


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2019</h1> <h2>Whitehorn</h2>		<p><i>Happy New Year!</i> <b>1</b></p>  <p>Recreation Department Closed Today</p>	<p>9:30 Yoga <i>West</i> <b>2</b></p> <p>10:00 Move and Groove <i>Atrium</i> 10:30 Current Events &amp; Discussion <i>West</i></p> <p>2:00 What's Up in Recreation: Calendar and Newsletter Review 6:30 Art Journaling <i>West</i></p>	<p>9:00 Come and Go News in the Theater (PT) <b>3</b></p> <p>2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Whitehorn vs. Rundle</i></p> <p>6:30 Putting the Past in Order</p>	<p>10:30 Washer Toss <i>West</i> <b>4</b></p> <p>2:00 Resident &amp; Family Food Council Meeting <i>Atrium</i></p>	<p>9:45 Move and Groove <b>5</b></p> <p>3:00 Board Games</p>
<p>9:45 Morning Mindfulness <b>6</b></p> <p>10:00 Sunday Coffee Group (MA)</p> <p>2:00 Movie Matinée: <i>Benji (PT)</i></p> <p>3:00 Board Games: Players Choice</p>	<p><b>Happy Ukraine Christmas!</b> <b>7</b></p>	<p>10:00 Exercise Group <i>West</i> (OT) <b>8</b></p> <p>2:00 SkyPointe Big Bingo (\$) <i>atrium</i></p> <p>3:00 Leisure Sampling: Bouquet Arrangements 6:15 Movie Night: <i>St. Vincent (PT)</i> 6:30 Jeopardy!</p>	<p><i>Christmas Clean Up in the Morning</i> <b>9</b></p>	<p>9:00 Come and Go News in the Theater (PT) <b>10</b></p> <p>2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Pineridge vs. Sunridge</i></p> <p>3:00 Music Appreciation 6:30 Cranium Crunches</p>	<p><i>Morning Main Floor Christmas Clean Up</i> <b>11</b></p>	<p>9:45 Move and Groove <b>12</b></p> <p>2:30 Board Games (MA)</p> <p><b>3:00 Whitehorn Men's Group</b></p>
<p>9:45 Morning Mindfulness <b>13</b></p> <p>10:00 Sunday Coffee Group (MA)</p> <p>11:00 Virtual Mass <i>Atrium</i></p> <p>2:00 Movie Matinée: <i>Love By Chance (PT)</i></p> <p>3:00 Board Games: Players Choice</p>	<p>10:00 Exercise Group <i>West</i> (OT) <b>14</b></p> <p>10:30 Cranium Crunches</p> <p><b>2:00 Expressive Art Class (CA\$)</b></p> <p><b>2:30 Whitehorn Baking Club: Baking</b></p> <p>6:30 Whitehorn Baking Club Sampling</p>	<p>10:00 Exercise Group <i>West</i> (OT) <b>15</b></p> <p>2:00 SkyPointe Big Bingo (\$) <i>Atrium</i></p> <p>3:00 Leisure Sampling: Post Crossing 6:30 Trivia Night</p>	<p>9:30 Yoga <i>West</i> <b>16</b></p> <p>10:00 Move and Groove <i>Atrium</i> (Joy)</p> <p>10:30 Current Events &amp; Discussion <i>West</i></p> <p>6:30 Art Journaling <i>West</i></p>	<p>9:00 Come and Go News in the Theater (PT) <b>17</b></p> <p>2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Martindale vs. Taradale</i></p> <p>3:00 Making Music and Sing-a-Long 6:30 Cranium Crunches</p>	<p>10:30 Ping Pong <i>West</i> <b>18</b></p> <p>2:00 Yoga with Gina <i>Atrium</i></p> <p>3:00 Whitehorn Bingo Special</p>	<p>9:45 Move and Groove <b>19</b></p> <p><b>12:00 Popeye's Lunch (MA) (\$)</b></p> <p>2:30 Board Games (MA)</p> <p>2:30 Knitter's Anonymous Knitting Group (CA)</p>
