



ALL SENIORS CARE™
LIVING CENTRES

Neighbourhood News

ALL SENIORS CARE NEWS | July 2026

WELCOME TO JULY



Mark Your Calendars

Wednesday, July 1st
Canada Day

Sunday July 5th
**BLOSSOM Living
Anniversary Party**

Tuesday, July 7th
World Chocolate Day

Friday, July 10th
**Western Day (Calgary
Stampede!)**

Thursday, July 16th
National Hot Dog Day

Friday, July 24th
**Film Night Outdoor
Screening
International Self-Care Day**

Sunday, July 26th
Christmas in July

Wednesday, July 29th
ASC Farmers Market

Friday, July 31st
**Funny Money Auction +
Spin the Wheel**

*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 Month Made for Sunshine and Favourite Moments

Some of the best summer memories aren't the big vacations, they're the simple moments. Sharing fresh fruit with friends, sitting on the patio as the sun begins to set, enjoying a cool treat on a hot day. These are the things that turn an ordinary day into a lasting memory.

This year, Canada Day arrives right in the middle of the week, giving us the perfect excuse to slow down and savour those simple pleasures of summer. Then, later in the month, we'll bring the Farmers' Market to you, filling our residences with fresh produce, homemade treats, local vendors, and all the charm of a stroll through the market square, with no driving or parking required.

July also brings a few playful surprises, including the festive fun of Christmas in July. Before the holiday cheer begins, though, International Self-Care Day is a lovely reminder to treat yourself. Spend a little extra time in the garden, attend a tai chi class, enjoy an afternoon of cards, listen to your favourite music, or book an appointment at your residence's salon.

As you flip through this month's newsletter, you'll discover the many ways our residences are embracing everything summer has to offer. We hope these stories inspire you to get outside, try something new, spend time with friends, and make the most of every sunny day. Wishing you a joyful July!



Happy Birthday Canada!

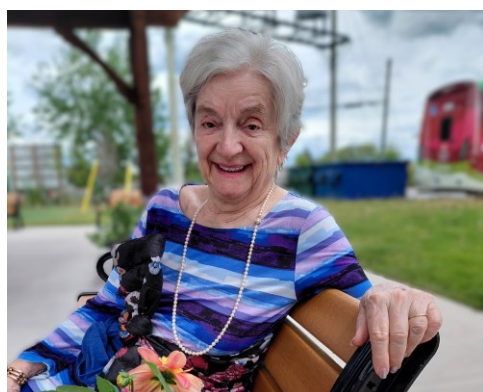
There is something special about celebrating Canada Day together.

This Canada Day, ASC communities will embrace the occasion in true Canuk style. Residents will journey from coast to coast through Canadian-themed travelogues, put their knowledge to the test with trivia, and gather for a feast featuring favourites like poutine, butter tarts, maple treats, and other summer classics. Throughout the day, our residences will be filled with music, laughter, and maple leaf flags, creating a backdrop as residents, families, and team members come together to celebrate the country we proudly call home.

First known as Dominion Day, July 1st marks the anniversary of Confederation in 1867, when Ontario, Quebec, Nova Scotia, and New Brunswick came together to form Canada. Today, on its 159th birthday, we reflect on our incredible history, and enjoy the people, places, and traditions that make our true north country unique.

As a Canadian owned and operated company, All Seniors Care is proud to celebrate this special day with residents, families, and team members across our communities.

Kingston Residents Smile Across Miles



Smile Across Miles is a special initiative designed to help our Blossom Living participants at **Cataraqui Heights** stay connected with the people who matter most, no matter the distance. Through scheduled Zoom video calls, residents can enjoy face-to-face conversations with family members and loved ones who live far away and may not be able to visit regularly.

"The program provides people with the opportunity to share stories, celebrate special moments, and maintain important family connections in a simple and accessible way," says Nastasha Edwards Director of Health & Wellness at the Kingston, ON home. Staff are available to assist with setting up calls and ensuring each visit is a positive and enjoyable experience. After all, the people we love are never too far away to share a smile.

