



ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post

January 2026

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★ Happy New Year ★

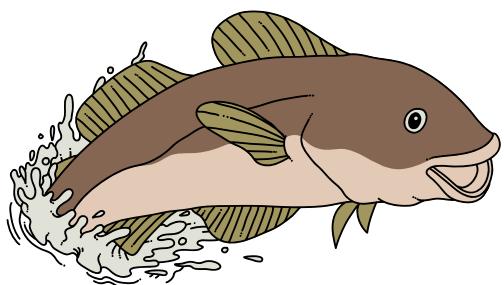
2026

Resident & Staff Highlights



Our Newest Newfies!

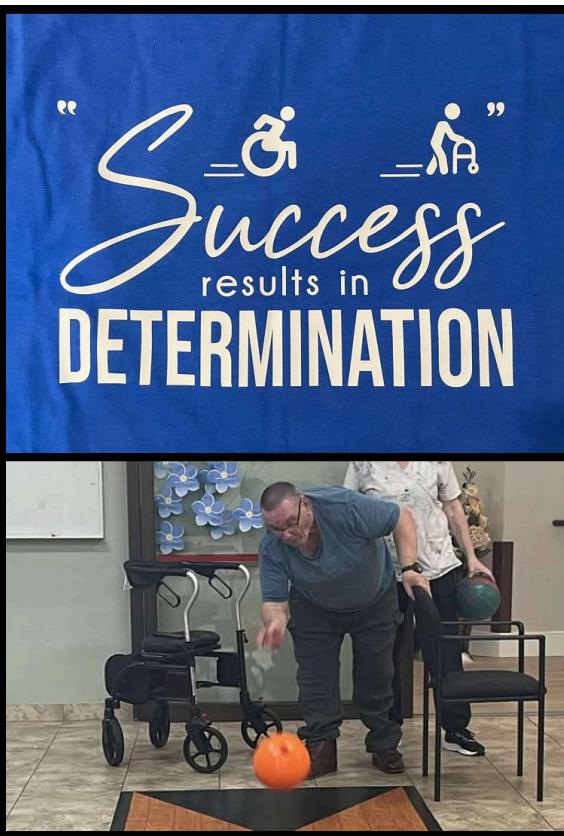
Congratulations to our staff members:
Lihini Perera,
Pradip Pradhan &
Anna Timshyna
on becoming honorary
Newfoundlanders !



Resident Spotlight

Determination: is the ability to keep going, even when challenges arise, and to continue striving toward progress through effort and perseverance.

This quality is beautifully reflected in our resident, Michael. Through consistent hard work, Michael continues to make steady progress walking with his prosthetic leg using a walker, growing stronger and more confident each day. His determination doesn't stop there—he now does his best to participate in our recreational activities while wearing his prosthetic, showing enthusiasm and a positive spirit. Michael's perseverance is inspiring to both staff and fellow residents, and we are proud to support him as he continues reaching new milestones.



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 January 13th

(Name must be down by January 12th)

Tuesday, January 27th

(Name must be down by January 26th)

***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! -

January 12th - Mini Basketball

January 19th - Toddler time every Monday at 10 AM.
Exercise will be moved to Tuesday and Friday
Mornings at 10:45 AM

January 26th - Rope Ring Toss

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****

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

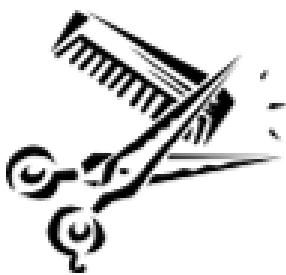
Curling Iron Touch-Up \$5.00

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



I wanted to introduce myself to you all. My name is April Doyle originally from Avondale now residing in paradise. I've spent more of my working career in the medical field as a dental assistant then a medic. I decided that I wanted to be an esthetician over 5 years ago because I love working closely with people and getting to know them on a more personal level. I decided to take my business on the road when I realised there are many people who cannot travel to spas to have services done. One of the reasons why I love my job is because I get to meet new people everyday, and if I can brighten someone's day by making them feel beautiful, relaxed, happy or even by having a simple conversation that warms my heart. I am really looking forward to providing services to you all in your beautiful facility and bringing a smile to each and every one of you as everyone deserves to be pampered.

APRIL'S ESTHETIC SERVICES



SERVICE	TIME	PRICE
Manicure	30 minutes	\$25.00
Pedicure	40 minutes	\$30.00
Scalp & neck massage	15 minutes	\$20.00
Shoulder massage	15 minutes	\$20.00
Hand & arm massage	15 minutes	\$20.00
Foot & leg massage	15 minutes	\$20.00
Eyebrow waxing		\$10.00
Eyebrow tinting		\$10.00
Eyebrow waxing & tinting		\$15.00
Facial waxing's (each)		\$10.00



Sending a big welcome to our new residents:

Ella Warford & Rosalind Tippett
If you see them around the home please introduce yourself and help them feel welcome!

