

## Information

### Tuck Shop Schedule

The Tuck Shop is open for business **Monday through Friday from 1:30pm-2:30pm** inside the **Front Office**. Please be advised that this time is subject to change.

### 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](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)

Daniella Ventimiglia Lifestyle Consultant - [daniella@simcoeterrace.com](mailto:daniella@simcoeterrace.com)



*Simcoe Terrace*

*Retirement Residence*

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## Simcoe Terrace Retirement Residence

April 2017 Issue



# The Terrace Tribune

*Happy Easter*



## ■ Message from the GM

Finally the sidewalks are free of ice and the snow is melting. Time to get out and get some fresh air, as well as exercise. It has been a long winter and always feels good when the weather starts to warm up.

We should soon have some activity on the roof as the front half is due for replacement this year. I will let you know when to expect this as we will have to strip all of the shingles off.

If you can't get outside please take advantage of the equipment in the exercise room. See Daniella for details.

**Michael Ayers,  
General Manager**

## ■ Welcome to the Terrace

Kenneth Ray

## April Outings

### *Little D's Family Restaurant Lunch Trip*

*Wednesday April 19th we will be walking to Little D's for lunch at Wellington Plaza. We will leave Simcoe Terrace at 11:00am.*

*Sign up in the Leisure Binder at the Front Desk if you are interested!*

*(Cost will vary depending on what you order)*

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

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



## Resident Council News

### *Purchases in March:*

Food & Drink for Resident Council St. Patrick's Day Pub

### 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

## Monday April 3rd—Gues Speaker: Parkinson’s Disease

Did you know April is Parkinson’s Awareness month? Come to the North Lounge (Library) at 2:30pm to listen to Anne McNamara give an informative presentation on Parkinson’s Disease.

## Wednesday April 5th—Spring Concert

Come and support your fellow Residents performing in a Spring Concert in the Activity Room at 10:30am!

## Friday April 7th—Music and Karaoke with Dale and Collin

Come out for an afternoon of music and fun with our House Band Guests Dale and Collin! Get ready for some Karaoke and music that will have you singing and dancing all afternoon. 1:30pm-3:00pm in the Activity Room.

## Tuesday April 11th—Clothing Donation Exchange

Thank you to everyone who donated clothing to our Resident Clothing Exchange. Come by the Activity Room at 10:00am and see if there is anything that fits your style!

# Keep an eye on the Calendar!

Apr. 3—Guest Speaker: Parkinson’s Disease

Apr. 5—Resident Spring Concert

Apr. 7—Program Chat with Daniella

Apr. 7—Music & Karaoke with Dale & Collin

Apr. 10—Easter Jewellery Sale

Apr. 11—Clothing Donation Exchange

Apr. 12—Food For Thought with Darlene

Apr. 13—Ladies Wine and Cheese, Please!

Apr. 14— Good Friday

Apr. 16—Easter Sunday

Apr. 17—Easter Monday

Apr. 19—Little D’s Family Restaurant Outing

Apr. 21—Mens Beer and Billiards!

Apr. 24—Resident General Meeting

Apr. 25—April Babies Birthday Bash



# Resident’s Corner

## Flowers, Stones and Signs for April Babies

The **sweet pea** appears in a wide range of pastel colours blooms in two-tone varieties and symbolizes pleasure or good-bye, which explains the message “Thank You For A Lovely Time” attached to the flower. The **Daisy** has several meanings which include, cheerfulness (all those amazing colours), innocence (thanks to it being such a child focused flower), purity and beauty. It is also Queen Victoria’s favourite flower

For the individuals born in April, you have the birthstone **Diamond**. It’s the hardest gemstone and is made of just one element: carbon. Its structure makes it 58 times harder than anything in nature and can only be cut with another diamond. While it’s become nearly synonymous with wedding engagements, it’s also the perfect stone for individuals who want something that’s appropriate for everyday wear and special occasions. Diamonds come in several colors, including yellow, red, pink, blue, and green, and range in intensity. Generally speaking, the more saturated the color, the higher the value.

Aries : March 21 to April 19 / Taurus April 20 to May 20



Connie	April 1st
Ron	April 6th
Joyce	April 8th
Fran	April 13th
Karen	April 14th
Barb L	April 14th
Joan J	April 15th
Jason	April 15th
Benoit	April 19th
Carol	April 23rd
Vera	April 28th
John	April 30th

Join us on Tuesday, April 25th in the  
Activity Room at 2:00pm for our April Babies Birthday Party with Simcoe Songsters  
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 622!

**Floor Kurl:**

Red Team with the most wins (Fred,!

**Carpet Bowling:**

Dorothy H with a total month score of 151!

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

Blue Team with the most wins!

**Bean Bag Toss:**

Iona S with a total month score of 543!

**Shuffleboard:**

**Table #1:** Joan J. total moth score of 3165! **Table#2:** Evelyn F. total month score of 2367