VISIT OUR WEBSITE

WWW.ALLSENIORSCARE.COM

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Social Calendars Are Filling Up in Regina



July brings so much to look forward to! Summer is in full swing at **College Park 2**, and the activity calendar is keeping everyone on their toes.

Whether it's cheering each other on during a game of shuffleboard, sinking the winning shot at pool or calling out "BINGO!", there are plenty of ways to spend a day with friends at the Regina residence.

For social butterflies, **Mocktail Mondays**, held every Monday at **1:30 p.m.**, serves up refreshing drinks and great company. If you enjoy a little competition, don't miss the **Cribbage Tournament on Wednesday, July 23, from 1:00–4:00 p.m.** Call 306-924-0515 for more information and to deal yourself in!

Yeehaw! Western Day Celebrations



Western Day is being celebrated at every ASC residence this month, but in Calgary, **Auburn Heights** is taking it to another level with 10 full days of **Stampede spirit!** Residents will enjoy a Pancake Breakfast, a downtown Stampede tour, live entertainment, western-themed games and crafts, a Stampede BBQ, rodeo and chuckwagon watch parties, and plenty of laughs—including management racing inflatable horses. Western wear is encouraged all 10 days!!

Celebrating Five Years of BLOSSOM Living!



Five years ago, All Seniors Care planted the first seeds of something truly special.

Spearheaded by Chief Operating Officer Lily Goodman, BLOSSOM Living was created to support older adults experiencing early cognitive changes with a new, inclusive approach, one that focuses on the whole person, not their challenges. Built around meaningful

relationships, familiar routines, nutrition, and purposeful engagement, the program encourages residents to continue doing the things that bring them joy while focussing on their strengths.

After the initiative was launched on July 1, 2021, the response from residents, families, and team members was immediate. What began in one residence has since become one of our signature programs. Today, dedicated BLOSSOM Coordinators and small-group programming help participants live confidently in a fully integrated community that they know and love.

"We've seen first-hand how much of a difference the curriculum makes," says Lily Goodman. "BLOSSOM Living provides extra support for the resident experiencing cognitive changes while giving their spouse and family the reassurance that they're not on the journey alone. That peace of mind is invaluable."

On July 5, residents, families, and staff will come together for fifth anniversary celebrations featuring barbecues, music, gardening activities, and plenty of laughter as we mark this special milestone.

While the event honours our BLOSSOM Living participants, all residents are invited to join in the festivities as we recognize the many lives enriched *through Better Living by Overcoming Safely and Securely the Obstacles of Memory*. Like the flowers that inspired its name, BLOSSOM Living continues to grow, bringing purpose, friendship, and meaningful moments to seniors and their families. Please contact an [ASC residence near you](#) for details!

ASC Memories from June

June was a fun-filled month at All Seniors Care Living Centres! We walked for Alzheimer's Awareness, celebrated the men we love on Father's Day, held Wedding Day fashion shows. To see more photos and videos, please visit individual residence [Facebook pages](#).



Nikki's Birthday Party!



When Nikki Johnson, Director of Health & Wellness at **River Ridge II** in Winnipeg, celebrated her 53rd birthday in June, she did it the only way she wanted to: surrounded by residents. And what better way to celebrate than with a true Manitoba Social?

More than 55 residents joined the party, where hats weren't just encouraged—they were the price of admission!

Everyone arrived ready for an afternoon filled with music, dancing, laughter, birthday cake, and Nikki's favourite snacks. Residents also shared photos of themselves between the ages of 50 and 53 for a "This Is Me" photo board, sparking fun conversations, jokes, and lots of guessing as everyone tried to match faces to names.

Complete with a 1973-themed photo booth, a silent auction, and live entertainment by DJ Aime, the afternoon was a lovely reminder that life's milestones are meant to be celebrated with those we love. For Nikki, there was no better birthday gift than spending the day with the community she cares about every day.

