



WELCOME TO JUNE

Celebrating June

Monday June 5th

National Donut Day

Friday June 9th

Strawberry Rhubarb Pie Day

Saturday June 10th

Portugal Day

Thursday June 15th

World Elder Abuse Awareness Day

Sunday June 8th

Father's Day

Wednesday June 21st

**First Day of Summer BBQ
Nat'l Indigenous Peoples Day
World Music Day**

Friday June 23rd

National Pink Day

Saturday June 24th

National Day of Quebec

Sunday June 25th

Global Beatles Day

Tuesday June 27th

Chef's Table Presentation

Friday June 30th

Funny Money Auction and Spin the Wheel

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.



LOVE WINS

Sunny June is the Gateway to Summer

Can you believe it's June already?! We're fast approaching the halfway point of 2023. As we say goodbye to May and welcome in June, there are plenty of reasons to celebrate the mid-year. From Father's Day and the start of summer to wacky holidays like Go Barefoot Day, there are fun events happening in ASC residences all month long.

The milder weather (it's been downright hot in most provinces!) means we are getting out to enjoy nature: lush gardens, natural walking paths, babbling brooks, and flowering trees. Residents are encouraged to join a shuttle outing for country drive, casino trip, or maybe even a picnic at a beach! The options vary from community to community, so ask your Health and Wellness team for details.

We would like to take this opportunity to extend our warmest welcome to the new residents who have made an ASC community their home this month. We are so pleased to welcome you to our extended family!



ASC Celebrates Dads!

The highlight of June is, of course, Father's Day. A day to honour dads, grandfathers, father figures, and the influential men in our lives, from childhood through to adult.

This year, Father's Day falls a few days before the summer solstice (June 21, 2023), which makes it the perfect time to kick-off the summer season with a father-focused barbecue, a game of golf, or other outdoor activity!

Leading up to Sunday, June 18th, All Seniors Care residences across the country are preparing to make the day as special as possible.

Whether you work in your "dad bod" in a special fitness class, play patio games, or enjoy the live entertainment that your residence has planned, we guarantee a full day of fun father-focused activities. Please watch the calendar and check the special Father's Day poster so you won't miss out on any of the fun.

Invite your families to celebrate with you!

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Alberta & Saskatchewan: Rev up your engines for a Classic Car Show & Shine.

Manitoba: Party your socks off during a mighty day of Backyard BBQ, Beer & Big Band.

Ontario: Get Pro Tips as you vie for Best Dad By Par during a fun day filled all things golf.

Quebec: Papa tu es mon Roi ! Get treated like a King during a day of games, BBQ, and crooning.

Join us in as we wish the men who've touched our lives a Happy Father's Day!!

River Ridge II Recognizes National Indigenous Peoples Day



Throughout the month of June, River Ridge II in Winnipeg, MB will be hosting educational events and activities to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples in Canada.

Some activities to watch for include land-based teachings during the full Strawberry Moon rises on Saturday, June 3 and exploring the Seven Grandfather Teachings during Art Therapy. Contact [Nikki Johnson](#), Director of Health and Wellness for details.

National Indigenous Peoples Day is part of the [Celebrate Canada program](#), which also includes Saint-Jean-Baptiste Day (24th), Canadian Multiculturalism Day (27th) & Canada Day (July 1).

VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

Ontario Residences Walk for Alzheimer's

That's a wrap! Summit Heights (Hamilton) and Catarauqui Heights (Kingston) staff and residents walked for the 2023 IG Wealth Management Walk for Alzheimer's on Saturday, May 27th.

The **Summit Heights** team was able to raise over \$2,000 for the Alzheimer's Society! Way to go Summit Heights! The team accepted pledges on-line, held raffles, and sold 'runners' for a 50/50 draw.

To everyone who took part - thank you for supporting the Alzheimer Society as they strive to provide help for today and hope for tomorrow for those affected by dementia.

Canada East to West Challenge

In the lead up to Canada Day on July 1st, we challenge each residence to join in a metaphorical walk across the country, from St. John's, NL to Victoria, BC!

Residents and staff will track their every step to earn kilometers then tally them at the end of the day, week, and month.

Each week during the month, residents will take travelogue "pit stops" as they walk, pedal, and roll across Canada. There are many ways that people of all ages and abilities can join in the challenge, so be sure to ask your Health & Wellness team for details!

College Park II Hosts Sneak Peak

It was a wonderful evening for a Car Show on May 24th when the Regina, SK residence treated their community to a Father's Day sneak peak! Seniors enjoyed a parade of vehicles from outside, inside, and suite balconies. Car owners then parked their cars so that residents could get up close and personal.

A Summer Wedding at McCarthy Place

It's Wedding Month at the Stratford, ON Residence!



Leisha Higgins, Health & Wellness Director is getting married, and the entire community is celebrating!!

Throughout the month, they will reminisce about and share their wedding songs, stories, and tips with each other – and the bride-to-be. Residents are so excited that it's all some can talk about.

