



FOR IMMEDIATE RELEASE

February 4, 2022

All Seniors Care Hosting Black History Month Event

As part of our commitment to lifelong learning, seniors at retirement residences across the country will participate in events and festivities that honour the legacy of Black Canadians and their communities.

CANADA – All Seniors Care Residences commemorate Black History Month during the week of February 7-11, 2022, with vibrant and educational programming honouring the stories, experiences, and accomplishments of Canada’s Black community.

“We believe that it's important to keep the brain active as we get older. This year, we are focussing on celebrating diversity and equality”, says Hannah Silver, VP Health and Wellness. “This event is an opportunity for our seniors to learn about Black History. To recognize and celebrate the significant impact that Black Canadians continue to make to our country while promoting inclusivity within our community.”

Engaging activities, from discussion groups to documentary screenings will teach older adults about significant Black figures, their sacrifices, and their contributions to the lives of people in Canada. They will explore the long history of both individuals and their communities, by looking at trailblazers and change makers such as Carrie Best, Anne Coolis, and the No. 2 Construction Battalion.

With programs designed to educate and maintain the health and wellbeing of mind, body, and spirit, the week has something for everyone:

- Safely distance exercise classes that celebrate Black athletes like Donovan Bailey.
- Participants will read and discuss excerpts from Black writers before trying their own hand at creating thoughtful poems. These will be showcased in a residence newspaper at the end of the week.
- Soul food snacks and a documentary movie will round out the days.

No matter where you live, we invite all Canadians to learn more about these communities, and how they continue to help shape the story of Canada.

For event information, contact Ronna Goldberg 204.232.8495 or rgoldberg@allseniorscare.com

To view highlights of the event, follow us on social media: www.facebook.com/allseniorscare

About All Seniors Care Living Centres Ltd.:

All Seniors Care, where caring is our number one concern, is setting the standard of excellence in luxury retirement living. Founded on an unwavering commitment to exceptional care, All Seniors Care is dedicated to creating and operating the best senior’s facilities by providing the highest level of care to seniors. For more information, please visit our website at www.allseniorscare.com.

Facility Contact Information

For more information, please visit our website at www.allseniorscare.com e-mail Senior Executive VP of Operations, Joshua Kuhl, at jkuhl@allseniorscare.com or call 1.416.929.1328.



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