Happy Birthday, ASC Centenarians!!



Wishing a very Happy Birthday to our incredible centenarians! From 100 to 104 years young, these remarkable residents continue to inspire us with their wisdom, strength, and spirit.



Why Is It Called a Hot Dog?



National Hot Dog Day is just around the corner, making it the perfect time to settle one of summer's biggest mysteries: Why do we call it a hot dog?

The origin of the term *hot dog* stirs up almost as much debate as the existence of UFOs. The most widely accepted story is that the name came from German immigrants in New York who sold long, skinny sausages (frankfurters) that people joked looked a lot like their beloved dachshunds. The nickname stuck, and before long, everyone was asking for a "hot dog."

Now that you know some trivia, it's time to have a little fun and answer the most important question of all.

How do you top your dog? Ketchup? Mustard? Relish? Chili? Sauerkraut? Or maybe sriracha. Did you know that topping choices vary depending on where you live?

At **Sturgeon Creek II**, on July 19, residents will put their hot dog creativity to the test with a **Build-a-Dog Relay**. Competitors will go head-to-head...or dog-to-dog...to create the biggest, boldest, or most outrageous hot dog imaginable. Traditional toppings made an appearance last year, but this time, expect the unexpected! The challenge is on to see who can build the most spectacular creation... and who is brave enough to take a bite.

A Testimonial to the Joy of a Life Well Lived



Carol loved living at Seine River Retirement Residence and cherished the many friendships she formed with residents and staff. It was often a challenge to reach Carol by telephone because she was busy enjoying time with friends in the BLOSSOM Living Program, sharing meals with her special table companions, or taking part in the activities that filled her days with purpose and connection. Every

evening at 6:30, movie time was a favourite tradition, often followed by coffee and conversation with friends.

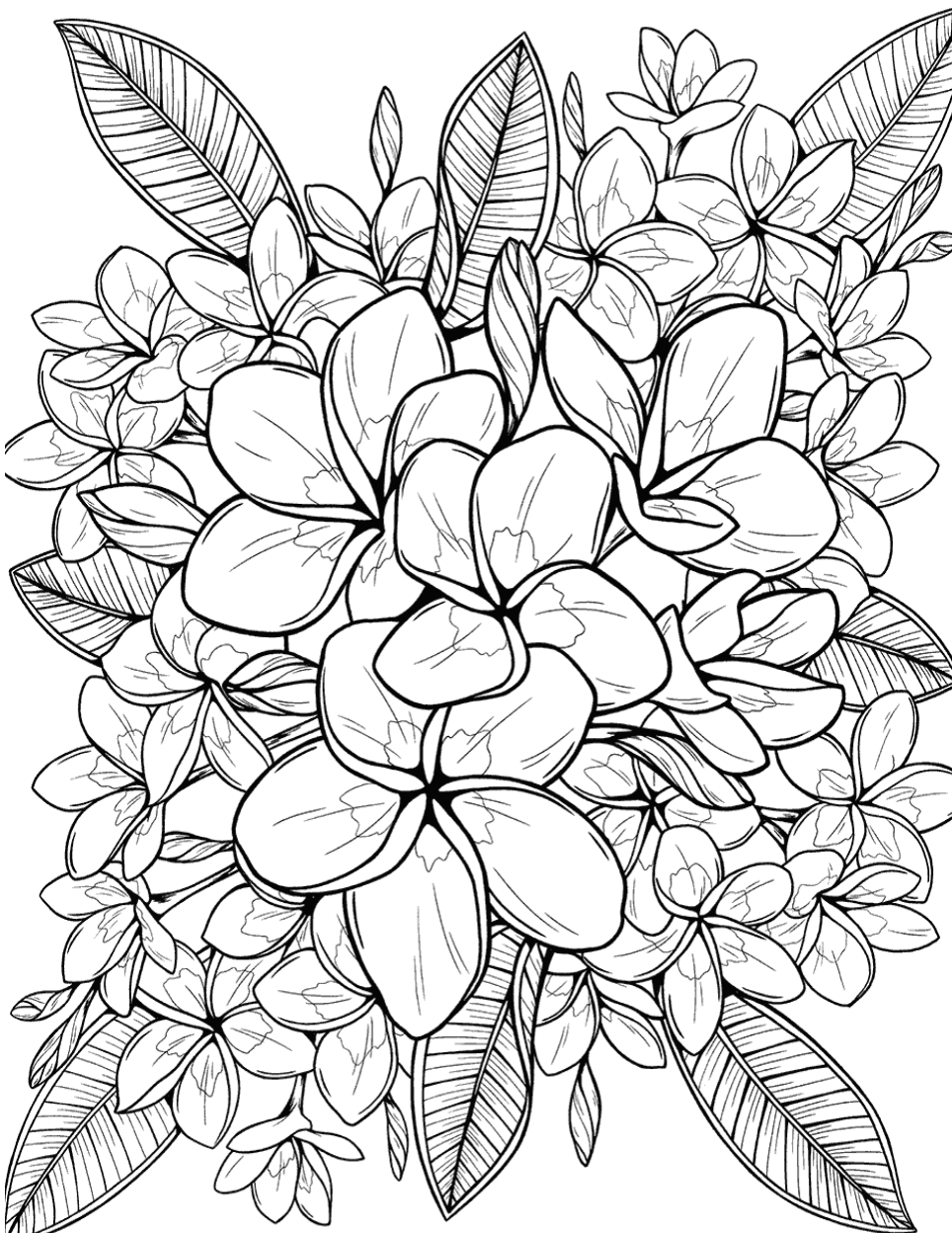
While Carol did not always remember the exact activities she had participated in, she never forgot how they made her feel. At the end of each day, she would share that she had a wonderful day and was already looking forward to tomorrow's activities.

