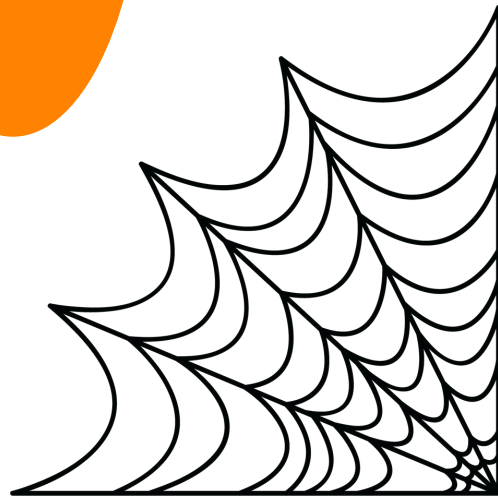


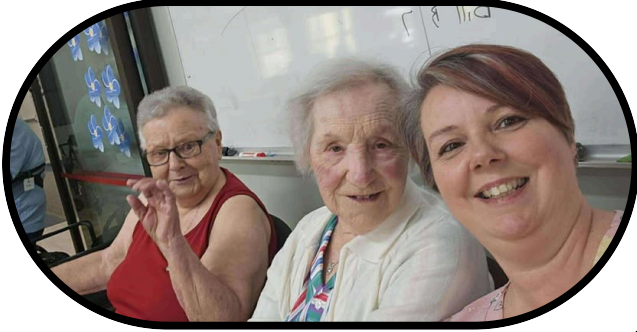


ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post October 2025



Resident & Staff Highlights



Dr. Verge's Upcoming Visits

Dr. Verge is available for appointments every second Tuesday. The latest your appointment can be made with a PCA is the day before Dr. Verge comes in by 12pm, please tell the staff member the reason you need to be seen for the Dr to plan accordingly.



To be seen, you must have an appointment.

Dr.Verge will be here on :

Tuesday, October 7th

(Name must be down by October 6th)

Tuesday, October 21st

(Name must be down by October 20th)



***Our canteen “Margaret’ Place” is located
in the recreation room***

***For our newer residents, we carry
chocolate bars, chips, candy, soft drinks,
tissues as well as some personal hygiene
products and crossword/wordsearch
books, birthday cards and more!***

***We will post our hours of operation on the
daily activity board, outside of those hours
you can find Katie or Shaelyn in the
recreation room !***

Whats new!

Schedule Change Reminder:

**Mother Goose Toddler Time will now take place on Monday mornings.
Exercise has been moved to Tuesday mornings.
Thanks for your flexibility!**

Provincial Election Reminder:

**Don't forget to vote in the provincial election on Wednesday, October 1st at
9:00 AM.
Your voice matters!**

Halloween Party:

**Get ready for a spook-tacular evening! Join us for our Halloween Party on
Wednesday, October 29th at 6:30 PM. Residents are encouraged to come
dressed in their favorite costumes—and yes, family members are invited too!
Enjoy live music by Brian Fim, treats, and lots of festive fun. We can't wait to
see everyone in costume!**

Employee Appreciation Nomination Form:

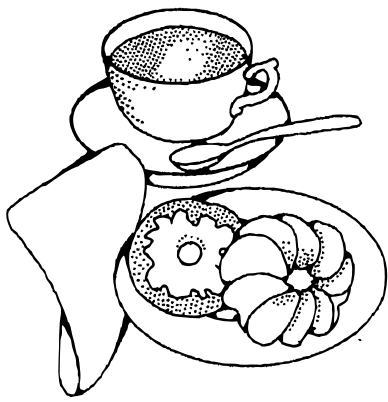
Employee Being Nominated:_____

Date:_____

- Extraordinary Act of Kindness/Compassion ()**
- Taking Initiative with Co-workers Teamwork ()**
- Taking Initiative with Operations ()**

Details:_____

Please Submit to Shaelyn or Laura



Tea Party Time!



Safety on Outbreaks

Staff members diligently monitor residents daily for flu-like symptoms in an effort to help reduce the spread of any virus.

We work closely with Infection Prevention and Control staff with NL and Lab Health Services. Their guidance and suggestions have helped tremendously with controlling the spread of various viruses. It's all about being proactive and recognizing the symptoms early.

