



ADMIRALS COAST
RETIREMENT CENTRE



Admirals Post

July 2026

Canada's National Anthem

O Canada!

Our home and native land!

True patriot love, in all of us command.

With glowing hearts, we see thee rise,

The True North strong and free!

From far and wide, O Canada,

We stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.

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 July 14th
(Name must be down by Monday July13th)**

**Tuesday, July 28th
(Name must be down by Monday July 27th)**



Important Reminder!!

Self Medication orders must be placed no later than 12:00 pm on Fridays

Saftey 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.

VERY IMPORTANT!



We ask if you are leaving the premises that you sign the check out & in book that is placed at Cheryl's Desk. Once you return you can sign back in. It's very important that we have a count of who is in the building at all times. Thank you for your cooperation!

CHECK!



We all love that the weather is getting much nicer so we can all enjoy it. Just a friendly reminder that when you go out to enjoy the sun to let someone know that you are doing so. Also don't forget SUN SAFETY, hat, sunglasses, water, and most importantly sunscreen!



Whats new!



- July 1st Canada Day Parade (Decorate your walker)
- July 6th Bingo hosted By The Town of CBS
(In coordination with the Soiree Celebrations)
- July 9th Music with Aubery Lynch
- July 10th Island Jam
- July 13th Music with Eddi Kenny & Sherry Ryan
- July 15th Car show

Employee Appreciation Nomination Form:

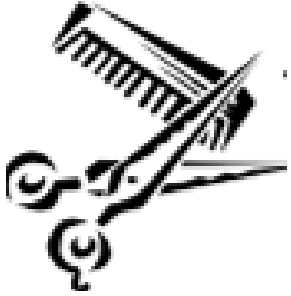
Employee Being Nominated: _____

Date: _____

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

Details: _____

Please Submit to Laura, Alicia or Kelly



**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

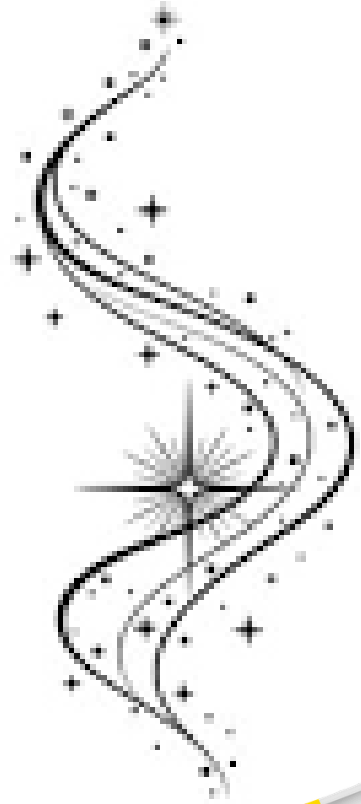
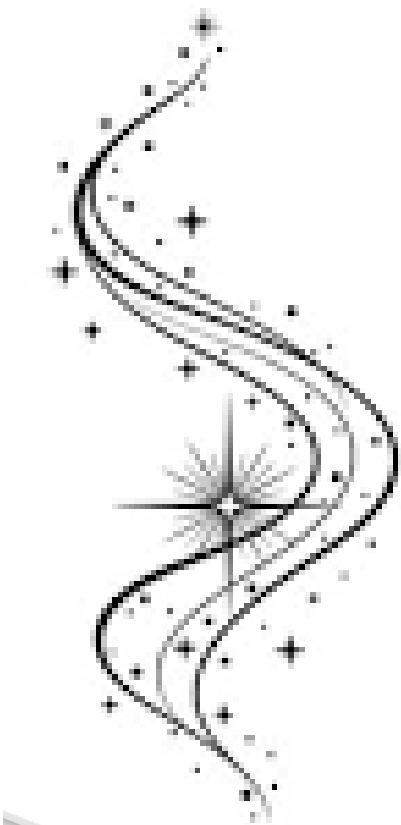
CURLING IRON TOUCH-UP \$5.00

**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



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:
FOR JULY & AUGUST
WEDNESDAY ONLY
from 3-4pm**

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



IN LOVING MEMORY



Mr. John Mason your politeness was something to be admired, you never missed a Thank You . We will miss your little nod good morning as you come down the South Hall. We all know you are happy to be with your Rose and that gives us happy hearts to know you are together again.

Remembering the Special Moments



Nora Squires loved her walks. If you ever had to look for her you would probably find her out and about ACRC. She loved a good dance and a wonderful Jive Partner she was. Nora has moved to a facility more suitable for her needs, we wish her well.

Jenny Piercey was a lady who had a beautiful smile and would always say hello to anyone she met. She loved coming out for music and church services in the rec room. Jenny has moved to a facility that better fits her needs, we wish her well.



