

Information

Tuck Shop Schedule

The Shop is open for business Monday through Friday from 1:30pm-2:30pm in the Front Office.

Exercise Equipment

Exercise Equipment is available in the **Lifestyle Office** for use/sign out. Please see Daniella 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 and DVD's are always available in the **Lifestyle Office**

Management Staff Listing

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

Daniella Ventimiglia Lifestyle Consultant - daniella@simcoeterrace.com



Simcoe Terrace

Retirement Residence

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Barrie, Ontario

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705-722-5750

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The Terrace Tribune

Happy St. Patrick's Day!



Message from the GM

Even though we have been getting off pretty easy with some mild temperatures lately, the final stretch of Winter always seems to last the longest. Hang in there, spring is just around the corner!

We are working to update the exercise room with more equipment to meet the needs of the Residents. Please see Daniella if you need instructions on how to use any of the equipment in the exercise room.

March seems to be a busy time of Year at Simcoe Terrace, so keep an eye on the Calendar for special programming that we have planned.

Have a wonderful month,
Michael Ayers,

General Manager

Welcome to the Terrace

Joan S
Drew F
Roy H

March Outings

Mandarin Buffet Lunch

Wednesday March 22nd at 11:15am we will be heading to the Mandarin for buffet lunch. Please meet at the front desk at 11:00am.

Buffet Price: 16.99 + 20% off for seniors 65+ with I.D

Limit of 12 Residents. First come first serve basis.

Transportation free. Sign up at the front desk no later than Friday March 17th.

Please note that unforeseeable circumstances may require outings to be postponed or cancelled



February Resident Council News

Bank Balance to begin March: \$1214.16

Purchases last month: Supplies for Resident Council Pub on Feb 23rd

2017 Resident Council Members:

Margaret Milne - Library/Secretary Committee

Barb Lane - Welcoming Committee

Falk Stethin - Recreation Committee

Judi Cadman and Anne Oldcorn - Treasury/Fundraising Committee

Please continue to use the suggestion box located in the Front Lounge

Highlights of the Month

Sunday March 12th—Daylight Savings Time!

Don't forget when you go to bed Saturday night to turn your clocks FORWARD one hour!

Monday March 13th—Miller Irish Dance Comes to Simcoe Terrace!

We are excited to have the Dancers from Miller Irish Dance come to Simcoe Terrace and perform an Irish Dance Recital! Performance starts at 1:30pm in the Activity Room so please arrive promptly!

Saturday March 25th—Resident Council Euchre Tournament!

For those of you who signed up for the resident council euchre tournament, it will be held this month! A "refresher" session will be held by the council 1 week prior if you want to sharpen up your euchre skills. Date and time of refresher session TBA.

A New Tuck Shop Initiative!

The Tuck Shop will continue to be open Monday to Friday. Purchases can be made at the Front Desk from 1:30pm-2:30pm.

Keep an eye on the Calendar!

Mar. 3—Program Chats with Daniella

Mar. 8—Menu Chat with Darlene

Mar. 10—Ladies Wine and Cheese

Mar. 12—Daylight Savings Time (Clock forward 1 hr)

Mar. 13—Miller Irish Dance Performance

Mar. 16—Resident Council Pub Night

Mar. 17— St. Patrick's Day, Shamrock Float Social

Mar. 20—First Day of Spring, Foot Care

Mar. 22—Mandarin Lunch Outing

Mar.24—Mens Beer and Billiards!

Mar. 25—Resident Council Euchre Tournament

Mar. 27—March Babies Birthday Party / Foot Care

Mar. 28—Resident General Meeting



Resident's Corner

Stones, Flowers and Signs for March Babies

Daffodil also known as Jonquil or Narcissus, is often recognized as a yellow flower. The word 'jonquil' comes from 'jonquillo' a Spanish word meaning 'rush' as in a description of the leaves of the plant that are 'rush-like.' When giving a daffodil, the message being sent is "You are an Angel!"

For the lucky individuals born in March, two birthstones are associated with this early spring month: **aquamarine** and **bloodstone**. The serenely colored **aquamarine** invokes the tranquility of its namesake, the sea. **Aquamarine** is derived from the Latin word *aqua*, meaning water, and *marina*, meaning *the sea*. **Bloodstone** is generally found embedded in rocks or riverbeds as pebbles, and takes on green stone flecked with vivid red spots of iron oxide

Pisces: February 18th to March 20th

Aries : March 21st to April 19th

Lucky Numbers: 8, 15, 28, 38, 42, 49 2, 9, 12, 18, 19, 29



George B Mar 9th

Nick A Mar 9th

Yvonne T Mar 12th

Jeanne R Mar 17th

Marg D Mar 21st

Bernice B Mar 21st

Danny M Mar 26th

Ed H Mar 28th

Gladys G Mar 29th

Join us on Monday, March 27th in the Activity Room at 2:00pm for our February Babies Birthday Party with Eileen Hennessey. 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 427!

Floor Kurl

Red Team with the most wins!

Carpet Bowling:

Walter K with a total month score of 135!

Ladder Ball, Best 2 of 3:

Red Team with the most wins!

Bean Bag Toss:

n/a

Shuffleboard:

Table #1: Muriel L. total moth score of 1320! Table#2: Evelyn F. total month score of 1377