



WELCOME TO MARCH

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.

Tuesday March 3rd
World Wildlife Day

Sunday March 8th
International Women's Day
Daylight Savings Time Begins

Sunday March 15th
Academy Awards Evening at the Oscars Social

Saturday March 14th
Pi Day Bake-Off

Tuesday March 17th
St. Patrick's Day

Friday March 20
International Day of Happiness
First Day of Spring

March 24–26
ASC Spring Staycation

Wednesday, March 25th
MasterChef ASC

Friday March 27th
Funny Money Action + Spin the Wheel

March is Brain Health Awareness Month



When you go to bed Saturday, March 7th, remember to move your clocks ahead an hour! Saskatchewan – carry on as usual.



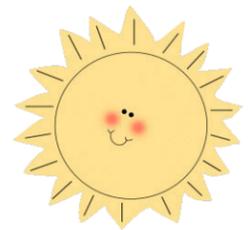
A Message from Our Family to Yours

March has arrived with a brighter light and longer days, as winter slowly fades and the first hints of green begin to appear. The change of season brings fresh energy: new plans, shared laughter, and simple moments to look forward to each day.

After an energetic February filled with activity and excitement, we would like to extend a heartfelt thank you to everyone who supported the ASC Seniors Games. This year's event was a tremendous success, and we are grateful to the athletes, VIP guests, and spectators who joined us in celebrating active living, determination, and fun at every age.

Looking ahead, excitement continues to build with the return of our much-loved Spring Staycation and MasterChef competition, where residents can relax, indulge, and celebrate together through themed experiences and delicious culinary creations. Throughout the month, we hope March brings comfort, cheer, and a gentle sense of renewal to all.

Wishing you a joyful start to spring.



Staycation Sensation: MasterChef Edition

Pack the sunscreen — but leave the suitcase at home.

From **March 24–26, 2026**, All Seniors Care residences across the country are turning ordinary days into a tropical escape during the Spring Staycation, a three-day celebration of food, fun and sunshine-soaked vacation vibes. The getaway follows a simple vacation formula:



Tuesday, March 24: Relax (Resort & Travel Day);
Wednesday, March 25: Indulge (MasterChef Food Festival);
Thursday, March 26 Celebrate (Spring Family Festival).



The trip begins with a cruise-style Sea Day filled with mocktails, spa pampering and travel-inspired activities. But the main attraction arrives on Wednesday, March 25, when aprons go on and ovens fire up for the second annual ASC MasterChef competition.

Each residence chef prepares a signature dish and serves it restaurant-style to residents and guests, who cast votes for the national champion. There's live music, chef Q&As and a dessert tasting — all leading up to the coveted Golden Spatula trophy.

Thursday's finale keeps the vacation vibes alive with family festivities, games and the big winner announcement — proving you don't need a boarding pass to enjoy five-star hospitality and friendly competition.

Resident Stories Program Launches at Cite Parkway



Cite Parkway's new *Resident Stories* group began with a captivating presentation from Mrs. Asher titled *Stories: Lost in the Arctic Snowstorm!*

There wasn't an empty seat in the house as fellow residents gathered to hear about her time teaching in Nunavut. Through vivid storytelling and heartfelt memories, Mrs. Asher transported her audience north, sharing moments of adventure, resilience, and discovery.

The Chef at the Ottawa residence perfectly complemented the afternoon with themed refreshments, including sweet "snowballs", a delightful nod to the Arctic setting.

Guests also enjoyed an interactive element, learning how to spell using the Nunavut alphabet, adding an engaging and educational twist to the event.

The inspiring launch set the tone for what promises to be a meaningful new tradition; one where residents share their remarkable life experiences and continue building connection through storytelling. We can't wait for the next instalment of *Resident Stories!*

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

A Cut Above Kindness: the Donation That Keeps On Growing



While many residents enjoy regular visits to our on-site salons, Health & Wellness Director Allison Boraman at **Chapel Hill** in Ottawa has taken a different approach - growing her hair for two years before getting it chopped!

