



WELCOME TO JANUARY

Upcoming Events

Sunday January 1st

Make Your Resolutions Day
Share your goals for 2023 and get support on how best to reach them

Wednesday January 4th

Spaghetti Day

Sunday January 8th

Elvis Presley's Birthday Party

Thursday January 12th

Puzzle Day

Wednesday January 18th

We Can Build It Workshop

Sunday January 22nd

Chinese New Year
Taste of China Travelogue

Tuesday January 31st

Spin The Wheel
Funny Money Auction
Birthday Party

New programs to look out for at residences in January include
Indoor Garden Club
Sensory Tea Tasting

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.



A Message from The All Seniors Care Family

As we step into the New Year, we pause to reflect on the wonderful moments from 2022 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 an opportunity to set goals, plan ahead, and spend time with family and friends (old and new). It is a time for new connections and new possibilities.

We're so excited for the rest of the month (and year!), and we hope you are, too. With days like Elvis Presley's birthday (Jan. 8th), and Chinese New Year (Jan. 22nd), there are many more celebrations to look forward to in January, great food, and new experiences to enjoy.

With caring is at the foundation of our relationships with all those who live and work in All Seniors Care Living Centres, it is with gratitude that we thank our residents, their family, and our staff for helping to make the past year so special. Our whole team wishes you a lot of joy and happiness in the New Year!

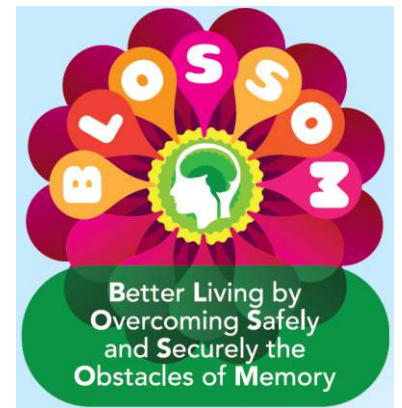


BLOSSOM Living Enhancing Lives & Peace of Mind

"Mom thoroughly enjoys being a part of the Blossom Program! It gives our family much appreciated piece of mind that she will be included (with friendly reminders) in any and all activities. Thank you to Auburn Heights for providing this valuable service!"

Started by All Seniors Care Chief Operating Officer, Lily Goodman, eighteen months ago, BLOSSOM Living focuses on nutrition, activation, and creating an inclusive environment for those experiencing early cognitive decline.

The model of enhanced independent living allows autonomous seniors and their partners to move into a supportive environment where they can put down roots early in the diagnosis, develop routines, make friends, and become familiar with their new home. BLOSSOM provides structure and a sense of security. By maximizing care, as well as cognitive health and over-all well-being, a sense of normalcy is created. The person feels valued as an individual.



To find out more about the benefits of BLOSSOM Living [click on the link](#) or speak to your Lifestyle Director today.

Fox Hollow Food Drive

The face of hunger in Canada is real. The Food Bank in Canada spans from coast to coast to coast, supporting communities in every province and territory. Throughout the national network, dedicated community leaders and volunteers strive every day to respond to the demand in their communities, offering nutritious and fresh food options. In December, residents at Fox Hollow residence in London, ON decided to join the food drive. Throughout the month, residents collected **64 bags of food** for the [London Food Bank](#).



On December 14th, Friendly the Fox – the community mascot – and resident Sophie, jumped into the on-site bus to deliver the generous donations in person.

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

International Brain Teaser Month

People tend to focus on keeping the body healthy. But what are the ways we can keep our wits sharp? Mental stimulation is just as crucial to our health. Puzzles and riddles are known to prevent cognitive decline, especially as we age. [International Brainteaser Month](#) was created to encourage everyone to challenge their minds more often.

According to the Alzheimer Society of Canada, by constantly learning new things and challenging your brain throughout your life, you can help build your cognitive reserve. Think of it as cross-training for your brain!

Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial for our brains to overcome a task or learn something new. The key is variety and frequency - the more you exercise your brain, the more brain function improves.

Have you heard of ASC's [Neurobics Challenge](#)? We are serious about brain health! Every month residents at ASC Living Centres can participate in Neurobics games to win funny money and the opportunity to take home the building trophy! Be sure to ask Health & Wellness or reception for a copy of the January Neurobics Challenge booklet.



For more health tips and tricks ASC's Senior Living Advice - published every Thursday on our website.

Stay On Your Feet at Preston Park I

Preston Park is pleased to announce the new the Staying on Your Feet initiative!! The Falls Prevention and Balance Education Program will be provided in partnership with the Saskatoon Health Authority and Forever...in motion. During weekly classes, residents will participate in a group physical activity program with a focus on improving balance and strength. Education sessions will focus on reducing the fear of falling by discussing how to stay and get back on their feet. If you or your loved one wants to reduce their risk of falling and falls with injury, join the Staying on Your Feet Exercise and Education program! For information contact Meghan Arnault 306-933-0515. This program will be led by: Cheryl Lehne, Physical Therapist and Amanda Volk, Health Educator, Saskatchewan Health Authority.



Tuesdays
January 10 – March 28, 2023
10:00 – 11:00 am

ASC Highlights from December

The 12th month of 2021 was jam packed, fabulous, and festive! Some of the many highlights are ASC residences: Lifelong-learning programs, Holiday-Spirited week, Chef's Table presentations, craft sales, and Open Houses. To see more photos and videos from our residences, please visit our social media page at www.allseniorscare.com/social-media.



Residence de la Gappe Recognized

Bonjour Résidences recently named the 10 best retirement homes in Quebec, chosen for their outstanding work and dedication.

All Seniors Care is proud of the staff and management team for accomplishment. The award The Prix Signature Bonjour Résidences nominated La Gappe for their "sustained efforts and the desire to offer quality service to their residents".

Bravo La Gappe!



Featured Residence: Catarauqui Heights Retirement Residence

Catarauqui Heights, the newest All Seniors Care residence opened its doors on June 30, 2022. This multi-faceted retirement community provides active senior living apartments, independent living suites, advanced assisted living, and memory care options.

Food is one of the many highlights at [Catarauqui Heights](#). Their Baking Club is a friendly, comfortable environment where people bond over their passion for baking and sweets. To give back over the holidays, residents recently turned their weekly Thursday bake into a community hub. After mixing, rolling, and baking, seniors stockpiled their sweet stash to sell at residence bake sales and donated the proceeds to local charities. It was such a successful idea that residents decided to keep the tradition going into the New Year. Watch for bake sales at the end of each month. Yum!!

Food for Thought is another innovative program at the Kingston, ON community. Under the guidance of Executive Chef Rick Doucett, residents meet to discuss food quality and presentation. It is an interactive group where philosophies, preferences, and creative ideas are discussed.

Not to be missed there are a wide range of social, athletic, cultural and hobby activities, clubs, dances, and live entertainment. Residents enjoy craft classes, exercise classes, bingo, day trips, and regularly scheduled outings. For more information call Angela 613-583-9483 or email ablodgett@allseniorscare.com