



January 14, 2025

FOR IMMEDIATE RELEASE

WELCOME TO CANADA'S 16th ANNUAL ALL SENIORS CARE SENIORS GAMES!

The 16th Annual All Seniors Care Seniors Games (ASCSG) are set to take place from February 3rd to 7th, 2025, across 29 All Seniors Care Living Centres Retirement Residences. This beloved annual event brings together older adults from coast to coast for a week of fun, friendly competition, and a shared commitment to staying healthy and active during the winter months.

Since its inception, the ASCSG has created countless wonderful memories, providing thousands of seniors with the opportunity to "Go For Gold!" while fostering camaraderie and community spirit.

"These games are shaping up to be the best ever," said Joshua Kuhl, Senior Executive Vice President of Operations for All Seniors Care. "For months, our residents have been practicing and preparing. They're ready for this highly anticipated, active, and vibrant event to begin."

This year's theme, inspired by the iconic phrase "*Life is like a box of chocolates... you never know what you'll get,*" encourages participants to embrace the joy of surprises, create lasting memories, and celebrate life together.

Event Schedule:

- **February 3rd** - Hallway Walk and Roll (wheelchairs and walkers welcome) & Opening Ceremony with Entertainment
- **February 4th** - Bean Bag Toss & Petanque au Tout (National Medal Event)
- **February 5th** - Cornhole & Ladder Ball (National Medal Event)
- **February 6th** - Card Games, Bocce, Shuffleboard
- **February 7th** - Jeopardy, Bingo, Closing Ceremony

Throughout the week, participants and spectators can look forward to a wide variety of engaging activities, delicious food, and vibrant entertainment. The event is designed to highlight the joy of staying active and fostering connections within the senior community.

For media inquiries, please contact: Bruce Lillie @ (204)781.7419, blillie@allseniorscare.com, or visit website www.allseniorscare.com.

Follow the action and see photos from the games on social media:

- Facebook: facebook.com/allseniorscare
- Twitter: twitter.com/AllSeniorsCare
- Instagram: instagram.com/allseniorscarelivingcentres

For All Seniors Care Living Centres information please contact Joshua Kuhl Senior Executive Vice-President of Operations (416)929.1328 or email jkuhl@allseniorscare.com.