

## 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

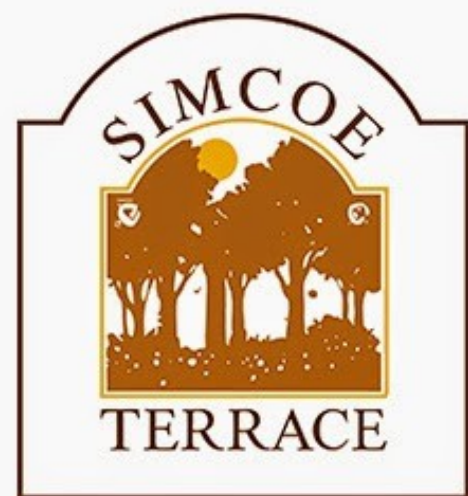
Michael Ayers, General Manager - [michael@simcoeterrace.com](mailto:michael@simcoeterrace.com)

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)



*Simcoe Terrace*

*Retirement Residence*

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## Simcoe Terrace Retirement Residence

October 2016 Issue



## The Terrace Tribune

*Give Thanks...*





## ■ Message from the GM

*After a busy September, Family Barbeque, arrival of new furniture especially, things are getting back to normal.*

*October will see us changing most of our common area lighting to energy efficient LED bulbs as our small contribution to energy conservation. Of course, we will be celebrating Thanksgiving and begin outdoor fall cleanup.*

*As Residents move into Simcoe terrace I would like to thank everyone for being so welcoming and making new friends feel at home! Thank you all!*

*Take care everybody,*

**Michael Ayers,**

General Manager

## ■ Welcome to the Terrace!

**Phyllis Stratton**

**Mel Taylor**

**Jason Smith**

**Arthur Cook**

## October Outings

### Georgian Downs

**Tuesday, October 11th**

**Leaving Simcoe Terrace at 9:30am SHARP, leaving The Downs at 1:00pm SHARP.**

**\*Cost: \$5.00 for transportation\***

### Little D's Group Walk Outing

**Friday, October 28th**

**Leaving Simcoe Terrace as a Group at 11:30am SHARP!**

*Sign up for all outings at the front desk!*



## October Resident Council News

**Bank Balance to begin September: \$2235**

*Purchases last month: N/A*

Join us Tuesdays at 2:30pm, Thursdays at 2:00pm and Fridays at 7:00pm  
for Movies and Munchies! All Welcome!

Please continue to use the suggestion box in the front lounge, we love  
hearing from you!

Thanks for your continued support!

**\*Resident Council Elections Coming up in November\***

# Highlights of the Month

## Costume Contest!

Join us on Halloween, October 31st at 2:00pm for a costume party, contest and pub! Special Musical Guest Bob Dixon Performs!

Whoever is voted Best Dressed will receive an awesome prize!

See you there!

*"Pumpkins Scarecrows Ghost and More  
What will show up at our door?  
Halloween's a spooky sensation,  
So please come and join us at the celebration!  
Please dress the part, whether creepy or sweet,  
we'll gladly serve up tricks and treats!"*



## Keep an eye on the Calendar!

- October 3rd and 17th—Foot Care (Hair Salon)
- October 5th—"Oktoberfest" Dinner and Dance Celebration with Eric Kidd!
- October 7th—Ladies Social
- October 10th—Happy Thanksgiving!
- October 11th—Georgian Downs
- October 13th—Diabetes Info Session
- October 19th—Simcoe Muskoka Health Unit Flu Shot Information Session
- October 21st—Men's Social
- October 25th—Birthday Bash with In Good Company!
- October 28th—Little D's Group Walk
- October 31st—Happy Halloween! Costume Contest and Pub with Bob Dixon!



# Resident's Corner

## Stones, Flowers and Signs for October Babies

**Pot Marigold**, *Calendula*, is a genus of about 15–20 species of annual and perennial herbaceous plants in the daisy family *Asteraceae* that are often known as marigolds. They are native to southwestern Asia, western Europe, Macaronesia, and the Mediterranean

**Tourmaline/Opal.** **Tourmaline** is a favorite gemstone for many because it's available in a rainbow of beautiful colors. **Opal** gemstones are unique because each individual gem is adorned with a one-of-a-kind color combination.

**Libra:** September 23rd to October 22nd

**Scorpio:** October 23rd to November 21st

**Lucky Numbers:** 3, 7, 10, 14, 16, 17, 24, 31, 49



Sylvia A.	Oct. 4th
Gladys N.	Oct. 4th
Dorothy H.	Oct. 4th
Betty M.	Oct. 5th
Pat W.	Oct. 5th
Dee B.	Oct. 14th
Don. W.	Oct. 14th

Join us on Tuesday, October 25th in the Activity Room at 2:00pm for our October Babies Birthday Party with "In Good Company"! Cake and ice cream will be served!

## Athletes of the Month!

Can you beat these amazing achievements?  
Prove it!

**Darts:**

Evelyn F. with a total month score of 508!

**Ladder Ball, Best 2 of 3:**

Red team won! (Iona, Clark, Jack, Eunice)

**Carpet Bowling:**

Evelyn F. with a total month score of 76!

**Bean Bag Toss:**

Eunice M. with a total month score of 255!

**Shuffleboard:**

**Table #1:** Vera W. total moth score of 3142! **Table#2:** Evelyn F. total month score of 2323!