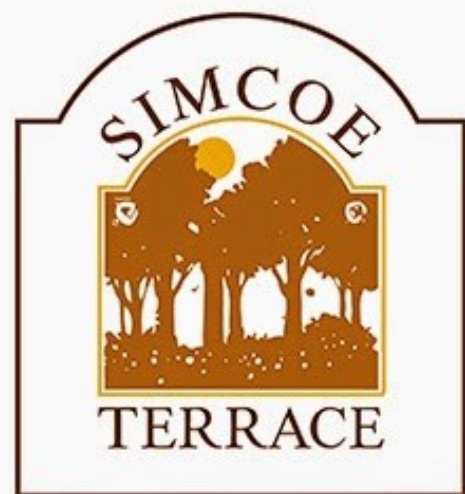


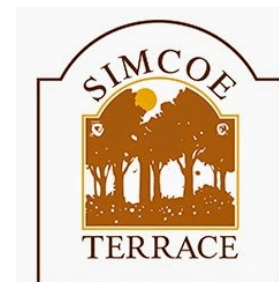
# *Simcoe Terrace Retirement Residence*

March 2016 Issue



*Simcoe Terrace*  
*Retirement Residence*

44 Donald Street  
Barrie, Ontario  
L4N 1E3  
705-722-5750  
[info@simcoeterrace.com](mailto:info@simcoeterrace.com)



## The Terrace Tribune

*Hello Spring!*



## ■ Message from the GM

*"I'm a great believer in luck. I find the harder I work, the more I have of it."*

*-Thomas Jefferson*

Even though we've been getting off pretty easy with our milder than normal winter, the final stretch of the season always seems to last the longest. Hang in there, spring is just around the corner!

March is proving to be a busy month here at Simcoe Terrace. With St. Patrick's Day, Easter, and the first day of Spring it is surely an exciting time of year. Keep an eye out on your calendar for special programming that Amber and Darlene have planned for these occasions.

There have been some housekeeping and staff schedule changes this past week. Please don't hesitate to contact us if there are any conflicts associated with these changes.

Take care everybody and have a wonderful month,

**Michael Ayers,**  
General Manager

## ■ Save the Date!

### **Resident General Meeting:**

*Tuesday, March 22nd at 2:00pm in the Tea Room*

### **Menu Chat:**

*Wednesday, March 9th 10:45am in the Dining Room*

### **Program and Calendar Planning:**

*Wednesday, March 11th at 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 10:15am*

### **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](mailto:michael@simcoeterrace.com)

Theresa Abreu, Office Manager: [theresa@simcoeterrace.com](mailto:theresa@simcoeterrace.com)

Monica Mosher, RPN, Director of Wellness: [monica@simcoeterrace.com](mailto:monica@simcoeterrace.com)

Darlene Guirey, Dietary Manager: [darlene@simcoeterrace.com](mailto:darlene@simcoeterrace.com)

Amber Head, Lifestyle Consultant: [amber@simcoeterrace.com](mailto:amber@simcoeterrace.com)



# Resident's Corner



- Vera H. March 3rd
- Edith Q. March 4th
- Sonya M. March 6th
- Nick A. March 9th
- Yvonne T. March 12th
- Duncan M. March 14th
- Marg D. March 21st
- Robert T. March 21st
- Bernice B. March 21st
- Jim M. March 29th
- Violet T. March 29th

### Happy Birthday to You!

We celebrate our March babies special day on

**Monday, March 21st at 2:00pm in the Activity Room!**

Cake, ice cream & musical entertainment by  
**Ken Meyer**  
**All Welcome!**

### Stones, Flowers and Signs for March Babies

**Aquamarine**, the birthstone of March has a rich colour and has long been a symbol of youth, health and hope. It's mesmerizing colours range from pale to deep blue and are reminiscent of the sea. A perfect birthstone for March, the Aquamarine is a great accent for Spring and Summer wardrobes.

**Daffodil**, the flower of March, is synonymous with the onset of Spring. The colours of the bloom include white, yellow and orange. The Daffodil is also known as the Jonquil or Narcissus.

### 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

### Aries (Mar. 21st to April 19th)

**Strengths:** Courageous, Determined, Confident, Optimistic, Enthusiastic, Passionate

**Weaknesses:** Impatient, Moody, Short Tempered, Impulsive, Aggressive

**Aries likes:** Comfortable Clothes, Taking on Leadership roles, physical challenges

**Aries Dislikes:** Inactivity, delays, work that does not use one's talents

**Lucky Numbers:** 1, 9



## Welcome to the Terrace!

- Cyprien Blais
- Maureen Sturmey
- Brian Blair
- Al Keizer
- Barbara Ramballie

## Athletes of the Month!

Can you beat these AMAZING achievements? Prove it!

### Darts:

*Fred M. with a total month score of 300!*

### Carpet Bowling:

*Evelyn F. with a total month score of 52!*

### Ban Bag Toss:

*Iona S. with a total month score of 933!*

### Shuffleboard:

*Table #1: Vera W. with a total month score of 2383!*

*Table #2: Fred M. with a total month score of 2100!*

### Ladder Ball, Best 2 of 3:

*Blue Team wins 2 of 3! (Betty M, Barb L. and Thelma W.)*

# ■ 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!*



Our program continues! We are a month into the program, and by now, I'm sure you've seen Lisa Renaud & Khushbu Patel (Kushy) of Georgian College strolling the halls with some ambitious residents! Reminding everyone that when Lisa and Kushy are scheduled to be here, everyone is welcome to take advantage of their skills. They're here for everyone. Feel free to drop in and meet them anytime! Don't forget, keeping track of your weekly food intake vs. activity each day will give you a good understanding of what you are eating on a regular basis, plus, it gives you a reason to reflect and make changes if you need to! Pick up your tracking sheet at the front desk....good luck!

## March Announcements!

### St. Patrick's Day Celebrations

**Miller Irish School of Dance Performance** *Tuesday, March 15th at 2:15pm in the Activity Room*

**Irish Ales Taste Testing and "The Real St. Patrick" Documentary on the Big Screen** *Thursday, March 17th at 1:30pm in the Activity Room.*

**St. Paddy's themed dinner and entertainment by North of 50 in the Dining Room!** *Thursday, March 17th from 4:45pm to 6:00pm*

### Easter

**Special Easter Bonnet Tea and Egg Painting!** *Wednesday, March 23rd at 2:30pm in the Activity Room*

### Daylight Savings Time

**Clocks SPRING FORWARD 1 hour before going to bed on Saturday, March 12th!**

## March Outings! Family & Friends ALWAYS welcome to join!

### Bowlerama

Tuesday, March 8th at 10:30am

*Cost: \$10.00 (Includes admission and transportation)*

### Little D's Family Restaurant

Saturday, March 19th at 11:30am

*We will be leaving at 11:15am on foot to the Wellington Plaza*



### Medieval Times Dinner and Tournament, Downtown Toronto

Date to be Decided

*Cost: Approx. \$50.00, Includes 2 Hour Show, 4 Course Meal and Transportation*

## From your Resident Council

**Total bank balance to begin March: \$2533.00**

**Movie Titles showing in the North Lounge Library on Friday's at 7:00pm in March:**

*Friday, March 4th: "Pretty Woman"*

*Friday, March 11th: "The Wizard of Oz"*

*Friday, March 18th: "Grumpy Old Men"*

*Friday, March 25th: "Pirates of the Caribbean"*

**This Month's Resident Council Party will be held on Saturday, March 26th 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!