Thank you for your continued support and understanding.

Pricelist for "Hairloom's Salon"

*Women's Haircut
(includes set/curling iron) \$18.00*

Men's Haircut & Beard Trim \$15.00

Shampoo & Blow dry \$8.00

Shampoo, Dry, and Curling Iron \$12.00

Shampoo and Roller Set \$13.00

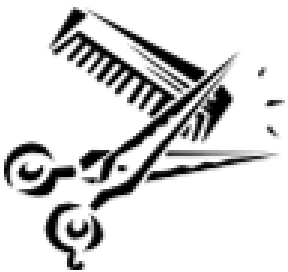
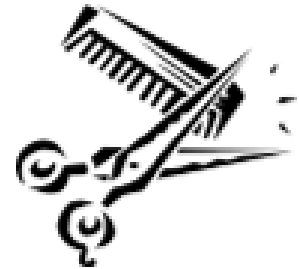
Curling Iron Touch-Up \$5.00

*Color - Provided by Mollie
(Includes set/curling iron) \$30.00*

*Color - Provided by resident
(Includes set/curling iron) \$20.00*

Perm and Cut \$65.00

Perm With NO CUT \$55.00



Employee Appreciation

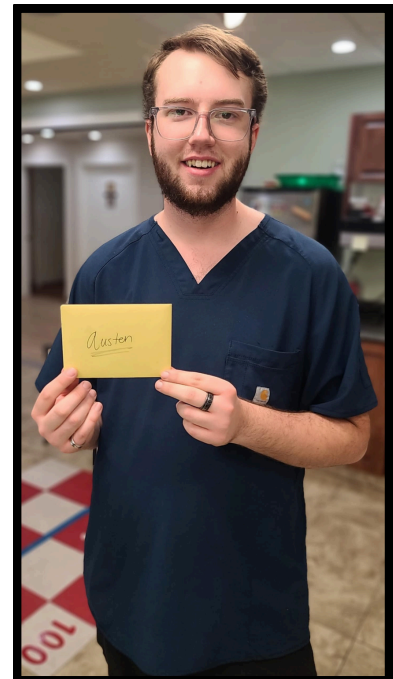


Sending a special thank you to Regin, our maintenance manager. Regin never steps away from jumping right in, sleeves rolled up and ready to tackle whatever's needed – no task too small, no spud too stubborn. Thanking him for his continued support !

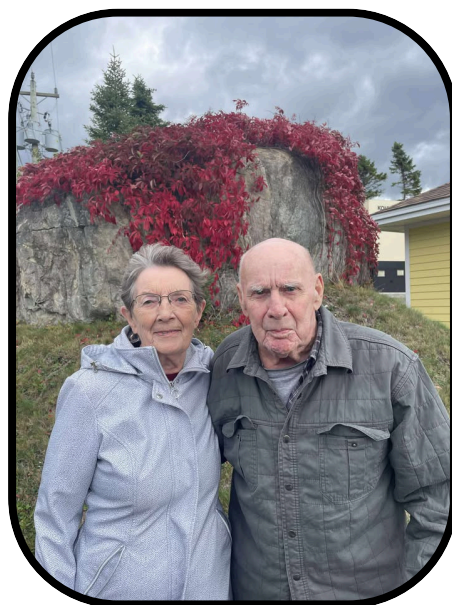
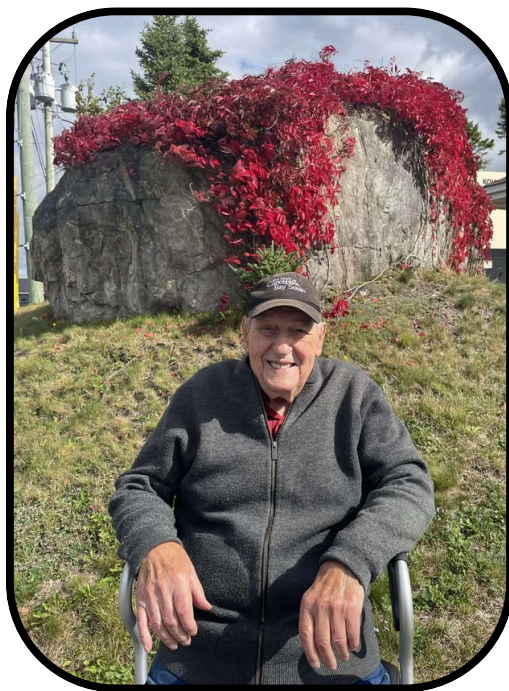
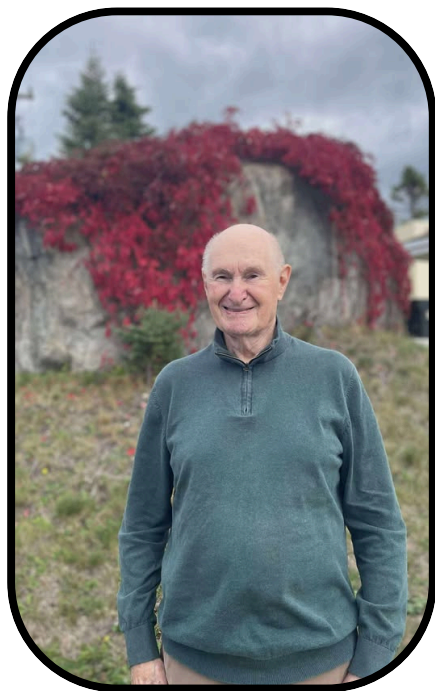
Please join us in congratulating Austen on his recent acceptance into school! 📖

