



FOR IMMEDIATE RELEASE

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CFL Grey Cup Visits Seine River: A Day of Fitness, Fun, and Football!

Retirement Residents Celebrate Wellness with CFL Alumni, Chris Kolankowski's Fitness Class, and a Surprise Appearance by the Grey Cup.

WINNIPEG, MB – Seine River was buzzing with excitement as CFL alumni Rod Hill and current Winnipeg Blue Bomber Chris Kolankowski brought the spirit of football and wellness to the community during their CFL Huddle for Health event on Thursday, September 26th. Residents were treated to an inspiring afternoon filled with stories of athleticism, health tips, and an unforgettable surprise—the Grey Cup itself!

The event kicked off with Rod Hill, former Winnipeg Blue Bomber, sharing insights from his career and emphasizing the importance of health and wellness not only in professional sports but also as we age. Chris Kolankowski followed by talking about his journey with the Bombers and led an engaging fitness class, encouraging everyone to move and stay active. The residents enjoyed the exercises, with smiles and laughter filling the room.

“It was a wonderful time,” shared Krzysztof Szulc, Health & Wellness Director at Seine River. “The tenants were beaming and happy—the Grey Cup was the cherry on top!”

The highlight of the day was the surprise arrival of the iconic Grey Cup, thanks to Mackenzie from the CFL, leaving residents in awe. Mr. Lionel R., a lifelong Blue Bombers fan, was particularly thrilled, exclaiming, “I’ve been waiting 92 years to see the Grey Cup and could not be happier!” Residents gathered for photos with the Cup, capturing memories they’ll treasure forever.

This incredible event was months in the making, coordinated with the support of Ve from London Drugs at St. Vital Centre, who helped bring everything together. A big thank you to the CFL, London Drugs, the Winnipeg Blue Bombers, and the Canadian Football Hall of Fame for making this day truly special.

To relive the excitement and see photos and videos from the event, visit the Seine River Facebook page at www.facebook.com/SeineRiverRetirementResidence

Event Contact Information: For more information contact Krzysztof Szulc at 204-256-8877 or by email at kszulc@allseniorscare.com.

About All Seniors Care Living Centres Ltd.: All Seniors Care living Centres has become the new 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 and providing the best care. For more information, please visit our website at www.allseniorscare.com.

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