



ADMIRALS COAST
RETIREMENT CENTRE



Admirals Post

August 2026



with
Family & Friends

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 August 11th
(Name must be down by Monday August 10th)

Tuesday August 25th
(Name must be down by Monday August 24th)



Important Reminder!!

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

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.

VERY IMPORTANT



We ask if you are leaving the premises
that you sign the “check in & out book”,
located in the Main Entrance.
Once you return you can sign back in.
Thank you for your cooperation!



Senior citizens are very vulnerable to dehydration with the nicer weather upon us. Please remember ... Drink lots of liquids (water). We have a Hydration Station set up at the South Entrance. Also don't forget, hat and most importantly sunscreen. If you need a hat or sunscreen please ask one the staff members and we should be able to help you out



Whats new!



- August 7th Music with Aubrey Lynch @ 2:00 pm
- August 13th Family Fun Day from 2:00 pm to 4:00 pm
(please invite your family to come along)
- August 21st Ice Cream Party @ 2:00 pm
- August 23rd Car show from 2:00 pm to 4:00 pm

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 VING MEMORY

Jackie Piercey was a very kind soul. She had a wonderful sense of humour. Jackie we hope there are lots of puzzles for you to do and a room filled with endless amounts of craft supplies for you to create more beautiful things.

RIP Jackie



Clarence Snook was one of the first residents here at Admirals Coast Retirement Center. We missed him very much after he had moved to another facility that was better suited to his needs. He was a true gentleman and will be missed by many.

RIP Clarence

Welcome

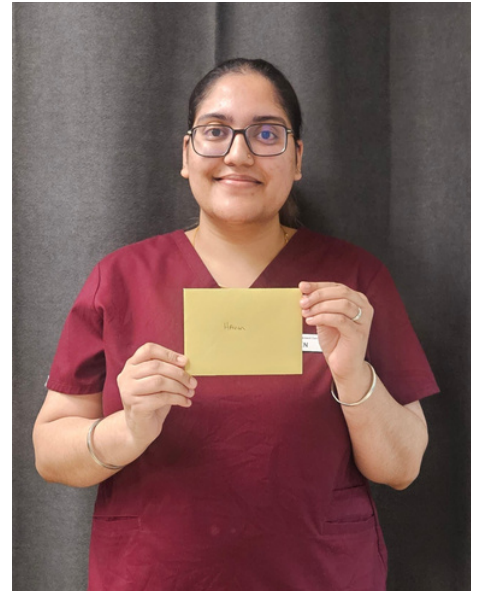
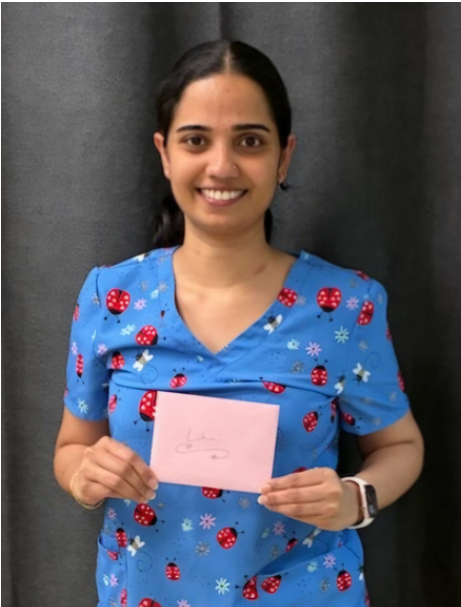
**Everyone here at Admirals Coast Retirement Center would like
to send a warm Welcome to our
newest residents,**

Dora & Patrick Hickey, Beryl Benson & George Thorne
**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

