

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 Stackhouse, 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

October 2017 Issue



The Terrace Tribune

Happy Thanksgiving



Message from the GM

Summer is over and now we look forward to Thanksgiving and then....snow. It was a wet summer for sure, I wonder what kind of winter we will have. Thanks again to everyone who helped and who attended our Annual Family Barbecue, especially Darlene and Daniella. This event gets more popular every year. We are already starting to plan the Christmas Party!

Welcome to new Employees and new Residents at Simcoe Terrace. We know you will quickly feel right at home.

Take care everybody,

**Michael Ayers,
General Manager**

Welcome to the Terrace

Donna Rollins, Sheila Farrance, Francine Hillier, Luciana Massarotto, Margaret Griffin

October Outings

Giant Tiger

On Wednesday October 25th we will go to Giant Tiger for Shopping. We will leave Simcoe Terrace at 1:30pm by bus, and leave Giant Tiger at approximately 3:00pm. This outing is limited to 10 residents. Please sign up in the leisure binder by Wednesday October 18th.



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

Resident Council News

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

Terry Fox/Silver Fox Run-Monday October 16th from 10:00am-11:30 we will be learning about Terry Fox and walking a mapped route indoors and outdoors to support the Terry Fox Foundation. Please sign up in the Leisure Binder if you are interested in participating.

Dress for the Cause - Friday October 20th we ask all Residents and Staff to wear PINK to support breast cancer research.

Halloween Dress up-On Tuesday October 31st wear your best Halloween costume! There will be prizes for the top three costumes during our Halloween Entertainment Party with Dale McFarling from 1:30-3:00pm.

Keep an eye on the Calendar!

- October 6—Flu Prep— Resident Weigh Ins
- October 9—Thanksgiving
- October 11—Menu Chat with Darlene
- October 13—Program Chat with Daniella
- October 13— Ladies Wine and Cheese, Please!
- October 16—Terry Fox Silver Fox Run
- October 19—Barrie Public Library books go back
- October 20—Dress for a Cause
- October 23—Resident General Meeting
- October 24—October Birthday Party
- October 25—Giant Tiger Resident Outing
- October 27—Men’s Beer and Billiards!
- October 31—Happy Halloween: Costume Contest & Dance!



Resident's Corner

Flowers, Stones and Signs for October Babies



The October Birth Flower is shared between the **Marigold** and the **Cosmo**. Marigolds are often given as a sign of warm or fierce undying love or as a way of saying that you're content to be with the recipient. There are about 50 species of marigolds that range in height from six inches to five feet tall. Cosmos are a symbol of order, peace, and serenity. These semi-tall annuals are often planted along borders. Cosmos will attract birds, bees, and butterflies to your garden.

Individuals born in October get to choose between two birthstones—**tourmaline** and **opal**. The name “opal” originates from the Greek word opallios, which meant “to see a change in color.” Wearing opal is well worth the extra care, though. For centuries, people have associated this gem with good luck. Though some recent superstitions claim that opals can be bad luck to anyone not born in October, this birthstone remains a popular choice. The name "tourmaline" comes from the Sinhalese words tura mali, which mean "stone of mixed colors." As its name implies, tourmaline stands apart from other gems with its broad spectrum of colors in every shade of the rainbow. Ancient magicians used black tourmaline as a talisman to protect against negative energy and evil forces. Today, many still believe that it can shield against radiation, pollutants, toxins and negative thoughts.

- Gladys Noble—Oct 4
- Dorothy Hilliard—Oct 4
- Dee Bentley—Oct 14
- Don Renwicke—Oct 14
- David Hornsby—Oct 27

Virgo Aug 23 to Sept 22 / Libra Sept 23 to Oct 22

Join us on Tuesday October 24th in the Activity Room at 2:00pm for our October 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:** Irene 386 pts!
- Ladder Ball, Best 2 of 3:** n/a
- Floor Kurl:** Red Team 3 wins, Blue Team 2 wins
- Bean Bag Toss:** Margaret S 245 pts!
- Carpet Bowling:** Dorothy H 65pts!
- Bingo:** Barb R: 14 Bingo's!
- Bocce Ball:** Evelyn&Sharron (12) & Falk (5)!
- Croquet:** Evelyn!
- Horseshoes:** Falk 7pts!

Shuffleboard:

Table #1: Muriel L: total moth score of 3262! **Table#2:** Evelyn F. total month score of 3693!