



ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post April 2026



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 April 7th
(Name must be down by April 6th)**



**Tuesday, April 21st
(Name must be down by April 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!***

***Hours of Operation:
Monday and Friday from 3-4pm***

***Outside of these hours please ask Kelly in
the rec room for assistance***





Whats new!



- April 1st: 6:15pm-Cookies & Craft with the Beavers
- April 3rd: 2:00pm- Easter Story & Hymns
- April 8th 2:00pm- Music with the Sweet Forget me Knots
- April 22nd 2:00pm- Brookfield Sing Along Choir

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

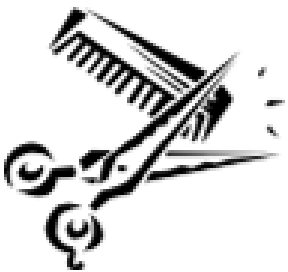
Curling Iron Touch-Up \$5.00

***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



Marguerite Loder passed away on March 23rd surrounded by her loved ones. Our condolences go out to her family and friends during this difficult time. Marguerite moved into Admirals Coast with her husband Tom in December 2022. Marguerite loved an afternoon of music, going for walks around the building and especially visits from family and friends.

Rest in peace Marguerite, you will be missed



Sending a big welcome to our new residents

If you see them around the home please introduce yourself and help them feel welcome!



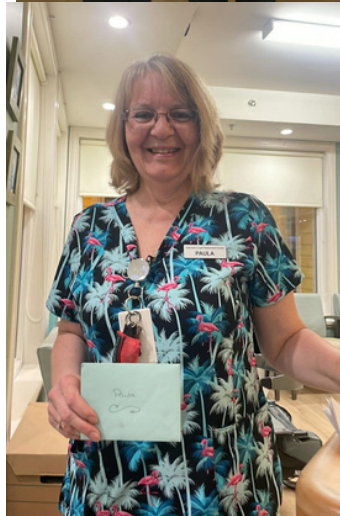
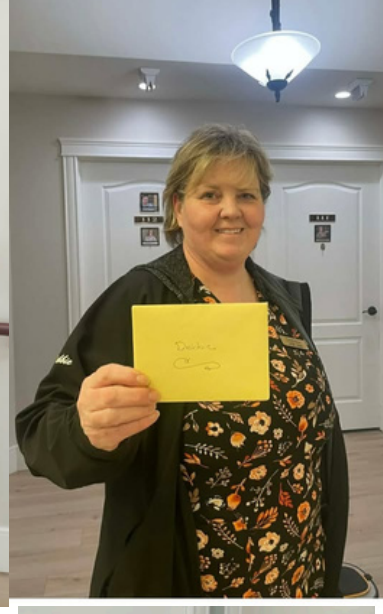
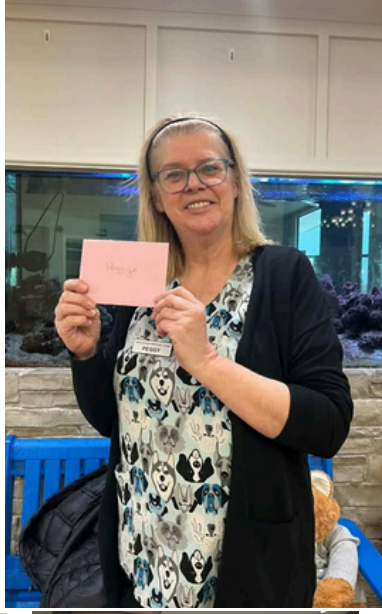
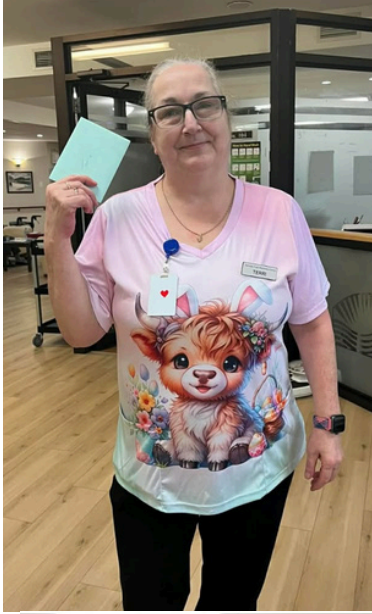
Velma Baker



Edna "Marie" & Roland Kendall

Co-Worker Appreciation

. Your dedication, teamwork, and unwavering support for one another truly make this a dream team. Together, you create more than just a workplace—you help build a warm, family-based home where everyone feels valued and cared for. Thank you for the compassion, collaboration, and heart you bring every day.

