



WELCOME TO OCTOBER

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.

Tuesday, October 1st
International Day of Older Persons

Sunday, October 6th
World Smile Day

Tuesday, October 8th
We Can Build It Workshop

Thursday, October 10th
Friendsgiving

Monday, October 14th
Thanksgiving

Friday, October 18th
Global Champagne Day

Thursday, October 24th
Pumpkin And Lobby Decorating Day

Friday, October 25th
Pablo Picasso's Birthday

Tuesday, October 29th
Funny Money Auction + Spin The Wheel

Thursday, October 31st
Halloween Monster Mash Halloween Party



October Delights Await at All Seniors Care!

As the crisp autumn air settles in and the landscape is painted with the vibrant hues of red, gold, and amber, we're embracing the magic of fall here at All Seniors Care. October brings us cherished celebrations, from International Day of Older Persons to the festive fun of Halloween, offering a dynamic blend of events to make the season unforgettable.

This year, we're excited to celebrate both traditional Thanksgiving and Friendsgiving, where residents can come together to share gratitude and camaraderie. Whether gathered around the table for a classic Thanksgiving feast or enjoying a more relaxed gathering with new friends, it's a time to reflect on what truly matters—community, friendship, and the spirit of togetherness.

As Halloween approaches, the excitement is building! Get ready for creative costume contests, eerie yet delightful decorations, and plenty of sweet treats. The possibilities are endless, and we can't wait to see the magic our communities will conjure. Be sure to follow ASC on social media for updates throughout October, and don't forget to check your local Activity Calendar for all the seasonal fun we have planned!

Carving Out the Time to Say Thank You for Friends



This October, join us for a heartwarming **Friendsgiving Celebration and Open House** at ASC! Friendsgiving is all about celebrating friendship and gratitude, providing an opportunity for our residents to bond, share stories, and create lasting memories.

We've planned a day full of fun: start the morning with a refreshing Nature Walk, followed by a fun game of "Get to Know You" Bingo. Enjoy charades, delicious pie with wine pairings, and live entertainment in the afternoon. In the evening, gather for a cozy Friendsgiving meal, and cap the day with a movie night featuring *The Blind Side*.

To make the day even more Friendsgiving-ly, residents can invite a senior friend to join them for a complimentary meal. Let's come together to celebrate friendship and community! Since each residence is putting their unique twist on the event, be sure to contact the Health & Wellness Director at a residence near you for details, including date and time.

The Joy of Singing: A Choir is Born at Sturgeon Creek I



At **Sturgeon Creek I**, every Tuesday evening, the air is filled with music as a dedicated group of 15 resident singers comes together for choir practice. What began as a simple request from residents with a shared love of music has blossomed into a joyful group. Everyone is welcome to join—no tryouts required!

The choir is led by Lauren, the talented Blossom Coordinator, who brings her passion for music and expertise in vocal performance – as well as her gift for playing the piano – to every rehearsal. Lauren comes to us with a Bachelor of Music in Vocal Performance. She took a lot of classes on leading a choir and vocal techniques during her undergraduate degree. With her guidance, the singers are working hard on their upcoming festive December performance.

The Winnipeg-based choir includes participants from all ability levels, from Blossom Living residents to those in independent living. It's not about perfection, but about having fun and building community. Singing together keeps spirits high and minds active—an experience that's as enriching as it is enjoyable! Because everyone is welcome and we have all levels of musical expertise, the group doesn't take things too seriously. It's just a lot of good fun! Whether you're a seasoned singer or a beginner, everyone is invited to join the fun.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

International Day of Older Persons

International Day of Older Persons is on Tuesday, October 1st. Established by the United Nations in 1990, the day honours the contributions older people make to society, this year's theme is Ageing with Dignity. In October, they encourage conversations that focus on "the importance of strengthening care and support systems for older persons worldwide".

How can you contribute to awareness and mark the day?

Discover your past. Share stories about the changes you or your loved ones have seen throughout the years.

Journal. Write down accomplishments and how they've made a positive difference during your life. This is a great project for students or volunteers. They can help residents record their stories in person or through virtual visits!

