



ALL SENIORS CARE NEWS | February 2026



WELCOME TO FEBRUARY



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 February 2nd
Ground Hog Day

Monday February 2nd – 6th
**17th Annual ASCSG
There’s No Place Like
Home!**

Sunday February 8th
Superbowl Sunday

Friday February 13th
Wear Red Canada

Saturday February 14th
**Valentines Day Romantic
Dinner and Dance**

Sunday, February 15th
National Flag Day

Monday February 16th
**Family Day
Louis Riel Day**

Tuesday, February 17th
**Mardi Gras / Pancake Day
Lunar New Year**

Thursday February 19th
**Random Acts of Kindness
Day**

Friday February 27th
**Funny Money Auction +
Spin The Wheel**

*Therapeutic Recreation
Month*

Black History Month

Heart Health Month

From Our Family To Yours

February may be the shortest month of the year, but it’s a month steeped in history and tradition. More than just chocolate, roses, and romance, this month is jam packed with celebration after celebration starting with the annual ASC Senior Games and the Winter Olympics.

Mid-month, Wear Red Canada highlights heart-healthy living, while Valentine’s Day will bring residents together for special socials and love-filled gatherings. Across our communities, Health & Wellness teams will also shine a spotlight on family. Residences in Alberta, Ontario, and Saskatchewan will celebrate Family Day, while Manitoba observes Louis Riel Day, honouring the Father of Manitoba and his role in shaping the province.

Throughout the month, residents are invited to delve into learning through Black History Month, reflecting on the lasting contributions and stories of Black Canadians. These moments of reflection highlight the bonds that bring us together and the stories we share across generations. Paired with so many social and physical activities that lift spirits, February remind us that, in winter, community makes everything brighter.



There’s No Place Like the ASC Seniors Games!



Get ready for high spirits, friendly rivalries, and plenty of reasons to cheer. From February 2–6, the ASC Seniors Games invite residents, families, and staff to follow the Yellow Brick Road during the 17th Annual ASC Seniors Games. From the first skirl of the bagpipes during Opening Ceremonies to the final medal presentation, the Games are packed with energy, friendly competition, unforgettable moments and the joy of personal bests.

This year’s theme, “*There’s No Place Like Our Home*”, is inspired by The Wizard of Oz and celebrates what makes our residences truly special: the people, the friendships, and the sense of belonging that turns a place into a home. Throughout the week, expect playful Oz-inspired touches, jovial competition themed décor, and moments that remind us that wellness and a sense of community walk hand in hand.

Whether residents are joining an event, cheering from the sidelines, or supporting friends, everyone has a role to play. The entire week is designed to be inclusive and focused on staying engaged during the winter months.

Schedule of activities (check with your residence for times):



- February 2nd – Opening Ceremony & Walk and Roll
- February 3rd – Bean Bag Toss, Pétanque (National Event)
- February 4th – Ladder Ball (National Event) and Cornhole
- February 5th – Bocce, Shuffleboard
- February 6th – Jeopardy, Bingo, Closing Ceremony



With special guests and dignitaries joining us throughout the week, the ASC Seniors Games promise unforgettable moments that prove there’s truly no place like our homes. So, grab your ruby sneakers and join us for a week of courage, heart and pride. We invite everyone to be part of the magic. If you can’t join us in person, daily recaps and medal moments can be found on our website www.allseniorscare.com/asc-games and Facebook pages. #ASCSG, #ASCSEniorGames

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Kingston Residents Welcome the Lunar New Year



On February 17, **Catarauqui Heights** will mark Chinese New Year, also known as the Lunar New Year, one of the most important holidays in Chinese culture.

Celebrations are centred around shared meals and time spent together, with residents at the Kingston home invited to enjoy a special meal created for the occasion by the chef and culinary team.

To add a playful and educational touch, tables will feature placemats explaining the Year of the Horse, a sign associated with energy, determination, and forward movement. Guests will also receive traditional red envelopes—given to symbolize luck and prosperity—with a light-hearted twist: “funny money” instead of cash.

Scratch-off fortunes and themed decorations will help set the mood and spark conversation.

Lucky Things to Do for the Lunar New Year :

- Clean before the holiday to clear out last year’s bad luck and welcome good luck.
- Wear new clothes, especially in red, representing happiness, success, and prosperity.
- Eat symbolic foods like fish and dumplings is meant to bring prosperity and abundance.
- Give and receive red envelopes (“hongbao”), traditionally filled with money or good-luck wishes.

Saskatoon Intergenerational Tournament A Hit

By Emma Grodecki, Senior Health and Wellness Director, Preston Park II



On January 26, Preston Park II had an absolute blast hosting a Bean Bag Toss Tournament featuring our residents and the Lakewood Azzurri U11 Boys Soccer Team and let’s just say, the smiles were as big as the scores!

