

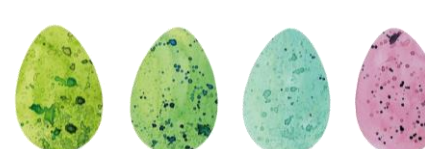


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|---|
| Recreation Team (A) Arvin (SA) Saima (B) Baylee Keely: <i>Recreation</i> (D) Darci Therapist (R) Rashimae (S) Stephanie (K) Kit (MO) Monique (M) Michelle (AL) Alex | April Fool's Day 1 3:00 What's Up in Recreation? <i>Calendar and Newsletter Review</i> (D) 3:00 Knitters Anonymous <i>Activity Zone Main Floor</i> | 2 9:45 Balloon Badminton (MO) 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) | 3 10:00 Armchair Travel: Rio de Janeiro (A) <i>Pegasus Theater</i> 3:00 Getting to Know You Social (K) 6:30 Care for the Elderly <i>Family Dining Room</i> | 4 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 3:00 Board Games: Players Choice (M) 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Rundle vs. Martindale</i> | 5 9:45 Walking Club (D) 10:00 Full Body Exercises <i>Atrium</i> (G) 10:45 Coffee and Chatter: Random Trivia (D) 2:30 Fun Bingo <i>Atrium</i> | National Tartan Day 6 10:45 Good News and Views (D) 2:00 Board Games <i>Activity Zone</i> |
| 7 10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> 2:00 Movie Matinee with Martindale <i>Pegasus Theater</i> | 8 10:00 Full Body Exercise (S) <i>Atrium</i> 3:00 Knitters Anonymous <i>Activity Zone Main Floor</i> | 9 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:30 Craft Corner: Grow Your Own Easter Basket (D) | 10 10:00 Easter Bonnet Craft <i>Limited Seating Available</i> (G) 3:00 Golden Gals <i>Pegasus Theater</i> 6:30 Italian Soda Social (D) 6:30 Care for the Elderly <i>Family Dining Room</i> | 11 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Pineridge vs. Sunridge</i> | 12 10:00 Full Body Exercises <i>Atrium</i> (G) 12:00 SkyPointe Men's Group In house Lunch: Popeye's Chicken <i>Atrium</i> 3:00 SkyPointe's Men Group: Egg Engineering and Drop <i>Atrium</i> 3:00 Armchair Travel: Rio de Janeiro (A) <i>Pegasus Theater</i> | National Scrabble Day 13 9:45 Morning Sing-a-Long (S) 2:00 Board Games <i>Activity Zone</i> |
| 14 10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> | 15 10:00 Full Body Exercises (D) <i>Atrium</i> 10:00 Expressive Art (\$) <i>Craft Area limited seating available</i> 2:00 West Side Signers Performance <i>Atrium</i> 3:30 Knitters Anonymous <i>Activity Zone</i> | 16 9:00 a.m. – 1:00 p.m. Alberta General Election <i>Atrium</i> 9:45 Walking Club (D) 10:45 Can You Picture This? (D) 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 3:00 Resident & Family Council Meeting <i>Conference Room</i> | 17 3:00 Spring Tea and Tunes (D) 6:30 Care for the Elderly <i>Family Dining Room</i> | 18 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 10:00 Bunny Funnies and Easter Egg Decorating (D) 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Taradale vs. Whitehorn</i> | 19 Good Friday  No Recreation Programming Scheduled Today | 20 Did you know? The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg 3:00 Bunny Hop Social <i>Atrium</i> |
| Easter Sunday 21 10:00 Virtual Easter Mass <i>Pegasus Theater</i> 2:00 Movie Matinee: Easter Movie <i>Atrium</i> | Easter Monday Earth Day 22 10:00 Easter Sing-a-Long <i>Atrium</i> 2:30 Expressive Art (\$) <i>Craft Area limited seating available</i> 3:00 Knitters Anonymous <i>Activity Zone</i> | 23 10:00 Meet and Greet the new Recreation Therapist with Keely! 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) | 24 3:00 April Birthday Party with Roli Mack Music <i>Atrium</i> 6:30 Care for the Elderly <i>Family Dining Room</i> | 25 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Pineridge vs. Rundle</i> | 26 Arbor Day 10:00 Full Body Exercises <i>Atrium</i> (G) 2:30 Resident & Family Food Council <i>Atrium</i> <i>Everyone is Welcome to Join!</i> 6:30 Would You Rather? Discussion (AL) | 27 9:45 Sit & Be Fit <i>Atrium</i> (A) 2:00 Board Games <i>Activity Zone</i> |
| 28 10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> 2:00 Movie Matinee with Rundle <i>Pegasus Theater</i> | 29 10:00 Full Body Exercise (A) <i>Atrium</i> 3:00 Expressive Art (\$) <i>Craft Area limited seating available</i> 3:00 Knitters Anonymous <i>Activity Zone</i> | 30 9:45 Walking Club (D) 10:45 Short Story and Discussion: Something Old (D) 2:00 SkyPointe Memorial Service <i>Atrium</i> |  <h1 style="font-size: 2em; margin: 0;">April 2019</h1> <h1 style="font-size: 2em; margin: 0;">Pineridge</h1>  | | | |

