

BUS OUTING

On Tuesday July 11th we are going to Mapleton's Organic Farm where residents will get to experience the animals on the farm, tour the dairy barn and enjoy lunch and an ice cream cone! Cost will be \$5 for the bus plus the cost of lunch. Please contact Tracy Beyer: retirement@royalterrace.ca or 519 343 2611 ext. 223

to sign up.

Don't hesitate as seats are limited.

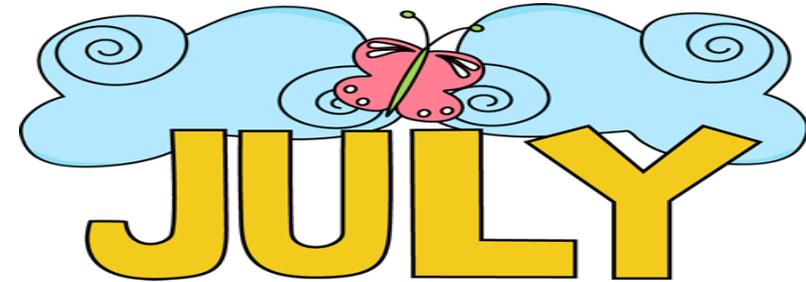
BBQ Lunches

*Residents will enjoy a BBQ lunch on July 6th and 20th.
Can be enjoyed outdoors in the Courtyard if weather permits.*



| 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 |

Royal Terrace News



2023

Special Events

HAPPY CANADA DAY

4th—Performance by The Haywards

7th—Pub Afternoon with The All Sorts Band

11th—Outing to Mapleton's Organic
(pre-registration required)

12th—Al Crawford Entertains

17th—Accordion Music with Peter Ruigrok

25th—Henry Winter Performs
(outdoors weather permitting)

28th—Entertainment with Eric Lunn



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N0G 2P0
Tel: (519) 343-2611
www.royalterracepalmerston.ca



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|



July 2023 Residential Activity Calendar



| | | | | | | |
|---|--|---|--|--|---|--|
| 2 10:30 Morning Tea 2:15 Foot Spas | 3 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 BINGO | 4 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am 2:15 The Haywards Perform | 5 10:30 Catholic Mass Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Wine & Cheese | 6 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am BBQ Lunch 2:15 Church Service and Communion with Rev Jeff Hawkins | 7 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Pub with The All Sorts Band | 8 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 1:10 Blue Jays Game |
| 9 10:30 Morning Tea 10:30 Manicures | 10 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Gent's Club | 11 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am 11AM—2:30PM Trip to Mapleton Organic's Farm | 12 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Al Crawford Entertains | 13 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am 2:15 Church Service with Rev. Hervey Shank | 14 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Tim Horton's | 15 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Afternoon Movie |
| 16 10:30 Morning Tea 2:15 Foot Spas | 17 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Accordion Music with Peter Ruigrok | 18 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am 2:15 Birthday Party | 19 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Drinks in the Courtyard | 20 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am BBQ Lunch 2:15 Church Service with Pastor Ken Labbe | 21 AM Palmerston Library Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Ice Cream Sundaes | 22 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Church with Jeff Hawkins |
| 23 10:30 Morning Tea 10:30 Manicures | 24 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Milkshake Social | 25 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am 2:15 Music with Henry Winter | 26 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 RAP Session | 27 Exercise with Mallory Group 1– 11:00 am Group 2—11:30 am 2:15 Church Service with Rev Ernie Naylor | 28 10:00 Outdoor Horse Visits Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Performance by Eric Lunn | 29 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Mobii Table games |

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|--|--|---|---|--|
| 30 10:30 Morning Tea 2:15 Foot Spas | 31 Fun &Fitness Group 1– 11:00 am Group 2—11:30 am 2:15 Bowling | ** PROGRAM CALENDAR SUBJECT TO CHANGE ** |  | Library Dining Room Quiet Lounge |
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