And she had a meaningful reason for the big cut. February marked the fourth time since 2018 that Allison has grown her hair specifically to donate it for wigs for children undergoing cancer treatment. She donated through the Canadian Cancer Society this year, and in previous years supported Locks of Love.

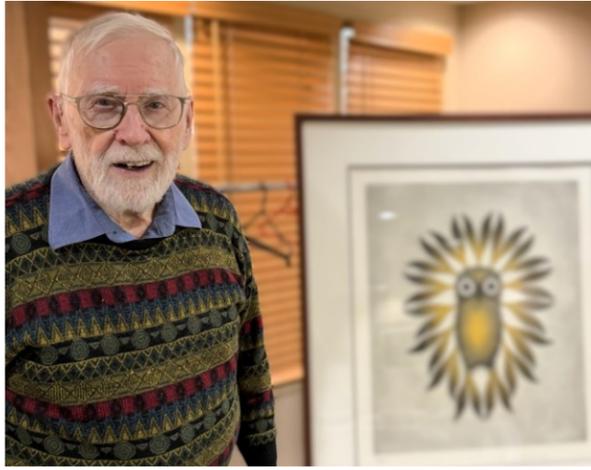
"For the first cut in 2018, I donated eight inches. And then each time since I've given a bit more, with 10 inches next and then 12 inches the last two times.

For residents at Chapel Hill, Allison's endeavours have become part of the activities program!

"I get so much encouragement and I've been asked to make an event of it next time, which I'd love to do, so now we're planning something big for 2028 with some additional fundraising too," she adds.

For more stories about our residences, be sure to visit our Senior Living blog at allseniorscare.com/blog/

A Labour of Love Comes to Life



"It's very exciting!" says Dr. R. Currie, and we agree.

Every two weeks, the Shaftesbury Park theatre fills for Dr. Currie's one-hour lecture series, where he explores everything from history to culture. His five-part journey through art — Medieval, Renaissance,

Baroque, Modern and Canadian —received such a wonderful reception that it sparked a new idea: what if residents shared their own art?

The response was remarkable. Twenty-nine residents stepped forward to share their creativity, submitting 75 original pieces. Together, they formed a two-day exhibition on February 27 and 28 in the Winnipeg residence's library and chapel.

Art is an important part of life at Shaftesbury Park, and the exhibit reflected that deep appreciation. It also paid tribute to many celebrated Canadian artists explored during the lecture series, including influential Inuit artists and sculptors.

During his opening remarks, Dr. Currie reflected on the meaning behind the exhibit: "Just looking at a piece of art we possess can bring calm and peace. Perhaps we want to remember our history, that of our family, our community, or even our country." Residents were joined at the opening ceremony by Catherine Maksymiuk from the Winnipeg Art Gallery and was filmed by videographer Joanne Roberts.

Dr. Currie calls the show "a labour of love." Though he has no formal training, his passion for art runs deep and he has travelled to art galleries around the world. A proud recipient of both the Governor General's Sovereign's Medal for Volunteers and the Queen Elizabeth II Golden Jubilee Medal — awarded to Canadians who have made outstanding contributions to their communities — Dr. Currie has dedicated his life to service and social justice.

ASC Highlights from February

The month may have been short, but it was also sweet! Some of the many highlights at ASC residences: Senior Games, Random Acts of Kindness and Valentine Day were celebrations of true love. To see more photos and videos, please visit individual residence's [Facebook page](#) or see more highlights on our [Instagram page](#). There are also more pictures on page 4!



From Volunteer to Future Educator



Bella's journey at River Ridge 2 has come full circle. Once an ASC Scholarship Volunteer, she is now a valued team member—and this week, she is presenting at the University of Winnipeg's Faculty of Education on a topic inspired directly by her experience here.