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

Pegasus Theatre

3rd Movie Night Whitehorn

4th BBC Planet Earth Documentary @ 9:00 am

7th Movie Matinee Pineridge and Martindale

10th Golden Dames

11th BBC Planet Earth Documentary @ 9:00 am

12th Movie Matinee Whitehorn

14th Movie Matinee Taradale and Rundle

18th BBC Planet Earth Documentary @ 9:00 am

21st Easter Movie Matinee *In the Atrium*

25nd BBC Planet Earth Documentary @ 9:00 am

28th Movie Matinee Rundle and Pineridge

Recreation Department Feature: "Scrabbled" Eggs

"Scrabbled" Eggs is a cognitively stimulating program that puts two of our favorite holidays together!

National Scrabble Day and Easter!

Residents will have to 'crack' the egg to reveal their scrabble tiles. What is the challenging part? They will have to figure out which word is spelt with the tiles by unscrambling them!

Alberta General Election

SkyPointe will have a polling station for all residents eligible to vote on April 16, 2019 in the Atrium.

Residents can vote anytime from 9:00 a.m. to 1:00 p.m.

For more information please contact:

General Manager, Amir Rajani

Or

Office Manager, Naaz Pirbhai

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!



April 2019 Newsletter

SkyPointe Food Council

April 26, 2019 @ 2:30 pm in the Atrium located on the main floor.

Everyone is welcome to attend.

For more information contact:

Ravi Yadav, Hospitality Manager

Resident & Family Council

Supported Living Council:

April 16, 2019 @ 3:00 pm

in the Conference Room located on the main floor.

Long Term Care Council:

April 29, 2019 @ 4:00 pm in the

Atrium located on the main floor.

Special Days in April

1st April Fool's Day

6th National Tartan Day

7th World Health Day

13th National Scrabble Day

19th Good Friday: Recreation

Department will be closed

21st Easter Monday

22nd Earth Day

26th Arbor Day

30th National Honesty Day

National Humor Month

National Oral Health Month

One Minute of Learning

Each month, the newsletter we feature one minute of learning. This section will feature an emergency response code used in the facility.

Code of the Month: Code White

Code White is the designated phrase to alert personnel to an incident of aggression or violence against a client, visitor, volunteer or staff member. The goal of the management of aggressive behavior is to preserve everybody's safety and to address the behaviors in a safe, respectful and caring manner.

SkyPointe Sports League

They Shoot and they SCORED!

SkyPointe sports league will be playing chair hockey!

Each Thursday two different neighbourhoods will battle for the rings!

April Features

10th Easter Bonnet Making

15th Westside Singers Musical Entertainment

16th Alberta General Election

20th Bunny Hop Social

24th April Birthday Party

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!*

Happy National Humor Month

- What happens to a frog's car when it breaks down?
 - It gets *Toad* away!
- What did the duck say when they bought lipstick?
 - Put it on my *Bill*
- Can a kangaroo jump higher than the Calgary Tower?
 - Of course! The Calgary Tower cannot jump!!
- Why did the witches team lose the baseball game?
 - Their *bats* kept flying away.
- Did you hear about the kidnapping at the school?
 - It's okay, he woke up!
- What nails do carpenters hate to hit?
 - Fingernails

Outdoor Dental Clinic

- Oral Hygiene and regular cleanings are essential for all ages to prevent tooth loss and gum disease. Keeping the form and function of your teeth is essential in receiving proper nutrition by allowing you to eat and live comfortably.
- Outdoor dental is a *fun, friendly family* focused clinic that offers a wide range of services in addition to general dental care. Our services include restorative and cosmetic dental treatments, one-day crowns, dentures, walk-in dental emergency care, and more.
- Outdoor Clinic is now accepting hygiene appoints at SkyPointe. Please call 587-393-3704 to book your appointment today.

Golden Dames Women's Group

Golden Gals Afternoon

April 10, 2019

3:00 pm Pegasus Theater

Golden Dame Ladies are required to sign up with recreation staff before event

SkyPointe's Men's Group

April 12, 2019

12:00 pm Popeye's Lunch

in the Atrium

3:00 Egg Engineering

in the Atrium

SkyPointe Gentlemen are required to sign up with recreation staff before event