

ALL SENIORS CARE NEWS | **October 2026**

WELCOME TO OCTOBER IN MANITOBA

Across Manitoba, our residents, families, team members, and volunteers help create welcoming communities filled with activity, laughter, conversation, and connection. Whether we're celebrating a special occasion, trying something new, enjoying an old tradition, or simply sharing a cup of coffee with a neighbour, there is always something happening within our ASC family.

Seven residences, countless stories, and one wonderful Manitoba community we're proud to call home.

Winnipeg

Sturgeon Creek 1
St. James
Sturgeon Creek 2
St. James
Shaftesbury Park
Tuxedo
River Ridge 1
North Winnipeg
River Ridge 2
North Winnipeg
Seine River
St. Vital

Brandon

Victoria Landing
Central Brandon



There's something truly special about October in Manitoba.

Across Manitoba, autumn has arrived in all its colourful glory. From our six residence communities throughout Winnipeg to our home in Brandon, the signs of the season are all around us; the crunch of golden leaves, the familiar call of geese overhead, and that crisp autumn breeze that has us reaching for our favourite sweater.

There's something special about this time of year. Bright, sunny afternoons invite us outdoors to enjoy the brilliant reds, golds, and oranges of the changing leaves, while cooler evenings draw us back inside to the comfort of a warm drink, the familiar scents of fall baking, and good conversation with friends and neighbours.

Across all seven of our Manitoba residences, October brings plenty to look forward to. Thanksgiving is just around the corner, families are stopping in for visits, and our calendars are filling up with seasonal programs and celebrations. It's also a wonderful time to reminisce about autumns past and the traditions that have followed us through the years.

Perhaps that's one of the best things about October. It reminds us that an ordinary day doesn't need much to feel special. Sometimes it's simply enjoying the view from a sunny window, heading out for a drive, sharing a favourite story or sitting down with someone you enjoy.

As the month carries on, we hope you'll find plenty of opportunities to take part in what's happening around your residence. Try something new, revisit an old favourite, or simply enjoy being together. There is lots happening across our communities this October, and we're happy to share a little of it with you in the pages ahead.

From all of us at All Seniors Care, we wish you a very Happy Thanksgiving!



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Happy 17th Anniversary, Seine River!

It is time to throw on your best celebration outfit—**Seine River** is proudly marking 17 wonderful years in the St. Vital community!

To mark the occasion, Seine River is bringing the thrills of Vegas to the residence with an afternoon Casino Celebration. Guests will enjoy live music by Rob Ivany, delicious refreshments, high-stakes games, and prizes.

This 17-year milestone is a testament to their extraordinary community. Special thanks to the management team and incredible hourly staff for their unwavering commitment and daily hard work. We also celebrate our amazing residents, along with their families, friends, and community members, whose presence and partnership make Seine River such a warm and special place to live.

Want to see the celebration in action? Be sure to watch their Facebook page!



A Welcome Change: Keeping the Clocks Right Where They Are

Every autumn, the same familiar question seems to make its way through the hallways: "When do we turn the clocks back?"

This year, the answer is refreshingly simple — we don't!

Manitoba has officially said goodbye to the twice-a-year clock change, meaning there will be no more "springing forward" or "falling back." After years of discussion and overwhelming support from Manitobans, our clocks can finally stay right where they are.

For residents, families and staff, it means no more adjusting sleep schedules, mealtimes and daily routines simply because the clock has changed. And as the days grow shorter, we'll get to enjoy a little more daylight later in the afternoon — perfect for visits with family, afternoon activities or simply watching the sun set a little later.

This fall marks the beginning of a new way of keeping time here in Manitoba.



Empowering Resident Health: Perennial Care Program

Our Manitoba All Seniors Care communities proudly partner with **Perennial** to bring integrated, proactive healthcare directly into our residences.

Having a dedicated **Perennial Care Office** right inside our buildings makes managing day-to-day wellness simple and convenient. Through this program, residents benefit from:

- **Weekly On-Site Nurse Practitioner Visits:** Our dedicated Nurse Practitioner visits the residence once per week to handle primary care needs, perform routine check-ups, review prescriptions, and provide attentive, unhurried care.
- **On-Site Allied Health Services:** Convenient access to visiting specialists, including physiotherapy, podiatry/foot care, dentistry, optometry, and audiology—all under our roof.

Whether working alongside a resident's existing family physician or managing health needs on-site, Perennial gives our residents and families complete peace of mind.

Strike a Pose! River Ridge 1 Pink Fashion Show



This October, **River Ridge 1** is proudly adding a splash of pink to the calendar in recognition of Breast Cancer Awareness Month — a time to raise awareness, show support, and honour the many individuals and families whose lives have been touched by breast cancer.

