



FOR IMMEDIATE RELEASE

February 8, 2024

Exercising the Mind, Body, and Spirit Take Centre Stage at the Senior Games

Day 4 fosters friendly competition in athletic and recreational events.

CANADA –CANADA - The spirit of competition and camaraderie is alive and well on Day 4 of the 15th annual All Seniors Care Senior Games. Today, seniors across All Seniors Care (ASC) residences from coast to coast are showcasing their skills and enthusiasm in an array of activities including Card Games, Bocce, and Shuffleboard Events.

The ASC Senior Games have become a hallmark event that residents and staff alike look forward to each year. This isn't your average sporting event; it's a full-blown celebration of skill, spirit, and a bit of friendly competition that has everyone on the edge of their seats. The ASC residences are buzzing with action as these seniors prove that when it comes to competition, they've still got it!

Joshua Kuhl, Executive Vice President of Operations at ASC, expressed his excitement about the day's activities, stating, "The energy and enthusiasm of our residents during the Senior Games are truly inspiring. It's not just about the competition; it's about fostering a sense of community, promoting physical well-being, and celebrating the achievements of our seniors."

The competition was fierce today, with the Card Games emerging as a highlight, showcasing the strategic acumen and mental agility of the participants. Similarly, the Bocce and Shuffleboard events have provided an avenue for physical engagement and skill, reflecting months of dedicated practice. Competitors, ranging in ages and abilities, vied for Gold, Silver, and Bronze medals in each event.

As the day draws to a close, the awarding of medals celebrates individual and team achievements. However, beyond the accolades, each participant will carry with them the invaluable experience of participation, the exhilaration of competition, and the unbreakable bond of community spirit. The ASC Senior Games continue to serve as a beacon of positivity, demonstrating the enduring vitality and capabilities of Canada's senior citizens.

These games are not just about winning; they are a testament to the lively spirit, determination, and friendships that thrive within ASC residences. From Alberta to Quebec, older adults continue to take part in the Games during tomorrow's final day of competition. Day 5 will test intellectual prowess during the Jeopardy playoffs, while Bingo puts luck on the plate. The National Medal Winners will be presented during Closing Ceremonies. Spectators are welcome!

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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 <http://www.allseniorscare.com/>.