

## Meet the Recreation Department

Recreation Therapy Manager: Marlee Dukart

### Recreation Therapists:

- ❖ Gloria Michael
- ❖ Joy Dungog

### Recreation Therapy Aides:

- ❖ Val Bautista
- ❖ Arvin Perez
- ❖ Hyder Syed
- ❖ Darci Schapansky

The recreation department is working hard to provide quality programs and activities for our residents. Over the next few weeks, the recreation team will be slowly adding to their inventory and supplies.

If you have any suggestions of types of programs and activities you would like to see at SkyPointe please let your Recreation team know!

*Happy August!*

# AgeCare SkyPointe Calendar & Newsletter AUGUST 2018

## Program Highlight

### *What's Up in Recreation?*

Will be a calendar regular. Each month on the first or the first Monday of each month, recreation staff will go over the Program Calendar and Newsletter. Highlighting big events, asking residents which programs they would like to attend, and signing resident up for programs and activities that require a sign up. We encourage all residents to attend. This way you know what is happening in your home.

## News and Events

August 8<sup>th</sup> SkyPointe Men's Group  
Meet & Greet

Every Friday Crib and Tile Rummy

August 10<sup>th</sup> 12:00 Pizza In-House Lunch

August 5<sup>th</sup> and 19<sup>th</sup> Sunday Matinee's  
August 15<sup>th</sup> Happy Hour

August 16<sup>th</sup> and 30<sup>th</sup> Evening at the movies

August 20<sup>th</sup> 12:00 Chinese Food In-House  
Lunch

August 28<sup>th</sup> Skypointe Women's Group

August 29<sup>th</sup> Birthday Party in the Atrium

## SkyPointe SKYPOINTE BIG BINGO

\$0.25/card

Maximum 8 cards/game

Winners of each game will receive a cash prize!\*

*\*Prize amount based on number of players*

Game 1,2,3 regular games

Game 4 Black Out

*Intermission - Coffee and Bathroom Break*

Games 5,6,7 regular games

Game 8 Black Out

**Resident's can Pay with cash, or be charged  
through their trust account!**

## Signing Up for Programs, Special Events and at Cost Programs

Programs that require residents to sign up will be **BOLDED** on the calendar. Some programs will have limited space, we encourage you to sign up as soon as possible.

Sign Up during *What's Up in Recreation?* Or come directly to the recreation office and sign up on the bulletin board outside.

### **In House Meals**

There will be various in-house meals on the recreation calendar. This is a special meal a resident can enjoy; either ordered in, prepared by the recreation staff, or by the resident themselves during a baking program.

This program has a cost associated to it.

Resident's will be charged through their trust accounts.

### **Expressive Art Class**

During the *Expressive Art Class*, residents will have the opportunity to be creative through different types of art and craft projects. Each class will be different.

This program has a cost associated to it; \$5/class.

This will cover costs for special supplies needed for the art class.

Resident's will be charged through their trust accounts.