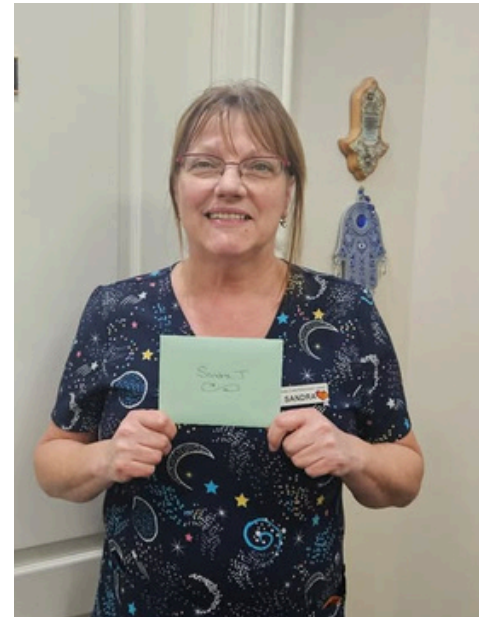


Resident Nominations



Sangita was nominated this month by a resident. They mentioned that she is very attentive to her job and her enthusiasm is seen by both staff and residents! Thank you Sangita for all that you do, you are a great asset to us here at Admirals Coast!

We would like to congratulate Sandra J on her nomination! A resident and her daughter mentioned how Sandra always takes the time to chat while she is working and resident appreciates this very much! Thank you Sandra for your compassion to our residents!



Tea Pot Center Pieces

These beautiful new center pieces were donated in memory of a past resident Annie Boland. Annie would have celebrated her 100th birthday on March 2nd 2026. They will be used for our monthly tea parties. They were created with love by her daughter Lorraine and granddaughter Kelly.





April Birthdays – Residents

James Making – April 4th

Jenny Piercey– April 5th

Stash Murphy– April 5th

Lily Dawe– April 9th

Mollie Oke– April 11th

Bill Starks– April 15th

Mary Dwyer– April 15th

Ethel Boland– April 17th

Margaret Vey– April 26th

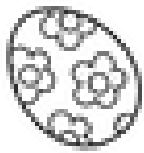
Bruce Higgins- April 28th

Joan Veitch- April 28th

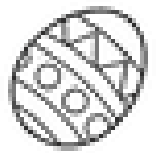
April Birthdays- Staff

Jamie Lynn Greene- April 6th

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



EASTER WORDSEARCH



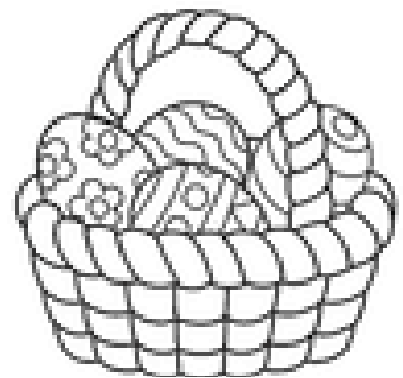
U P H G B K E G G S
R X U M U S C E G N
I U N Y N L F P A O
T H T C N A P A M W
C A N D Y M B Z E Q
H V O F T B X P S C
I O S R H A P P Y O
C K A P R I L C O N
K W G C N T M B T K
H O P I N S U V M W



WORD LIST

APRIL
BUNNY
CANDY
CHICK
EGGS

GAMES
HAPPY
HOP
HUNT
LAMB



Just Joking

*A man is driving down the highway when a rabbit suddenly darts across the road. He swerves to avoid it—but sadly, the rabbit jumps right into his path. He slams the brakes, jumps out of the car, and rushes over... only to realize he's hit the Easter Bunny.
And he's dead.*

*Heartbroken and in tears, the man stands over the fluffy body. Just then, a beautiful blonde pulls up, sees him crying, and asks,
"What's wrong?"*

"I hit the Easter Bunny," he sobs. "He's... gone!"

The blonde calmly says, "Hang on."

She grabs a can from her car, walks over, and sprays the Easter Bunny.

Suddenly—POOF!

The Easter Bunny springs up, waves his paw, hops 10 feet, turns, waves again... hops 10 more feet, turns, waves... and keeps doing this over and over until he disappears down the road.

The man is stunned.

"What's in that can?! What did you spray him with?!"

She turns the can so he can read the label:

"Hair Spray: Restores life to dead hair and adds permanent wave."



Their was a once Sunday School student that could hardly answer any of the ten questions that he was asked. Every time he was asked a question, he thought for a long time, and still get the wrong answer. This went on and on and on...The Sunday School teacher was becoming pretty frustrated, and decided to throw an easy question. She asked,"Who are we celebrating easter for?" The student thought for a very long time. That made the teacher very angry, so she screamed,"Jesus Christ!" As soon as she had said that, the student rised qiuckly, and went headed back to his seat."Get back here! I did not ask you to leave yet!" The teacher yelled. The student replied," I'm sorry, I thought you called the next student."