

## 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

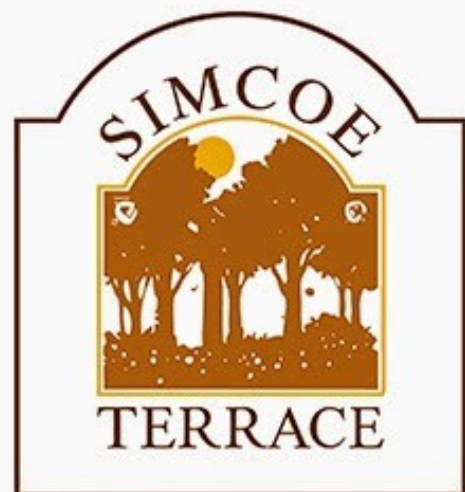
Michael Ayers, General Manager - [michael@simcoeterrace.com](mailto:michael@simcoeterrace.com)

Theresa Stackhouse, Office Manager - [theresa@simcoeterrace.com](mailto:theresa@simcoeterrace.com)

Amanda Daley, RPN, Director of Wellness - [amanda@simcoeterrace.com](mailto:amanda@simcoeterrace.com)

Joanne Heise, Food and Beverage Manager - [joanne@simcoeterrace.com](mailto:joanne@simcoeterrace.com)

Amber Head, Activity Director - [amber@simcoeterrace.com](mailto:amber@simcoeterrace.com)



*Simcoe Terrace*  
*Retirement Residence*

44 Donald Street  
Barrie, Ontario  
L4N 1E3  
705-722-5750  
[www.simcoeterrace.com](http://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**—**Little 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!**