**\* August Expressive Art Classes will be at no charge to determine the interest in the class\***

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2018

# Sunridge



			<p>10:00 Full Body Exercise (FS)</p> <p>10:45 What's Up in Recreation?</p> <p><b>2:00 Baking Club (FDR)</b></p>	<p>10:00 Mental Aerobics: Spelling Bee (FS)</p> <p>1:30 What's Wrong with this Picture?</p> <p><b>3:00 Expression Art Class (CA)</b></p>	<p>10:00 Move and Groove (FS)</p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>5:30 Active Game</p>	<p>10:00 <b>News &amp; Views Coffee Group</b></p> <p>10:45 Trivia</p> <p>1:30 TV SERIES (PT)</p> <p>3:00 Active Game (FS)</p>
<p>9:45 Walking Club</p> <p>2:00 Sunday Matinée (PT)</p>	<p><b>Heritage Day</b> <b>No Recreation Programs Today</b></p> 	<p>10:00 Mindful Stretching: Progressive Relaxation (FS)</p> <p>11:00 1:1 Sunshine Visits</p> <p>2:00 SkyPointe BIG Bingo (A)</p>	<p>9:45 Full Body Exercise</p> <p>10:00 Full Body Exercise (FS)</p> <p>1:30 Chair Yoga and Relaxation (FS)</p> <p>1:30 Fact or Fiction</p> <p><b>3:00 SkyPointe Men's Group – Meet &amp; Greet (CA)</b></p>	<p>10:00 Mental Aerobics: Who Wants to Be a Millionaire? (FS)</p> <p>1:30 Sing-a-Long</p> <p><b>3:00 Expression Art Class (CA)</b></p>	<p>9:45 Bean Bag Toss</p> <p>10:00 Move and Groove (FS)</p> <p><b>12:00 Pizza In-House Lunch (CA)</b></p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>3:00 Active Game</p>	<p>10:00 <b>News &amp; Views Coffee Group</b></p> <p>10:45 Card Bingo</p> <p>1:30 TV SERIES (PT)</p> <p>3:00 Active Game (FS)</p>
<p>9:45 Walking Club</p> <p>3:00 Milk and Cookie Social (CA)</p>	<p>10:00 Chair Exercises: Thai Chi (FS)</p> <p>10:45 word game: Last Letter First</p>	<p>10:00 Mindful Stretching: Laughter Exercise (FS)</p> <p>10:00 Summer Craft</p> <p>2:00 SkyPointe BIG Bingo (A)</p>	<p>9:45 Full Body Exercise</p> <p>10:00 Full Body Exercise (FS)</p> <p>2:00 Happy Hour in the Atrium</p>	<p>10:00 Mental Aerobics: Jeopardy! (FS)</p> <p>1:30 Story Corner</p> <p><b>3:00 Expression Art Class (CA)</b></p> <p>5:45 Evening at the Movies (PT)</p>	<p>10:00 Move and Groove (FS)</p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>3:00 Neighbourhood Social</p>	<p>9:45 <b>News &amp; Views Coffee Group</b></p> <p>10:45 Trivia</p> <p>1:30 TV SERIES (PT)</p> <p>3:00 <b>Active Game (FS)</b></p>
<p>10:45 Walking Club</p> <p>2:00 Sunday Matinée (PT)</p>	<p>10:00 Chair Exercises: 1,2,3,4 (FS)</p> <p>11:00 word game: Spelling Bee</p> <p><b>12:00 Chinese Food In-House Lunch (CA)</b></p>	<p>10:00 Mindful Stretching (FS)</p> <p>2:00 SkyPointe BIG Bingo (A)</p>	<p>10:00 Full Body Exercise (FS)</p> <p>1:30 Chair Yoga and Relaxation (FS)</p> <p>3:00 Full Body Exercise</p>	<p>10:00 Mental Aerobics (FS)</p> <p>1:30 Story Corner</p> <p><b>3:00 Expression Art Class (CA)</b></p>	<p>10:00 Move and Groove (FS)</p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>3:00 Active Game</p>	<p>9:45 <b>News &amp; Views Coffee Group</b></p> <p>10:45 Card Bingo</p> <p>1:30 TV SERIES (PT)</p> <p>3:00 Active Game (FS)</p>
<p>9:45 Walking Club</p> <p>3:00 Lemonade and Laughter (CA)</p>	<p>10:00 Chair Exercises: Rhyming and Stretching (FS)</p> <p>11:00 Name 5!</p> <p>6:30 Board Games</p>	<p>10:00 Mindful Stretching (FS)</p> <p><b>10:45 Skypointe Women's Group: Birthday Cake Making (FDR)</b></p> <p>2:00 SkyPointe BIG Bingo (A)</p> <p>6:30 Humor and Hot Chocolate</p>	<p>9:45 Full Body Exercise</p> <p>10:00 Full Body Exercise (FS)</p> <p>2:00 Birthday Party in the Atrium</p>	<p>10:00 Mental Aerobics (FS)</p> <p>1:30 Story Corner</p> <p>3:00 Sunridge Birthday Party</p> <p>5:45 Evening at the Movies (PT)</p>	<p>9:45 Move and Groove</p> <p>10:00 Move and Groove (FS)</p> <p>2:00 End of Summer Party (A)</p>	<p><b>Location Legend:</b> (FS) Fitness Studio (FDR) Family Dining Room (PT) Pegasus Theatre (CA) Craft Area (A) Atrium - Programs not assigned a location are located on corresponding neighbourhood</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2018 Rundle



