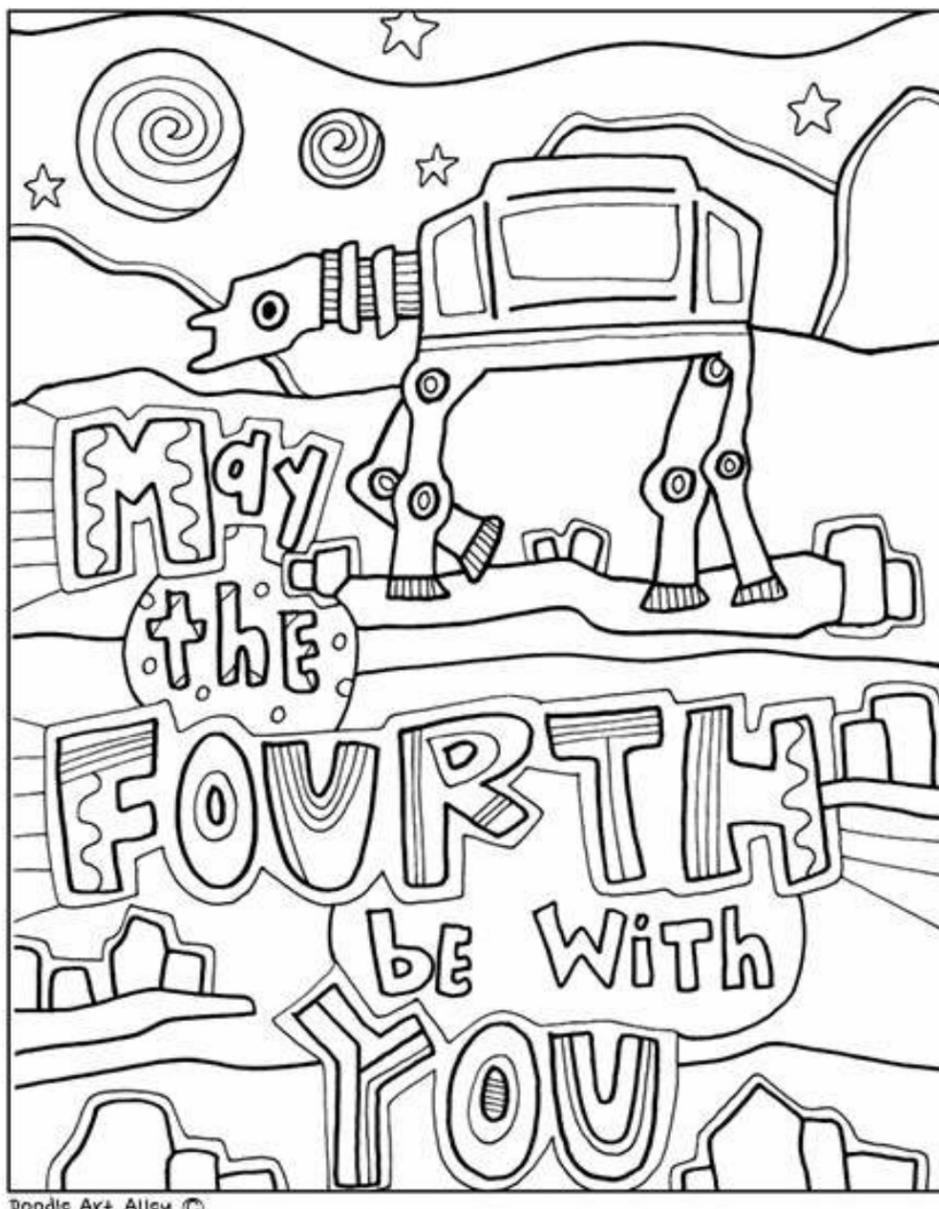
Friends and family are invited to come out and join! Contact your Health & Wellness Director to learn more about your residence's plans.

Still Cheering at 102!



At 102 years young this May, Peter Nychuk continues to inspire everyone around him at his River Ridge 2 community. A lifelong Winnipeg Jets fan, Peter made headlines in April when the Jets posted a photo of him attending Game One of the NHL Stanley Cup playoffs with his daughter, Dr. Sheila Peters. Over the years, Peter coached local youth, drove players to games, and donated equipment. In a CBC interview, Sheila shared, "We will take him to the first of every playoff game and hope to go all the way to the Stanley Cup and be a part of it."

Across ASC communities from coast to coast, residents are cheering on their favourite teams in the Stanley Cup Playoffs—and the Battle of Ontario. Follow the excitement on Facebook [@AllSeniorsCare!](https://www.facebook.com/AllSeniorsCare/)



Doodle Art Alley ©

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April Memories

