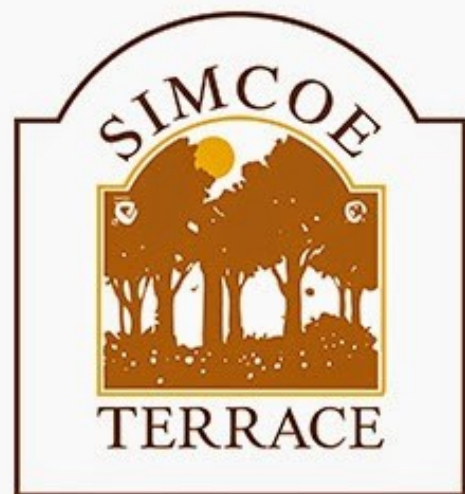


Simcoe Terrace Retirement Residence

February 2016 Issue



Simcoe Terrace
Retirement Residence

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The Terrace Tribune

Love is in the Air!



■ Message from the GM

“Even though February is the shortest month of the year, sometimes it feels like the longest!”
- J.D. Robb

Winter has certainly been a lot warmer this year and with less snow. I’m not complaining, but it sure is different!

The precautions to prevent the spread of colds have been lifted and we are back to normal once again. Thanks to everyone. Please continue, however, to be diligent about hand washing and reporting to the nurse if you feel ill.

February promises to be a busy month starting with Valentine’s Day and our annual resident “sweetheart photos” guessing game competition. Later in the month, musical entertainment from the Vocal Maturity Barbershop Group and our monthly themed dinner entertainment on the 18th: “Caribbean Margarittaville” featuring music by John Pebble.

Many more events so check your calendar!

Next week I would like to talk a little bit about a new program, “Fit and Fab Club” that gives our residents the opportunity for mind and body health, at their own pace.

Until then, take care everybody.

Michael Ayers,
General Manager

■ Save the Date!

Resident General Meeting:

Wednesday, February 24th 2:00pm in the Tea Room

Menu Chat:

Wednesday, February 10th 10:45am in the Dining Room

Program and Calendar Planning:

Friday, February 5th 9:30am in the Sun Room

■ Information

Tuck Shop Schedule

*The Shop is open for business Mondays, Wednesdays and Fridays in the **Front Lounge** at 10:00am*

Exercise Equipment

*Exercise Equipment is available in the **Lifestyle Office** for use/sign out. Please see Amber for more information*

Large Print Library Books

*Large print Barrie Public Library books are always available in the **Lifestyle Office***

Leisure Binder

*Check the leisure binder located at the **front desk** often for special events, outings and activities to sign up for!*

Management Staff Listing - We Love Hearing from You!

Michael Ayers, General Manager: michael@simcoeterrace.com

Theresa Abreu, Office Manager: theresa@simcoeterrace.com

Monica Mosher, RPN, Director of Wellness: monica@simcoeterrace.com

Darlene Guirey, Dietary Manager: darlene@simcoeterrace.com

Amber Head, Lifestyle Consultant: amber@simcoeterrace.com

Resident's Corner



Ruth R.	February 4th
Zita V.	February 5th
Evelyn F.	February 8th
Charlie C.	February 8th
Gordon H.	February 10th
Gordon W.	February 15th
Mary F.	February 16th
Don W.	February 18th
Ruby M.	February 23rd
Jack S.	February 26th
Jean B.	February 27th

Happy Birthday to You!

We celebrate our February babies special day on **Monday, February 22nd** **At 2:00pm in the Activity Room!** Cake, ice cream & musical entertainment by **Johnny Mac!**
All Welcome!

Stones, Flowers and Signs for February Babies

Amethyst, the birthstone of February, is a variety of Quartz that carries a spectacular purple color that ranges from a blend of deep violet and red to a lighter lilac hue. Ancient Greeks believed that the stone protected the wearer from drunkenness and enabled them to keep a balanced mindset.

Violet, the flower of February, is a low, herbaceous plant that comes in various shades of blue, mauve, yellow and cream as well as several species identified as pansies and symbolize faithfulness, humility and chastity.

