



# WELCOME TO APRIL

## Important Dates

*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.*



Tuesday April 1<sup>st</sup>  
**April Fool's Day**

Thursday April 10<sup>th</sup>  
**A Taste Of PEI**

Saturday April 12<sup>th</sup>  
**Passover Begins**

Sunday April 13<sup>th</sup>  
**Palm Sunday**

Friday April 18<sup>th</sup> – Monday  
April 21<sup>st</sup>  
**Easter Weekend**

Sunday April 20<sup>th</sup>  
**Passover Ends**

Tuesday April 22<sup>nd</sup>  
**Earth Day**

Monday April 21<sup>st</sup> – 25<sup>th</sup>  
**National Volunteer Week**

Wednesday April 30<sup>th</sup>  
**Funny Money Auction +  
Spin the Wheel**

*April is Parkinson's  
Awareness Month*



## A Month Filled with Possibilities!

Spring is finally here, and with it comes the promise of warmer days, blooming flowers, and—of course—April Fools' Day! As we embrace the lighter, brighter season, we're reminded to take a moment to laugh, share a little mischief, and enjoy the company of those around us.

This month, we're celebrating more than just the return of spring. We're honouring Earth Day, National Volunteer Week, and the holidays of Easter and Passover—perfect opportunities to connect with nature, show appreciation for our incredible volunteers, and come together with family and friends.

Whether it's stepping outside to enjoy the fresh air or gathering with loved ones for holiday traditions, April is all about renewal and connection. But in all seriousness, we're excited to share the moments that make our communities so unique, and we can't wait to see what this month has in store. Just remember keep your wits about you for an April Fools' prank!

## And the ASC MasterChef 2025 Champion Is...



On Tuesday, March 25, chefs at all 28 ASC residences put their culinary skills to the test in the highly anticipated MasterChef ASC competition. Each Chef and their team crafted a Signature Dish, which was served to residents and their invited guests for a delicious and memorable dining experience. From food-themed trivia to a lively Q&A with our talented kitchen teams, the day was filled with flavour and fun. After the meals were served, residents and staff cast their votes to determine this year's top chefs.

After much anticipation, we are thrilled to announce that the **ASC MasterChef 2025 Champion is Preston Park I**, whose winning dish impressed both taste buds and hearts. Prime Rib of Beef au jus with Chef Gerard's Yorkshire pudding, double baked potato, and roasted vegetables. Their culinary team will receive the Golden Spatula Award in recognition of their outstanding talent.

Thank you to everyone who participated—your passion for food and community made this event a true success!

## National Volunteer Week: April 21st – 25th



This April, we are excited to celebrate National Volunteer Week, with the theme "You Mean the World to Us." At ASC, we are fortunate to have an incredible team of volunteers who make our residences feel like home. From casual helpers to dedicated Scholarship Students, these volunteers play a vital role in making every day brighter for our residents.

We're also proud of our resident volunteers who give their time and talents, whether it's welcoming newcomers, leading activities, or taking charge of our libraries. Their contributions create a sense of community and connection that truly enhances the quality of life for everyone here.

Throughout National Volunteer Week, we'll be hosting special volunteer lunches to show our appreciation for the invaluable work they do. These gatherings will be a time to reflect on the impact of their kindness and dedication, and to celebrate the amazing people who make our residences such warm and welcoming places.

We couldn't do it without them—thank you to all our volunteers for everything you do!

VISIT OUR WEBSITE  
[WWW.ALLSENIORSCARE.COM](http://WWW.ALLSENIORSCARE.COM)

## Easter Celebrations Bring Families Together!



While all our residences will celebrate Easter in their own unique ways, **Preston Park 2** is pulling out all the stops for a fun-filled family event—and their festive spirit is inspiring others to do the same! Across our communities, residents, families, and little ones will come together for an afternoon of music, laughter, and seasonal fun.

The highlight? A enjoyable Easter egg hunt, where children excitedly search for hidden treats while residents cheer them on. With live music, face painting, crafts, and delicious Easter-themed treats, there's something for everyone to enjoy. Contact your local ASC residence to confirm Easter Egg Hunt time. Happy Easter! 🐰 🌸

## Stand up to Parkinson's Disease

April is *Parkinson Awareness Month*, a time to learn, support, and take action for a cause that impacts millions worldwide.

On **April 11th**, Head Office will once again be participating in the global "Stand Up to Parkinson's Challenge"—a 24-hour movement to complete 2,000,000 Sit-to-Stands around the world in support of Parkinson's awareness.