Welcome

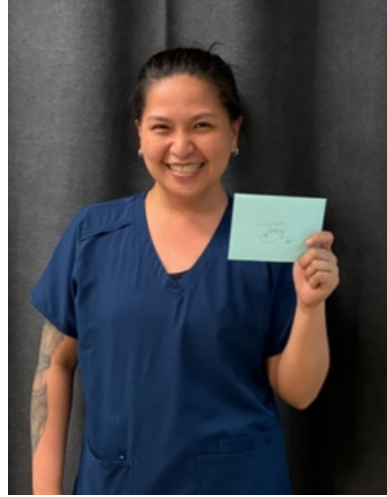
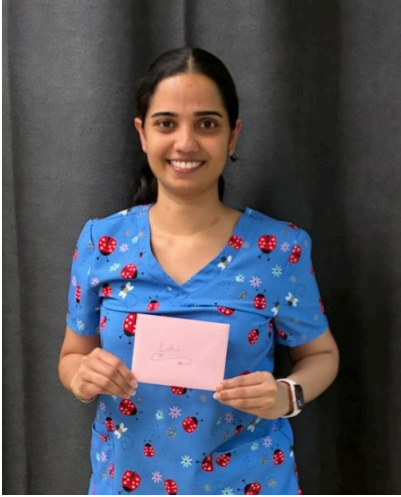
Everyone here at Admirals Coast Retirement Center would like to send a warm Welcome to our newest residents,
Kay Monk, Rebecca O'Leary, Emma Evely & Amanda Brophy.

We love that you are here with us and we are excited to get know each of you a little more each day.



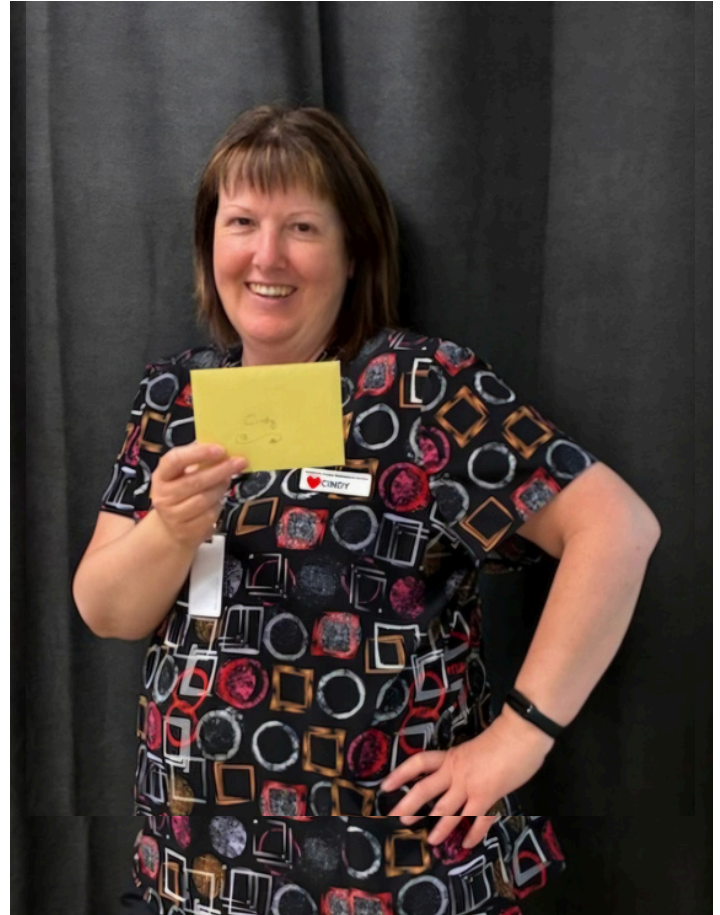
Co-Worker Appreciation

Your dedication, teamwork, and unwavering support for one another truly makes 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

Cindy, Charlie's family were certainly touched that you took him out for a walk . He loved it enough that he told them all about it. Thank you for giving a little extra time to someone when they needed it the most!



Taylor, a couple of residents gave you a beautiful compliment. They said you always put an extra effort into your work to make residents more comfortable and at ease. Thank you Taylor for having compassion!



Let's get to know our friends a little better!

***In Canada we celebrate July 1st which is Canada's Birthday!
Do you have a special day that you celebrate
that is similar to this?***

	<i>Special Day</i>	<i>Date</i>
<i>India</i>	<i>Independence Day</i>	<i>August 15th</i>
<i>Nepal</i>	<i>Democracy Day</i>	<i>February 19th</i>
<i>Philippines</i>	<i>Independence Day</i>	<i>June 12th</i>
<i>Sri Lanka</i>	<i>Independence Day</i>	<i>February 4th</i>
<i>Ukraine</i>	<i>Independence Day</i>	<i>August 24th</i>



July Birthdays- Residents

Joan Banfield - July 6th
Jacqueline Piercey - July 8th
Barbara Burseley - July 9th
Gertrude Jarvis - July 11th
Kay Monk - July 15th
Wilson Tibbo - July 16th
Margaret Crann - July 17th
Marion Kenny - July 18th
John Tremblett - July 19th
Myrtle Thistle - July 21st

July Birthdays - Staff

Shauna Lee Lopez - July 7th
Brenda Peach - July 14th
Cindy Morgan - July 22nd
Barsha Mainali - July 26th
Sylvia Tucker - July 27th
Gary Grouchy - July 28th

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

Canada Day Maze

Start at the beginning and make your way to the flag.



Just Joking

Why did the sun go to
school?
To get brighter!

**What's a
palm tree's
favorite summer
clothing item?**

His swimming
trunks!



Where do sharks go
on summer vacation?

To Finland!

What do you call a
snowman in July?
A puddle.