



**Wishing You All The
Best In 2020**



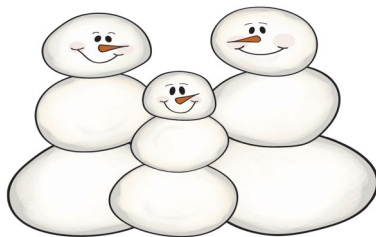
SMORG

The New Year Smorg is on Wednesday January 15th at 5pm in the Dining Room.

Any guests who wish to attend are to contact to kitchen staff at 519-343-2611 ext 230, two weeks prior to reserve your seat as space is limited.

Have you lost an article of clothing???

On January 25th/26th all non-labeled clothing will be set out in the Sunshine Room for claiming. If you find something that belongs to you please take it to the Nurses Station for it to be labelled :)



Royal Terrace Directory

<u>NAME</u>	<u>POSITION</u>	<u>TELEPHONE EXT.</u>
Shelley Gould	Administrator	236
Joyce Riehle, RN	Director of Care	222
Tracy Beyer RPN	Residential Manager	223
Jennifer George	Director of Life Enrichment	227
Karen Ash	Director of Food and Env. Services	228
	Office Manager	221
Charge Nurse		224
Kitchen		230
Residential Charge Nurse		233
Gina Gerrie	Hairdresser	232

Royal Terrace News



2020

January Special Events

7th - Bill Muir Entertains

9th - Evening Pub Entertainment

15th - New Year Smorg

17th - Music with PJ Mack

20th - Accordion Music with Peter Ruigrok

26th - Leavin Tracks Performs

28th - Entertainment with Erick Traplin

31st - Paul Hock Entertains



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Palmerston, Ontario
N0G 2P0


Tel: (519) 343-2611
www.royalterracepalmerston.ca





January 2020 LTC Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEARS DAY 10:15 Ballfit Class 2:15 2019 Highlights, New Year Resolutions 4:15 Hand Massages	2 10:15 Strengthening Class 2:15 Church Service and Communion with Rev. Hervey Shank 4:15 Ballfit with Leslie	3 10:15 Chair Zumba 2:15 Spa Afternoon 4:15 1:1 Visits	4 10:15 Strengthening Class 2:15 Modified Bingo 4:15 1:1 Readings
5 10:15 1:1 Exercises 2:15 Reading Group 6:45 Drayton Christian Reformed Singers	6 10:15 Strengthening Class 11:00 Manicures 2:15 Gents Club with Greg 4:15 Ballfit	7 10:15 Parachute Fitness 11:00 Bible Study 2:15 Bill Muir Entertains 4:15 Montessori Activities	8 9:30 Visits with Trish 10:15 Ballfit Class 2:15 BINGO 4:15 Bedside Readings	9 10:15 Strengthening Class 2:15 Church Service with Rev. Ernie Naylor 3:15 Tuck Shop 4:15 Ballfit with Leslie 7:00 Evening Pub	10 10:15 Chair Zumba 2:15 Fun in the Snow (Making Fake Snow) 4:15 1:1 Visits	11 10:15 Strengthening Class 2:15 Bean Bag Toss 4:15 Hand Massages
12 10:15 1:1 Exercises 2:15 Big Word Scramble 6:45 Drayton Reformed Singers	13 10:15 Strengthening Class 11:00 Manicures 2:15 Chit Chat Cafe 4:15 Ballfit	14 10:15 Armchair Fitness 2:15 Cards and Games 4:15 1:1 I-pad	15 9:30 Visits with Trish 10:15 Ballfit Class 2:15 Daycare Visits 5:00 New Year Smorg	16 10:15 Strengthening Class 2:15 Church Service with Rev. Kathy Morden 4:15 Ballfit	17 10:15 Chair Zumba 2:15 PJ Mack Performs 4:15 1:1 Visits	18 10:15 Strengthening Class 2:15 Bowling 4:15 1:1 readings
19 10:15 1:1 Exercises 2:15 Afternoon Movie 6:45 Drayton Christian Reformed Singers	20 10:15 Strengthening Class 11:00 Manicures 2:15 Accordion Music with Peter Ruigrok 4:15 Ballfit	21 10:15 Parachute Fitness 11:00 Bible Study 2:15 Birthday Party with The Hummingbird 4:15 Montessori Activities	22 9:30 Visits with Trish 10:15 Ballfit Class 2:15 BINGO 4:15 Bedside Readings	23 10:15 Strengthening Class 2:15 Church Service with Rev. Phil DesJardine 3:15 Tuck Shop 4:15 Ballfit	24 10:15 Chair Zumba 2:15 Baking 4:15 1:1 Visits	25 CLOTHING CLAIM 10:15 Strengthening Class 2:15 "The Year of the Rat" Facts, Trivia & Chinese Tea 4:15 Hand Massages
26 CLOTHING CLAIM 10:15 1:1 Exercises 2:15 Music with Leavin Tracks 6:45 Palmerston Missionary Singers	27 10:15 Strengthening Class 11:00 Manicures 2:15 Residents Council 4:15 Ballfit	28 10:15 Armchair Fitness 2:15 Entertainment with Erick Traplin 4:15 1:1 I-pad	29 9:30 Visits with Trish 10:15 Ballfit Class 2:15 Wine & Cheese Social 4:15 Bedside Readings	30 10:15 Strengthening Class 2:15 Church Service with Rev. Calvin Brown 4:15 Ballfit	31 10:15 Chair Zumba 2:15 Paul Hock Performs 4:15 1:1 Visits	Sunshine Room Dining Room Quiet Lounge