

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2019 Martindale



<p><b>Cinco de Mayo Ramadan Begins</b> <b>5</b></p> <p>10:00 Sunday Coffee Social (A)</p>	<p><b>6</b></p> <p>10:45 Arm chair travel to Philippines (S)</p> <p>3:00 Knitter's Anonymous Group <i>Activity Zone</i></p> <p>6:30 You be the judge(B)</p>	<p><b>7</b></p> <p><b>12:00 In-house Lunch Taste of Mexico (\$) Atrium</b></p> <p>2:00 Big Bingo <i>Atrium</i> (\$)</p>	<p><b>May Day</b> <b>1</b></p> <p>10:00 Full Body Exercise <i>Atrium</i> (G)</p> <p>3:00 What's Up in Recreation? Calendar and Newsletter Review (B)</p> <p><b>6:30 Care for the Elderly Volunteer Group</b> <i>Family Dining Room</i></p>	<p><b>2</b></p> <p>9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i></p> <p>3:00 Name that Country (B)</p> <p>3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Pineridge vs. Whitehorn</i></p> <p>6:30 Dwayne Fettig Musical Entertainment <i>Atrium</i></p>	<p><b>3</b></p> <p>10:00 Move and Groove Exercise <i>Atrium</i> (KV)</p> <p><b>10:00 Expressive Art (\$) Craft Area</b> <i>limited seating available</i></p>	<p><b>Kentucky Derby</b> <b>4</b></p> <p>2:00 Board Games <i>Activity Zone</i></p> <p>6:30 Hangman (B)</p>
<p><b>5</b></p> <p>10:00 Sunday Coffee Social (A)</p>	<p><b>6</b></p> <p>10:45 Arm chair travel to Philippines (S)</p> <p>3:00 Knitter's Anonymous Group <i>Activity Zone</i></p> <p>6:30 You be the judge(B)</p>	<p><b>7</b></p> <p><b>12:00 In-house Lunch Taste of Mexico (\$) Atrium</b></p> <p>2:00 Big Bingo <i>Atrium</i> (\$)</p>	<p><b>8</b></p> <p>10:00 Full Body Exercise <i>Atrium</i> (G)</p> <p><b>2:30 Expressive Art (\$) Craft Area</b> <i>limited seating available</i></p> <p>3:00 Ring Toss (S)</p> <p><b>6:30 Care for the Elderly Volunteer Group</b> <i>Family Dining Room</i></p>	<p><b>9</b></p> <p>9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i></p> <p>10:00 Chef's Corner -Cheese Biscuit (B)</p> <p>3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Taradale vs. Sunridge</i></p>	<p><b>10</b></p> <p>10:00 Move and Groove Exercise <i>Atrium</i> (KV)</p> <p><b>10:00 Expressive Art (\$) Craft Area</b> <i>limited seating available</i></p> <p><b>3:00 SkyPointe FELLAship Men's Group</b> <i>Craft Area</i></p>	<p><b>Did you know?</b> <b>11</b></p> <p>The traditional drink of the Derby is the mint julep, and over 120,000 are said to be consumed at the race each year.</p> <p>3:00 Mother's Day Tea with Aven Grace Music Performance <i>Atrium</i></p>
<p><b>Mother's Day</b> <b>12</b></p> <p><b>Happy Mother's Day to all the Mothers @ SkyPointe!</b></p> <p>10:00 Sunday Coffee Social <i>Activity Zone</i></p> <p>2:00 Gift For Mom!</p> <p>2:00 Movie Matinee with Rundle <i>Pegasus Theater</i></p>	<p><b>13</b></p> <p><b>10:00 Homemade Card Making with Tammy</b> <i>Craft Area limited seating available</i></p> <p><b>2:30 Expressive Art (\$) Craft Area</b> <i>limited seating available</i></p> <p>3:00 Knitter's Anonymous Group <i>Activity Zone</i></p>	<p><b>14</b></p> <p><b>Did you know?</b></p> <p>Tulip bulbs were more valuable than gold in Holland in the 1600s.