

## 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

### Leisure Binder

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

### Barrie Public Library Books

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

## Management Staff Listing

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)



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Retirement Residence*

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## Simcoe Terrace Retirement Residence

June 2016 Issue

# SENIORS' MONTH



**SENIORS**  
MAKING A  
DIFFERENCE

**2016**



## The Terrace Tribune

*June is Senior's Month!*



## Message from the GM

*"Summer afternoon; to me, those have always been the two most beautiful words in the English language." ~ Henry James*

Summer has arrived and according to long range forecasts we may be in for a hot one, with a number of torrential downpours. Drink lots of fluids and be careful if you are out in the sun.

Great news; our fire sprinkler system is finally fully functional. If a fire were to occur, the sprinkler or sprinklers in that immediate area would activate and extinguish it. Only the sprinklers in the immediate area of a fire would activate, but when they do, they deliver a lot of water. Our fire procedures remain the same.

Speaking of fire procedures, we are having a complete overhaul of our fire alarm system to prevent any more early morning false alarms. Thanks for your patience.

**Michael Ayers,**  
General Manager

## Welcome to the Terrace!

**George Beach**

**Gerry Krale**

**Bill Wright**

**Patricia White**

## June Outings

### **Annual Quota Club Seniors Picnic at the South Shore Community Center**

Monday, June 6th from 5pm to 8pm

Leaving Simcoe Terrace by bus at 4:15pm

*Indoor Picnic Style dinner with entertainment and dancing to follow!*



### **Medieval Times Dinner and Theatre**

Saturday, June 11th from 2:00pm to 8:00pm

Leaving Simcoe Terrace by mini coach at 1:45pm

*Dinner and Medieval Tournament Theatrical Show in Downtown Toronto! Gift shop and bar on site. Show begins at 4:30pm, ends at 6:30pm.*

## June Resident Council News

What a wonderful month May was! Great sunshine, lovely temperature and we got leaves. Of course, we also got dandelions!

We had a pleasant and fun Mother's Day, and this month, Father's Day!

Council sponsored Mother's Day bingo was a success! Congrats to those who won the 4 \$10.00 games and to Duncan M. for winning the \$20.00 jackpot!

The new bingo set arrived this month: \$360.00

Resident Council special pub night was fun and enjoyed by one and all. Three kinds of pizza, 2 free drinks, great music and dancing.

\*Please continue to use the suggestion box located in the front lounge!\*

\*See Falk if you would like to request a movie for Tuesdays and Fridays!\*



# Highlights of the Month

## June is Seniors Month!

Happy Seniors' Month!

We start the month with our annual Seniors' picnic sponsored by the Barrie Quota Club. We head down to the South Shore Center for an indoor picnic and dance joined by other Retirement homes in the area.

Next, we want to celebrate your achievements! What are you proud of in your life? Your kids? Did you rescue an animal? Did you serve in the forces? An achievement can mean anything important to you! Be on the lookout for a handout this month to return to Amber so that she can add your proud achievement to our "Super Seniors" wall!

Finally, we end the month with a Seniors Appreciation BBQ with music by Doug Pettigrew! We will recognize individual achievements, Resident Volunteers and more! See you there!

## Keep an eye on the Calendar!

- Friday, June 3rd—Programs & Calendar Planning with Amber SR
- Monday, June 6th—Seniors Picnic Outing!
- Wednesday, June 8th—Monthly Men's Breakfast (Invite Only!) AR
- Saturday, June 11th—Medieval Times Outing!
- Tuesday, June 14th—Menu Chat with Darlene DR
- Wednesday, June 15th—"Super Seniors" Achievements Display FL
- Thursday, June 16th—Medical Pharmacies Presents: "Heat Stress Education" NL
- Sunday, June 19th—Father's Day!
- Monday, June 20th—First Day of Summer!
- Wednesday, June 22nd—Resident General Meeting TR
- Thursday, June 23rd—Home Evacuation Exercise
- Thursday, June 23rd—Seniors' Month Themed Barbeque with Doug Pettigrew! BP



# Resident's Corner

## Stones, Flowers and Signs for June Babies

**Rose**, The birth flower of June. Although roses come in many different colors symbolizing different meanings, the underlying message conveyed by the flower is love and passion

**Pearl and Alexandrite**, June birthdays claim two birthstones; pearl and Alexandrite. Pearls have been wildly popular in jewelry for centuries because of their natural beauty. Alexandrite gemstones are extremely rare and desirable since they change color based on the lighting.

### Zodiac Signs:

- Gemini May 21st to June 21st
- Cancer June 21st to July 22nd

**Lucky Numbers:** 2, 4, 6, 11, 20, 29, 37, 47, 56



Jeanne D.	June 16th
Nancy W.	June 18th
Mervin S.	June 19th
Helen M.	June 23rd
Mary F.	June 24th
Margaret V.	June 25th

Join us on Monday, June 20th at 2:00pm for the June Babies B-Day Party with Eileen Hennessey!

Cake and Ice Cream to be Served...Happy Birthday!

# Athletes of the Month!

Can you beat these amazing achievements?  
Prove it!

### Darts:

Iona S. with a total month score of 386!

### Carpet Bowling:

Dorothy H. with a total month score of 87!

### Ladder Ball, Best 2 of 3:

Blue team won!

(Betty, Eunice, Ina, Iona, Barb)

### Bean Bag Toss:

Betty M. with a total month score of 254!