



# 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**
- 3rd-Paint Night with Megan— sign up required**
- 13th—New Music with Brent Meidinger**
- 14th—Valentine Social**
- 20th—Accordion Music with Peter Ruigrok**
- 24th—Performance by Eric Lunn**

<b>Royal Terrace Directory</b>		
<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




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# February 2023 Residential Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>** CALENDAR IS SUBJECT TO CHANGE **</b>			<b>1</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am <b>10:30 Catholic Mass</b>  <b>2:15 BINGO</b>	<b>2</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Church Service with Rev Phil DesJardine</b>	<b>3</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Pub with Leavin' Tracks</b>	<b>4</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Afternoon Movie
<b>5</b> 10:30 Morning Tea  2:15 Manicures	<b>6</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Bowling	<b>7</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am <b>2:15 Entertainment with PJ Mack</b>	<b>8</b> <b>AM</b> Visits with Trish Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Gent's Club	<b>9</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am <b>2:15 Church Service with Rev Calvin Brown</b> <b>7:00</b> Paint Night with Megan Sign up required	<b>10</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Wine &amp; Cheese</b>	<b>11</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Trivia
<b>12 Super Bowl Sunday</b> 10:30 Morning Tea  2:15 Foot Spas	<b>13</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Brent Meidinger Performs</b>	<b>14 VALENTINES DAY</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Be Mine Valentine Social</b>	<b>15</b> <b>AM</b> Visits with Trish Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Mobii Table games	<b>16</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am  2:15 Birthday Party	<b>17</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 High Tea Party</b>	<b>18</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Church Service with Jeff Hawkins
<b>19</b> 10:30 Morning Tea  2:15 Manicures	<b>20 FAMILY DAY</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:30 Accordion Music with Peter Ruigrok</b>	<b>21 SHROVE TUESDAY</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am  2:15 Darts, Crokinole, Euchre	<b>22 ASH WEDNESDAY</b> <b>AM</b> Visits with Trish Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Tim Horton's Social</b>	<b>23</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Church Service with Pastor Duane Vanderlaan</b>	<b>24</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  <b>2:15 Performance by Eric Lunn</b>	<b>25</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Reminiscing
<b>26</b> 10:30 Morning Tea  2:15 Foot Spas	<b>27</b> Fun & Fitness Group 1: 11:00 am Group 2: 11:30 am  2:15 Ice Cream	<b>28</b> Exercise with Mallory Group 1: 11:00 am Group 2: 11:30 am <b>2:15 RAP Session &amp; Tuck Shop</b>	 <i>Happy Valentines Day</i> 