<p>9:45 Morning Mindfulness <b>20</b></p> <p>10:00 Sunday Coffee Group (MA)</p> <p>2:00 Movie Matinée: <i>The Spy Next Door (PT)</i></p> <p>3:00 Board Games: Players Choice</p>	<p>10:00 Exercise Group <i>West</i> (OT) <b>21</b></p> <p>10:30 Cranium Crunches</p> <p><b>2:00 Expressive Art Class (CA\$)</b></p> <p><b>3:00 Whitehorn Supper Club: Meal Planning</b></p>	<p>10:00 Exercise Group <i>Whitehorn West</i> (OT) <b>22</b></p> <p>2:00 SkyPointe Big Bingo (\$) <i>atrium</i></p> <p><b>3:00 Leisure Sampling: Guided Painting part 1 of 2</b></p>	<p>9:30 Yoga <i>West</i> <b>23</b></p> <p>10:00 Move and Groove <i>Atrium</i></p> <p>10:30 Current Events &amp; Discussion <i>West</i></p> <p>2:00 SkyPointe Memorial Service in the <i>Atrium</i></p>	<p>9:00 Come and Go News in the Theater (PT) <b>24</b></p> <p>2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Taradale vs. Rundle</i></p> <p>3:00 Music Appreciation 6:30 Cranium Crunches</p>	<p><b>25</b></p>	<p>Micah Alex <b>26</b></p> <p>Monique</p> <p>9:45 Move and Groove</p> <p><b>2:00 Golden Dames High Tea Atrium</b></p> <p>2:30 Board Games (MA)</p> <p>6:30 Movie Night (PT)</p>
<p>9:45 Morning Mindfulness <b>27</b></p> <p>10:00 Sunday Coffee Group (MA)</p> <p>2:00 Movie Matinée: <i>Alexander and the Very Bad Day (PT)</i></p> <p>3:00 Board Games: Players Choice</p>	<p>10:00 Exercise Group <i>West</i> (OT) <b>28</b></p> <p>10:30 Cranium Crunches</p> <p><b>2:00 Whitehorn Supper Club: Meal Preparation (FDR)</b></p> <p><b>6:00 Whitehorn Supper Club: Supper Time (FDR)</b></p>	<p>10:00 Exercise Group <i>West</i> (OT) <b>29</b></p> <p>2:00 SkyPointe Big Bingo (\$) <i>atrium</i></p> <p><b>3:00 Leisure Sampling: Guided Painting part 2 of 2</b></p>	<p>9:30 Yoga <i>West</i> <b>30</b></p> <p>10:00 Move and Groove <i>Atrium</i></p> <p>10:30 Current Events &amp; Discussion <i>West</i></p> <p>3:00 January Birthday Celebration! <i>West</i> 6:30 Art Journaling <i>West</i></p>	<p>9:00 Come and Go News in the Theater (PT) <b>31</b></p> <p>2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Whitehorn vs. Pineridge</i></p> <p>6:30 Cranium Crunches</p>	<p><b>Location Legend:</b></p> <ul style="list-style-type: none"> <li>- Fitness Studio Main Floor (FS)</li> <li>- Family Dining Room Main Floor (FDR)</li> <li>- Pegasus Theatre Main Floor (PT)</li> <li>- Craft Area Main Floor (CA)</li> <li>- Atrium Main Floor <i>Atrium</i></li> <li>- At Cost to Program (\$)</li> <li>- Learning Center Main Floor (LC)</li> <li>- Activity Area Main Floor (MA)</li> </ul> <p>Programs not assigned a location are located on corresponding neighbourhood</p>	

