



WELCOME TO JANUARY

Mark Your Calendars

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.

Sunday January 1st

Make Your Resolutions Day

Monday January 12th – 16th

Spirit Week: Follow the yellow Brick Road to Wellness!

Monday January 19th

National Popcorn Day and Movie Marathon

Sunday January 25th

Robbert Burns Day

Monday January 26th

Australia Day

Thursday January 29th

Puzzle Day

Friday January 30th

Spin The Wheel + Funny Money Auction



January is Alzheimer's Awareness Month

A Message from The All Seniors Care Family

January, the month of new beginnings, arrives with confetti in its hair, a calendar full of possibility, and just enough sparkle left from the holidays to keep us smiling.

Before we race into the New Year, we think that it's important to look back with gratitude at everything we accomplished last year: fantastic programs, meaningful moments of connection through events like ASC MasterChef; fundraising Fashion Shows; and, of course, the exciting opening of Oakville Estates, which added another welcoming community to the ASC family. We are grateful to our residents, families, and dedicated staff for making 2025 so remarkable. Your kindness and sense of community inspire us every day.

Now we're leaning into 2026 with intention, keeping wellness and fun at the heart of all we do. There's much to look forward to! Spirit Week is just around the corner, followed closely by February's much-anticipated ASC Senior Games, where friendly competition and camaraderie take centre stage once again.

January is the perfect time to refresh your routines and rediscover the small, everyday habits that keep you active, engaged, and thriving through our signature program, Activ8 with ASC.

From all of us at All Seniors Care, may 2026 bring you health, happiness, and many reasons to celebrate!



Making a Difference Together!



The spirit of giving was on full display at **Lakeridge Heights** this holiday season. In early December, a group of residents and staff visited Feed the Need in Durham to deliver the generous donations collected through the November Food Drive and the community's annual Holiday Bazaar.

The results were remarkable. Last year, Lakeridge Heights contributed the equivalent of 4,183 meals and \$1,900. This year, thanks to the generosity of residents, families, staff, and supportive vendors, the community surpassed those totals, providing 7,157 meals and raising \$3,376 for families across Durham Region.

Much of this success was driven by resident involvement. Nearly 20 residents spent weeks preparing for the Holiday Bazaar, gathering to bake, knit, paint, craft, and organize donated items. Their three resident-run tables alone raised \$2,167. With the addition of a 50/50 draw, raffle table, and donated vendor fees, the Bazaar reached its final fundraising total of \$3,376.

At the same time, the month-long Food Drive steadily filled donation bins throughout the residence. In total, 486 pounds of food were collected. Combined with the monetary donation, these contributions translated into thousands of meals for local families in need.

What began as a small fundraising effort has grown into a meaningful annual tradition at Lakeridge Heights retirement residence in Whitby, ON. One that reflects the incredibly generosity of its community. Thank you to everyone who played a part in making a lasting impact this holiday season. Well done Lakeridge Heights community!!

VISIT OUR WEBSITE
WWW.ALLSENIORSCARE.COM

International Brain Teaser Month

People tend to focus on keeping the body healthy. But what are the ways we can keep our wits sharp? Mental stimulation is just as crucial to our health. Puzzles and riddles are known to prevent cognitive decline, especially as we age.

[International Brainteaser Month](#) was created to encourage everyone to challenge their minds more often.

According to the Alzheimer Society of Canada, by constantly learning new things and challenging your brain throughout your life, you can help build your cognitive reserve. Think of it as cross-training for your brain!



Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a Rubik's Cube, the key is variety and frequency - the more you exercise your brain, the more brain function improves.

Have you heard of ASC's [Neurobics Challenge](#)? We are serious about brain health! Every month residents at ASC Living Centres can participate in Neurobics games to win funny money! Be sure to ask Health & Wellness or reception for a copy of the January Neurobics Challenge booklet.

For more health tips and tricks ASC's Senior Living Advice on our website.

Follow the Yellow Brick Road: Spirit Week 2026!



Residents and staff will soon be journeying "Over the Rainbow" as our communities celebrate Spirit Week from **January 12th – 16th**, a spirited introduction to the 17th Annual All Seniors Care Seniors Games. This year's Spirit Week theme, *Follow the Yellow Brick Road*, brings the world of The Wizard of Oz to life through colourful dress-up days, creative activities, and wellness programs that

would even make the cowardly lion come out to play.

Throughout the week, residents can craft red sparkly shoes, take part in Toto Trivia, enjoy Auntie Em's paint party, whirl through Munchkin Land Minute to Win It Challenges, and cheer on their teams during the mid-week Pep Rally. Daily ASCSG practice sessions help get everyone Games-ready, while themed snacks add just the right touch of sweetness to each day.