Her presentation highlights the importance of intergenerational programs between high schools and senior living communities. Drawing on research, Bella emphasized how both seniors and students experience meaningful improvements in mental health when these connections are fostered. "Students learn better when they care," she explains. "Building relationships with older adults helps deepen empathy, engagement, and learning."

For Bella, the impact is deeply personal. Volunteering at ASC, she says, "changed my life." As a self-described awkward teenager, she initially found it challenging to connect across age groups. But being part of the **River Ridge 2** community helped her grow more confident, patient, and open. Those lessons now shape her path as a future educator.

The First Annual "Rezzie" Awards at Fox Hollow



Lights, camera... recognition! **Fox Hollow** in London, ON is rolling out the red carpet for its first resident award show. Pick up a ballot at the front desk and nominate your peers in fun categories like Great Smile, Best Laugh, Most Helpful and more. Nominations close March 9, with the ceremony at 2 p.m. in the main dining room. Who needs the Oscars when you can win a Rezzie?

Grandbuddies Celebrate a Year of Connection



March marks the conclusion of McCarthy Place's New Horizons for Seniors Grant, a program that has brought residents and local students together through the Grandbuddies initiative.

Over the past year, the program has fostered meaningful intergenerational friendships.

Residents have enjoyed the curiosity of young learners, while students have gained confidence and a deeper appreciation for older generations. Spearheaded by Senior Health & Wellness Director Stephanie Schmidt in partnership with Anne Hathaway Public School teacher Meghan Bracken, the intergenerational program has been a big success.

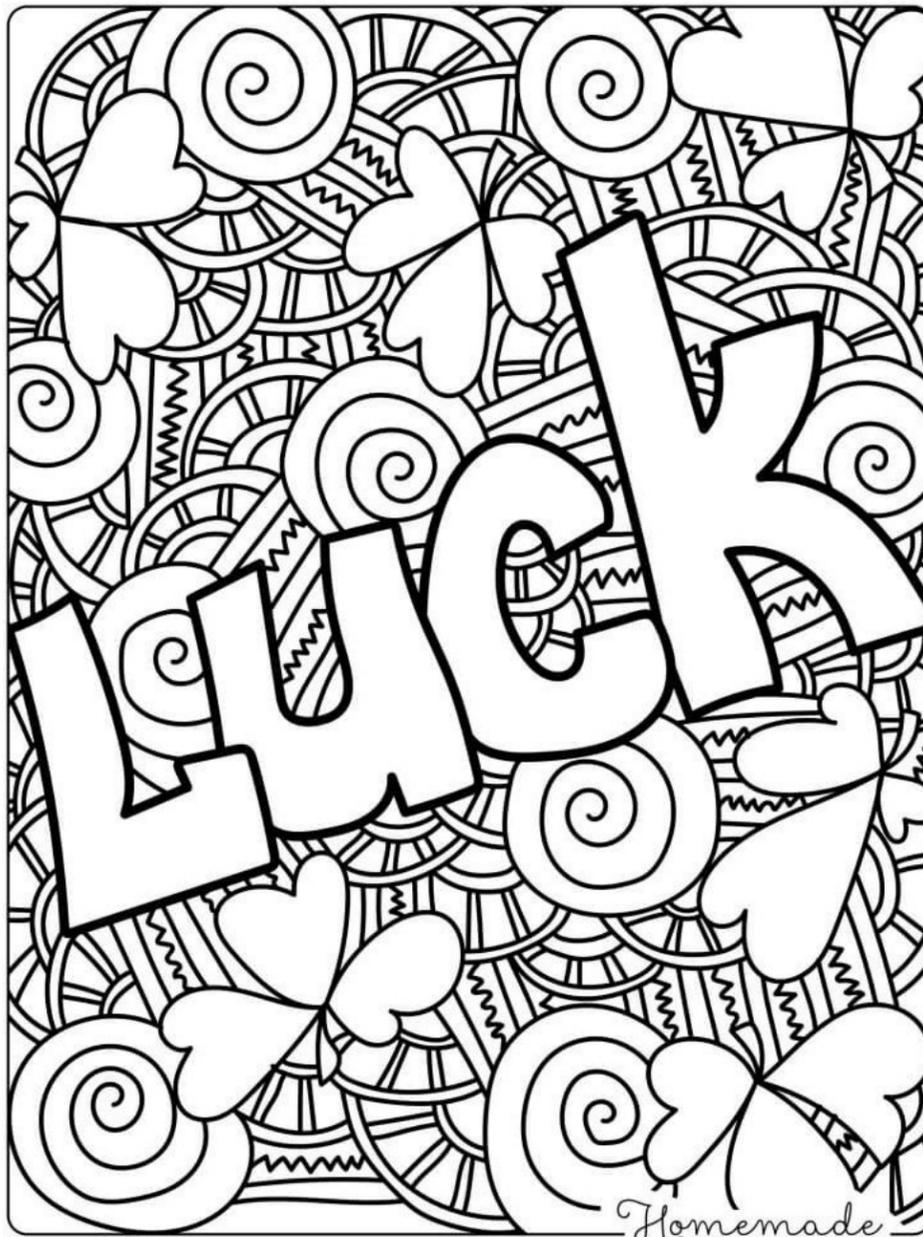
"The children bring so much joy and energy and laughter into our home," says resident Marilyn F.