			<p><b>1</b> 9:45 What's Up in Recreation? 10:00 Full Body Exercise (FS) <b>2:00 Baking Club (FDR)</b></p>	<p><b>2</b> 9:45 Good Morning News and Views 10:00 Mental Aerobics: Spelling Bee (FS) <b>3:00 Expression Art Class (CA)</b></p>	<p><b>3</b> 9:45 Who/What Am I? 10:00 Move and Groove (FS) 1:30 Crib and Tile Rummy (CA) 6:30 Evening Coffee Group</p>	<p><b>4</b> <b>10:00 News &amp; Views Coffee Group</b> 1:30 TV SERIES (PT) 1:30 Card Bingo 3:00 Active Game (FS)</p>
<p><b>5</b> 9:45 Bible Trivia 2:00 Sunday Matinée (PT)</p>	<p><b>6</b> <b>Heritage Day</b> <b>No Recreation Programs Today</b></p> 	<p><b>7</b> 10:00 Mindful Stretching: Progressive Relaxation (FS) 2:00 SkyPointe BIG Bingo (A) 6:30 Board Games</p>	<p><b>8</b> 10:00 Full Body Exercise (FS) 1:30 Chair Yoga and Relaxation (FS) <b>3:00 SkyPointe Men's Group – Meet &amp; Greet (CA)</b> 6:30 Look Back Wednesday</p>	<p><b>9</b> 10:00 Mental Aerobics: Who Wants to Be a Millionaire? (FS) <b>3:00 Expression Art Class (CA)</b> 6:00 Neighbourhood Pub Night</p>	<p><b>10</b> 9:45 Feel Good News 10:00 Move and Groove (FS) <b>12:00 Pizza In-House Lunch (CA)</b> 1:30 Crib and Tile Rummy (CA) 6:30 Evening Coffee Group</p>	<p><b>11</b> <b>10:00 News &amp; Views Coffee Group</b> 1:30 TV SERIES (PT) 3:00 Active Game (FS)</p>
<p><b>12</b> 1:30 Life's blessings 3:00 Milk and Cookie Social (CA)</p>	<p><b>13</b> 10:00 Chair Exercises: Thai Chi (FS) 1:30 Word Game: A-Z</p>	<p><b>14</b> 10:00 Mindful Stretching: Laughter Exercise (FS) 2:00 SkyPointe BIG Bingo (A)</p>	<p><b>15</b> 10:00 Full Body Exercise (FS) 2:00 Happy Hour in the Atrium 6:30 Look Back Wednesday</p>	<p><b>16</b> 10:00 Mental Aerobics: Jeopardy! (FS) <b>3:00 Expression Art Class (CA)</b> 5:45 Evening at the Movies (PT)</p>	<p><b>17</b> 10:00 Move and Groove (FS) 1:30 Crib and Tile Rummy (CA) 6:30 Evening Coffee Group</p>	<p><b>18</b> <b>10:00 News &amp; Views Coffee Group</b> 1:30 TV SERIES (PT) 3:00 Active Game (FS)</p>
<p><b>19</b> 2:00 Sunday Matinée (PT)</p>	<p><b>20</b> 10:00 Chair Exercises: 1,2,3,4 (FS) <b>12:00 Chinese Food In-House Lunch (CA)</b> 1:30 Word Game: Last Letter First</p>	<p><b>21</b> 10:00 Mindful Stretching (FS) 2:00 SkyPointe BIG Bingo (A)</p>	<p><b>22</b> 10:00 Full Body Exercise (FS) 1:30 Chair Yoga and Relaxation (FS) 6:30 Look Back Wednesday</p>	<p><b>23</b> 10:00 Mental Aerobics (FS) 10:45 Name that Tune <b>3:00 Expression Art Class (CA)</b></p>	<p><b>24</b> 10:00 Move and Groove (FS) 1:30 Crib and Tile Rummy (CA) 3:00 Afternoon Coffee Group</p>	<p><b>25</b> <b>10:00 News &amp; Views Coffee Group</b> 1:30 TV SERIES (PT) 2:00 Painting Class 3:00 Active Game (FS) 6:30 Yahtzee!</p>
<p><b>26</b> 10:45 Walk by Faith 3:00 Lemonade and Laughter (CA) 6:30 1:1 Visits</p>	<p><b>27</b> 10:00 Chair Exercises: Rhyming and Stretching (FS) <b>1:30 Outdoor Walks</b> 5:30 Word Game: Spelling Bee</p>	<p><b>28</b> 10:00 Mindful Stretching (FS) <b>10:45 Skypointe Women's Group: Birthday Cake Making (FDR)</b> 2:00 SkyPointe BIG Bingo (A) 5:30 Board Games</p>	<p><b>29</b> 10:00 Full Body Exercise (FS) 10:45 Fact or Fiction 2:00 Birthday Party in the Atrium</p>	<p><b>30</b> 9:45 Good Morning News and Views 10:00 Mental Aerobics (FS) 5:45 Evening at the Movies (PT)</p>	<p><b>31</b> 9:45 Name 5! 10:00 Move and Groove (FS) 2:00 End of Summer Party (A) 6:30 Evening Coffee Group</p>	<p><b>Location Legend:</b> <b>(FS) Fitness Studio</b> <b>(FDR) Family Dining Room</b> <b>(PT) Pegasus Theatre</b> <b>(CA) Craft Area</b> <b>(A) Atrium</b> <b>- Programs not assigned a location are located on corresponding neighbourhood</b></p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2018