Celebrate. Take stock of what makes your community a great place to grow older, as well as the integral role older people have in making home and world a better place.

Share longevity secrets. With the rising number of centenarians, why not ask them how they stay vibrant and healthy. Post tips and tricks to social media using the hashtag #secretstoalonglife.



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



1. Bram Stoker
2. Victor
3. Vines
4. Black cats
5. All Hallows Eve
6. Ireland
7. Poltergeists
8. Garlic

Answers
Trick or Treat Trivia

Staff Highlight: Meet Kimberly!



For the past two years, Kimberly has been the warm, welcoming face at the front desk of **College Park 1** in Regina, SK. As Receptionist and Activity Aide, her kindness, patience, and infectious smile brighten the days of residents, families, and guests alike. One of her special talents? Dressing up in costumes for holidays! It all started when she dressed as an Easter Bunny during the pandemic, spreading joy to seniors and children in low-income

neighbourhoods. "I love holidays," says Kim, "it brings joy to the residents to see me dressed up – as long as they allow me to, I will keep doing it!"

Kimberly feels like "a part of the family – almost an adopted grandchild" to the residents, who appreciate her regular visits and help. When not at work, Kimberly enjoys volunteering with Girl Guides, cake decorating, and spending time with her husband, dog, and two cats. It is no surprise that Kimberly's motto is 'Be kind and spread kindness everywhere'. Thank you, Kimberly, for making College Park I a brighter place every day!

To see pictures of Kimberly's costumes and the fun happenings, check out College Park's Facebook Page at www.facebook.com/CollegeParkRetirementResidence/

Training for the ASC Games



The countdown is on for the **16th annual ASC Senior Games**, just five months away! Resident athletes have begun sharpening their skills, with training sessions set to continue throughout fall and into the new year. Traditionally held in early February, this exciting event brings out the best in seniors. Two weeks before the Games, Spirit Week kicks off, infusing All Seniors Care residences with fun and camaraderie through activities that foster wellness and fellowship. Get ready to cheer on your favorite athletes and celebrate the spirit of community!

ASC Memories in the Making

September was a fun-filled month at All Seniors Care Living Centres! We took back to school photos, drank a ton of beer for Oktoberfest, and celebrated Grandparents Day. Here are a few pictures from our residences. 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!



King Charles III Coronation Medal



On September 10th, Preston Park II resident Richard S. received a remarkable honour from Lieutenant Governor of Saskatchewan, Russ Mirasty—the King Charles III Coronation Medal. This prestigious award recognizes Canadians who have made outstanding contributions to their communities, reflecting His Majesty's dedication to service.

Richard's achievements are extraordinary. "The medal is for general volunteering," Richard said, "but I've volunteered on the Saskatoon Exhibition Board since I was 30, was President of the Chamber of Commerce, delivered Meals on Wheels for 35 years, and a lot more! I've been busy!" A dedicated volunteer for decades, Richard has been a respected resident at **Preston Park II** since 2013, and his impact continues to inspire both his community and peers.

Congratulations Richard! 🎉

Happy Birthday Centenarians



Ruth C., Auburn Heights – Happy 100th Birthday!

Joyce E., Preston Park II – Happy 100th Birthday!

Robert L., Chapell Hill – Happy 101st Birthday!

Lola E., Courtyards on Eagleson – Happy 102nd Birthday!

A Champion On and Off the Field

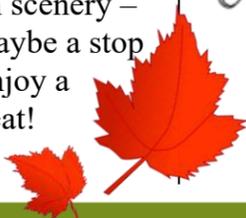


McCarthy Place resident George W, now in his 90s, was recently featured in The Wilmot-Tavistock Gazette, where local writer Gary West highlighted his incredible legacy. George, who has lived at **McCarthy Place** in Stratford, ON since 2022, humbly expressed his surprise, saying, "I don't know how it happened, but I'm grateful."

His story goes back to his early days in Rostock, where he started and coached a minor softball team of 14-year-olds. When they became too skilled for local competition, he sought to enter them into a men's league, only to be rejected for fear that the men would lose to the boys! A dedicated teacher for 35 years and former Mayor of Ellice Township, George's influence both on and off the field is undeniable. His inspiring life of leadership and community spirit continues to resonate, making him a beloved figure at McCarthy Place.

