


















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Team Recreation Therapy Aides (A) Arvin (SA) Saima (MI) Micah (MO) Monique (K) Kit (R) Rashimae (AL) Alex (S) Stephanie (M) Michelle (SM) Sam (MA) Manmeet Recreation Therapists (G) Gloria (KV) Keely	Happy 152nd Birthday 1 Canada!  There will be no recreation programming today.	2 9:45 What's Up in Recreation (MO) 1:30 Bean the Maple Leaf Sun Room Patio (MO) 2:00 Big Bingo Atrium	3 9:45 Walking Club (MI) 10:00 Full Body Exercise Atrium (G) 1:30 Getting to Know You sunrooms (AL) 3:00 Keepin' It Country Line Dance Performance Atrium 6:30 Fact or Fiction (AL) 7:00 Smudge Ceremony (M)	4 9:45 Spelling Bee (SM) 1:30 Stampede Window Art front entrance (All MHU Staff) 6:30 Ladder Ball (AL)	5 10:00 Stampede Parade Neighbourhood TV Rooms and Pegasus Theater 1:30 Stampede Rodeo Viewing (K/p-MA) Pegasus Theater 6:30 Games at the Park (K/AL) 	6  2:00 Board Games Craft Area 6:30 Name That Country Tune (SA)
 7 10:00 Coffee Social 6:30 Virtual Visit to the Calgary Stampede (SA/M)	8 10:00 Group Exercise Dining Room (OT) 2:00 Games at the Park Country Relay (MO/AL/M) 3:30 Getting to Know You (MO/AL/M) 6:15 Dungeons & Dragons (AL/M)	9 9:45 Sharing Stampede Stories West Side (SM/MI) 10:45 Stampede Craft East Side (SM/K) 1:30 Getting to Know You (AL) 2:00 Big Bingo Atrium 6:15 Movie Night: Walk. Ride. Rodeo. Pegasus Theater (AL/MA)	10 9:45 Country Word Puzzles (MI) 10:00 Full Body Exercise Atrium (G) 1:30 Getting to Know You (SM) 3:00 Cheryl Dust Stampede Entertainment Atrium 6:30 Active Game (SM) 7:00 Smudge Ceremony (M)	11 9:30 Down the Fence Documentary Pegasus Theater 10:45 Stampede Fun Bingo (MO) 1:30 Lasso Knot Tying and Toss sunroom (AL) 3:00 Sun Catchers (MO) 6:30 Floor Bowling (AL/SM)	12 10:00 Move & Groove Atrium (KV) 10:00 Walk to Shell (MO/MI) 1:30 Stampede Rodeo Viewing (AL/p-A) Pegasus Theater (MO) 1:00 (MI) 3:00 Request Hour (AL)	 13 9:45 Current Events (MI) 10:00 Golden Dames (MO/K) 2:00 Board Games Craft Area 6:30 Movie Night (AL)
 14 10:00 Coffee Social 11:00 Getting to Know You (MO/K/MI) 1:30 Charades sunroom (M/K) 3:00 Fun Facts & Trivia (AL/MI) 6:30 Falcon Ridge Family Church Gospel Service Atrium	15 10:00 Group Exercise Dining Room (OT) 1:30 Knitter's Anonymous (K) 2:00 Games at the Park (MI/AL/SM) 3:30 Getting to Know You (K/SM/AL/SM) 6:15 Dungeons & Dragons (AL/K)	16 Salina's Boutique Activity Zone 11:30 – 2:30 Clothing and Jewelry 10:30 Manicures with MC Students Limited Space available (SM) 2:00 SkyPointe Memorial Service Atrium 3:30 Getting to Know You (SM/M)	17 10:00 Full Body Exercise Atrium (G) 1:30 Getting to Know You (M) sunroom 3:00 Rick Kelly Entertainment Atrium 6:30 HORSE Basketball outside (AL/M)	18 10:45 Popsicle Boats (MI/MO) 1:30 #Throwback Thursday sunroom (MO/M) 3:00 SkyPointe Sports League Atrium Whitehorn vs. Taradale (MO/AL/MI)	19 9:45 Riddle Me This (MO) 10:00 Move & Groove Atrium (KV) 12:30 Community Outing: Drumming Up Wellness @ South Health Campus (AL/MI) 1:30 Hollywood Scoop sunroom (M) 6:30 Games at the Park (K/AL/M)	20 2:00 Board Games Craft Area 6:30 Meditation sunroom (SM)