## Taradale



			<p>9:45 What's Up in Recreation? <b>1</b></p> <p>10:00 Full Body Exercise (FS)</p> <p><b>2:00 Baking Club (FDR)</b></p>	<p><b>2</b></p> <p>10:00 Mental Aerobics: Spelling Bee (FS)</p> <p>10:45 Junk Drawer Detective</p> <p><b>3:00 Expression Art Class (CA)</b></p>	<p><b>3</b></p> <p>10:00 Move and Groove (FS)</p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>3:00 Neighbourhood Social</p>	<p><b>4</b></p> <p>10:00 <b>News &amp; Views Coffee Group</b></p> <p><b>10:45</b> Card Bingo</p> <p>1:30 TV SERIES (PT)</p> <p>3:00 Active Game (FS)</p>
<p><b>5</b></p> <p>10:45 Life's Blessings</p> <p>2:00 Sunday Matinée (PT)</p>	<p><b>6</b></p> <p><b>Heritage Day</b> <b>No Recreation Programs Today</b></p> 	<p><b>7</b></p> <p>10:00 Mindful Stretching: Progressive Relaxation (FS)</p> <p>2:00 SkyPointe BIG Bingo (A)</p> <p>5:30 Word Game: Last Letter First</p>	<p><b>8</b></p> <p>10:00 Full Body Exercise (FS)</p> <p>1:30 Chair Yoga and Relaxation (FS)</p> <p><b>3:00 SkyPointe Men's Group – Meet &amp; Greet (CA)</b></p> <p>5:30 Summer Craft</p>	<p><b>9</b></p> <p>10:00 Mental Aerobics: Who Wants to Be a Millionaire? (FS)</p> <p>1:30 Story Corner</p> <p><b>3:00 Expression Art Class (CA)</b></p>	<p><b>10</b></p> <p>10:00 Move and Groove (FS)</p> <p><b>12:00 Pizza In-House Lunch (CA)</b></p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>3:00 Trivia</p> <p>5:30 Who/What Am I?</p>	<p><b>11</b></p> <p>10:00 <b>News &amp; Views Coffee Group</b></p> <p>1:30 TV SERIES (PT)</p> <p>3:00 <b>Active Game (FS)</b></p>
<p><b>12</b></p> <p>10:45 Bible Trivia</p> <p>3:00 Milk and Cookie Social (CA)</p>	<p><b>13</b></p> <p>10:00 Chair Exercises: Thai Chi (FS)</p> <p>3:00 Balloon Toss</p>	<p><b>14</b></p> <p>10:00 Mindful Stretching: Laughter Exercise (FS)</p> <p>10:45 Word Game: A-Z</p> <p>2:00 SkyPointe BIG Bingo (A)</p>	<p><b>15</b></p> <p>10:00 Full Body Exercise (FS)</p> <p>10:00 Painting Class</p> <p>2:00 Happy Hour in the Atrium</p> <p>5:30 Would You Rather?</p>	<p><b>16</b></p> <p>10:00 Mental Aerobics: Jeopardy! (FS)</p> <p><b>3:00 Expression Art Class (CA)</b></p> <p>5:45 Evening at the Movies (PT)</p>	<p><b>17</b></p> <p>10:00 Move and Groove (FS)</p> <p>1:30 Crib and Tile Rummy (CA)</p> <p>5:30 Dominos</p>	<p><b>18</b></p> <p>10:00 <b>News &amp; Views Coffee Group</b></p> <p>1:30 TV SERIES (PT)</p> <p>3:00 <b>Active Game (FS)</b></p>
