

## 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)



*Simcoe Terrace*

*Retirement Residence*

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## Simcoe Terrace Retirement Residence

December 2017 Issue



# The Terrace Tribune

*Merry Christmas*





## Message from the GM

Time really speeds by doesn't it? Christmas and the year end are almost upon us. We look forward to seeing family and friends during our annual Christmas Party December 9th.

2018 is bound to bring some change to Simcoe Terrace, as does every year. One new program that I can announce will see Simcoe Terrace partner with LOFT Community Services and Royal Victoria Hospital to alleviate the overcrowding situation. Many seniors reside at RVH for longer than necessary because they don't qualify for long term care, but have some needs that cant presently be met in their homes or in typical retirement homes. The program "Seniors to Home", funded by the Ministry of Health, will allow those seniors to leave hospital, move into Simcoe Terrace with minimal help from LOFT Community Services PSW's, who will be scheduled and on site around the clock.

This innovating program should not be noticeable except that there will be the beneficiary of additional staff including another full time recreation personnel. Also we will be increasing our own staff by 18 hours a day to better service all of you.

Should you have any questions please feel free to email or phone me at any time.

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

## Welcome to the Terrace

Frieda Collins, Noreen O'Donnell, Lorraine Hool, Mildred Menard

Ruth Grant, Marilyn Phelan, Lois Kostandoff

## December Outings

### **Tour of Lights: Wed Dec 6**

If you are interested in travelling by Barrie City bus to see all of the decorative Christmas Lights, followed by a visit to Heritage Park for refreshments, please sign up in the Leisure Binder. Spaces are limited so reserve your seat asap! This trip is free, and leaves Simcoe Terrace around 7:15pm.



### **Walmart Shopping**

Do you have any last minute Christmas Shopping to do? If so, join us on a trip to Walmart on Bayfield St on Thursday December 14th. We will leave Simcoe Terrace at 1:30pm-and leaving Walmart no later than 3:30 to return. This trip is limited to 10 residents. Please sign up in the leisure binder by Monday Dec 11 if you are interested.

*\*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**

**Your 2018 Resident Council Members will be chosen this month!**

# Highlights of the Month

**Simcoe Terrace Annual Family Christmas Party:** Please join us on Saturday December 9th from 12:00-2:00pm for our Annual Family Christmas Party. Due to overwhelming response from Family and Guests, we are breaking from tradition and will be having an “open house” style of party, complete with sandwiches, sweets, and entertainment. See you there!

**Resident Council Annual New Years Eve Party:** Join Resident Council on the evening of Sunday December 31st for a fun New Years Bash with entertainment provided by Dale McFarling! Please be advised that this event is only for residents of Simcoe Terrace.

**Simcoe Terrace Gives Back This Christmas:** This Holiday Season we would like to collect new or gently used winter hats, mittens, gloves, etc to donate to members of the Barrie Community.

**Getting ready for Christmas:** If you would like to write a Christmas Card for someone special come to card writing on Dec 11th in the AR! If you need assistance wrapping any Christmas gifts, come to Gift Wrapping Dec 20th in the EL!

**Manicures at Hair by the Bay Salon:** Our Hair Stylist Shirley will be bringing in an Esthetician named Aga on Saturday December 16th from 9am-1pm for \$20.00 manicures and various priced waxing services. Please sign up in the Leisure Binder for an appointment.

## Keep an eye on the Calendar!

Dec 1—Program Chat with Daniella

Dec 4—Christmas Carolers

Dec 6—Tour of Lights Outing

Dec 7—Resident Council is hosting Pub Night

Dec 9—Annual Family Christmas Party

Dec 11— Christmas Card Writing!

Dec 14—Walmart Trip

Dec 16—Manicures at Hair by the Bay Salon

Dec 18—Foot Care Week 1 & Resident General Meeting

Dec 19— Tai Chi & Birthday Party with “In Good Company”

Dec 20—Gift wrapping!

Dec 24—Christmas Eve

Dec 25—Christmas Day

Dec 26—Boxing Day

Dec 31—Resident Council New Years Eve Party



# Resident's Corner

## Flowers, Stones and Signs for December Babies



The December birth flowers are **holly** and **narcissus**. The holly symbolizes your wish for domestic happiness. Although some animals and birds enjoy holly berries, they are semi-toxic to humans. The narcissus conveys that you want your beloved to stay just the way they are. While there are many types of narcissus, the paper white is the winter-growing variety and the birth flower for December.

December's birthstones offer three ways to fight the winter blues: tanzanite, zircon and turquoise – best known for beautiful shades of blue. Since the Middle Ages, people have believed that zircon can induce sleep, ward off evil and promote prosperity. From ancient Egyptians to Persians, Aztecs and Native Americans, kings and warriors alike admired turquoise for thousands of years. It adorned everything from jewelry to ceremonial masks to weapons and bridles – granting power and protection, particularly against falls. Tanzanite is the exquisite blue variety of the mineral zoisite that is only found in one part of the world. Named for its limited geographic origin in Tanzania, tanzanite has quickly risen to popularity since its relatively recent discovery.

**Sagittarius:** Nov 22-Dec 21 / **Capricorn:** Dec 22-Jan 20

Leora Westgarth-Taylor—Dec 7

Marion Carter— Dec 8

Margaret Milne— Dec 19

Carol Pollitt— Dec 25

Len Corbett—Dec 27

Anne Oldcorn—Dec 28

Gordon Dawson—Dec 29

Richard Thompson—Dec 30

Join us on Tuesday December 19th in the  
Activity Room at 2:00pm for our December Babies Birthday Party with “In Good Company”!  
Cake and ice cream will be served!

## Athletes of the Month!

Can you beat these amazing achievements?

Prove it!

**Darts:** Evelyn F: 889 pts!

**Ladder Ball:** Team Blue Wins!

**Floor Kurl:** Team Red Wins!

**Bean Bag Toss:** Evelyn F: 261 pts!

**Carpet Bowling:** Arthur C: 171pts!

**Bingo:** Dorothy H

**Euchre:** Eunice & Barb R

**Shuffleboard:**

**Table #1:** Muriel L: total moth score of 3947! **Table#2:** Evelyn. F total month score of 3058 !