Remembering the special moments



Lorainne Moores moved into Admirals Coast November 2024. Lorraine loves to listen to music, go for a walk around the home and have a chat with the ladies in the hallway and at the table. Lorraine has moved to another facility at this time to better fit her current needs. We wish her and her family the best during this transition.



Bella Biddiscombe moved into Admirals Coast August 2018. Bella loves to spend time outdoors in the summer, reading in her room and telling stories about her children and grandchildren. Bella has moved to a different facility to better fit her current needs. We wish her and her family the best during this transition.



Rose Mason passed away December 16th. Our condolences go out to her husband, family and friends during this difficult time. Rose moved into Admirals Coast January 2023 with her husband John. Rose loved to collect trinkets and she could tell you a story of everyone she had. Rose was always dressed so lovely, she had beautiful outfits for every occasion. Rose you will be missed, Rest in Peace

Marion Penney passed away on December 26th 2025. Our condolences go out to her family and friends during this difficult time. Marion moved into Admirals Coast with her husband January of 2013. Marion loved to have a chat with the resident's and staff her at the home. Marion loved to watch The Better Halves and others during music especially during the big occasions. Marion was 102 and you would never say she was a day over 80!

You will be missed Marion, Rest in Peace



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.

If you or your roommate are showing symptoms we are asking you to stay in your room to help prevent the spread

Thank you for your continued support and understanding.

Employee Appreciation



We want to recognize Cindy for her outstanding dedication and hard work. She is not only an amazing coworker but also someone who genuinely cares for the well-being of our residents. Her commitment, compassion, and positive attitude make a meaningful difference every day. Cindy's efforts do not go unnoticed, and we are grateful for the passion and heart she brings to her work.



We want to take a moment to recognize Shannon for truly going above and beyond during the incredibly busy Christmas season. With so many moves happening in such a short amount of time, Shannon stepped up with professionalism, flexibility, and an outstanding work ethic. Her dedication did not go unnoticed—especially by the many new families she helped, who felt welcomed and supported because of her efforts. Thank you, Shannon, for your hard work



Many of you may know Shaelyn is thrilled to share that she's expecting a new addition to her family! She is looking forward to this special journey and appreciate all of your support along the way. She can't wait to introduce her little one when the time comes!



Birthdays in January - Residents

Alfreda Butler- Jan 9th

George Penny- Jan 10th

Phyllis Dawe- Jan 11th

Marjorie Dawe- Jan 12th

Anita Fennelly - Jan 20th

Joyce Skanes- Jan 31th

Margaret O'Brien- Jan 7th

Birthdays in January - Staff

Laura Morgan - Jan 4th

Mary Tuttle- Jan 6th

Indra Maharjan- Jan 24th

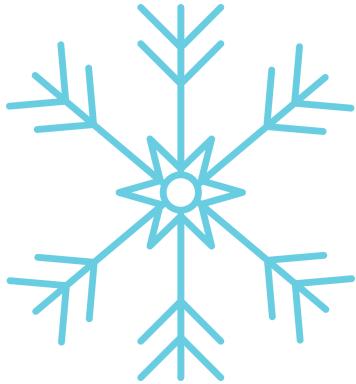
*Happy Birthday to you, Happy Birthday to you,
God's blessings upon you, Happy Birthday to you!*

January Word Search

K U P O N P M K V B L T A G M S F K M S E D U O
M W A G P O G L A V L D A W P E F F K L C Z F N
M I W T V L Q E R N Z J L W O S Z I Y Y A T S I
M P Z S S A M V Z A Z V U O T N H M C V L J L A
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N O J E T Q I M T D F T S O T E K L E M N O T X
S M F L K I S I S N R Q E T H H V O E Q A I S Y
G K Q N L N Y C P I E K F C B C E L Y I C A W T
S F V W K J A J L W E Z Y B J I T R E J J T L C
I C K B C W G L R X Z C B Z G Q T O M K T N L Z
E M A V G V Y S B E I O R U L E I E H A G G I Z
T S O R F K C A J V N C O M F O R T E R L K H E
E G B H F R I E C M G I C E S K A T E S U M C C

Hot Chocolate	Freezing Rain	Bitter Cold	Wood Stove	Wintertime	Jack Frost
Ice Skates	Below Zero	Snowstorm	Snowflake	Snowboard	Frostbite
Fireplace	Comforter	Black Ice	Thermal	Slippery	Freezing
earmuffs	Blizzard	Mittens	Blanket	Scarf	Polar
Jacket	Heater	Frosty	Arctic	Windy	Storm
Frost	Chill	Wool	Wind	Snow	Sled
Melt	Heat	Fire	cold	coat	Ski
Icy	Ice				

Just Joking



***What did one snowflake
say to the other?
“You’re one of a kind!”***

***Knock, knock!
Who’s there?
Snow.
Snow who?***

***Snow problem—winter will be over
soon!***



***What bites but doesn’t have
teeth?
Frost.***