<p><b>19</b></p> <p>9:45 Hymn Sing-A-Long</p> <p>2:00 Sunday Matinée (PT)</p>	<p><b>20</b></p> <p>10:00 Chair Exercises: 1,2,3,4 (FS)</p> <p><b>12:00 Chinese Food In-House Lunch (CA)</b></p> <p>3:00 Rhyming and Stretching</p>	<p><b>21</b></p> <p>10:00 Mindful Stretching (FS)</p> <p>10:45 word game: Word Unscramble</p> <p>2:00 SkyPointe BIG Bingo (A)</p>	<p><b>22</b></p> <p>10:00 Full Body Exercise (FS)</p> <p>1:30 Chair Yoga and Relaxation (FS)</p> <p>5:30 Fact or Fiction?</p>	<p><b>23</b></p> <p>10:00 Mental Aerobics (FS)</p> <p><b>3:00 Expression Art Class (CA)</b></p> <p>6:00 Neighbourhood Pub Night</p>	<p><b>24</b></p> <p>10:00 Move and Groove (FS)</p> <p>1:30 Crib and Tile Rummy (CA)</p>	<p><b>25</b></p> <p>10:00 <b>News &amp; Views Coffee Group</b></p> <p>1:30 TV SERIES (PT)</p> <p>3:00 <b>Active Game (FS)</b></p> <p>5:30 Finish the Familiar Phrase</p>
<p><b>26</b></p> <p>1:30 Colour Me Happy</p> <p>3:00 Lemonade and Laughter (CA)</p> <p>5:30 1:1 Visits</p>	<p><b>27</b></p> <p>10:00 Chair Exercises: Rhyming and Stretching (FS)</p> <p>3:00 1,2,3,4 Chair Exercises</p>	<p><b>28</b></p> <p>10:00 Mindful Stretching (FS)</p> <p><b>10:45 Skypointe Women's Group: Birthday Cake Making (FDR)</b></p> <p>2:00 SkyPointe BIG Bingo (A)</p> <p>5:30 You be the Judge</p>	<p><b>29</b></p> <p>10:00 Full Body Exercise (FS)</p> <p>2:00 Birthday Party in the Atrium</p>	<p><b>30</b></p> <p>10:00 Mental Aerobics (FS)</p> <p>1:30 Sing-a-Long</p> <p>5:45 Evening at the Movies (PT)</p>	<p><b>31</b></p> <p>10:00 Move and Groove (FS)</p> <p>10:45 Feel Good News</p> <p>2:00 End of Summer Party (A)</p>	<p><b>Location Legend:</b> (FS) Fitness Studio (FDR) Family Dining Room (PT) Pegasus Theatre (CA) Craft Area (A) Atrium - Programs not assigned a location are located on corresponding neighbourhood</p>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2018

