



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2019</h1> <h2>Taradale</h2>		Happy New Year!  Recreation Department Closed Today	9:45 What's Up in Recreation? 10:00 Move and Groove <i>Atrium</i> 3:00 Giant Crossword Puzzle	9:00 Come and Go News in the Theater (PT) 9:45 Jeopardy! 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Whitehorn vs. Rundle</i>	10:00 Full Body Exercise <i>Atrium</i> (G) 2:00 Resident and Family Food Council Meeting <i>Atrium</i> 6:30 Munchies and Bumper Quotes	3:00 Comedy Hour
10:00 Sunday Coffee Group (MA) 2:00 Movie Matinée: <i>Benji</i> (PT)	Happy Ukraine Christmas! 9:45 Balloon Exercises 2:00 Baking: Strawberry Cake (FDR)	Morning: <i>Taradale and Martindale</i> Christmas Clean Up 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:15 Movie Night: <i>St. Vincent</i> (PT)	10:00 Move and Groove <i>Atrium</i> 5:00 Family & Resident Elegant Dining Experience (\$\$) See reception for more details	9:00 Come and Go News in the Theater (PT) 6:30 Name that Tune	<i>Morning Main Floor Christmas Clean Up</i> 3:00 Taradale Holiday & New Year Party in the Dining Room (<i>rescheduled from December</i>)	9:45 Invention or Imagination 2:00 Board Games (MA)
10:00 Sunday Coffee Group (MA) 11:00 Virtual Mass <i>Atrium</i> 2:00 Movie Matinée: <i>Love By Chance</i> (PT)	9:45 Morning Stretches 2:00 Expressive Art Class (CA\$) limited space available 3:00 Guinness World Book of Records	9:45 Coffee and Chatter: Conversation Bowl 10:00 Baking Club (FDR) limited space available (G) 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:30 Giant Crossword Puzzle	10:00 Move and Groove <i>Atrium</i> 9:45 Moove and Groove 6:15 Taradale Movie Night: <i>Last Vegas</i> (PT)	9:00 Come and Go News in the Theater (PT) 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Martindale vs. Taradale</i>	9:45 News and Views 10:45 Brochure About Me 2:00 Yoga with Gina <i>Atrium</i>	9:45 Inspirational Stories 12:00 Popeye's Lunch (MA) (\$) 2:30 Knitter's Anonymous Knitting Group (CA) 2:30 Board Games (MA)
10:00 Sunday Coffee Group (MA) 2:00 Movie Matinée: <i>The Spy Next Door</i> (PT)	9:45 Chair Movements 10:30 Shopping Scavenger Hunt 2:00 Expressive Art Class (CA\$) limited space available	10:45 Sensory: Morning at the Seashore 10:00 Homemade Cards with Tammy limited seating available 6:30 Colour Collage	9:45 Noodle Ball 10:00 Move and Groove <i>Atrium</i> 2:00 SkyPointe Memorial Service in the <i>Atrium</i> 3:30 1:1 Visits	9:00 Come and Go News in the Theater (PT) 9:45 Name That Landmark! 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Sunridge vs. Rundle</i>	10:15 Robbie Burns Celebration with the Burns Mobile Unit <i>Atrium</i> 2:00 Fun Bingo <i>Atrium</i>	10:45 Name That Tune 1:30 Artsy Lens 2:00 Golden Dames High Tea Atrium 2:30 Board Games (MA)
10:00 Sunday Coffee Group (MA) 2:00 Movie Matinée: <i>Alexander and the Very Bad Day</i> (PT)	9:45 Monday Move and Groove 2:00 January Birthday Party <i>Atrium</i> 6:30 Cranium Crunches: Games in a Jar	9:45 News and Views 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$)	10:00 Move and Groove <i>Atrium</i> 6:30 Would You Rather Discussion	9:00 Come and Go News in the Theater (PT) 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Whitehorn vs. Pineridge</i>	Location Legend: <ul style="list-style-type: none"> - Fitness Studio Main Floor (FS) - Family Dining Room Main Floor (FDR) - Pegasus Theatre Main Floor (PT) - Craft Area Main Floor (CA) - Atrium Main Floor <i>Atrium</i> - At Cost to Program (\$) - Learning Center Main Floor (LC) - Activity Area Main Floor (MA) Programs not assigned a location are located on corresponding neighbourhood	