On October 18th, their residents will be stepping into the spotlight and taking over the runway for a lively Pink Fashion Show! Dressed in their best pink ensembles, resident models will have the chance to show off their personalities, creativity and individual sense of style as they strut their stuff.

Of course, no fashion show is complete without an enthusiastic audience! Family members, friends and loved ones are warmly invited to join us and be part of the fun. We encourage everyone attending to wear a little (or a lot!) of pink, bring your loudest applause, and get ready for an afternoon of fashion, fun and community spirit at River Ridge 1!

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Celebrate Friendsgiving at Shaftesbury Park

While Thanksgiving is a time to reflect on all that we are grateful for, Friendsgiving is a wonderful opportunity to celebrate the friendships and connections that make everyday life a little brighter. At **Shaftesbury Park**, neighbours often become friends — and friends become an important part of the community we call home.

To mark the occasion, residents can look forward to a festive itinerary filled with something for everyone. The day will include a delicious Friendsgiving Lunch, followed by a mini-pumpkin painting session. Residents will also enjoy some fresh autumn air during the Turkey Trot before gathering for a thoughtful conversation about gratitude and the people, moments and memories we are most thankful for.

The celebrations will continue into the evening with live entertainment by Tannis Tyler, providing the perfect way to wrap up a full day spent together. Wishing everyone a Happy Thanksgiving and a wonderful Friendsgiving filled with good food, great company and plenty to be thankful for!

Spooktacular Halloween Celebrations Across Our Manitoba Communities!



October ends on a wonderfully festive note across all seven of our residences in Manitoba! From ghost stories and trivia to costume parades, trick-or-treating, and spooky happy hours, our communities are pulling out all the stops to make Halloween unforgettable. Here is a look at what each home has in store for the season:

River Ridge 1 – River Ridge I is packed with variety this Halloween season! Residents can look forward to a high-energy Halloween Scavenger Hunt, an intriguing presentation on *The Frightening Pagan History of Halloween*, and a spirited session of Halloween Treat Bingo. The festivities continue with Spooky Trivia, plenty of sweet treats, and a chance for everyone to show off their best costumes.

River Ridge 2 – It is all about high-energy fun at River Ridge II! The residence is hosting a festive Halloween Costume Party complete with lively music, interactive party games, and candy galore. It promises to be a memorable celebration full of laughter, dancing, and autumn cheer.

Sturgeon Creek 1 – Sturgeon Creek I has an action-packed lineup for the whole family to enjoy! The fun begins with Goblin Group Games and *Witches' Brew & Bingo, Too!*, featuring family bingo and exciting prizes. Residents and visiting grandkids can go trick-or-treating right at the Management Office doors and pick up goodies from a special Candy Table. The day wraps up with a festive Costume Party Dinner followed by a cozy movie screening of the classic *Hocus Pocus*.

Sturgeon Creek 2 – Over at Sturgeon Creek II, the season brings a cozy mix of tradition and celebration. Residents will gather for a Halloween Howl Social, share Spooky Stories & Riddles, and get creative during a pumpkin decorating workshop. The day concludes with a delicious, themed Halloween Dinner shared among friends.



Shaftesbury Park – Shaftesbury Park is blending clever games with local folklore for a unique Halloween experience. Highlights include a spirited game of Frankenstein's Brain

Craft Your Thanksgiving Centerpiece at Sturgeon Creek 1

With Thanksgiving just around the corner, **Sturgeon Creek 1** is welcoming residents, family members and friends to gather for one of our favourite seasonal traditions — our annual Fall Flower Arranging Workshop!

Designed to feel like a cozy evening out with friends, this workshop is the perfect opportunity to slow down, get creative and enjoy a little taste of the season. Guests can sip on an autumn cocktail, finished with a touch of gold glitter while choosing from a beautiful selection of seasonal blooms and greenery.

Dolores the Florist will be joining us for the evening to share her expertise, demonstrate floral design techniques and offer a few helpful tips and tricks along the way. Each guest will create their own fall arrangement to take home and enjoy as part of their Thanksgiving celebrations.

This Fall Flower Arranging Workshop has become a wonderful Sturgeon Creek 1 tradition, often welcoming more than 30 participants for an evening filled with flowers, laughter and plenty of creativity.

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Autumn Wellness Simple Ways to Feel Your Best This Fall



As the weather changes, a few simple habits can help us stay well throughout the season. Remember to drink plenty of water, even when the weather is cooler and you may not feel as thirsty.

Take advantage of pleasant fall days by heading outside for a walk or spending a little time on your balcony enjoying the fresh air and sunshine. Dress in layers so you can stay comfortable as temperatures change throughout the day.

