

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

July 2017 Issue



The Terrace Tribune

Happy 150 Canada!



Message from the GM

Now that June is behind us I would like to thank the staff for making Seniors Month so special. Daniella, Darlene, and the Dietary staff especially worked hard to fill the month with special events, guest speakers, charity fundraisers, music, and great food!

On a sad note, Dil, our favourite Hairdresser is leaving us at the end of July. Dil is moving on to greener pastures, and will be missed by all. We are presently recruiting for a replacement.

As the hot weather approaches, be careful when outdoors and don't overdo it.

**Michael Ayers,
General Manager**

Welcome to the Terrace

Margaret Schilbach, Sharron Rampersaud, Carol Pollitt,
Dolly Beliwicz

July Outings

Little D's Lunch Outing

Tuesday July 11th we will walk to Little D's for lunch. We will leave at 11:15am. Residents will cover the cost of their own meals. Please sign up in the leisure binder at the front desk.

Walmart Outing

Wednesday July 19th we will be going to Walmart! Leaving Simcoe Terrace at 1:15pm and returning around 3:30pm. Please sign up in the leisure binder at the front desk.

Looking Ahead....

Keep your eyes open for posters & information about visiting the Elmvale Zoo in August!

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 July!

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

Plaid For Dad Campaign

On June 16th Residents and Staff wore plaid to support Prostate Cancer Canada and their campaign "Plaid for Dad". We would like to sincerely thank everyone who participated. With your help we were able to raise \$265.00. Way to go Simcoe Terrace!

Simcoe Terrace Choir Performance

On Wednesday July 26th at 10:30am our Choir will be performing an All Canadian Concert to celebrate Canada's 150th! We would love you to come out and support your fellow Residents in their performance (AR).

For the Movie Watchers at Simcoe Terrace...

For the Summer Months, the movies run by Falk on Thursdays at 2pm will now be played Wednesdays at 7:00pm.

Award Winning Elvis Impersonator

Thursday July 27th we have award winning Elvis Impersonator Bruce Andrew Stewart coming to entertain us! We will have a BBQ lunch, followed by 1:00-2:30 performance on the back patio! We welcome guests from the Allandale 55 Centre to this event.

Keep an eye on the Calendar!

July 1—Happy Canada 150!!

July 7—Program Chat with Daniella

July 7—Root Beer Floats!

July 11—Little D's Lunch Outing

July 14—Ladies Wine and Cheese Please!

July 17—Guest Speaker: Overview of Dementia

July 19—Menu Chat with Darlene

July 19—Walmart Outing

July 26—Resident Choir Concert

July 27—Barrie Public Library Book Exchange

July 27—RockING with Elvis! Entertainment

July 28—Men's Beer and Billiards

July 31—Foot Care Week 1

July 31—Resident General Meeting

July 31—July Babies Birthday Bash!



Resident's Corner

Flowers, Stones and Signs for July Babies

The July Birth flower Larkspur generally indicates strong bonds of love. Each color variation of the larkspur has a different meaning: Pink means fickleness; White conveys a happy nature; and, Purple normally represents a first love. The other July flower is the water lily, which signifies purity and majesty. Aside from being lovely in their own right, water lilies are often used in ponds to deter the growth of algae and to shade and cool the water for resident fish and frogs

The "ruby" comes from the name *rubeus*, the Latin word for red. In ancient Sanskrit, ruby translated to *ratnaraj*, which meant "king of precious stones." These fiery gems have been treasured throughout history for their vitality. Ruby's strength and red fluorescence make it valuable for applications beyond jewelry. Both natural and synthetic rubies are used in watch making, medical instruments and lasers. Due to its deep red color, ruby has long been associated with the life force and vitality of blood. It is believed to amplify energy, heighten awareness, promote courage and bring success in wealth, love and battle.

Cancer June 21 to July 22 / Leo July 23 to August 23



July 5—Bill Emmel

July 11—Isabel Langman

July 11—Clark Wood

July 13—Ina Grey

July 14—Bev May

July 17—Bill Wright

July 17—Ted Indriliunas

Join us on Monday July 31st in the
Activity Room at 2:00pm for our July 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 total month score of 465!

Floor Kurl:

Red & Blue tie with 2 wins each!

Carpet Bowling:

N/A

Ladder Ball, Best 2 of 3:

Red Team Wins!

Bean Bag Toss:

Evelyn. F total score of 331!

Bingo: Dorothy H

Shuffleboard:

Table #1: Barb. R total moth score of 3469! **Table#2:** Evelyn F. total month score of 3234!