Programs that require residents to sign up will be **BOLDED** on the calendar.

## Pegasus Theatre

4<sup>th</sup> Movie Matinée:

*Little Women* (Pineridge and Rundle Viewing)

6<sup>th</sup> Movie Matinée: *Benji*

8<sup>th</sup> Movie Night: *St. Vincent*

13<sup>th</sup> Movie Matinée: *Love By Chance*

16<sup>th</sup> Movie Night:

*Last Vegas* (Taradale Viewing)

20<sup>th</sup> Movie Matinée: *The Spy Next Door*

25<sup>th</sup> Movie Matinée:

*Mowgli* (Martindale Viewing)

26<sup>th</sup> Whitehorn Movie Night

27<sup>th</sup> Movie Matinée: *Alexander and the Very Bad Day*

Every Thursday @ 9:00 a.m. the theatre will be open for the morning news channel and sports recap.

## Friendly Reminder

The recreation department would like to remind all residents and family members during programs, recreation staff ask that you turn your cell phones off or to silence and if the call is urgent, take the call outside of the program area. This ensures a quality program for everyone participating. Thank you!

## Flu Season

**THIS SEASON, GET PROTECTED, NOT INFECTED**

Cover your Cough, Clean your Hands

Sore throat? Runny nose? Stay home.

Help protect our residents.

**ARM YOURSELF AGAINST INFLUENZA**

For more information visit: [ww.albertahealthservices.ca/influenza](http://ww.albertahealthservices.ca/influenza)

## SkyPointe Lend and Loan Library!

Are you looking for a good book to read? Check out the community lend and loan library in the Atrium. Take a book, leave a book. If you would like to donate books, see recreation!



# January 2019 Newsletter

## SkyPointe Exercise and Physical Programs

We all know how important physical activity is, and we want our residents to stay active, especially moving into the New Year!

This month, residents can look forward to a wide variety of physical programs and activities on their recreation calendars.

## Physical Program Highlight

This month SkyPointe Sports League activity is ring toss. Every Thursday afternoon two neighbourhoods will square off to battle it out in the Atrium to see who comes out on top! Come cheer on your favorite neighbourhood!

The fitness studio will be closed until further notice. We are adding to and enhancing the room to enable residents to live a healthier lifestyle!

## Resident & Family Food Council

The Resident and Family Food Council's next meet will be:

**Date:** January 4, 2019

**Time:** 2:00 p.m.

**Location:** Atrium

For more information or questions about the council contact:  
Ravi Yadav, Hospitality Manager (587-619-6326)

If you have any questions, concerns or comments, please stop by the recreation office or contact your recreation therapy manager:

**Marlee Dukart:** p: 587-619-6317 e: [mdukart@agecare.ca](mailto:mdukart@agecare.ca)

*\*Recreation programs and activities are subject to change in some extenuating circumstances. We will work our hardest to make sure this does not happen!*

## Recreation Department Feature

### Welcome to the Team

The Recreation Department has a few new faces. Stop by the department and say *Hello!* to SkyPointe's newest Recreation Therapy Aides!

- Alex B.
- Micah O.
- Baylee M.
- Stephanie B.

## SkyPointe Elegant Dining Experience

SkyPointe staff is happy to announce its first elegant dining experience for its residents and family members. Our chef is preparing a delicious four course meal that full of holiday flavours.

### Event Details

**When:** January 9, 2019

**Time:** Cocktails 5:00 p.m. Dinner 6:00 p.m.

**Location:** Atrium

### Cost:

- \$25.00/Resident
- \$35.00/Guest

Ticket includes a 4 course meal, 1 bottle of red and white wine/table and non-alcoholic beverages

(Additional wine available for purchase)

Due to December outbreak status, event was postponed. All tickets previously sold will be honoured. Tickets are still available for purchase. Tickets can be purchased (cash only) at reception. Last day to purchase tickets is January 4, 2019. Diet restrictions do apply. Residents with restricted textured diets will not have an option to modify menu choices.

Please see online newsletter or reception for menu and more details. We look forward to seeing you there!

*(Limited seating available)*