Fall also marks the beginning of flu season. Consider getting your seasonal flu shot, and if you're feeling unwell, give yourself time to rest and recover while helping protect your neighbours by staying home from group activities.

Finally, remember that staying well includes staying connected. Stop for a chat, join a program, share a coffee with a neighbour or invite someone along for an activity. A little connection can go a long way.

Bocce, a fascinating session sharing local Winnipeg Ghost Stories, and a HalloWEEKEND Happy Hour Celebration featuring their signature *Vampire's Kiss* mocktail.

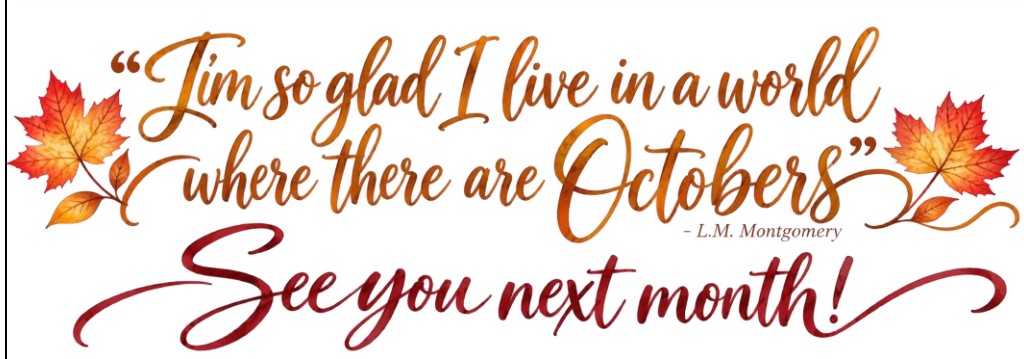
Seine River – Seine River is bringing the community together for a full slate of autumn activities! Guests and residents will enjoy a Monster Mash Happy Hour with live entertainment, a thrilling Pumpkin Racing competition, and a delightful High School Costume Parade. Plus, residents can show off their creative flair in the residence-wide Door Decorating Challenge.

Victoria Landing – In Brandon, Victoria Landing is hosting a magical Halloween celebration for all ages! The lineup features a Witches Potion Happy Hour, a adorable costume parade put on by local daycare children, and creative sessions for broomstick crafting and baking marshmallow ghosts. The festivities culminate in a grand Halloween Mash celebration filled with live music and entertainment.

Be sure to check your building's activity calendar for specific event times and locations, and don't forget to wear your favorite costume!

AUTUMN	CRISP	OCTOBER	THANKFUL	COZY
APPLE	HARVEST	PUMPKIN	ACORN	MAPLE
CIDER	LEAVES	SWEATER	BONFIRE	GOLDEN

O	C	T	O	B	E	R	M	A	P	L	E	C	R
H	A	R	V	E	S	T	Q	L	B	N	W	I	I
P	U	M	P	K	I	N	A	E	O	F	S	D	S
T	H	A	N	K	F	U	L	A	N	I	E	E	P
B	O	N	F	I	R	E	T	V	F	C	A	R	A
S	W	E	A	T	E	R	U	E	I	O	P	G	P
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A	P	P	L	E	B	O	N	F	I	R	E	U	S
C	R	I	S	P	H	A	R	V	E	S	T	M	Y



Did You Know? Manitoba Fall Trivia

- **Golden Tamaracks:** Manitoba is one of the best places in Canada to see Tamarack trees. Unlike most conifers, Tamaracks drop their needles every autumn after turning a brilliant, glowing yellow!
- **Pumpkin Capital:** Roland, Manitoba, holds the title for hosting the famous annual Giant Pumpkin Fair—some winning pumpkins weigh in at over 1,500 lbs!
- **The Great Goose Migration:** Over 100,000 Canada geese pass through Oak Hammock Marsh every October on their journey south.
- **The Great Canadian Thanksgiving:** Canada's official Thanksgiving was declared a national holiday in 1879, giving Manitobans over 140 years of tradition in gathering for warm harvest feasts with family and neighbors.
- **Nature's Weather Forecast:** According to Prairie folklore, if the autumn leaves turn golden and stay on the trees late into October, it promises a long, mild fall season!

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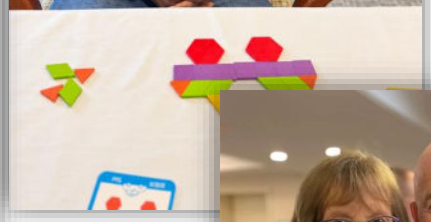
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September in Friendly Manitoba!