Take the Scenic Route This Fall!

As the leaves turn brilliant shades of red, orange, and yellow, this October older adults at ASC senior living centres will have the chance to enjoy Scenic Fall Drives, taking in the beauty of the changing seasons. These outings also provide an opportunity to connect with other residents while celebrating the crisp, colourful charm of the season. Fall is the perfect time to drive in the countryside and immerse yourself in the breathtaking beauty of Canadian scenery – and who knows, maybe a stop along the way to enjoy a pumpkin-spiced treat!



CFL Grey Cup Visits Seine River: A Day of Fitness, Fun, and Football!



Seine River was buzzing with excitement as CFL alumni Rod Hill and current Winnipeg Blue Bomber Chris Kolankowski brought the spirit of football and wellness to the community during their **CFL Huddle for Health** event. Residents were treated to an inspiring afternoon filled with stories of athleticism, health tips, and an unforgettable surprise—the Grey Cup itself!

The event kicked off with Rod Hill, former Winnipeg Blue Bomber, sharing insights from his career and emphasizing the importance of health and wellness not only in professional sports but also as we age. Chris Kolankowski followed by talking about his journey with the Bombers and led an engaging fitness class, encouraging everyone to move and stay active. The residents enjoyed the exercises, with smiles and laughter filling the room.

"It was a wonderful time," shared Krzysztof Szulc, Health & Wellness Director at Seine River. "The tenants were beaming and happy—the Grey Cup was the cherry on top!"

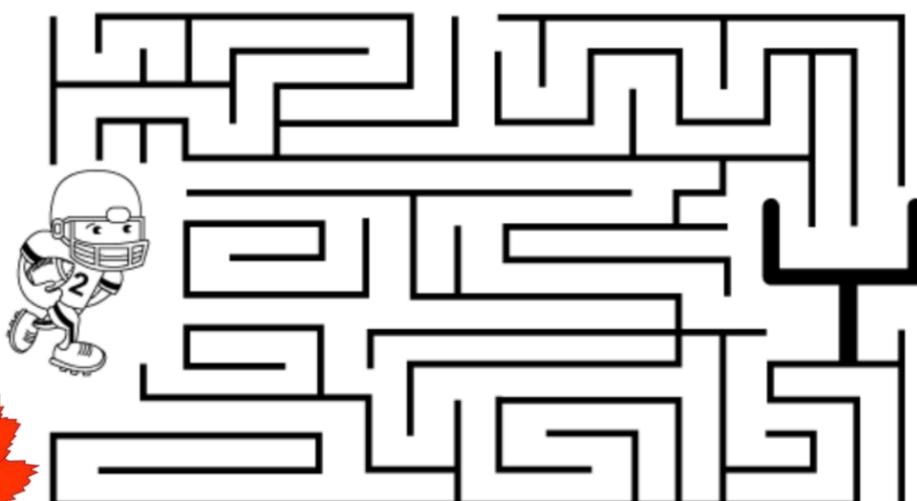
The highlight of the day was the surprise arrival of the iconic Grey Cup, thanks to Mackenzie from the CFL, leaving residents in awe. Mr. Lionel R., a lifelong Blue Bombers fan, was particularly thrilled, exclaiming, "I've been waiting 92 years to see the Grey Cup and could not be happier!" Residents gathered for photos with the Cup, capturing memories they'll treasure forever.

This incredible event was months in the making, coordinated with the support of Ve from London Drugs at St. Vital Centre, who helped bring everything together. A big thank you to the CFL, London Drugs, the Winnipeg Blue Bombers, and the Canadian Football Hall of Fame for making this day truly special.

To relive the excitement and see photos and videos from the event, visit the [Seine River Facebook page!](#)

Football Maze

Score a field goal by finding the path through the maze.



Hocus Pocus Mocktails



www.howsweeteats.com/

Celebrate Halloween with special cider mocktail. Perfect for parties, for an extra treat, pipe frightening faces onto your serving glasses using a tube of black icing!

