




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Recreation Therapy Team:</b> (A) Arvin (B) Baylee (D) Darci (R) Rashimae (S) Stephanie (G) Gloria <i>Recreation Therapist</i>	<b>April Fool's Day 1</b> 10:00 What's Up in Recreation? <i>Calendar &amp; Newsletter Review</i>	10:00 Lawrence Welk Show 2 "Spring" (A) 10:45 Abstract Painting (A) 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:30 Talk About It: Bring a Picture (R)	3:00 Neighbourhood Get Together! (R&A) <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i>	10:00 Craft Corner (A) 4 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Rundle vs. Martindale</i> 6:30 Active Game (R)	2:30 Fun Bingo <i>Atrium</i> 6:30 Sensory and Spices (R) 5	<b>National Tartan Day 6</b> <b>Did You Know?</b> Every province and territory in Canada, except Nunavut in the north, has its own official tartan. 2:00 Board Games <i>Activity Zone</i>
10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> 7	9:45 Balloon Badminton (D) 8	2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:30 Colour Me Happy (R) 9	<b>10:00 Easter Bonnet Craft (G)</b> <b>2:00 Group Music Therapy East (G)</b> <b>2:45 Group Music Therapy West (G)</b> 3:00 Chef's Corner (R) <b>3:00 Golden Gals Pegasus Theater</b> <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i> 10	3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Pineridge vs. Sunridge</i> 11	10:00 Chair Yoga (A) 12 10:45 Jenga (A) <b>12:00 SkyPointe Men's Group In house Lunch: Popeye's Chicken Atrium (\$)</b> <b>3:00 SkyPointe's Men Group: Egg Engineering and Drop Atrium</b>	<b>National Scrabble Day 13</b> 9:45 Word Games: A-Z (B) 2:00 Board Games <i>Activity Zone</i>
10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> 14 6:30 Movie Night: Comedy Feature (R)	<b>10:00 Expressive Art (\$)</b> <i>Craft Area limited seating available</i> 15 2:00 West Side Signers Performance <i>Atrium</i> 3:30 What's Wrong with the Picture? (R) 6:30 Egg Concentration (R)	<b>9:00 a.m. – 1:00 p.m. Alberta General Election Atrium</b> 10:00 Lawrence Wilk Show: Easter (A) 16 10:45 Card Games (A) 2:00 Big Bingo <i>Atrium</i> (\$) 3:00 Resident & Family Council Meeting <i>Conference Room</i> 6:30 Board Games (R)	3:00 Sing-a-Long (A) 17 <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i>	10:00 Easter Egg Decorating <i>Dining Room (A)</i> 18 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Taradale vs. Whitehorn</i>	<b>Good Friday 19</b>  <b>No Recreation Programming Scheduled Today</b>	10:45 Easter Egg Toss <i>Dining Room (B)</i> 3:00 Easter Bunny Hop Social <i>Atrium</i> 20
<b>Easter Sunday 21</b> 10:00 Virtual Easter Mass <i>Pegasus Theater</i> 2:00 Movie Matinee: Easter Movie <i>Atrium</i>	<b>Easter Monday 22</b> <b>Earth Day</b> 10:00 Easter Sing-a-Long <i>Atrium</i> <b>2:30 Expressive Art (\$)</b> <i>Craft Area limited seating available</i> 3:00 Chef's Corner No Bake: Spring Smoothies (R)	10:00 Moove and Groove (A) 23 10:45 EZ Does It Trivia (A) 2:00 SkyPointe Big Bingo <i>Atrium</i> (\$) 6:30 Shopping Scavenger Hunt (R)	<b>2:00 Group Music Therapy East (G)</b> <b>2:45 Group Music Therapy West (G)</b> 3:00 April Birthday Party with Roli Mack Music <i>Atrium</i> <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i> 24	10:00 Craft Corner (A) 25 3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Pineridge vs. Rundle</i>	<b>Arbor Day 26</b> 2:30 Resident & Family Food Council <i>Atrium</i> <i>Everyone is Welcome to Join!</i> 3:00 Sunridge Bingo Special 6:30 Pretzels and Brews Social (R)	10:45 Tea and Coffee Social (A) 27 2:00 Board Games <i>Activity Zone</i>
10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> 28	3:00 Monday Move a Groove: Ribbon Exercises (R) 29 <b>3:00 Expressive Art (\$)</b> <i>Craft Area limited seating available</i>	10:00 Armchair Travel (A) 30 2:00 SkyPointe Memorial Service <i>Atrium</i>	 <h1>April 2019</h1> <h1>Sunridge</h1> 			

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

# Pegasus Theatre

3<sup>rd</sup> Movie Night Whitehorn

4<sup>th</sup> BBC Planet Earth Documentary @ 9:00 am

7<sup>th</sup> Movie Matinee Pineridge and Martindale

10<sup>th</sup> Golden Dames

11<sup>th</sup> BBC Planet Earth Documentary @ 9:00 am

12<sup>th</sup> Movie Matinee Whitehorn

14<sup>th</sup> Movie Matinee Taradale and Rundle

18<sup>th</sup> BBC Planet Earth Documentary @ 9:00 am

21<sup>st</sup> Easter Movie Matinee *In the Atrium*

25<sup>nd</sup> BBC Planet Earth Documentary @ 9:00 am

28<sup>th</sup> 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

1<sup>st</sup> April Fool’s Day

6<sup>th</sup> National Tartan Day

7<sup>th</sup> World Health Day

13<sup>th</sup> National Scrabble Day

19<sup>th</sup> Good Friday: Recreation

Department will be closed

21<sup>st</sup> Easter Monday

22<sup>nd</sup> Earth Day

26<sup>th</sup> Arbor Day

30<sup>th</sup> 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

10<sup>th</sup> Easter Bonnet Making

15<sup>th</sup> Westside Singers Musical Entertainment

16<sup>th</sup> Alberta General Election

20<sup>th</sup> Bunny Hop Social

24<sup>th</sup> 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](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!

## 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*