The team joined us as part of their Community Outreach Day, where they spend an off-school day volunteering together in the community. This wonderful connection was made possible thanks to our Executive Director, Chantel, whose son is one of the team’s players.

With two boards set up, residents and players were split into teams for an hour of friendly competition. There were plenty of laughs, cheers, and impressive throws—including lots of 500s! In the end, our residents came out on top with a winning score of 16,325 to 10,275—well done! They sure are ready for the Senior Games on February 2nd! 🏆

The fun didn’t stop there. After the game, the soccer team treated residents to a delicious ice cream sundae bar, serving up sweet treats along with even sweeter moments of connection.

The afternoon was such a hit that both the boys *and* our residents are already asking to make it a weekly tradition. The afternoon brought a huge crowd of residents watching and cheering on both their home crowd and new faces!

ASC Highlights from January

January was full of excitement and celebration! Some of the many highlights at ASC residences: armchair travel programs, Spirit Week, Elvis Presley’s birthday celebrations, Robbie Burns nights, and national popcorn day. To see more photos and videos from our residences, please visit our social media page at www.allseniorscare.com/social-media or head down to page 4!



Thank You for Your Leadership and Inspiration!



We would like to take a moment to recognize our incredible Chefs de Mission - they are the real MVPs at the ASCSG! Handpicked for their leadership qualities, they’re like coaches and captains rolled into one, making sure everything in the Games ticks along perfectly. They participate in planning, getting the word out, and making the games a blast for everyone. Crucial to fostering a sense of community and active participation among their fellow residents, the Chef de Mission and their Assistants are invaluable spokespersons for their teams. During the Opening Ceremonies, these Chefs de Mission are entrusted with the prestigious task of reading special greetings from the Prime Minister, highlighting their significant role in bridging the community with national dignitaries.

Thank you to all the ASCSG Chef de Missions – you inspire us with your energy and commitment showcasing the joy and camaraderie of participating in the Games!

Celebrating Family

Monday, Feb 19, Family Day – and Louis Riel Day in Manitoba — is a day dedicated to home and spending time with loved ones. Invite the whole family to your residence to share a meal and bake cookies. Later, make some popcorn and watch movies together. Read about the history of Louis Riel, and recognize the contributions of the Métis to Canada.

For the adventurous senior, heading outdoors for family hikes or watching the grandkids sledding will have everyone enjoying the Day together!

When Passion Turns to Purpose



At Summit Heights in Hamilton, creativity has been quietly flourishing, one brushstroke at a time. After retiring from a career in banking, resident Susan L finally made time for a lifelong interest—watercolour painting—taking classes at the Royal Botanical Gardens and discovering how much joy the art form brought into her life. Wanting to share that joy, Susan began teaching watercolour to her fellow residents, transforming a personal passion into a popular monthly program. Living at Summit Heights with her husband for the past two years, Susan continues to “pay it forward,” proving it’s never too late to learn something new, or to inspire others along the way!



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Winter Olympics Word Search Solution

Activ8 with ASC Activities this Winter!



Word Search

WINTER OLYMPICS WORD SEARCH



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| Curling | Ice Hockey | Ski Cross | Snowboarding |
| Bobsled | Alpine Skiing | Figure Skating | Halfpipe |
| Short Track | Luge | Skeleton | Moguls |
| Biathlon | Gold | Olympics | Aerials |
| Ski Jumping | Freestyle | Medals | Speed Skating |

Show Your Heart Some Love



February 13 is Wear Red Canada, a day to raise awareness of women’s heart health. Residents and staff are encouraged to wear red in support.

Supporting Women & Girls in Science



International Day for Women and Girls in Science is a day that recognizes the important contributions women make in Science, Technology, Engineering and Mathematics.

Resident Richard M at Sturgeon Creek II in Winnipeg shares why this day matters to him:

“I taught science, biology and was a principal for over 25 years. I taught in Elementary, high schools and even abroad, each day I saw how essential it is for females to be fully represented in science and related industries. Science shapes the world we live in, and when women are excluded or underrepresented, we lose talent, creativity, and perspectives that lead to better questions, stronger research, and more innovative solutions. Female students bring curiosity, resilience, and insight that challenge assumptions and push scientific thinking forward. It’s also about equity! girls deserve to see themselves as scientists, engineers, and leaders, not as exceptions but as equals. When females are encouraged to enter and thrive in these fields, the entire scientific community becomes stronger, more ethical, and more reflective of the society it serves”

ALL SENIORS CARE *Neighbourhood News*

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January Memories