Whenever Carol had a question or concern, she was always treated with respect, kindness, and compassion by the Seine River staff. She often spoke about how lovely everyone was and how much she appreciated the care and support she received.

We will remember Carol for her engaging smile, quick wit, and willingness to try just about anything. Even on days when she was not feeling her best, her good nature and positive spirit shone through.

Thanks to the fellowship she found at Seine River, Carol truly lived the words of Jonathan Swift: "May you live every day of your life."

It is with great sadness that I share the passing of Carol on May 18, 2026. Thank you for the friendship, kindness, and support you shared with Carol throughout her time at Seine River. Please take a moment to enjoy each day and treasure the connections around you in her memory. *Shared by Carol's niece, Janet.*



Join Us: Movies Under the Stars



If there's one thing All Seniors Care loves, it's making the most of patio season! On **Friday, July 24**, we will transform our outdoor spaces into a cozy neighbourhood movie theatre with screenings like *Grease*, *Roman Holiday*, or *Singin' in the Rain*. Add lawn chairs, blankets, string lights, and plenty of fresh popcorn and movie treats for the full experience. As always, we invite families and volunteers to join residents for a relaxing summer evening filled with Hollywood magic.

To maximize the beautiful summer weather, our patios, secure courtyards, and green spaces become an extension of home all season long. Here are some ideas, from our homes to yours, on how you can make the most of summertime!

- Set up a French bistro table on your balcony to enjoy quiet coffee or iced tea.
- Hang planters, LED lights, and weather-resistant art.
- Add flowers, vegetables, & herbs to container gardens.
- Create cozy reading or birdwatching corners.
- Invite family over for an outdoor bocce tournament or stroll around the neighbourhood.
- Enjoy live entertainment or take an evening with friends.

Looking for more ideas? Read our Senior Living Advice for inspiration on bringing the outdoors into everyday life. After all, there's nothing like summertime in Canada!

www.allseniorscare.com/advice/green-spaces-and-patios-getting-outside-matters

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June Memories

