



WELCOME TO JANUARY

Upcoming Events

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 January 1st

New Year's Day

Make Your Resolutions

Friday January 5th

Twelfth Night Social

Thursday January 18th

We Can Build It Workshop

Tuesday January 23rd

ASCSG Spirit Week & Pep Rally

Thursday January 25th

Robbie Burns Day Dinner & Scotch Party

Friday January 26th

Australia Day

Bingo, Trivia, & Travelogue

Monday January 29th

International Lego Day

Wednesday January 31st

Funny Money Auction + Spin the Wheel



Wishing You a Happy New Year from the All Seniors Care Family

As we step into the New Year, we pause to reflect on the wonderful moments from 2023 and to look forward to those to come. Every year, millions of people make New Year's resolutions, hoping to spark a positive start to the year. At All Seniors Care, we believe the changing calendar is a time for new connections and new possibilities, to set goals, plan ahead, and spend time with family and friends. We're so excited for the rest of the month (and year!), and we hope you are, too.

It is with gratitude that All Seniors Care thank our residents, their family, and our staff for helping to make the past year so special. Wishing you joy and happiness in the New Year!

Welcome Neighbours! Block Parties are a Hit with New Residents



Seine River is wonderfully dedicated to fostering a vibrant community spirit. Every month, the Winnipeg residence hosts an engaging activity for residents: A Block Party.

One of the highlights of the party is a fun-filled

question sheet game. It's a fantastic way to break the ice and encourage everyone to mingle. For instance, you might be asked to find someone who has an older sibling or who can say the alphabet backwards - a simple yet effective conversation starter. The real magic happens when, after everyone has their answers, everyone comes together to share their findings. It's not just about the questions, though. Each participant is encouraged to introduce themselves and share something unique about them – maybe a quirky fact or their most memorable travel destination.

To make the evening even more delightful, Krzysztof Szulc, Health & Wellness Director offers an assortment of treats and refreshments. It's a wonderful experience to see new friendships blossom as residents learn more about each other.

We've Got Something Big Coming Soon



Put some pep in your step! the ASC Seniors Games are almost here!! To get everyone ready, we're merging fun, fitness, and fellowship when, from **January 15-19th**, residents enjoy an action-packed **Spirit Week and Pep Rally!**

A powerful way to boost team spirit and create a sense of community within the residence, participants enjoy dress up days, live entertainment, surprise outings, group activities, and a Pep Rally. The week culminates when a lucky resident wins the coveted "Pie in the Face" draw. Earn one hilarious chance to throw a tin foil plate full of whipped cream into the face of a member of senior management with every activity attended.

During Spirit Week residents can try their hand at ASC Seniors Games activities, including:

- Walk or Roll the Halls
- Bean Bag Toss
- Pétanque
- Ladder Ball
- Corn Hole
- Bocce Ball
- Shuffleboard
- Jeopardy

Save the date! You don't want to miss the ASC Senior Games on Feb. 5th – 9th, 2024.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

Cataraqui Heights Announces Older Adults and Babies Music Program

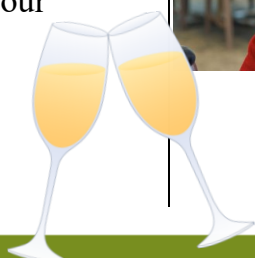


Harmony knows no age limits with Young Hearts! In January, Cataraqui Heights is starting a Seniors and Babies Music Therapy Group. In a symphony of shared joy and connection, seasoned seniors at the Kingston residence come together with infant children to explore the world of music. Sessions are carefully crafted to blend the soothing melodies with the laughter of little ones, creating a delightful atmosphere of intergenerational bonding. Whether it's tapping toes, gentle swaying, or simply sharing the magic of a lullaby, the Young Hearts group fosters a unique and therapeutic space where the power of music unites the wisdom of age with the innocence of youth! Join the harmonious community and let the universal language of music bring generations closer! For more information call Angela 613-583-9483.

Baby, It's Cold Outside!

The temperature is plummeting in many parts of Canada. What can you do to stay warm inside?

- ♥ Find your favourite sweater.
- ♥ Have a cup of tea.
- ♥ Sit in front of the fire with friends.
- ♥ Join a club at your residence.



Happy Birthday Centenarians!

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 January ASC residences are celebrating four 100th Birthdays ... and one 104th!

- River Ridge 2: Linda K – Happy 100th Birthday!
- Shaftesbury Park: Dorothy R – Happy 104th Birthday!
- College Park II: Olga P – Happy 100th Birthday!
- Preston Park I: Joseph L – Happy 100th Birthday!
- Preston Park II: Margaret B – Happy 100th Birthday!



ASC Highlights from December

The 12th month of 2023 was jam packed, fabulous, and festive! Some of the many highlights are ASC residences: twin days, carols, Chanukah celebrations, gingerbread house making and Chef's Table presentations, craft sales, and Boxing Week Open Houses. To see more photos and videos from our residences, please visit our social media page at www.allseniorscare.com/social-media.



Cheers to good friends and good times!

It's Official: Men's Club Is Here!



Are you interested in beer tastings, pool tournaments, and outings to places like the Western Development Museum in Moosejaw? The Saskatoon Sports Hall of Fame or the Royal Saskatchewan Museum?

Men often gravitate towards gender specific activities. Building projects, card games and other competitive social engagements will help them stay active while also interacting with their peers. Joining a Men's Group is also a great way to share what is happening, have fun, get support with challenges, and live life to the fullest in retirement.

Spear-headed by a Recreation Therapy student, Men's Club at **College Park II** is growing in popularity at the **Regina, SK** residence. To find out more, contact Samantha Frey, Recreation Therapist and Senior Director of Health and Wellness at College Park II Retirement Residence!

Old Wives Tales - True Or False?

1. Onion is good for wasp stings.
2. Never rinse your hair in hot water.
3. Fix wood scratches with walnut.
4. Cheese before bed causes nightmares.
5. Bulls hate the colour red.
6. Newspaper are great glass cleaners.
7. Gargle salt water to relieve a sore throat.
8. Put bread on burned rice.

Answers: 1. F; 2. T; 3. T; 4. F; 5. F; 6. T; 7. T; 8. T!