Need some bachelorette party ideas? We've got you covered! Staff and seniors living at Stratford, ON residence are bringing in their own wedding photographs and displaying them for all to see. The fun and laughter rests in guessing which photo belongs to whom! Other activities are:

- ♥ Special Coffee Social with Ring Cookies,
- ♥ wedding movies in the theatre,
- ♥ and, of course, photo ops.

Leisha tells us that she is planning a 'First Look' in the week leading up to the big day on June 24th. "Everyone will wear their wedding dresses if they can! If all works out", says Leisha, "I will get a picture with them!"

Wishing you joy, love, and happiness on your wedding day!!

ASC Memories in the Making

May was a fun-filled month at All Seniors Care Living Centres! We celebrated May Day with Hawaiian Flower Leis, took a trip to Mexico for Cinco de Mayo, paid tribute to Moms, and attended Prohibition Style Whiskey Parties. 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.



BLOSSOM Gardens



Summer is the perfect time to plant your garden once again – and keep the fresh vegetables coming on well into late fall! For seniors enrolled in a BLOSSOM Living program, spending time exploring public parks and gardens is a great way to take in the beauty of the season and bask in the light of longer days.

Like many ASC communities, **Lakeridge Heights** residents in Whitby, Ontario enjoyed 2 trips to their local nursery to pick out flowers for their BLOSSOM-ing gardens.

On June 1 and 2nd, the residence is holding their annual Gardening Day – everyone will help plant the large flower planters around the building, as well the Memory Care Sensory Gardens. Residents are excited!

Meanwhile, at **Auburn Heights** in Calgary, Alberta's early heat wave means that their flower and herb garden are already in and residents are enjoying the rewards.

Whether working in our gardens, on a shuttle tour of Ottawa Tulip Festival, or enjoying an after-dinner stroll at **Chapel Hill** in Orléans, there's always something fun happening!

You can read about the BLOSSOM [program here](#). Then head on over to read about [benefits of gardening for seniors](#).

For more health tips and tricks ASC's [Senior Living Advice](#). It is published every Friday on our website.

ASC – A Proud Sponsor of Grace Hospital Day

On May 12th, Bruce Lillie, National Director of Marketing represented ASC at Grace Hospital Day 2023.

Presented by FOODFARE was declared a major success, raising over \$253,000 for patient care at the Grace. All proceeds will be directed toward the Campaign Critical – to fund a new ICU at Grace Hospital.

Thank you to all the donors, individuals, sponsors, and supporters who helped make this day a great day for all!



Our Favourite Dad Jokes

"My wife said I should do lunges to stay in shape. That would be a big step forward."

"Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"

"I once wrote a song about a tortilla - it's more of a wrap."

"If you see a crime at an Apple store, are you an iWitness?"

"If the early bird catches the worm, I'll sleep in until there are pancakes."

"The wedding was so beautiful, even the cake was in tiers."

"Keep the dream alive and hit the snooze button."

Happy Birthday, Centenarians!!



Peter at River Ridge II on May 11

Peter at River Ridge I on May 17

It may be their overwhelming enthusiasm for life, or their positive attitude, or the positive impact of living a full life at ASC. Regardless, during the month of June ASC residences are celebrating three 100th Birthdays ... and one 106th!

Bernice M at River Ridge II – Happy 100th Birthday!
 Mary C at Shaftesbury Park – Happy 100th Birthday!
 Winona H at College Park – Happy 100th Birthday!
 Hilda B at College Park II – Happy 106th Birthday!

More ASC Memories from May



🎵 Hey Jude! Let's Celebrate Global Beatles Day 🎵

Music lovers worldwide come together to celebrate Global Beatles Day on June 25. Why June 25? Well, the date marks the occasion when The Beatles unveiled "All You Need is Love" to the world in 1967. The band performed the song on BBC television program "Our World."

The first global transmission broadcast ever, it was a landmark achievement that also introduced the world to one of the group's most enduring songs.

1. *Listen to The Beatles' classics.*
 People loved The Beatles because their music was catchy and unique, so listen to some of their many classic tracks.
2. *Spread love and positivity.*
 The Beatles love and positivity, get out there and spread some of your own in their honor.
3. *Watch a film.*
 Check a Beatles films like 'A Hard Day's Night!' or 'Help!'.
4. *Dress like your favourite Beatle.*

Weeklong Event Leading Up to Canada Day



The party is starting early at Lakeridge Heights in Whitby, ON. Dubbed Canada Day Week, Kayla Marshall and her team of activity experts have something special planned to celebrate their home and native land. Each day of the week leading up to July 1st will have a different Canada themed activity, including a poutine bar, and the residence is putting a Canadian Flag on each balcony for the first time. For those who love the regular programs at the residence, don't worry! Regular programs are still being held – but with a Canadian twist.

Coming Soon: Aspen Heights Retirement Residence



All Seniors Care is excited to announce that a new and vibrant retirement community is on the rise in Calgary. Due to open in June, Stampede City's seniors are about to have new homes our newest luxury community, Aspen Heights Retirement Residence.

Be sure to watch the Aspen Heights [Facebook](#) page for pictures of the fantastic mountain views and beautiful amenities as we begin welcome new residents!