Throughout the day, Head Office staff will be counting their Sit-to-Stands, and we encourage everyone to join in from wherever they are! Last year, the Head Office team proudly logged 3,513 Sit-to-Stands, and we're ready to beat that number!

Let's move for a meaningful cause. Don't forget to share your progress using #StandUp2PD.

## Sugaring Off: A Sweet Celebration!



There's nothing more Canadian than the tradition of Sugaring Off—and this year, three of our Ontario residences are embracing the season with an unforgettable ASC Sugar Bush Celebration!

For many, the sight of warm maple taffy on fresh snow brings back childhood memories of school trips to a sugar shack—bundled up in winter coats, learning how sap becomes syrup, and savoring that first sweet bite. Thanks to the creative vision of Joey Bookhout-Eccleshall, Director of Environmental Services at Cite Parkway, residents at Chapel Hill, Cite Parkway, and Beacon Heights will relive this nostalgic tradition.

Festive plaid décor, live French-Canadian music, classic sugar shack brunch, and outdoor campfires will transport everyone straight to a traditional maple grove. And for those unable to attend, delicious treats will be delivered to their door.

## ASC Memories in the Making

March was a fun-filled month at All Seniors Care Living Centres! We celebrated World Wildlife Day, explored Toronto during our monthly Taste Of series, paid tribute to International Women's Day, and 'went' to the Oscars. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence's [Facebook profile](#) or see more highlights on our [Instagram](#) page. There are also more pictures on page 4 of this newsletter!



## A Taste of Prince Edward Island

Did you know that Prince Edward Island (PEI) is Canada's

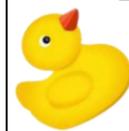


smallest province? Known for its striking red soil, fresh seafood—especially lobster—and as the birthplace of Anne of Green Gables author, Lucy Maud Montgomery, PEI is full of charm and history. On April 10th, ASC residences across the country will celebrate everything this picturesque island has to offer!

Take in the stunning coastal views and rolling countryside with our PEI slideshow, then enjoy a virtual bike ride through PEI, exploring its scenic trails. Test your knowledge with PEI Trivia, where you'll discover fun facts about this beloved province. Savor a lunch inspired by the Island's traditional foods, and to top it all off, sip on a refreshing Prince Edward Island Raspberry Lemonade at PEI Happy Hour. Join us for a day of fun, discovery, and a taste of the East Coast!

## 'Rubber Ducky, You're the One!'

Get ready to make a splash! **College Park 2** is hosting its 2nd Annual Rubber



Duck Derby on April 4th at 10:00 am! For just \$5 a duck, you

can enter the race and cheer on your feathered contestant as it paddles its way across the pool. The first duck to cross the finish line wins a steak dinner! Family & friends, please join us in raising funds for the Alzheimer's Society! RSVP: Melisa (306) 501-1776



## Resident Activity Mentors Create Connections



At **River Ridge 2**, community is at the heart of everything we do, and a big part of that is thanks to our Tenant Activity Mentors. These dedicated residents go out of their way to welcome new tenants, introduce them to programs, and invite them to join activities.

“They help create a warm and inclusive environment,” says Nikki Johnson, Health and Wellness Director. “Some even run their own activities, and they always assist with setup and cleanup. It’s truly a team effort.”

With four Tenant Activity Mentors currently leading the way, new residents quickly feel at home. Whether it’s a friendly chat, a shared game, or an encouraging invitation to try something new, their efforts make a meaningful difference. A big thank you to these wonderful mentors for helping make River Ridge 2 in Winnipeg, MB such a welcoming place to live!

## April Fools’ Day!

April Fools’ Day is the perfect time for a little light-hearted fun! At our residences, harmless pranks and silly jokes bring out plenty of smiles. Why not try a “Two Truths and a Tall Tale” game with your grandparent? Share two true facts and one silly fib—can they guess the fib? Or leave a surprise note in their mailbox from the “Tooth Fairy.” It’s all in good fun and a great way to share a laugh!

“Nature is always hinting at us. It hints over and over again. And suddenly we take the hint” – Robert Frost  
**Earth Day Solution!**

## 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 April ASC is celebrating a record 8 centenarians!



- Dorothy C at Auburn Heights – Happy 101<sup>st</sup> Birthday!
- Besse G at Shaftesbury Park – Happy 104<sup>th</sup> Birthday!
- Donna M at Cedarcroft – Happy 104<sup>th</sup> Birthday!
- Joan A at Beacon Heights – Happy 100<sup>th</sup> Birthday!
- Dorothy R at Summit Heights – Happy 102<sup>nd</sup> Birthday!
- Kezia Y at College Park 2 – Happy 100<sup>th</sup> Birthday!
- Margaret K at Preston Park 2 – Happy 103<sup>rd</sup> Birthday!