Aquarius (Jan. 20th to Feb. 18th)

Strengths: Progressive, original, independent, humanitarian
Weaknesses: Runs from emotional expression, temperamental, uncompromising, aloof
Aquarius likes: Fun with friends, helping others, fighting for causes, intellectual conversation, a good listener
Aquarius dislikes: Limitations, broken promises, being lonely, dull or boring situations, people who disagree with them.

Lucky Numbers: 4, 8, 13, 17, 22, 26

Pisces (Feb. 19th to Mar. 20th)

Strengths: Compassionate, artistic, intuitive, gentle, wise, musical
Weaknesses: Fearful, overly trusting, sad, desire to escape reality, can be a victim or a martyr
Pisces likes: Being alone, sleeping, music, romance, visual media, swimming, spiritual themes
Pisces dislikes: Know-it-all, being criticized, the past coming back to haunt, cruelty of any kind.

Lucky Numbers: 3, 7, 12, 16, 21, 25, 30, 34, 43, 52



Welcome to the Terrace!

Bob Knowlden
Helen Krull

Athletes of the Month!

Can you beat these **AMAZING** achievements? Prove it!

Darts:

Betty M. with a total month score of 464!

Carpet Bowling:

Fred M. with a total month score of 108!

Ban Bag Toss:

Betty M. with a total month score of 552!

Shuffleboard:

Table #1: Vera W. with a total month score of 1825!

Table #2: Fred M. with a total month score of 1315!

Ladder Ball, Best 2 of 3:

Evelyn F. and Bea B. (Team Red) won 2 Games to 1 against Blue!

■ Highlights of the Month

Fit and Fabulous! (Fit & Fab)

New Year, New You!

Everyone should be concerned with their health. Looking for increased flexibility? Weight Loss? Balance? Stamina? A better sense of overall well being? Here's the ticket!



Running from February into April, the new "Fit & Fab" Program is guaranteed to get you up and moving! Personal weekly weigh-ins, meal vs. activity tracking, healthy eating tips, walking club, weekly challenges for the entire home, and meditation sessions are what's in store! Extra exercise programs brought to you by students from Georgian College will help to keep you motivated and positive! Amber will be posting her personal weekly progress for the world to see to keep everyone on track...(uh oh) This program is completely open and flexible...participate and have fun when you can. Look out for special and active programming highlighted in RED on the calendar this month!

Sweetheart Photo Display!

"Sweetheart Photos" Guessing Game!

Can you tell who is who?

In the spirit of Valentine's Day, we would like to hold a fun guessing game in the front lounge on Friday, February 12th!

Please bring any photos of you and your significant other to Amber by Wednesday February 10th if you'd like it proudly displayed! Photos will be returned promptly after the game is finished...promise!

Who can guess the identities of all the photos?

Try your skill! Prizes for the people who are clever enough to guess them all!



February Outings!

Sign up in the Leisure Binder at the Front Desk!

Boardwalk Bingo Hall Downtown Barrie

Saturday, February 20th

11:00am to 3:00pm

Cost: \$20.00 package, great cash prizes to be won!

Walmart Shopping and Fancy's Fish & Chips

Tuesday, February 23rd

10:30am to 1:30pm

Cost: \$6.00 Transportation Fee

Medieval Times Dinner and Tournament, Downtown Toronto

Date to be Decided

Cost: Approx. \$50.00, Includes 2 Hour Show, Meal and Transportation

Family and Friends ALWAYS welcome to join in our Outings!



From your Resident Council

Total bank balance to begin February: \$2520.55

Valentine's Day Basket Fundraising Raffle upcoming in February!

New! Council will be holding a Friday Night Movie and Munchies in the NL Library Lounge weekly at 7:00pm. Open to everyone!

Movie titles for February:

Friday, February 5th: "Legally Blonde"

Friday, February 12th: "Miss Congeniality"

Friday, February 19th: "Thoroughly Modern Millie"

Friday, February 26th: "Die Hard"

This month's Resident Council Party will be held on Saturday, February 27th at 7:30pm in the Activity room. All are welcome and encouraged to come!

Please continue to use the suggestion box located in the front lounge.
We value your input!