



WELCOME TO JUNE

Mark Your Calendars

Monday June 1st
Intergenerational Day

Friday June 5th
Chef's Table Presentation

Saturday June 6th
82nd Anniversary of D-Day

Friday June 12th
FIFA World Cup Launch Party

Monday June 15th
World Elder Abuse Awareness Day

Friday June 19th
National Ice Cream Day

Friday June 19th - 21st
Father's Day Weekend

Sunday, June 21st
**First Day of Summer!!
National Indigenous Peoples Day**

Wednesday June 24th
St. Jean Baptiste Day

Friday June 26th
Funny Money Auction + Spin the Wheel

Monday June 29th
Hang Your Flag Day

Tuesday June 30th
Tomato Planting Festival



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.



June is Men's Health Month

Soaking Up the Long Days and Good Vibrations

Can you believe that we're halfway through the year? The kickoff to summer, June days stretch a little longer, the smell of cut grass fills the air, gardens bloom, and nature seems at its sweetest. There's also something wonderfully nostalgic about this time of year that all Canadians savour: backyard barbecues with family and friends and laughter carrying into the evening.

Keeping the spirit of togetherness front and centre at our residences this month we'll celebrate the special relationships between seniors and youth on Intergenerational Day Canada. Later, we'll honour the fathers, grandfathers, and father figures who inspire us with their wisdom and unconditional support on Father's Day.

As summer starts to settle in, June also brings opportunities to reflect and learn together. From raising awareness on World Elder Abuse Awareness Day to remembering the sacrifices of D-Day, and recognizing the history, cultures, and contributions of First Nations, Inuit, and Métis peoples during the 30th anniversary of National Indigenous Peoples Day, this month inspires conversation.

The good vibrations continue throughout the month, as Canada co-hosts the FIFA World Cup for the very first time. It's a historic moment and residents in our communities will gather to cheer on the Men's National Soccer Team. Go Canada!

We are thrilled to be spending time together this month – join us as we dive into summer. ☀️🇨🇦

Happy Father's Day, ASC Dads!



The highlight of June is, of course, Father's Day. A day to honour dads, grandfathers, father figures, and the influential men in our lives who continue to make lasting memories that inspire us.

Leading up to Sunday, June 21st, All Seniors Care residences across the country are making the weekend as special as possible. Whether hosting "dad bod" fitness class, patio games, or live entertainment we guarantee a ton of fun father-focused activities.

In **Ontario**, everyone is invited to a "Rad Dads Rock N' Roll Father's Day Party," complete with 1950s diner-inspired favourites and Happy Hour fun inspired by classic summers and family outings. Show off your air guitar skills or cast your vote during the "Rad Dad Awards."

Meanwhile, **Québec** dads and guests will enjoy a Derby theme, complete with BBQ, games, and live entertainment. Come on out for a fun-filled celebration cowboy-style. Yee haw!

Across **Alberta** and **Saskatchewan**, the theme "Prairie Pub Father's Day" will include BBQ lunches, classic games, dad joke contests, live music, and Dad's Tasting Tavern.

Meanwhile, **Manitoba** residences will embrace carnival fun with "The Greatest Dad on Earth: A Day of Big Top Wonders & Carnival Cheer!" Think classic fair-inspired games and entertainment to celebrate the fathers and father figures who continue to make lasting memories.

Join us in as we wish the men who've touched our lives a Happy Father's Day!!

Supporting Compassionate Care at Montfort Hospital



All Seniors Care's Ottawa residences proudly presented a \$3,000 donation to the Montfort Hospital Foundation in support of local healthcare and patient care initiatives. Connor McLeod, Regional Sales Manager, and Caroline Inman, Director of Residence Relations Ottawa, were on hand to answer nurses' questions, hand out some goodies, and say a huge thank you to all nurses and care staff for their tremendous dedication to patient care. Pictured (L-R): Marc Villeneuve, President & CEO of the Montfort Foundation; C. McLeod; and C. Inman.

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WWW.ALLSENIORSCARE.COM

A Fine Vintage: Classic Cars



Like a fine vintage, some things only grow richer with time — and classic cars are no exception.

Residents, families, and community members at **Lakeridge Heights** in Whitby, ON are preparing to uncork another memorable Antique & Classic Car Show on **Thursday, June 18 from 10:00 a.m. to 2:00 p.m.**

Following last year's successful event, organizers are anticipating another full-bodied turnout, with approximately 20 antique and classic vehicles expected to roll onto the grounds. From smooth curves and polished chrome to timeless craftsmanship that has aged to perfection, each vehicle brings its own story, character, and vintage charm.

Since engines first revved three years ago, the summer event has quickly become a favourite tradition, offering residents and visitors the chance to reminisce, swap stories, and admire automotive classics that continue to stand the test of time.

Guests are invited to sit back, enjoy the atmosphere, and savour the gleaming chrome, rolling history, and passionate enthusiasts.

- World Music Day Trivia Answers**
1. Choir
 2. Elvis Presley
 3. The Guess Who
 4. Trombone
 5. The Beatles
 6. Maracas
 7. Flamenco
 8. Crescendo

Celebrating Leadership and a New Chapter



This month, All Seniors Care Living Centres celebrates Tricia Charles, Vice President of Operations, Manitoba, as she begins an exciting new chapter as Senior Consultant overseeing Manitoba Operations.

Since joining ASC in 2011 as Lifestyle Director at Shaftesbury Park Retirement Residence, Tricia has been a valued leader within the All Seniors Care family. Progressing from Lifestyle Director to Executive Director and later Vice President of Operations for Manitoba, she has helped shape communities where seniors feel respected, supported, and at home. Over the past 15 years, Tricia has built strong teams and resident-focused communities grounded in dignity, respect, and quality of life.