We're incredibly proud of him for taking this exciting next step in his journey – and even more grateful that, despite his busy schedule, he continues to bring his best to work every single day.

Austen has been stepping up in a big way, consistently filling in wherever we need him and doing it all with a great attitude and a strong work ethic. His commitment to both his personal growth and our team does not go unnoticed.



Fall is here, and so is the brilliant red of our burning bush! There's no better time to gather by the rock with our amazing seniors and capture the beauty of the season—and the people who make it special.





Birthdays in October- Residents

Shelia Mullett- Oct 5th

Christine Noseworthy- October 9th

Shirley Hodder- October 14th

Clara Russell- Oct 16th

Eileen Mullett- Oct 18th

***Marie Porter- Oct.28th (As special 101st
birthday shoutout!)***

Clarence Snook- Oct.31st

Bill Brown- Oct 31st

Birthdays in October- Staff

Shaelyn Ivey- Oct.2nd

Ella Sharpe- Oct 8th

Sangita Jirel- Oct 11th

Lihini Perera- Oct 11th

Emma Mahon- Oct 19th

***Happy Birthday to you, Happy Birthday to you,
God's blessings upon you, Happy Birthday to you!***

Happy Halloween!



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



AFTERLIFE
AUTUMN
BAT
BLACK
BLOOD
BOO
BROOMSTICK
CACKLE
CADAVER
CANDY
CASKET
CAT
CAULDRON

COBWEB
COFFIN
CREEPY
DEMON
EERIE
GHOST
GHOUL
GRIM REAPER
HAUNT
HOWL
MASK
MIDNIGHT
MOON

MUMMY
OCTOBER
OGRE
OWL
PHANTOM
PRANK
SKELETON
SPIDER
TOMBSTONE
TRICK
VAMPIRE
WEREWOLF
WITCH

Just Joking

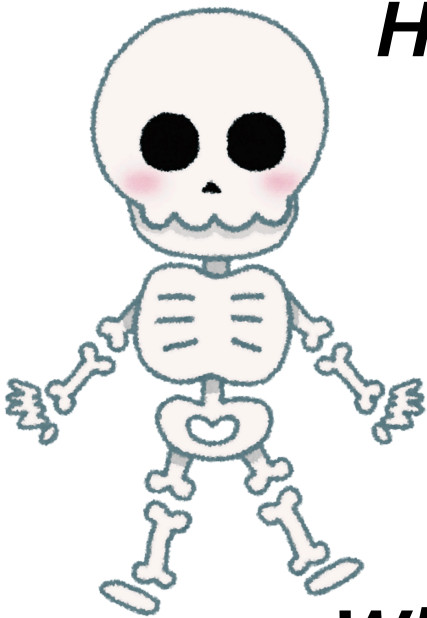
Why did the ghost need first aid?

He had a boo-boo.



How did the skeleton know it was going to rain?

He could feel it in his bones.



Why do witches fly on broomsticks?

Because vacuum cleaners are too heavy.

