



ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post
March 2026

Happy
St. Patrick's
Day



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 March 10th

(Name must be down by March 9th)

Tuesday, March 24th

(Name must be down by March 23rd)

*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!* 

- March 14th - Pictures With the Easter Bunny
 - March 15th - Spring Craft Fair
 - March 30th - Baby Shower for Shaelyn (Men, women, family and staff welcome)
 - March 31st - Minute To Win It Games
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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



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.

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

Remembering the special moments



Lewis Skinner passes away February 3rd 2026. Our condolences go out to his family and friends. Lew moved into Admirals Coast, March 2024. Lew loved an afternoon of music, going outside for a walk and chatting with the people at his table. Lew always had the best smile and a contagious laugh. We will miss you! Rest in Peace Lew



Marie Porter passed away on February 21st, our condolences go out to her family and friends. Marie Porter moved into Admirals Coast July 2010. Marie celebrated her 101st birthday with us in October! Marie loved to go outside and around the building for walks, she loves to chat with the staff doing her care. We always knew the corner spot on the lobby couch to be her spot and we would see her sitting there every evening. Marie loves a good cup of tea and an afternoon of music!



Ralph Coombs passed away February 22nd. Our condolences go out to his family and friends during this difficult time. Ralph moved into Admirals Coast January 2023. Ralph always had the best smile, loved to play all of the games we had and especially enjoyed an afternoon of music. Ralph loved to talk about his younger years out in the woods and loved to have visits with his family. Rest in Peace our little lumber jack, you will be missed!

Employee Appreciation



Indra was recognized for being very helpful amongst all departments. Her fellow staff have brought forward how much they enjoy working with her. She is always willing to pick up a shift when needed, she never sees us stuck!

Her positive attitude and beautiful smile do not go unnoticed

Congratulations on your nomination Indra!

Lihini was nominated by a fellow employee! She was described as “sweet, tender and always smiling. Her co-worker also mentioned how thorough she is when completing care. We are blessed to have you as part of our team! Congratulations on your nominations!



Sarita was nominated by a resident for being so attentive with personal care. She is always great to have in your corner when you have to go to an important appointment. With her nursing background she knows what important and helpful questions to ask! She is always so happy and eager to help out anyone in need. Congratulations on your nomination!





Birthdays in March - Residents

Doris Young - March 3rd

Steve Choquette- March 8th

Patricia Jones- March 9th

Ollie Dawe- March 10th

Greta Cable March 10th

Max Barrett- March 11th

Robert Dawe- March 27th

Fred Percy- March 31st

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Birthdays in March - Staff

Eva Hiscock- Mar 6th

Taylor Wright- March 15th

Sandra Jones- March 19th

Cheryl Bishop - March 26th

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



St. Patrick's Day Word Search

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

CLOVER
GOLD
GREEN
IRELAND

LEPRECHAUN
LUCKY
MARCH
PARADE

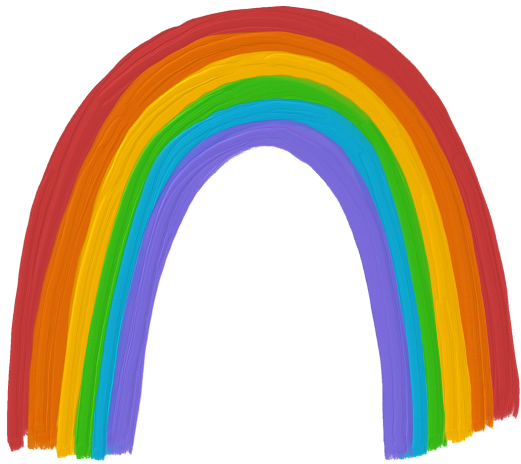
POT
RAINBOW
SAINT
SHAMROCK



Just Joking

***Where do leprechauns
hang out?***

On the paddy-o.



***What kind of bow can't
be tied?***

A rainbow.

***What do you get when you
cross a four-leaf clover with
poison oak?***

A rash of good luck.

