



ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post November 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, November 4th

(Name must be down by November 3rd)

Tuesday, November 25th

(Name must be down by November 24th)



***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 !***



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!

 Remembrance Day

Join Julia and Alex as we honour and remember at our Remembrance Day Tea Party on Tuesday, November 11th at 1:30 PM. Enjoy warm tea, conversation, and reflection as we gather in community.



Christmas Craft Fair



Get into the festive spirit at our Christmas Craft Fair on Sunday, November 23rd from 1:00 PM – 4:00 PM. Browse handmade gifts, enjoy seasonal treats, and support local crafters – a perfect way to kick off the holiday season!

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

Halloween Party!





Welcome



We're excited to welcome two new residents to our community! Be sure to say hello, introduce yourself, and help them feel right at home.

We're so glad you're here!



George Hawco & Ethel Boland

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

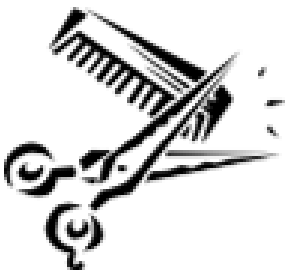
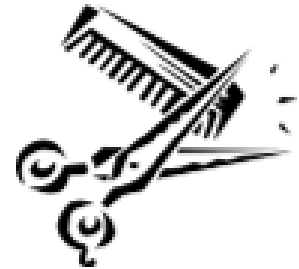
Curling Iron Touch-Up \$5.00

*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



Today, we want to give a big shoutout to Debbie for the incredible work she does every single day – or should we say, every night! Even though Debbie works the overnight shift, her presence, care, and dedication are never overlooked. Her fellow staff members consistently share how much they appreciate her attention to detail, her compassion for the residents, and the way she quietly goes above and beyond behind the scenes.

Debbie, your work may happen while most are sleeping, but your impact is felt around the clock. Thank you for your heart, your hard work, and for being such an essential part of the team.

We would also like to shine a light on Katie!

Katie brings joy, energy, and a warm smile to everything she does.

One of our residents recently shared,

“She has such a lovely smile and always says hello when she passes by. I just love to see her coming.” ♥

That simple greeting, that genuine warmth—it’s what makes Katie so special. Her kindness and positivity brightens not just the days of our residents, but of everyone lucky enough to work alongside her.



We want to take a moment to recognize and celebrate Shannon for going above and beyond in providing outstanding service. Recently, a family member shared how impressed they were with her professionalism, thoroughness, and genuine willingness to help. Shannon took the time to answer all of their questions with care and clarity, ensuring they felt comfortable and well-informed every step of the way. It's this kind of thoughtful and compassionate approach that truly makes a difference—and we're so grateful to have her on our team.



We want to give a huge shoutout to Kelly for going above and beyond this Halloween season! On her own time, Kelly thoughtfully created a beautiful and fun Halloween craft project for our residents to enjoy.

She prepared all the stencils ahead of time, but made sure to leave plenty of room for each resident’s unique creativity to shine through.

Not only did she organize a meaningful and festive activity, but she also captured gorgeous photos of each resident proudly holding their finished masterpiece. These photos are such a special keepsake and a testament to the joy Kelly helped create.

Thank you, Kelly, for your heart, your creativity, and your dedication to making our home a more vibrant place!



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

Violet Smith– Nov 7th

Geraldine Kane– Nov 18th

Mona Noseworthy– Nov 21st

Bill Thompson- Nov 25th

Denise Morgan– Nov 27th

Marion Penney- Nov.28th

Rhoda Oldford– Nov 19th

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Birthdays in October- Staff

Rebecca Coffin– Nov 10th

Anna Timshyna– Nov 11th

Debbie Lopez- Nov.12th

Alicia Symes – Nov 25th

Paula Deveraux– Nov 26th

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

Veterans & Remembrance Day

"The soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war." - Douglas MacArthur



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MEMORIAL
PEACE
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HONOR

CELEBRATE
PARADE
VETERANS
PRIDE

WAR
SOLDIERS
POPPY
HOLIDAY

PATRIOT
BRAVE
REMEMBER
NOVEMBER

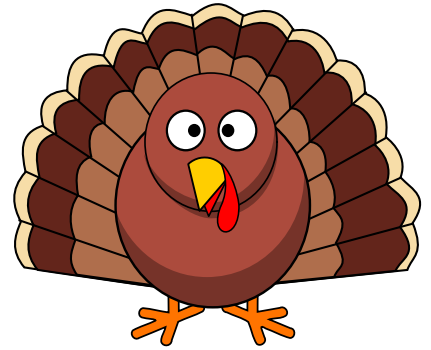
ARMISTICE
HEROES
WORLD
MILITARY

Just Joking



***What did the pumpkin say
after thanksgiving?
Good-pie everyone.***

***Who is never hungry on
Thanksgiving?
The turkey because he's
already stuffed!***



***Knock, knock.
Who's there?
Butternut.
Butternut who?***



***Butternut go outside. It's
chilly.***