21 10:00 Coffee Social 2:00 Movie Matinee Christmas in July Feature Pegasus Theater (SM/MI)	22 10:00 Group Exercise Dining Room (OT) 10:45 Pictionary (MI/MO) 2:00 Games at the Park / Boat Test (MO/M/MI) 3:30 Tuck-shop Work Program Planning Session (All MHU Staff) 6:15 Dungeons & Dragons (AL/M)	23 2:00 Big Bingo Atrium 2:00 Getting to Know You (AL)	24 9:45 Walking Club (MI) 10:00 Full Body Exercise Atrium (G) 2:00 Community Outing (AL/MO) 1:30 Getting to Know You (MI) 3:00 June Facility Birthday Party with Music by Robb Mann Atrium 6:30 Black Jack (M)	25 10:45 You be the Judge (MI) 1:30 Getting to Know You (AL/M/MI)	26 10:00 Move & Groove Atrium (KV) 3:00 Baking Planning Session sunroom (MI/MO)	27 10:45 Current Events (SM/MO) 2:00 Board Games Craft Area 6:30 Pub'n It (AL)
28 10:00 Coffee Social 1:30 Pop Bottle Fairy Houses sunroom (MO/SM) 3:00 Hang Man (MO) 6:30 We've Got Chemistry (AL/K)	29 10:00 Group Exercise Dining Room (OT/p-MI) 2:00 Games at the Park (AL/M/K) 3:30 Getting to Know You (AL/M/K) 6:15 Dungeons & Dragons (AL/M)	30 10:45 Floor Bowling west side (MO/MI) 12:00 In-House Pizza Lunch (A) 1:30 Getting to Know You (MO) 2:00 Big Bingo Atrium 6:30 FELLA-ship Men's' Group (AL/MA)	31 10:00 Full Body Exercise Atrium (G) 10:45 Board Games (SM/MI) 2:00 Baking 101 (MO/M) 2:00 Community Outing (KV/SM) 6:30 Taste Test (M)	 <h1>July 2019</h1> <h2>Whitehorn West</h2>		

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Recreation Team Recreation Therapy Aides (A) Arvin (SA) Saima (MI) Micah (MO) Monique (K) Kit (R) Rashimae (AL) Alex (S) Stephanie (M) Michelle (SM) Sam (MA) Manmeet Recreation Therapists (G) Gloria (K) Keely	Happy 152nd Birthday 1 Canada!  There will be no recreation programming today.	2 10:45 Bean the Maple Leaf (MO) 1:30 What's Up in Recreation (MI) 2:00 Big Bingo <i>Atrium</i>	3 10:00 Full Body Exercise <i>Atrium</i> (G) 10:45 Spelling Bee (MI) 1:30 Getting to Know You (M) 3:00 Keepin' It Country Line Dance Performance <i>Atrium</i> 6:30 Fact or Fiction (AL) 7:00 Smudge Ceremony (M)	4 10:45 Riddle Me This (MI) 1:30 Stampede Window Art <i>front entrance</i> (All MHU Staff) 6:30 Ladder Ball (M/AL)	5 10:00 Stampede Parade <i>Neighbourhood TV Rooms and Pegasus Theater</i> 1:30 Stampede Rodeo Viewing <i>Pegasus Theater</i> 6:30 Games at the Park (K/AL)	6  10:45 Current Events (MO) 1:30 Board Games (M) 6:30 Comedy Time (SA/M)	