</p> <p>2:00 Big Bingo <i>Atrium</i> (\$)</p>	<p><b>15</b></p> <p>10:00 Full Body Exercise <i>Atrium</i> (G)</p> <p><b>2:30 Expressive Art (\$) Craft Area</b> <i>limited seating available</i></p> <p>3:00 May Craft (S)</p> <p><b>2:00 Golden Dames Tea</b> <i>Atrium</i></p> <p><b>6:30 Care for the Elderly Volunteer Group</b> <i>Family Dining Room</i></p>	<p><b>16</b></p> <p>9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i></p> <p><b>12:00 In-house Lunch Jerusalem Shawarma (\$)</b> <i>Atrium</i></p> <p>3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Martindale vs. Rundle</i></p>	<p><b>17</b></p> <p>10:00 Move and Groove Exercise <i>Atrium</i> (KV)</p> <p><b>2:00 Chair Yoga with Gina Komanac</b> <i>Fitness Studio</i></p>	<p><b>Did you know?</b> <b>18</b></p> <p>Queen Victoria and Albert had nine children, and eventually 34 grandchildren.</p> <p>2:00 Board Games <i>Activity Zone</i></p>
<p><b>19</b></p> <p>10:00 Sunday Coffee Social(A)</p> <p>2:00 Movie Matinee <i>Pegasus Theater</i></p>	<p><b>Victoria Day</b> <b>20</b></p>  <p><b>Victoria Day No Recreation Programming Scheduled</b></p>	<p><b>21</b></p> <p>9:45 Thera Band Exercise(S)</p> <p><b>11:15-11:45 Cat Café in the Fitness Studio</b></p> <p>2:00 Big Bingo <i>Atrium</i> (\$)</p>	<p><b>22</b></p> <p>10:00 Full Body Exercise <i>Atrium</i> (G)</p> <p>10:45 What's Wrong with this picture? (S)</p> <p>3:00 May Birthday Party <i>Atrium</i></p> <p><b>6:30 Care for the Elderly Volunteer Group</b> <i>Family Dining Room</i></p>	<p><b>23</b></p> <p>9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i></p> <p>3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Rundle vs. Whitehorn</i></p>	<p><b>24</b></p> <p>10:00 Move and Groove Exercise <i>Atrium</i> (KV)</p> <p>10:30 Current Events (MA)</p>	<p><b>25</b></p> <p>10:45 Bowling (S)</p> <p>2:00 Board Games <i>Activity Zone</i></p>
<p><b>26</b></p> <p>10:00 Sunday Coffee Social(S)</p> <p>2:00 Movie Matinee <i>Pegasus Theater</i></p>	<p><b>27</b></p> <p>3:00 Active Game: Washer Toss (R)</p> <p>3:00 Knitter's Anonymous Group <i>Activity Zone</i></p>	<p><b>28</b></p> <p><b>Did you know?</b></p> <p>Queen Victoria and Albert had nine children, and eventually 34 grandchildren.</p> <p><b>12:00 In-house Chinese Food Lunch (\$) Atrium</b></p> <p>2:00 Big Bingo <i>Atrium</i> (\$)</p>	<p><b>29</b></p> <p><b>Expressive Art Show Atrium</b></p> <p><b>2:30 pm – 4:30 pm &amp; 6:00 pm – 7:30 pm</b></p> <p>10:00 Full Body Exercise <i>Atrium</i>(G)</p> <p><b>6:30 Care for the Elderly Volunteer Group</b> <i>Family Dining Room</i></p>	<p><b>30</b></p> <p>9:00 BBC Planet Earth Documentary <i>Pegasus Theater</i></p> <p>3:00 SkyPointe Sports League: Chair Hockey <i>Atrium Martindale vs. Pineridge</i></p> <p>6:30 <i>Travelling Tunes</i> (S)</p>	<p><b>31</b></p> <p><b>National Smile Day</b></p> <p>10:00 Move and Groove Exercise <i>Atrium</i> (KV)</p>	<p><b>Recreation Team Recreation Therapy Aides</b></p> <p>(A) Arvin (SA) Saima (B) Baylee (MA) Manmeet (D) Darci (MO) Monique (K) Kit (R) Rashimae (AL) Alex (S) Stephanie (M) Michelle</p> <p><b>Recreation Therapists</b></p> <p>(G) Gloria (K) Keely</p>