During Spirit Week residents can try their hand at ASC Seniors Games activities, including:

- Walk or Roll the Halls
- Bean Bag Toss
- Pétanque
- Ladder Bal
- Corn Hole
- Bocce Ball
- Shuffleboard
- Jeopardy

Evenings conclude with feel-good films like *The Wizard of Oz*, *The Wiz*, and *Wicked*, offering a cozy way to unwind together. The festivities wrap up Friday with our *There's No Place Like Home Happy Hour*. Join us as we step onto the Yellow Brick Road, because at ASC, there truly is no place like our home.

ASC Seniors Games VIPs: Our Chefs de Mission

Introducing this year's VIPs! The All Seniors Care Seniors Games wouldn't be possible without the dedication of our Chefs de Mission and their Assistants. These inspiring resident volunteers lead the way at each of our 29 participating retirement communities, working tirelessly as part of the Games Organizing Committees.

In this newsletter, you'll be introduced to a few of these remarkable people: Dawn, Pat, and Ileen -- just a snapshot of the many leaders supporting the Games across our communities. We are grateful to all our Chefs de Mission for their time, effort, and unwavering commitment to making the Games truly exceptional. Mark your calendars now! You don't want to miss the ASCSGs on **February 2nd - 6th**. Ask your Health & Wellness Director for a full schedule of events!

ASC Highlights from December

To see more photos and videos, please visit www.allseniorscare.com/social-media.



Meet Preston Park II's 2026 Chefs de Mission



Preston Park II has a new Chef de Mission this year, **Pat M.** She moved to the Saskatoon, SK residence in 2025 and has already shown all the qualities of a great Chef. At 86 years young, Pat brings decades of leadership and community spirit to the role. She has been involved with Girl Guides for more than 70 years, from leading groups in her younger days to staying actively engaged with the organization today. Creative and crafty, Pat is a familiar face at weekly activities in the creativity room and is known for being especially welcoming to others. We are delighted that she said yes to serving as this year's Chef de Mission.



Joining her is **Ileen B.**, our second Chef de Mission, who is 99 years old and will be turning 100 in 2026. Ileen leads a very active personal life and, while she may not participate in many in-building programs, she is well known for her warmth and kindness. She has a special gift for making others feel at home through friendship and conversation. Ileen has also written her own memoir and will be reading excerpts to fellow residents this month!

Join Dorothy on the Yellow Brick Road!



When Dorothy and her husband moved into **College Park I** two and a half years ago, she quickly began hearing excited talk about “the Games.” Curious, she decided to get involved as a participant—unsure of what to expect. By the end of the week, Dorothy knew she had made the right choice. The fun, welcoming atmosphere and sense of inclusion left a lasting impression, along with friendships she may never have made otherwise.

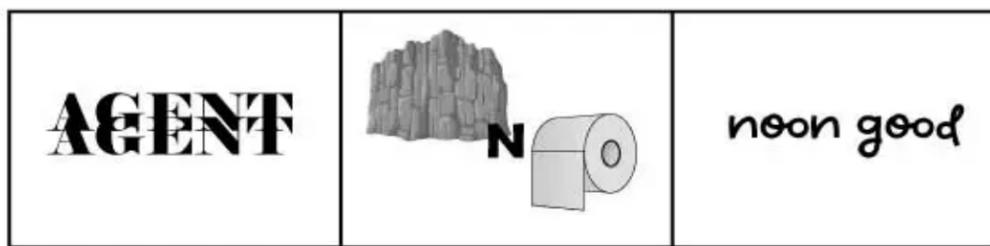
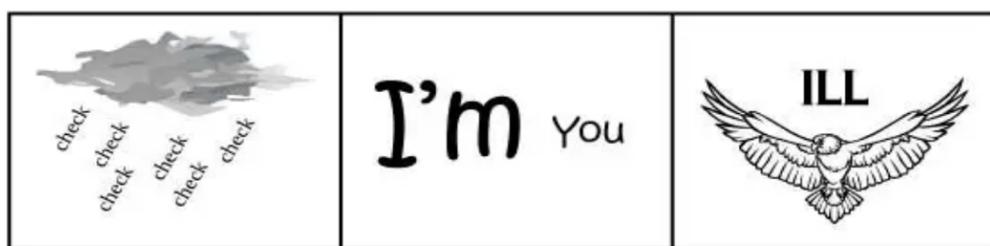
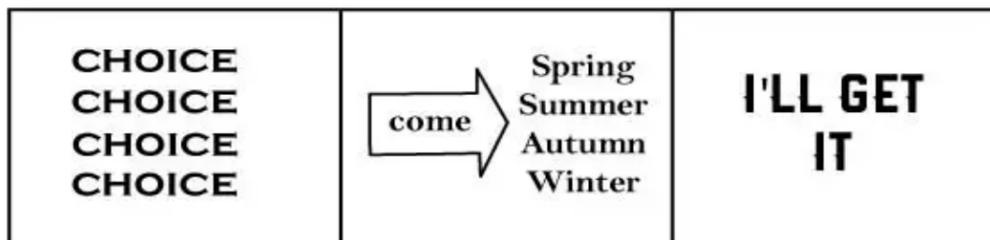
Dorothy believes in living life to the fullest and giving back at every stage of life. She values volunteering as a way to stay connected, purposeful, and engaged, and she leads by example with kindness, enthusiasm, and encouragement. Born in Melfort, Dorothy has lived throughout Saskatchewan, but College Park I is her first home in Regina, a city she is now proud to call home. We are thrilled to welcome you as a 2026 Chef de Mission!

