



FOR IMMEDIATE RELEASE

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Older Adults Compete, Camp, and Connect at All Seniors Care

Combining fun, fitness, and fellowship makes Day 4 a slam dunk at the ASC Seniors Games!

CANADA – Community spirit was running high at the 12th Annual Seniors Games and 3rd Backyard Summer Camp today. With spectators cheering them on, several hundred older adults at All Seniors Care residence across Canada vied for gold, silver, and bronze medals in a toss event that ramped up the competitive spirit.

It's a simple game with big benefits! There's never a dull moment with Sand/Beanbag Toss. A fun staple at any summer gathering, tossing a simple bean bag means hand-eye coordination and throwing skills, are put to the test.

For Hazel W., a 102-year-old ambassador of the Games at College Park II in Regina, 'You are never too old to have a great time and try your best!'

Edmonton's Rutherford Heights medalist, Clara, could not agree more. Feeling the satisfaction of watching the bean bag slide home added to the multiple medal winner's delight in the national event. "This is my third medal of the week," she exclaimed!

In Ontario, competitors at Hamilton's newly opened Summit Heights residence were delighted when Benjamin Sommerville, National Director of Operations, ASC joined them for the Awards Ceremony. "It's amazing to see everyone get back to the starting line after the pandemic," said Sommerville. "Everyone's dedication to not just the Games, but to each other is inspiring."

Later in the day, residents and staff took a pit stop and slathered on the sunscreen before enjoying the 2nd day of "The ASC Ultimate Backyard Summer Camp". Daily exercises, learning experiences, sing-alongs, storytelling, and great food inspired camp spirit and satisfied the intellectual curiosities of our older adults.

Chomping at the bit for the National Medal results? From Alberta to Quebec, older adults continue to take part in the Games during tomorrow's final day of competition. In the final contest, Jeopardy players will put their intellectual skills to the test. The National Medal Winners will be announced during Closing Ceremonies. All spectators are welcome!

Congratulations to all our medalists and participants across the country for making Day 4 of the 2022 All Seniors Care Seniors Games was a resounding success. A special cheer goes out to our staff and volunteers! Without them, the Games would not be possible, so a big thank you and congrats to all.

For event information, contact Ronna Goldberg 204.232.8495 or rgoldberg@allseniorscare.com



About All Seniors Care Living Centres Ltd.:

All Seniors Care, where caring is our number one concern, is setting the standard of excellence in luxury retirement living. Founded on an unwavering commitment to exceptional care, All Seniors Care is dedicated to creating and operating the best senior's facilities by providing the highest level of care to seniors. For more information, please visit our website at www.allseniorscare.com.

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