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2019</h1> <h2>Martindale</h2>		Happy New Year!  Recreation Department Closed Today	1 10:00 Move and Groove <i>Atrium</i> 10:45 What's Up in Recreation? Calendar and Newsletter Review 6:30 Storytelling: Tale of the Dragon	2 9:00 Come and Go News in the Theater (PT) 10:45 7UP Card Game 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Whitehorn vs. Rundle</i>	3 10:00 Full Body Exercise <i>Atrium</i> (G) 2:00 Resident and Family Food Council Meeting <i>Atrium</i> Everyone is Welcome to Attend!	4 1:30 Music Pioneers
6 10:00 Sunday Coffee Group (MA) 2:00 Movie Matinée: <i>Benji (PT)</i>	7 Happy Ukraine Christmas! 6:30 Armchair Travel: Latvia	8 Morning: <i>Taradale and Martindale</i> Christmas Clean Up 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:15 Movie Night: <i>St. Vincent</i> (PT)	9 10:00 Move and Groove <i>Atrium</i> 10:45 Full Body Exercise 5:00 Family & Resident Elegant Dining Experience (\$\$) See reception for more details	10 9:00 Come and Go News in the Theater (PT) 3:00 Sensory: The Tea Box	11 <i>Morning Main Floor Christmas Clean Up</i> 6:30 Sequence Board Game	12 10:45 Invention or Imagination 2:00 Board Games (MA)
13 10:00 Sunday Coffee Group (MA) 11:00 Virtual Mass <i>Atrium</i> 2:00 Movie Matinée: <i>Love By Chance (PT)</i>	14 10:45 Picture Telling 2:00 Expressive Art Class (CA\$) limited space available 6:30 Super Scrabble	15 10:00 Baking Club (FDR) limited space available (G) 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$)	16 10:00 Move and Groove <i>Atrium</i> 10:45 Sensory Exploration: Follow Your Nose 3:00 Craft: Dreamcatcher	17 9:00 Come and Go News in the Theater (PT) 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Martindale vs. Taradale</i>	18 Rash Baylee 10:45 Balloon Badminton 2:00 Yoga with Gina <i>Atrium</i> 3:00 Name that Tune	19 10:45 Scattergories 12:00 Popeye's Lunch (MA) (\$) 2:30 Board Games (MA) 2:30 Knitter's Anonymous Knitting Group (CA)
20 10:00 Sunday Coffee Group (MA) 2:00 Movie Matinée: <i>The Spy Next Door (PT)</i>	21 10:45 Word Pairs 2:00 Expressive Art Class (CA\$) limited space available 2:00 Horticulture Therapy	22 10:45 Name that Tune 10:00 Homemade Cards with Tammy limited seating available 6:30 You Be the Judge	23 10:00 Move and Groove <i>Atrium</i> 10:45 Noodle Ball 2:00 SkyPointe Memorial Service in the <i>Atrium</i>	24 9:00 Come and Go News in the Theater (PT) 10:45 What Fairy Tale or Folktale Am I? 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Sunridge vs. Rundle</i>	25 10:15 Robbie Burns Celebration with the Burns Mobile Unit <i>Atrium</i> 2:00 Martindale Movie Matinee: <i>Mowgli (PT)</i> 2:00 Fun Bingo <i>Atrium</i>	26 10:30 Face the Day 2:00 Golden Dames High Tea Atrium 2:30 Board Games (MA)
27 10:00 Sunday Coffee Group (MA) 2:00 Movie Matinée: <i>Alexander and the Very Bad Day (PT)</i>	28 10:45 Sing-A-Long 2:00 January Birthday Party <i>Atrium</i>	29 Rash Baylee evening 10:45 Balloon Badminton 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$)	30 10:00 Move and Groove <i>Atrium</i> 10:00 Baking with Darci (FDR)	31 9:00 Come and Go News in the Theater (PT) 10:45 Yahtzee! 2:30 SkyPointe Sports League: Ring Toss <i>Atrium</i> <i>Whitehorn vs. Pineridge</i>	Location Legend: - Fitness Studio Main Floor (FS) - Family Dining Room Main Floor (FDR) - Pegasus Theatre Main Floor (PT) - Craft Area Main Floor (CA) - Atrium Main Floor <i>Atrium</i> - At Cost to Program (\$) - Learning Center Main Floor (LC) - Activity Area Main Floor (MA) Programs not assigned a location are located on corresponding neighbourhood	

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Pegasus Theatre

4th Movie Matinée:

Little Women (Pineridge and Rundle Viewing)

6th Movie Matinée: *Benji*

8th Movie Night: *St. Vincent*

13th Movie Matinée: *Love By Chance*

16th Movie Night:

Last Vegas (Taradale Viewing)

20th Movie Matinée: *The Spy Next Door*

25th Movie Matinée:

Mowgli (Martindale Viewing)

26th Whitehorn Movie Night

27th 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

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

**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)