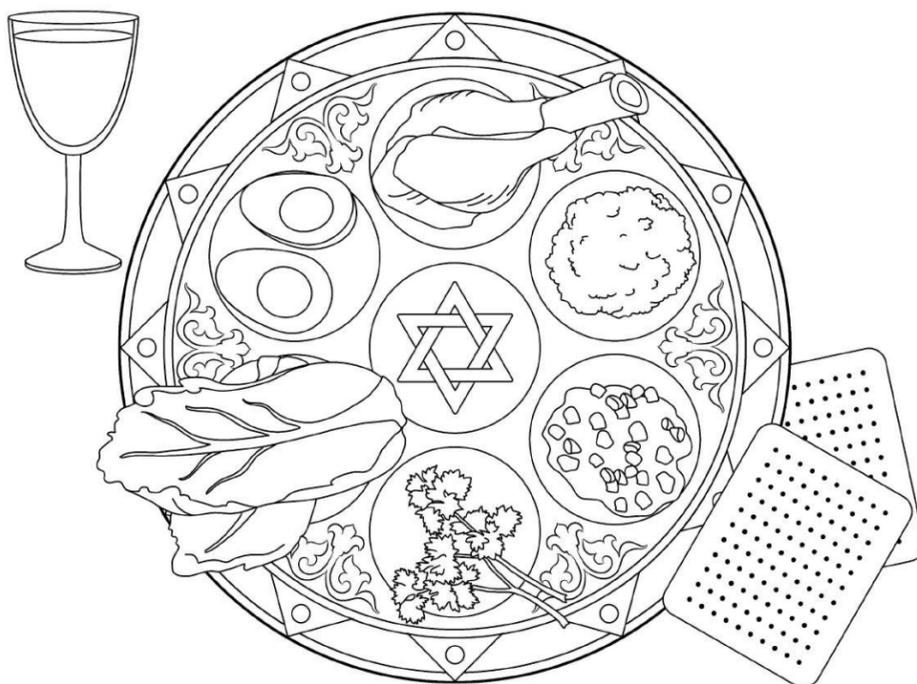
## Earth Day Alphabet Code

Below is an Earth Day quote. Crack the code by putting the letter in the blank that comes between the two letters in the alphabet.

“ \_\_\_\_\_  
 MO ZB SU TV QS DF HJ RT  
 \_\_\_\_\_  
 ZB KM VX ZB XZ RT GI HJ MO SU HJ MO FH  
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 ZB SU TV RT HJ SU GI HJ MO SU RT  
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 NP UW DF QS ZB MO CE NP UW DF QS  
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 ZB FH ZB HJ MO ZB MO CE  
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 RT TV CE CE DF MO KM XZ VX DF  
 \_\_\_\_\_  
 SU ZB JL DF SU GI DF GI HJ MO SU  
 \_\_\_\_\_”



~ Robert Frost



## A Colourful Creation for Memory Care



Alicia, the full-time Recreation Aide at **Auburn Heights**, recently brought a vibrant new touch to Memory Care by hand-painting several tables. Her goal was to brighten the space and offer something interactive for residents—something colourful, cheerful, and fun. The painted tables also encourage engagement through games like “I Spy” and simple counting activities. Residents and their families have responded with enthusiasm, often commenting on the artwork and how much they enjoy it. Alicia, an aspiring artist who has worked at Auburn Heights for four years, has also created custom paintings and t-shirts for residents and staff. She will be adding even more colour this summer with a mural for the Calgary residence. Alicia’s dream is to be famous one day (we’re rooting for her!).

## Pi Day with Purpose!



On March 14th (3.14), residents and staff at **River Ridge 1, Beacon Heights, and Cataraqui Heights** put their baking skills to work for a great cause—hosting Pi Day bake sales in support of the Alzheimer’s Society. Thanks to the generosity of our communities, we raised an incredible \$756 to support Alzheimer’s programs and research. A big thank you to everyone who baked, donated, and indulged—it was a truly sweet success!

# ALL SENIORS CARE *Neighbourhood News*

ALL SENIORS CARE NEWS | April 2025

## March Memories

