

# 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 Stackhouse, 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)



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*Retirement Residence*

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# Simcoe Terrace Retirement Residence

November 2017 Issue



# The Terrace Tribune

*Lest We Forget*





## Message from the GM

November has arrived and all of a sudden it seems like the days are so much shorter and the warm weather has departed. Let's be thankful for an extended summer with warm weather well into October. Get ready for Winter.

One of the ways we prepare for winter is to get our flu shots (2 clinics will be held at Simcoe Terrace in November), and to wash our hands as often as possible. Hand washing is especially helpful upon returning from trips outside of Simcoe Terrace. Also, we ask that Family and Friends refrain from visiting if you have cold or stomach symptoms.

Let's try for a winter without a major cold or flu outbreak by each of us doing our part.

Don't forget the Christmas Bazaar on the 18th— all are welcome.

**Michael Ayers,**  
**General Manager**

## Welcome to the Terrace

Bob Sebert  
John Read

## November Outings

### Danny's Fish and Chips

Join us on Wednesday November 15th for a lunch outing to Danny's Fish and Chips! We will leave Simcoe Terrace by bus at 11:15am, and will return after lunch. Residents are responsible for covering the cost of their meal. There is a limit of 10 residents for this outing, so be sure to sign up in the Leisure Binder by Monday November 13th.



### Festival of Lights Tour

More information to come soon. Please keep an eye out for postings regarding this outing.

*\*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*

**It is voting month at Simcoe Terrace for the 2018 Resident Council.**

**Week of Nov 12: Resident Council Nomination Week**

**Week of Nov 19: Resident Council Campaign Week**

**Wednesday Nov 29th: Resident Council Voting Day**

# Highlights of the Month

**Dress for the Cause: Results** Thank you to everyone who wore pink on October 20th to support Breast Cancer Research. As a whole, we raised \$300.00— way to go!

**Movember :**The Movember Foundation supports some of the biggest issues for men's health. We will be having a Movember challenge beginning Nov 1st. For the men who wish to participate: start the month clean shaven, and grow a moustache for the duration of the month! Prizes for the top 3 moustaches!

**Simcoe Terrace Annual Christmas Bazaar and Craft Sale :** Please join us on Saturday November 18th from 9am-1pm in the dining room/tea room for our annual Bazaar and Craft sale! A wonderful opportunity to get ahead on your Christmas shopping! A reminder for residents that breakfast and lunch will be served to your room this day.

**Hockey Night in Canada:** Beginning this month, the North Lounge Library TV will be dedicated to Hockey Night in Canada every Saturday at 7:00pm. This means there will no movies played on Saturdays. Thank you for your understanding and cooperation!

**Flu Shot Clinics:** Friday November 10th First Medical Pharmacies will be here at 9:30 in the Activity Room for all Residents who receive medication from Simcoe Terrace Staff. Monday November 13th Betty Grant and Monica will have a clinic in the Lifestyle office for all Residents who self-medicate, and Staff.

**Movie Schedule:** After consultation, it has been collaboratively decided that movies will be played in the Library on the following days: Tuesday at 7:30pm, Wednesday at 7:00pm, and Friday at 7:00pm.

## Keep an eye on the Calendar!

Nov 5—Clocks Fall Back

Nov 6—Foot Care

Nov 8—Resident Choir Concert

Nov 10—Flu Shot Clinic

Nov 10—Program Chat with Daniella

Nov 10—Ladies Wine and Cheese

Nov 11—Remembrance Day Service

Nov 12—Resident Council Nomination Week

Nov 13—Foot Care

Nov 13—Flu Shot Clinic

Nov 15—Danny's Fish and Chips Outing

Nov 18—Annual Christmas Bazaar and Craft Show

Nov 19—Resident Council Campaign Week

Nov 20—Resident General Meeting

Nov 22—Menu Chat with Darlene

Nov 24—Men's Beer and Billiards

Nov 27—Birthday Party

Nov 29—Resident Council Voting Day



# Resident's Corner

## Flowers, Stones and Signs for November Babies



**Chrysanthemums** or “mums” are one of the most widely cultivated flowers in the world, and the birthday flower for those born in the month of November. A native to Asia and northeastern Europe, their name comes from the Greek words “chrysos,” meaning gold, and “anthemon,” which means flower. The chrysanthemum is one of the most popular flowers, outshined only by the rose. It is a traditional flower to give on Mother’s Day. It symbolizes the qualities of optimism and joy. Red flowers express true love, while yellow refers to a wounded heart, and white the virtue of honesty.

There are two birthstones for November Babies: **Topaz** and **Citrine**. The name topaz derives from Topazios, the ancient Greek name for St. John’s Island in the Red Sea. Topaz is a soothing stone that has been said to calm tempers, cure madness and eliminate nightmares. Citrine is the variety of quartz that ranges from pale yellow to brownish orange in color. It takes its name from the citron fruit because of the lemon-inspired shades . Citrine is sometimes known as the “healing quartz” for its ability to comfort, soothe and calm. It can release negative feelings, spark imagination and manifest fresh beginnings. It’s even called the “merchant’s stone” for its tendency to attract wealth and prosperity.

**Scorpio: Oct 23-Nov 21 / Sagittarius: Nov 22-Dec 21**

Join us on Monday November 27th in the  
Activity Room at 2:00pm for our November 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: 476pts!

**Ladder Ball:** Blue Team Wins!

**Floor Kurl:** Red Team 1 win, Blue Team 1win

**Bean Bag Toss:** n/a

**Carpet Bowling:** Leonie: 94pts!

**Bingo:** Muriel L: 14 Bingo's!

**Bocce Ball:** Falk!

**Euchre:** Margaret M & Eunice  
Judi C. & Vera

**Shuffleboard:**

**Table #1:** Muriel L: total moth score of 3442! **Table#2:** Evelyn F. total month score of 3401!