While this new role marks the close of one chapter and the beginning of another, Tricia's influence continues to inspire residents, families, and colleagues alike. We congratulate Tricia on her well-deserved promotion and look forward to her continued leadership and guidance.

ASC Memories in the Making

May was a fun-filled month at All Seniors Care Living Centres! We 'went to the races' for Derby Day, told jokes on World Laughter Day, celebrated nurses paid tribute to Moms, and held Alzheimer's Walks. Here are a few pictures from our residences. To see more photos and videos, please visit individual residence [Facebook pages](#) or see more highlights on our [Instagram](#) page.



Stratford Residence Raises Funds for Local Hospice

McCarthy Place has long supported the Rotary Hospice Stratford Perth through fundraising and community involvement. Located just a short walk away, the hospice has touched the lives of many residents, families, and staff members over the years.

As part of the Hike for Hospice initiative in June, McCarthy Place is hosting an accessible *Bingo for Hospice* fundraiser.

"We are honoured to support the Rotary Hospice," shared Stephanie Schmidt, Senior Health & Wellness Director. "Many of our residents and staff have personal connections to hospice care, and our residents truly value the opportunity to give back to an organization that means so much to our community."

This year, the residence hopes to raise \$350 — enough to help cover one full day of hospice care for a resident in need.

Confidence: Always in Style



Aspen Heights is thrilled to host its Third Annual Fashion Show on June 3rd in partnership with local fashion retailer Endless Possibilities Fashions.

What began as a fun community event has quickly become a resident favourite, filling the house each year with cheers. This year, seven Aspen Heights residents will take to the runway. "We dismantle stereotypes and embrace the changing body," shared Katharine Benedik, Lifestyle Director at the Calgary residence. "Not only does it foster social connection, but by stepping onto the runway, elders rediscover a sense of purpose and pride. It's really exciting for them."

Residents model outfits selected by Roxane, while also having the opportunity to choose pieces they feel comfortable and confident wearing. The multi-purpose room is transformed into a runway complete with music, practice walks, and enthusiastic support from fellow residents, families, and staff. During the show, Roxane introduces each look, and all featured clothing is available for purchase afterward.

Owned by Roxane Dendy, Endless Possibilities brings stylish Canadian fashions directly to seniors across the city.

Join Aspen Heights on June 3rd at 2:00 p.m. Call us at 403-456-3233 to reserve your seat!

World Music Day 🎵



Test your musical memory with these trivia questions on June 21st!

1. What do you call a group of people singing together?

2. Which singer was known as “The King of Rock and Roll”?

3. This group from Winnipeg, Manitoba, is recognized for its 1970s song 'American Woman'.

4. Which brass instrument has a long slide instead of valves?

5. Which famous band recorded the song Hey Jude?

6. Which percussion instrument is shaken rather than struck?

7. What style of music, often featuring guitars and castanets, comes from southern Spain?

8. What is the term for gradually getting louder in music?



What's the Secret? Cracking the Longevity Code



At **Preston Park II**, turning 100 is beginning to feel less like a rarity and more like a trend.

This June, the Saskatoon residence celebrates Keith reaching his 100th birthday, joining five fellow centenarians already living at Preston Park II. Together, Margaret (1922), Lilly (1923), Vera (1926), Ileen (pictured, 1926), Keith (1926), and Nellie (1926) represent more than 600 years of living history under one roof.

Collectively, they have witnessed some of the greatest transformations in the modern era: from early landlines to smartphones, steam trains to jetliners, and women gaining the right to vote in Canada. They have lived through world wars, disco, the invention of television, the internet & AI.

So, what's the secret?

It may have something to do with movement, laughter, routine, and staying connected. Margaret still heads outdoors for walks three times a day, while Vera is a familiar face at residence exercise classes. The group remains socially active as well, regularly attending Happy Hours, ice cream socials, and community events with friends and neighbours.

What's more, these Saskatoon centenarians always remained curious. “You can't sleep through life,” says Keith. “You have to stay interested.”

Perhaps longevity is not just about adding years to life but continuing to find joy in it.

Summer Programming is Officially Here!

The popular Sunshine Strollers walking club is also back in action! Patios and garden spaces are open for strawberry and lemonade socials, outdoor fitness classes, sunset cocktail hours, and maybe even some stargazing. Everyone is excited for the return of live entertainment on our patios, nostalgic theme days that echo days gone by, and the many summer events that are a highlight at All Seniors Care.

As we welcome the summer solstice on June 21, we also acknowledge National Indigenous Peoples Day. This important date celebrates the cultures, traditions, and contributions of First Nations, Inuit, and Métis peoples, while acknowledging the cultural and spiritual significance of the summer solstice for many Indigenous communities.



THANK YOU for Walking for Alzheimer's with Us!



“On May 27th, we proudly walked to raise awareness and support individuals living with dementia,” said Hannah Silver, Vice President of Health & Wellness. “All together, our buildings have raised over **\$24, 321—and counting!**”

As a proud national sponsor, each ASC residence participated in a way that suited their community. Some strolled through nearby parks, others rolled through hallways, held wheelchair washes, and welcomed local schools to join in the fun. Walkers were cheered on by guests, staff, and local dignitaries who lent their support.

A big thank you to everyone who walked, donated, and helped make this event such a meaningful success.



BLOSSOM Living is an original program created by All Seniors Care to support residents experiencing early cognitive decline. This unique life enrichment initiative focuses on inclusion, personalized care, and meaningful engagement so that every participant continues to blossom in their own way. Ask your local ASC residence for details today!

ALL SENIORS CARE *Neighbourhood News*

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May Memories