Ingredients:

- 6 cups apple cider
- 2 cups cranberry juice
- 2 (12 ounce) cans orange seltzer
- ¼ cup maraschino cherry juice
- 2 oranges, sliced
- 2 apples, sliced
- 1/3 cup maraschino cherries
- 1 cup ginger ale or ginger beer

Combine the apple cider, juice, orange seltzer, ginger ale and maraschino cherry juice in a pitcher or large bowl. Add the cherries, orange slices and apple slices. Stir and serve!

Serves 6.

Trick or Treat Trivia



1. Who created 'Dracula'?
2. What is Dr. Frankenstein first name?
3. Pumpkins grow on ...
4. Witches can transform into what animal?
5. What is another name for Halloween?
6. Which country started the tradition that led to Halloween?
7. What sort of ghosts pull hair and play pranks on people?
8. What pungent food keeps vampires away?

(Answers on page 2)

A Musical Journey Through Time



Martin Guilbault's passion for music and performance has found a special home at **Beacon Heights**, where his mobile audiovisual show brings joy to residents.

The goal simple yet powerful: to help seniors reconnect with happy memories through the universal language of music.

"The residents love the group!" says Kayla O'Malley, Health & Wellness Director. "We do it once a month, but they enjoy it so much that we may need to invite him more often!"

Held in the Ottawa retirement residence's theatre, Martin's personal touch makes each session unique: knows every resident by name and he takes requests from all music genres. Whether in Memory Care or Independent Living, everyone joins in, and the joy is contagious. It's clear that Martin is achieving his goal of sparking meaningful connections through music!

ACTIV8 with ASC – Balanced Wellness for Everyday Living!



Our new ACTIV8 program is a huge success! ACTIV8 goes beyond traditional fitness programs, offering a diverse range of classes and activities tailored to suit every level of mobility and ability. Ask your Health & Wellness team how you can get ACTIV8-ed today!

Enhancing Memory Care Through Engaging Activities



At **Cite Parkway in Ottawa**, residents in Memory Care are discovering new ways to engage their senses and minds with the introduction of Brain Boosting Boxes.

Introduced by Allison Boraman, Health & Wellness Director at Chapel Hill Retirement Residence, these boxes are thoughtfully curated to offer activities that promote sensory, mental, physical, social, and spiritual stimulation through play. They are tailored for residents requiring hands-on, one-on-one engagement, ensuring that Personal Support Workers (PSWs) and Resident Care Aides (RCAs) have access to these resources throughout the day during designated morning, afternoon, and evening sessions.

The positive impact of the Brain Boosting Boxes has been evident. Residents enjoy a diverse range of activities, fostering anticipation and enthusiasm for daily engagements. The ease of access to these stimulating resources has notably enhanced the quality of care and interaction within the community.

As Seniors Blossom Coordinator Etta Gover shares, "By having engaging resources readily available, we can offer activities that promote sensory, mental, physical, social, and spiritual stimulation through play."

This initiative underscores our dedication to innovative approaches that enrich the lives of our residents, ensuring they receive the comprehensive care and stimulation they deserve.



BLOSSOM Corner



For those experiencing cognitive decline, living in an inclusive environment is important to their quality of life. Seeing the positive impact that BLOSSOM Living has on residents is heartwarming. We love hearing from families! This is one testimonial we recently received.

"My mother has been a resident of **Cataraqui Heights Retirement Residence**, and enrolled in the Blossom Program, for 5 months now. I am so appreciative of the genuine care and compassion shown to her by all the staff members. The Blossom Program has been wonderful! I have been amazed at the activities that my mother is participating in and enjoying – from art classes, Tai Chi, bingo and word games, flower arranging, and musical programs, to special outings like visiting Maple Madness at Little Cataraqui Conservation area. Participation in the program has also enabled her to make many new friendships. Through the encouragement and dedication of staff, my mother has truly blossomed - the program is very aptly named! Thank you so much for all that you do to ensure my mother is contented and well-cared for, with lots of interesting and fun activities to fill her days!" – Kathy



ALL SENIORS CARE *Neighbourhood News*

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September Memories