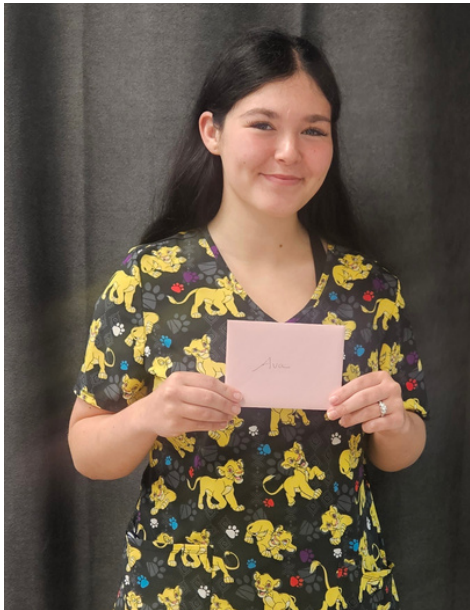
Jenny, you have been nominated you for working well with the team around you. Your attentiveness and patience with your work extremely shows through your care for the residents. The resident also said you're an extremely nice and kind person. An absolute pleasure to have around. A smile on your face and your ability to care is how we all know you.

Nominated by Michael Hawco



Ava, You have been nominated for being very amazing at your job. The resident said that your willingness to keep residents occupied and entertained is extraordinary. Also that you work well with the team around you. Your attentiveness and patience with your work certainly shows through your care for the residents.

Nominated by Michael Hawco



Rebecca, You have been nominated for being extremely kind, compassionate, gentle, pleasant and a thoughtful person. The resident also said you care for the residents and that you have a smile on your face all the time.

Nominated by Michael Hawco



Remembering the Special Moments



Jerry Fudge loved to sit in the lobby and have a chat. He also loved to be crafty. We are so happy he was able to share in a craft time with his grandson. Jerry has moved to a facility that is more suitable for his needs. We wish him all the best.



This is what the Car Shows are all about....

This a picture of Barbara Greening standing alongside of her Father's truck, a 1980 Chev Camper Special. Her Niece is now the proud owner and had brought it to the last car show here at ACRC. It was so nice to hear about the special trips they shared with her father. Memories are definitely meant to be treasured.





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

On the first wednesday of August we have one of the oldest sporting events that has been held in St.Johns for over 200 years. It's the Royal St. John's Regatta.

Do you have any similiar events from where you come from?

Special Events & Dates

India~~ Cricket - Not held on any specific day but a very popular sport.

Nepal~~ Ghode Jatra (Horse Races) - Held on the first full moon of either March or April depending when it falls.

Philippines~~ Sinulog (Dragon Boat Races & Dance Competitions) - Held Feb.1st - Feb.15th

Sri Lanka~~ Cricket - a yearly event but they have big competition every 4 years. But they are nationally famous for Volleyball.

Ukralne~~ They don't have a specific date like the Regatta Day but Soccer and Basketball are big sports there.



August Birthdays- Residents

Rex Piercey - August 2nd

Flo Perry - August 5th

Sharon MacMillan - August 16th

Emma Evely - August 17th

Theresa Kent - August 20th

Lavena Daley - August 20th

Phyllis Cooper - August 26th

July Birthdays - Staff

Colleen Reid - August 18th

Pradip Pradham - August 20th

Peggy Kenny - August 31st

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



Summer WORD SCRAMBLE

unscramble the following summer words



HNSINESU

HCEAB

CEE MICAR

IMSW

TDESSALCNA

SESLGSNAAU

ETNRLMAEWO

OLOP

FLPS-OPLF

SLLHESEA

NDAOLEEM

NICPIC

ORFKSEWRI

Just Joking



WHY DON'T TREES EVER
GET SUNBURNED?
THEY KNOW HOW TO THROW
SOME GOOD SHADE.

Why don't seashells
take baths?

Because they wash
up on the beach.



Knock, knock!
Who's there?
Ice cream.
Ice cream who?
Ice scream
whenever I see a
mosquito.



I WAS GOING TO TELL YOU A
JOKE ABOUT AIR
CONDITIONING, BUT IT JUST
WASN'T COOL ENOUGH.