

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

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*

44 Donald Street
Barrie, Ontario
L4N 1E3
705-722-5750
info@simcoeterrace.com

Simcoe Terrace Retirement Residence

June 2017 Issue



June is Seniors Month!

The Terrace Tribune

Happy Father's Day





■ Message from the GM

Seniors Month is celebrated across the province during the Month of June, and here at Simcoe Terrace we will be busier than normal. To show our appreciation for all of your contributions to society, we will be having weekly Barbeques, lots of music and entertainment, a Pajama Party, and guest speakers such as our Ward Councillor and our Member of Parliament.

We would like to thank and acknowledge our Seniors for all of their hard work, sacrifice, and wisdom they provide. Celebrating Seniors month is just a small way that we can show our appreciation and give back. Thanks to Daniella and the Staff for their organizational efforts.

**Michael Ayers,
General Manager**

■ Welcome to the Terrace

Ted Indriliunas, Dorothy Wilson

June Outings

Quota Club Annual Picnic

For those who signed up for the picnic, we will leave Simcoe Terrace around 4:15 by bus to go to the Southshore Centre for Dinner, Entertainment and Fun! We will return around 8pm. What a great way to start celebrating Seniors Month!



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

Resident Council News

Keep an Eye out for a 50/50 during the month of June!

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

It's Seniors Month!

Seniors Month is all about celebrating YOU! We have planned weekly BBQ's throughout the month, extra entertainment, theme days, and guest speakers! Keep an eye on the Calendar for special events!

A New Initiative: Wellness Series

We are introducing a new series at Simcoe Terrace in which once a month we will have a themed guest speaker related to health and wellness. This month we will have Maddison from the Heart and Stroke Foundation visit us on Monday June 19th 10:30am-11:30am. Family and friends are always welcome to join us.

Simcoe Terrace Bucket List Wishes

Is there something you have always wished to do, see, try, or go? If so, we want to hear from you. There will be a wish box for you to place your wishes into along with your name in the Front Lounge. At the end of every month the managers will grant as many wishes as possible. Please see Daniella if you have any questions.

Keep an eye on the Calendar!

June 5—Quota Club Annual Seniors Picnic

June 7—Seniors Month BBQ Lunch

June 9—Program Chat with Daniella / Ladies Wine and Cheese

June 13—Menu Chat with Darlene

June 14—Seniors Month BBQ Lunch with Barrie Ward 2 Councillor Rose Romita

June 16—PJ DAY at Simcoe Terrace & Entertainment with Dale!

June 18—Fathers Day

June 19— Heart and Stroke Foundation Presentation / Foot Care

June 21—Seniors Month BBQ Dinner + Pub

June 22—Ice Cream Bar... Yum!!

June 23—Mens Beer and Billiards

June 26—Foot Care , Resident General Meeting & Special Visit from MP Alex Nuttall

June 27—Birthday Bash!

June 28—Seniors Month BBQ Dinner + Pub

June 30—Red + White Day for Canada Day & Entertainment with Dale McFarling



Resident's Corner

Flowers, Stones and Signs for June Babies

The **rose** is the birth flower for June, Want to know what each colour rose represents? **Red**: love, **Pink**: grace, lesser feelings of love, **Dark Pink**: gratitude, **Light Pink**: admiration, sympathy, **White**: innocence, purity, secrecy, friendship, **Yellow**: dying love or platonic love, **Yellow with red tips**: Friendship, falling in love, **Orange**: passion, **Green**: calm, **Black**: slavish devotion (as a true black rose is impossible to produce), **Purple**: protection (paternal/maternal love)

June is one of only two months that has three birthstones, giving the lucky people born in June a choice between **pearl**, **alexandrite** and **moonstone**. In many cultures, **pearls** symbolize purity and innocence, which is why it's tradition for a bride to wear pearls on her wedding day. Often described as "emerald by day, ruby by night," **alexandrite** is a rare variety of the mineral chrysoberyl that changes color from bluish green in daylight to purplish red under incandescent light. As its name implies, **moonstone** is closely associated with lunar mystery and magic. Its calming, balancing energies can supposedly attune to natural biological rhythms

Gemini May 21 to June 20 / Cancer June 21 to July 22



June 9—Diane C

June 14—John W

June 17— Doug A

June 18—Nancy W

June 23—Helen M

June 25— Margaret V

June 27—James R

Join us on Tuesday June 27th in the
Activity Room at 2:00pm for our June Babies Birthday Party with Bill Perry!
Cake and ice cream will be served!

Athletes of the Month!

Can you beat these amazing achievements?

Prove it!

Darts:

Iona S total month score of 236!

Floor Kurl:

Red Team with the most wins!

Carpet Bowling:

N/A

Ladder Ball, Best 2 of 3:

Red Team Wins!

Bean Bag Toss:

N/A

Bingo: Anne F

Shuffleboard:

Table #1: Joan J. total moth score of 3537! **Table#2:** Evelyn F. total month score of 2396!