Old Wives Tales
Answers: 1. F; 2. T; 3. T; 4. F; 5. F; 6. T; 7. T; 8. T; 9. F; 10. F; 11. F; 12. F

Rebus Puzzle Answers:
1. Crossbow; 2. Eggs over easy; 3. Coffee break; 4. Multiple choice; 5. Come into season; 6. I'll get over it; 7. Raincheck; 8. I'm bigger than you; 9. Illegal; 10. Double agent; 11. Rock n roll; 12. Good afternoon

Rebus Puzzle : Can You Solve the Riddles?

Below are 12 Rebus Puzzles. A rebus puzzle is a picture-based puzzle that uses images, symbols, or letters to represent words or parts of words. When you read them together, they form a phrase or saying. Can you solve them?



Seine River Burns Night 2025, Winnipeg, MB

“Fair fa’ your honest, sonsie face, Great chieftain o’ the puddin-race!”

From the first line of praise *Address to a Haggis*, Robert Burns dramatically closes January, bringing Scottish charm and humour when we need it most!

Each year, Burns Night takes place on 25 January to celebrate the life and legacy of Scotland’s National Bard, Robert Burns.

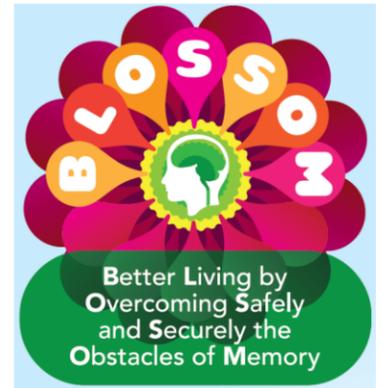
It’s the perfect chance to reminisce, dream, and share memories of travel and adventure. Many residences will enjoy Scottish traditions and journey through misty Highlands, castle-dotted hills, and cities during an immersive travelogue.

We invite all kilt wearers to join in on the fun! Bring your tartan scarves, enjoy some Scottish shortbread, a bit of dancing, and maybe even a wee dram to toast good health and friendship. Whether residents dive into the full spirit of Scotland or simply enjoy the cheerful atmosphere, Burns Night is bound to leave you dreaming of the Highlands.

And when the skirl of the bagpipes fade, we won’t be stopping our travels there! After all, Scots didn’t just help shape Canada, many packed their tartan with their adventurous spirit and sailed straight to Australia, too. It’s only fitting that we’ll keep the journey going right into Australia Day festivities. From heathered hills to sunny shores, it’s a perfect reminder way to celebrate just how small the world is!

Cheers to good friends and good times in 2026!

BLOSSOM Living Enhancing Lives & Peace of Mind



Started by All Seniors Care Chief Operating Officer, Lily Goodman, eighteen months ago, BLOSSOM Living focuses on nutrition, activation, and creating an inclusive environment for those experiencing early cognitive decline.

The model of enhanced independent living allows autonomous seniors and their partners to move into a supportive environment where they can put down roots early in the diagnosis, develop routines, make friends, and become familiar with their new home. BLOSSOM provides structure and a sense of security. By maximizing care, as well as cognitive health, a sense of normalcy is created. The person feels valued as an individual. To find out more about the benefits of BLOSSOM Living [click on the link](#) or speak to your Lifestyle Director today.

Old Wives Tales - True Or False?

1. Onion is good for wasp stings.
2. Never rinse your hair in hot water.
3. Fix wood scratches with walnut.
4. Cheese before bed causes nightmares.
5. Bulls hate the colour red.
6. Newspaper are great glass cleaners.
7. Gargle salt water to relieve a sore throat.
8. Put bread on burned rice.



ALL SENIORS CARE *Neighbourhood News*

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December Memories

