

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 for use/sign out in the **Lifestyle Office**. Please see Amber if you are interested in taking advantage of the equipment.

Trust Accounts

Trust Accounts are out of **Theresa's Office** on the 1st floor. Hours are **Tuesdays from 10:00am to 12:00pm** and **Thursdays from 1:30pm to 2:30pm**.

"Hair by the Bay" Salon Hours

Tuesdays 2:00pm until last appointment
Wednesdays 9:30am to 5:30pm
Thursdays 1:00pm until last appointment
Saturdays 9:00 to 1:00pm (by appointment only)

Leisure Binder

Check the leisure binder located at the **front desk** often for special events, outings, services and special 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**. Please ensure to sign out any items borrowed.

Visitors

We kindly ask **ALL** Visitors to **sign in** at the front desk upon arrival and **sign out** when leaving. Don't forget to sanitize your hands! Thank you!

Simcoe Terrace Library

Please feel free to enjoy the extensive collection of books in our North Lounge Library. All books are filed by Author and maintained by Resident Council.

Management Staff Listing

Michael Ayers, General Manager - michael@simcoeterrace.com

Theresa Stackhouse, Office Manager - theresa@simcoeterrace.com

Amanda Daley, RPN, Director of Wellness - amanda@simcoeterrace.com

Joanne Heise, Food and Beverage Manager - joanne@simcoeterrace.com

Amber Head, Activity Director - amber@simcoeterrace.com

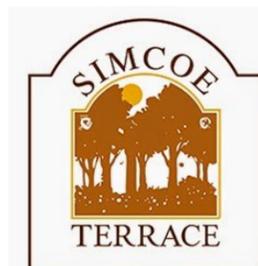


Simcoe Terrace
Retirement Residence

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Barrie, Ontario
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705-722-5750
www.simcoeterrace.com

Simcoe Terrace Retirement Residence

July 2018 Issue



The Terrace Tribune

Happy 151st, Canada!

Message from the GM

As I write this, the Canada Day long weekend is approaching and the weather forecast says it will be the hottest Canada Day since 1963.

A few basic tips to manage the heat: avoid extended periods outdoors,. Don't over exert yourself. Drink plenty of fluids. If your room is not air-conditioned, you may leave your door open a bit to access the air conditioned hallways. Keep your windows closed. Spend time in the sunroom, activity room, elevator lounge or tea room as they are air conditioned. Cold drinks are available in the activity room and elevator lounge this weekend. Put off using the laundry as the dryers add heat to the building. We will be serving more cold meal options during this heat wave. Staff may do less vacuuming and cleaning in rooms that are already warm. Thanks for your understanding. If you feel sick from the heat , please contact Staff.

Stay safe,
Michael Ayers, General Manager

Athletes of the Month

Shuffleboard Table #1: Evelyn F. 3341 pts

Shuffleboard Table #2: Muriel L. 3408 pts

Bean Bag Toss: Evelyn F. 206 pts

Floor Kurling: Red Team: Iona, Fred, Muriel, Leonie, Art, Sheila & Joan

Washer Toss: Art & Leonie 240pts

Darts: Adrienne A. 168 pts

Indoor Croquet: Anne F.

Lawn Darts: Red: Falk & Diane

Bocce: Blue: Falk & Diane

Bowling: Dorothy H. 74 pts

Most Bingo Wins: Iona S. 19

Resident Council

Council Members of 2018

Margaret Milne—*Secretary/Library Committee*

Judi Cadman & Barbara Lane—*Treasury/
Fundraising*

Falk Stethin—*Recreation Committee*

Dorothy Hilliard—*Welcoming Committee*

Bank Balance as of May 1st 2018:

\$1860 (Bank)

\$550 (In House)

\$2410 (Total)

Thank you for your continued support!

Mental Gymnastics

Boggle: Falk 287 pts

Scrabble: Barb R. 230 pts

Yahtzee: George F. 367 pts

Chess Champ: James R.

**Come and Join our Brain Games to get your name
Highlighted in the Calendar!**

Welcome to ST!

**All are welcome to join our monthly
"Meet N" Greet" Social! A great way to break the
ice if you are new to The Terrace!**

**Next Date: Friday, July 20th at 1:30pm in the
Activity Room**

Highlights of the Month!

July 1st—CANADA DAY

July 3rd—**Canada D'Eh?** - Join as we celebrate a Canada Themed day at Simcoe Terrace! Wear red and white!

July 10th—**Swiss Chalet Lunch Club!** Sign up at the front desk—5 menu choices to choose from. We will be dining together in the AR 12:00pm. Prices posted on the bulletin board!

July 12th—**Adventures in Art wit Amber**—Come and have some fun experimenting with watercolors! Step by step instruction so that even the novice painter succeeds!

July 13th—We welcome Sheri Kidson of Medical Pharmacies to facilitate an interesting and educational program on the importance of falls prevention and what you can do everyday to prevent falls (Activity Room)

July 17th—**Litte Lake Trip!** - We will be leaving Simcoe Terrace at 9:30am to hop on a pontoon and enjoy a day on the water. BBQ Hot Dogs, fishing and smores' over the fire will round out our day!

July 20th—Monthly New Resident Meet'n'Greet—Everyone is encouraged to participate in welcoming our new Residents! A great opportunity to learn new things about each other and to make new friends. See you there!

July 26th—Join in on a short walk to Kawartha Dairy for some ice cream! Meet in the front lounge at 1:30pm.

July 23rd and July 30th—Foot Care with Cindy Murphy, RPN. Sign up at the front desk for your appointment. \$25 due before services rendered. Cash and trust signatures accepted.

Wednesdays in July—Make sure you stop into the tea room at 3pm! Look out on the calendar for our weekly special treat!

July Meeting Schedule

July 4th at 9:45am—Programs Chat with Amber and Eryn in the Activity Room

June 11th at 10:45am—Menu Chat with Joanne in the Dining Room

July 31st at 10:30am—Resident General Meeting in the Activity Room

Coming up in August...All things Nature!