



Royal Terrace News

February

2023

February Special Events

Shrove Tuesday Fun Fact!
 The first pancake day was in 1445.
 It is believed that Pancake Day/Shrove Tuesday started in 1445 in Olney.
 Olney is in Buckinghamshire, England.
 A lady was getting carried away with making pancakes when she heard the church bells for the Shrove Tuesday mass.
 She was late! The lady ran to the church with all of her pancakes and that's where the pancake tradition started.

- 3rd—Afternoon Pub with Leavin' Tracks**
- 7th—PJ Mack Entertains**
- 13th—New Music with Brent Meidinger**
- 14th—Valentine Social**
- 20th—Accordion Music with Peter Ruigrok**
- 24th—Performance by Eric Lunn**

Royal Terrace Directory		
<u>NAME</u>	<u>POSITION</u>	<u>TELEPHONE EXT.</u>
Jennifer George	Administrator	236
Hailey Caldwell, RN	Director of Care	222
Tracy Beyer RPN	Director of Retirement Home	223
Brianne Bell	Director of Life Enrichment	227
Karen Ash	Director of Food and Env. Services	228
Charge Nurse		224
Kitchen		230
Residential Charge Nurse		233
Laura Binning	Hairdresser	232




600 Whites Road
 Palmerston, Ontario
 N0G 2P0
 Tel: (519) 343-2611
www.royalterracepalmerston.ca





February 2023 LTC Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
** CALENDAR IS SUBJECT TO CHANGE **			1 AM Visits with Trish 10:30 Catholic Mass 10:15 & 11:00 Ballfit Class AM Video Calls 2:15 BINGO PM Mobii Table	2 10:15 & 11:00 Strengthening Class AM Video Calls 2:15 Church Service with Rev Phil DesJardine 3:30 Tuck Shop 7:00 Trivia Wheel	3 10:15 & 11:00 Chair Zumba 11:00 Journey through the senses 2:15 Pub with Leavin' Tracks PM 1:1 Friendly Visits	4 Video Calls All Day AM 1:1 Exercises PM Euchre 2:30 Parachute PM Bedside Readings
5 Video Calls All Day AM 1:1 Exercises 2:15 Online Church Service 7:00 Hymn Sing	6 10:15 & 11:00 Strengthening Class 11:00 Manicures 2:15 Hand Bell Choir PM 1:1 Friendly Visits	7 10:15 & 11:00 Stretch & Flex AM Video Calls 2:15 Entertainment with PJ Mack PM 1:1 I-pad	8 AM Visits with Trish 10:15 & 11:00 Ballfit Class AM Video Calls 2:15 What am I "Hot Seat" PM Bedside Readings	9 10:15 & 11:00 Strengthening Class AM Video Calls 2:15 Church Service with Rev Calvin Brown PM Mobii Table 7:00 Paint Night with Megan	10 10:15 & 11:00 Chair Zumba 11:00 Journey through the senses 2:15 Baking Club PM 1:1 Friendly Visits	11 Video Calls All Day AM 1:1 Exercises PM Euchre 2:30 DIY Valentines PM Manicures
12 Video Calls All Day AM 1:1 Exercises 2:15 Online Church Service 7:00 Movie Night	13 10:15 & 11:00 Strengthening Class 11:00 Manicures 2:15 Brent Meidinger Performs PM 1:1 Friendly Visits	14 VALENTINES DAY 10:15 & 11:00 Stretch & Flex AM Video Calls 2:15 Be Mine Valentine Social PM Hand Massages	15 AM Visits with Trish 10:15 & 11:00 Ballfit Class AM Video Calls 2:15 BINGO PM Mobii Table	16 10:15 & 11:00 Strengthening Class AM Video Calls 2:15 Daily Devotional 3:30 Tuck Shop 7:00 Hand Bell Choir	17 10:15 & 11:00 Chair Zumba 11:00 Journey through the senses 2:15 SPA Afternoon PM 1:1 Friendly Visits	18 Video Calls All Day AM 1:1 Exercises PM Euchre 2:30 Fact or Fiction PM Bedside Readings
19 Video Calls All Day AM 1:1 Exercises 2:15 Online Church Service 7:00 Sentimental Music	20 FAMILY DAY AM 1:1 Exercises 2:30 Accordion Music with Peter Ruigrok PM 1:1 Friendly Visits	21 SHROVE TUESDAY 10:15 & 11:00 Stretch & Flex AM Video Calls 2:15 Birthday Party PM 1:1 I-pad	22 ASH WEDNESDAY AM Visits with Trish 10:15 & 11:00 Ballfit Class 2:15 Wine & Cheese Social PM Bedside Readings	23 10:15 & 11:00 Strengthening Class AM Video Calls 2:15 Church Service with Pastor Duane Vanderlaan PM Mobii Table 7:00 Game Night	24 10:15 & 11:00 Chair Zumba 11:00 Journey through the senses 2:15 Performance by Eric Lunn PM 1:1 Friendly Visits	25 Video Calls All Day AM 1:1 Exercises PM Euchre 2:30 Word Games PM Manicures
26 Video Calls All Day AM 1:1 Exercises 2:15 Online Church Service 7:00 Reading Group	27 10:15 & 11:00 Strengthening Class 11:00 Manicures 2:15 Resident Council 4:15 1:1 Friendly Visits	28 10:15 & 11:00 Stretch & Flex AM Video Calls 2:15 Bean Bag Toss PM Hand Massages	 <i>Happy Valentines Day</i> 