




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Therapy Team: (A) Arvin (B) Baylee (D) Darci (R) Rashimae (S) Stephanie (G) Gloria <i>Recreation Therapist</i>	April Fool's Day 1 3:00 What's Up in Recreation? <i>Calendar & Newsletter Review (A)</i> 3:00 Knitters Anonymous <i>Activity Zone Main Floor</i> 6:30 Practical Jokers (S)	2 2:00 SkyPointe Big Bingo <i>Atrium (\$)</i> 6:30 Word Games (S)	3 10:00 Armchair Travel: Rio de Janeiro (A) <i>Pegasus Theater</i> 3:00 Fact or Foolery? (S) 6:30 Care for the Elderly <i>Family Dining Room</i>	4 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 3:00 SkyPointe Sports League: Chair Hockey <i>Rundle vs. Martindale</i>	5 10:00 Full Body Exercises <i>Atrium (G)</i> 2:30 Fun Bingo <i>Atrium</i> 6:30 Rhyming Trees (S)	National Tartan Day 6 Did You Know? Every province and territory in Canada, except Nunavut in the north, has its own official tartan. 2:00 Board Games <i>Activity Zone</i>
7 10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i>	8 10:00 Full Body Exercise (S) <i>Atrium</i> 3:00 Knitters Anonymous <i>Activity Zone Main Floor</i>	9 9:45 Good News and Views <i>West (S)</i> 10:45 Name That Tune <i>East (S)</i> 2:00 SkyPointe Big Bingo <i>Atrium (\$)</i>	10 10:00 Easter Bonnet Craft Limited Seating Available (G) 3:00 Active Game <i>Dining Room (S)</i> 3:00 Golden Dames <i>Pegasus Theater</i> 6:30 Care for the Elderly <i>Family Dining Room</i>	11 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 10:00 Craft Corner: Bunny Pin (A) 3:00 SkyPointe Sports League: Chair Hockey <i>Pineridge vs. Sunridge</i>	12 10:00 Full Body Exercises <i>Atrium (G)</i> 10:45 Leaf Collection Game <i>West (S)</i> 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>	National Scrabble Day 13 10:45 Sit & Be Fit <i>Dining Room (S)</i> 2:00 Board Games <i>Activity Zone</i>
14 10:00 Sunday Coffee Group <i>Main Floor Activity Zone</i> 2:00 Movie Matinee with Taradale <i>Pegasus Theater</i>	15 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 Main Floor</i> 6:30 Wacky Words (S)	16 9:00 a.m. – 1:00 p.m. Alberta General Election <i>Atrium</i> 9:45 Active Game <i>Dining Room</i> 2:00 SkyPointe Big Bingo <i>Atrium (\$)</i>	17 10:00 Easter Egg Decorating <i>Dining Room (A)</i> 6:30 "Scrabbled" Eggs (S) 6:30 Care for the Elderly <i>Family Dining Room</i>	18 9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i> 3:00 SkyPointe Sports League: Chair Hockey <i>Taradale vs. Whitehorn</i>	19  Good Friday No Recreation Programming Scheduled Today	20 9:45 Eater Egg Toss <i>Dining Room (B)</i> 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 22 Earth Day 10:00 Easter Sing-a-Long <i>Atrium</i> 2:30 Expressive Art (\$) Craft Area limited seating available 3:30 Knitters Anonymous <i>Activity Zone Main Floor</i> 6:30 Theater Detective (S)	23 2:00 SkyPointe Big Bingo <i>Atrium (\$)</i> 6:30 Reminiscing with the Senses (S)	24 10:00 Craft Corner Spring Craft 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>Pineridge vs. Rundle</i>	26 Arbor Day 10:00 Full Body Exercises <i>Atrium (G)</i> 10:45 Word Game: Mixed Up Arbor Day (S) 2:30 Resident & Family Food Council <i>Atrium</i> <i>Everyone is Welcome to Join!</i>	27 9:45 Sit & Be Fit <i>Atrium (A)</i> 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 Pineridge <i>Pegasus Theater</i>	29 10:00 Full Body Exercise (A) <i>Atrium</i> 2:30 Expressive Art (\$) Craft Area limited seating available 3:00 Knitters Anonymous <i>Activity Zone</i>	30 10:00 Move and Groove (S) 2:00 SkyPointe Memorial Service <i>Atrium</i>	 <h1>April 2019 Rundle</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