To celebrate, McCarthy Place will welcome special guests on March 4th, including Stratford Mayor Martin Ritsma, Chera Longston, Communications Manager at District School Board (AMDSB), and Stefan Schneider, school principal. The visit coincides with a special World Wildlife Day-themed event featuring an interactive workshop with Reptilia London.

The Grandbuddies program continues to show that learning doesn't only happen in classrooms; it grows through shared stories and experiences.

Nunavut Brain Teaser – Unscramble the North

Puzzle	Your Answer
1. Q I A L U I T (Capital City)	I _____ 
2. A R H W L N (Arctic Mammal)	N _____
3. T K I T U T I N U (Language)	I _____
4. R P U P L E S A X I F R A G E (Official Flower)	P _____
5. O K C R P T A R M I G A N (Official Bird)	R _____
6. I N I N G M (Key Industry)	M _____
7. F F I N A B D N A L S I (Largest Island)	B _____
8. T U V A N U U (Meaning "Our Land")	N _____
9. I M M I Q Q (Inuit Dog)	Q _____
10. H T N O R W T S E (Bordering Territory)	N _____



- Word Scramble ANSWER KEY
1. Iqaluit
 2. Narwhal
 3. Inuktitut
 4. Purple Saxifrage
 5. Rock Ptarmigan
 6. Mining
 7. Baffin Island
 8. Nunavut
 9. Qimmiq
 10. Northwest

BLOSSOM Corner



With programming that encompasses many different interests, from folksong to baking and gardening to painting, seniors enrolled in BLOSSOM Living are busy! Don't take our word for it, read this lovely testimonial about our **Beacon Heights** residence:

"BLOSSOM carries its name really well! I understand the program's purpose is to highlight and liven the resident's life.

Whenever my mom sees one of the program staff or volunteers, she automatically responds to them with a hug.

Mom has always been a hugger naturally and I'm so happy that personality trait has remained."

International Women's Day 2026



"I want every girl to know that her voice can change the world" - Malala Yousafzai

This year marks 115 years of International Women's Day, a time to celebrate the strength, kindness, and achievements of women in our lives and communities. From mothers and grandmothers to friends, neighbours, and caregivers, their wisdom and care shape each day in meaningful ways. It's an opportunity to share appreciation, lift one another up, and reflect on the stories that connect generations. Today, we honour the women who inspire us simply by being themselves.

ALL SENIORS CARE *Neighbourhood News*

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February Memories

