








| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|---|
| Recreation Team Recreation Therapy Aides (A) Arvin (SA) Saima (MA) Manmeet (MI) Micah (MO) Monique (K) Kit (R) Rashimae (AL) Alex (S) Stephanie (M) Michelle (SM) Sam Recreation Therapists (G) Gloria (K) Keely | Happy 152nd Birthday 1 Canada!  There will be no recreation programming today. | 2 9:45 What's Up in Recreation? <i>Calendar and Newsletter Review</i> (A) 2:00 Big Bingo <i>Atrium</i> 6:30 Let's Get Crafty: Canadian Maple Leaf Decor (R) | 3 10:00 Full Body Exercise <i>Atrium</i> (G) 3:00 Keepin' It Country Line Dance Performance <i>Atrium</i> 6:30 O' Canada Cross word Puzzles (R) | 4 9.45 Bean the Maple Leaf (A) 3:00 SkyPointe Sports League Ring Toss <i>Atrium</i> Sunridge vs. Rundle 6:30 Famous Canadians (R) | 5 10:00 Move & Groove <i>Atrium</i> (KV) 10:00 Stampede Parade <i>Neighbourhood TV Rooms and Pegasus Theater</i> 1:30 Stampede Rodeo Viewing <i>Pegasus Theater</i>  | 6  2:00 Board Games <i>Activity Zone</i> 6:30 Life's Blessings (R) |
|  7 10:00 Sunday Coffee Social 6:30 Last Letter First: How Well Do You Know the Rodeo? (R) | 8 9:45 Balloon Badminton (A) 1:30 Name that Country Tune (A) 3:00 Howdy Hangman (R) 3:30 The Nut Man <i>Reception</i> 6:30 Wheel of Fortune! (R) | 9 9:45 Make a Country Melody (A) 2:00 Big Bingo <i>Atrium</i> | 10 10:00 Full Body Exercise <i>Atrium</i> (G) 9:45 Ladder Ball (A) 2:00 JB Music Therapy (G) 3:00 Cheryl Dust Stampede Entertainment <i>Atrium</i> 6:30 Care for the Elderly Prayer Group <i>Family Dining Room</i> | 11 9:30 Down the Fence Documentary <i>Pegasus Theater</i> 9:45 Table Top Horse Racing (A) 1:30 Craft Corner: Stampede Craft (A) | 12 9:45 Sunshine Strolls (A) 10:00 Move & Groove <i>Atrium</i> (KV) 1:30 Stampede Rodeo Viewing <i>Pegasus Theater</i> | 13  10:00 Golden Dames (MO,K) 2:00 Board Games <i>Activity Zone</i> 6:30 Play Script (R) |
|  14 10:00 Sunday Coffee Social 6:30 Falcon Ridge Family Church Gospel Service <i>Atrium</i> | 15 9:45 Musical Chair Stretches (A) 1:30 Trivia Time (A) 1:30 Knitters Anonymous (K) 3:00 Human Anatomy (R) 6:30 Chef's Corner(R,S) | 16 Salina's Boutique Activity Zone 11:30 – 2:30 9:45 Morning Stretch (A) 10:30 Manicures with MC Students <i>Limited Space available (MA)</i> 2:00 Sky Pointe Memorial Service <i>Atrium</i> 6:30 Who/ What am I? (R) | 17 9:45 Pool Noodle Game (A) 10:00 Full Body Exercise <i>Atrium</i> (G) 3:00 Rick Kelly Entertainment <i>Atrium</i> 6:30 Care for the Elderly Prayer Group <i>Family Dining Room</i> | 18 9:45 Table top Bowling (A) 6:30 My Passport (R) | 19 10:00 Move & Groove <i>Atrium</i> (KV) 1:30 Board Games <i>Indoor Patio</i> (R) 6:30 Tea Time in the Sunroom and Garden Reminiscing (R) | 20 9:45 Request Hour (A) 2:00 Board Games <i>Activity Zone</i> |
| 21 10:00 Sunday Coffee Social | 22 9:45 Riddle Me! (A) 1:30 Bowling (A,R) 3:30 Garden Stroll (R) | 23 9:45 Name that Flag? (A) 2:00 Big Bingo <i>Atrium</i> 6:30 Jeopardy! Summer Edition (R) | 24 10:00 Full Body Exercise <i>Atrium</i> (G) 2:00 JB Music Therapy (G) 3:00 June Facility Birthday Party with Music by Robb Mann <i>Atrium</i> 6:30 You Be the Judge (R) 6:30 Care for the Elderly Prayer Group <i>Family Dining Room</i> | 25 6:30 What's wrong with this picture? (R) | 26 10:00 Move & Groove <i>Atrium</i> (KV) 9:45 Name that Animal? (A) 1:30 Colour Me Happy (A) 3:30 Friendly Visits (R) 6:30 Snakes & Ladders <i>Indoor Patio</i> (R) | 27 9:45 Stretch Your Feet (A) 2:00 Board Games <i>Activity Zone</i> |
| 28 10:00 Sunday Coffee Social | 29 1:30 Lemonade & Laughter on the Patio <i>Weather Permitting</i> (R) 6:30 Chicken Soup for the soul (R) | 30 9:45 Choices in a Jar (A) 12:00 In House Pizza Lunch <i>limited seating available (A)</i> 2:00 Big Bingo <i>Atrium</i> 6:30 Men's Fella- Ship <i>Activity Zone (A,MA)</i> | 31 9:45 Current Events (A) 10:00 Full Body Exercise <i>Atrium</i> (G) 1:30 Chair Hockey (A,R) 3:00 Interesting Facts (R) 6:30 Blueberry Smoothie Social (R) 6:30 Care for the Elderly Prayer Group <i>Family Dining Room</i> |  <h1>July 2019</h1> <h1>Sunridge</h1>  | | |