## Martindale



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Full Body Exercise (FS) 10:45 What's Up in Recreation? 2:00 Baking Club (FDR)	2 10:00 Mental Aerobics: Spelling Bee (FS) 1:30 Junk Drawer Detective 3:00 Expression Art Class (CA)	3 10:00 Move and Groove (FS) 10:45 Can You Picture It? 3:00 Balloon Toss	4 10:00 News & Views Coffee Group 1:30 TV SERIES (PT) 3:00 Active Game (FS) 3:00 Trivia
5 10:45 Life's Blessings 2:00 Sunday Matinée (PT)	6 Heritage Day No Recreation Programs Today 	7 10:00 Mindful Stretching: Progressive Relaxation (FS) 2:00 SkyPointe BIG Bingo (A)	8 10:00 Full Body Exercise (FS) 10:45 Colour Me Happy 1:30 Chair Yoga and Relaxation (FS) 1:30 Fact or Fiction 3:00 SkyPointe Men's Group – Meet & Greet (CA)	9 10:00 Mental Aerobics: Who Wants to Be a Millionaire? (FS) 3:00 Expression Art Class (CA)	10 10:00 Move and Groove (FS) 10:45 1,2,3,4 Chair Exercises 12:00 Pizza In-House Lunch (CA) 1:30 Crib and Tile Rummy (CA) 3:00 Neighbourhood Social	11 10:00 News & Views Coffee Group 1:30 TV SERIES (PT) 3:00 Active Game (FS)
12 3:00 Milk and Cookie Social (CA)	13 10:00 Chair Exercises: Thai Chi (FS)	14 10:00 Mindful Stretching: Laughter Exercise (FS) 9:45 Feel Good News 2:00 SkyPointe BIG Bingo (A)	15 10:00 Full Body Exercise (FS) 2:00 Happy Hour in the Atrium	16 10:00 Mental Aerobics: Jeopardy! (FS) 3:00 Expression Art Class (CA) 5:45 Evening at the Movies (PT)	17 10:00 Move and Groove (FS) 1:30 Crib and Tile Rummy (CA)	18 10:00 News & Views Coffee Group 1:30 TV SERIES (PT) 3:00 Active Game (FS)
19 2:00 Sunday Matinée (PT)	20 10:00 Chair Exercises: 1,2,3,4 (FS) 12:00 Chinese Food In-House Lunch (CA)	21 10:00 Mindful Stretching (FS) 10:45 word game: Word Unscramble 2:00 SkyPointe BIG Bingo (A)	22 10:00 Full Body Exercise (FS) 10:45 Summer Craft 1:30 Chair Yoga and Relaxation (FS)	23 10:00 Mental Aerobics (FS) 1:30 Sport the Difference 3:00 Expression Art Class (CA)	24 10:00 Move and Groove (FS) 11:00 Ryhming and Stretching 1:30 Crib and Tile Rummy (CA)	25 10:00 News & Views Coffee Group 1:30 TV SERIES (PT) 3:00 Active Game (FS)
26 1:30 Colour Me Happy 3:00 Lemonade and Laughter (CA)	27 10:00 Chair Exercises: Rhyming and Stretching (FS) 1:30 1:1 Visits	28 9:45 Feel Good News 10:00 Mindful Stretching (FS) 10:45 Skypointe Women's Group: Birthday Cake Making (FDR) 2:00 SkyPointe BIG Bingo (A)	29 10:00 Full Body Exercise (FS) 10:00 Painting Class 2:00 Birthday Party in the Atrium	30 10:00 Mental Aerobics (FS) 10:45 Sing-a-Long 5:45 Evening at the Movies (PT)	31 10:00 Move and Groove (FS) 10:45 Can You Dig It? Chair Exercises 2:00 End of Summer Party (A) 5:30 Dominos	<b>Location Legend:</b> (FS) Fitness Studio (FDR) Family Dining Room (PT) Pegasus Theatre (CA) Craft Area (A) Atrium - Programs not assigned a location are located on corresponding neighbourhood