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

## Pegasus Theatre

2<sup>nd</sup> BBC Planet Earth Documentary @ 9:00 am  
5<sup>th</sup> Movie Matinee Pineridge and Taradale  
9<sup>th</sup> BBC Planet Earth Documentary @ 9:00 am  
10<sup>th</sup> Friday Flicks Whitehorn  
12<sup>th</sup> Movie Matinee Rundle and Martindale  
16<sup>th</sup> BBC Planet Earth Documentary @ 9:00 am  
17<sup>th</sup> Friday Flicks Whitehorn  
19<sup>th</sup> Movie Matinee Taradale and Rundle  
23<sup>rd</sup> BBC Planet Earth Documentary @ 9:00 am  
24<sup>th</sup> Friday Flicks Whitehorn  
26<sup>th</sup> Movie Matinee Whitehorn and Pineridge  
30<sup>th</sup> BBC Planet Earth Documentary @ 9:00 am  
31<sup>st</sup> Friday Flicks Whitehorn

## Welcome to the Team!

The SkyPointe Recreation team would like to welcome two new team members:

**Keely Vanderwal, Recreation Therapist** Keely comes to us with a wide range of skills and is looking forward to adding to the SkyPointe team.

**Manmeet Bhagтана, Recreation Therapy Aide** Manmeet will be working on our Whitehorn and Pineridge neighborhood. If you see her around, say hello!

### Expressive Art Show

All year our residents have been busy; creating different pieces of art and we would like to share with the rest of our community! Silent Auction and Snacks. Everyone is Welcome to join!

Join us April 29, 2019  
in the Atrium  
2:30 pm – 4:30 pm  
&  
6:00 pm – 7:30 pm

### April Features

2<sup>nd</sup> Dwayne Fettig Music  
7<sup>th</sup> In House Lunch  
11<sup>th</sup> Mother's Day Tea with Aven Grace Music  
13<sup>th</sup> Homemade Card Making  
16<sup>th</sup> In House Lunch  
17<sup>th</sup> Chair Yoga  
22<sup>nd</sup> Facility Birthday Party  
28<sup>th</sup> In House Lunch  
29<sup>th</sup> Expressive Art Show

## 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!



# May 2019 Newsletter

### SkyPointe Food Council

Will resume in June 2019

For more information contact:  
Ravi Yadav, Hospitality Manager

### Resident & Family Council

Supported Living Council:

May 21, 2019 @ 3:00 pm

in the Conference Room located on the main floor.

Long Term Care Council:

May 27, 2019 @ 4:00 pm in the

Atrium located on the main floor.

### Special Days in May

1<sup>st</sup> May Day

4<sup>th</sup> Kentucky Derby

5<sup>th</sup> Cinco de Mayo

5<sup>th</sup> Ramadan Begins

12<sup>th</sup> Mother's Day

20<sup>th</sup> Victoria Day

31<sup>st</sup> National Smile Day

National Mental Health

Month

National Dental Care

Awareness 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 Purple

Code Purple is the designated phrase to alert personnel to an incident where another individual is holding a client, a member of staff, or anyone against their will; there may be a threat of violence with a weapon.

For more information, ask your neighbourhood nurse or one of SkyPointe's onsite educators.

### 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!

### Cat Café

Tails to Tell Animal Rescue

Shelter will be visiting SkyPointe May 28<sup>th</sup>.

Each neighbourhood will have a blocked time for residents to come and visit the kitty cats!

## National Mental Health Month

9 Ways You Can Improve Your Mental Health Today

1. Tell yourself something positive; you are beautiful!
2. Write down something you are grateful for.
3. Focus on one thing in the moment; try being mindful!
4. Exercise; Go for a walk or do some simple stretches in your chair.
5. Eat a good meal; Breakfast is the most important meal of the day!
6. Open up to someone; it is okay to express yourself.
7. Do something for someone else; be kind.
8. Take a break; slow down and enjoy the moment.
9. Go to bed; get a good night's rest!

## 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 appointments at SkyPointe. Please call 587-393-3704 to book your appointment today.

## Golden Dames Women's Group

May 15<sup>th</sup>

Afternoon Tea  
In the Atrium  
@ 2:00 p.m.

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

## SkyPointe's Men's Group

Now has a new name!  
FELLAship Men's Group

Homemade Mother's Day  
Cards @ 3:00

In the craft area

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

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!