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

Pegasus Theater Viewing Schedule

July 5th *Open Theater* Stampede Parade & Rodeo

July 7th *Taradale & Rundle* Western Movie Matinee

July 9th *Pineridge, Rundle & Whitehorn*

Western Movie Night

July 11th *Open Theater* Western Documentary

July 12th *Open Theater* Stampede Rodeo

July 14th *Martindale & Pineridge*

Western Movie Matinee

July 21st *Whitehorn & Taradale*

Summer Movie Matinee

July 28th *Rundle & Pineridge* Summer Movie Matinee

For viewing times, please see program calendar



Fundraiser BBQ

The recreation team is putting on a summer BBQ!

Date: Friday, July 26, 2019

Location: Atrium & Courtyard

Time: 11:00 am – 2:00 pm

Cost: \$5 for a burger, chips, and pop!

All proceeds will go towards outdoor recreation programs and activities!

July Features

3rd Country Line Dancing

8th The Nut Man

10th Country Jamboree

16th Salina's Boutique

16th Manicures with MC

College

17th Rick Kelly

Entertainment

24th July Birthday Party

with Robb Mann Music

26th Fundraiser BBQ

30th Pizza In-House Lunch

One Minute of Learning: Sun Exposure

Protect Yourself from the Sun Preventative Measures

- Drink lots of water to prevent dehydration.
- Protect your eyes and wear sunglasses.
- Wear a hat to shade your head and face.
- Wear sunscreen and limit your time in direct sunlight.

Benefits of Sun Exposure

- Increased cognition, better mood, better health & better sleep

SkyPointe Sports League

*“Clear Eyes, Full Hearts,
Can't Lose”*

Residents need a sharp eye and steady hand!

This month the league will be playing ring toss!

Resident & Family Councils

The *Resident & Family Councils and Food Council* will be taking a summer break!

Please stay tuned for the September meeting dates.

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!



AgeCare Visiting Pet Policy

- All pets must be on a leash
- No animals can be in the dining areas
- All dogs must be up-to-date with vaccinations
- All owners shall clean up animal waste.
- AgeCare reserves the right to ask owners to remove visiting pets, demonstrating disruptive or aggressive behavior.

SkyPointe Memorial Service

Tuesday, July 16, 2019

2:00 pm in the Atrium

Celebrating and remembering our residents

who have passed away.

Everyone is welcome to attend.

A warm *Thank You* to all residents and family members who participated in the 2019 *Resident & Family Satisfaction Survey*. Your feedback will help us improve the life of someone who truly

Round'em Up Monster Bingo!

Starting July 2nd, a Monster or *Rodeo Size* Bingo game will begin for residents, family members and staff to play throughout the month of July.

3 bingo numbers will be called each day (Monday-Friday). Daily Numbers will be displayed at reception, announced over PA system (9:00 am) and sent to staff via email.

Three games will be called... One line anyway, the “X”, and the Blackout! ... but do not clear your cards.

Games will be called continuously one after another using the same cards after each prize is awarded.

Missed buying tickets? Do not worry you can purchase at any time from the reception desk.

Tickets can be purchased at reception!

Card Cost

1 card = \$1

6 cards = \$5

Bonus card if you spend \$20!

Prizes

1 Line – Winner \$10

‘X’ – Winner \$20

Blackout – Winner \$50



Golden Dames Women's Group July 12, 2019 @ 10:00 am

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

Fella-ship Men's Group July 30, 2019 @ 6:30 pm

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

Yeehaw AgeCare SkyPointe!

Time to dust off the ole cowboy hat and giddy on up and get on over...

It's Stampede time!

There will be a Country Jamboree Celebration July 10th!

‘Root’ Beer, stampede snacks, & musical entertainment by *Cheryl Dust!*

See you there partner!

Stampede Pancake Breakfast

Your Hospitality Team wants to keep the stampede tradition going and will be serving a HOT Stampede Pancake Breakfast in your neighbourhood dining room on July 9, 2019 for breakfast!

Did You Know?

1. The first free pancake breakfast served at stampede was in 1923 out of a chuck wagon!
2. More than 300,000 pancakes are cooked each year at Stampede.
3. Free pancake breakfasts can be found all over the city during stampede.

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!