 7 10:00 Coffee Social 11:00 Getting to Know You (MO) 6:30 Virtual Visit to the Calgary Stampede (SA/M)	 8 10:30 Sharing Stampede Stories (MO) 2:00 Games at the Park <i>Country Relay</i> (MO/AL/M) 3:30 Getting to Know You (MO/AL/M) 6:15 Dungeons & Dragons (AL/M)	 9 9:45 Sharing Stampede Stories <i>West Side</i> (SM/MI) 10:45 Stampede Craft <i>East Side</i> (SM/K) 1:30 Getting to Know You (M) 2:00 Big Bingo <i>Atrium</i> 6:15 Movie Night: Walk. Ride. Rodeo. <i>Pegasus Theater</i> (AL/MA)	 10 9:45 Walking Club (MO) 10:00 Full Body Exercise <i>Atrium</i> (G) 1:30 Getting to Know You (MO) 3:00 Cheryl Dust Stampede Entertainment <i>Atrium</i> 6:30 Active Game (SM) 7:00 Smudge Ceremony (M)	 11 9:30 Down the Fence Documentary <i>Pegasus Theater</i> 10:45 Country Word Puzzles (MO) 1:30 Lasso Knot Tying and Toss <i>sunroom</i> (MO) 3:00 Hollywood Scoop (SM) 6:30 Floor Bowling (AL/SM)	12 10:00 Move & Groove <i>Atrium</i> (KV) 10:00 Walk to Shell (MO/MI) 1:30 Stampede Rodeo Viewing <i>Pegasus Theater</i> (MO) 1:30 Stampede Fun Bingo (AL) 3:00 Ring Toss (MI) 6:30 History Corner (AL)	 13 10:45 Current Events (MI) 1:30 Board Games (K) 6:30 Meditation <i>sunroom</i> (M)	
 14 10:00 Coffee Social 11:00 Getting to Know You (MO/K/MI) 1:30 Charades <i>sunroom</i> (MI/AL) 3:00 Fun Facts & Trivia (M/K) 6:30 Falcon Ridge Family Church Gospel Service <i>Atrium</i>	15 10:30 Painting (SM) 1:30 Knitter's Anonymous (K) 1:30 Games at the Park (MI/AL/SM) 3:30 Getting to Know You (K/SM/AL/SM) 6:15 Dungeons & Dragons (AL/K)	Salina's Boutique 16 Activity Zone 11:30 – 2:30 9:30 Getting to Know You (SM) 10:30 Manicures with MC Students <i>Limited Space available</i> (SM) 2:00 SkyPointe Memorial Service <i>Atrium</i> 3:30 Getting to Know You (SM/M)	17 10:00 Full Body Exercise <i>Atrium</i> (G) 11:00 Getting to Know You (MO) 1:30 Getting to Know You (AL) <i>sunroom</i> 3:00 Rick Kelly Entertainment <i>Atrium</i> 6:30 HORSE Basketball <i>outside</i> (AL/M)	18 9:45 Popsicle Boats (MO) 1:30 #Throwback Thursday <i>sunroom</i> (MI) 3:00 SkyPointe Sports League <i>Atrium</i> Whitehorn vs. Taradale (MO/AL/MI) 6:30 Request Hour (M)	19 9:45 Fun & Fitness (MI) 10:00 Move & Groove <i>Atrium</i> (KV) 10:45 Rock Painting (MO) 12:30 Community Outing: Drumming Up Wellness @ South Health Campus (AL/MI) 1:30 Hollywood Scoop <i>sunroom</i> (MO) 3:30 Crossword Puzzles (K) 6:30 Bocce Ball/Games at the Park (K/AL/M)	20 10:45 Current Events (MI) 1:30 Board Games (SM)	
21 10:00 Coffee Social 11:00 Getting to Know You (MI) 2:00 Movie Matinee Christmas in July Feature <i>Pegasus Theater</i> (SM/MI)	22 10:45 Pictionary (MI/MO) 1:30 Games at the Park / Boat Test (MO/M/MI) 3:30 Tuck-shop Work Program Planning Session (All MHU Staff) 6:15 Dungeons & Dragons (AL/M)	23 1:30 Getting to Know You 2:00 Big Bingo <i>Atrium</i> 2:00 Getting to Know You (M) 6:30 Scratch Art (AL)	24 10:00 Full Body Exercise <i>Atrium</i> (G) 10:45 Rhyme Time (MI) 1:30 Getting to Know You (M) 2:00 Community Outing (AL/MO) 3:00 June Facility Birthday Party with Music by Robb Mann <i>Atrium</i> 6:30 Balloon Badminton (AL)	25 9:45 You be the Judge (MI) 1:30 Getting to Know You (AL/M/MI) 3:00 Ping Pong (MI) 6:30 Black Jack (M)	26 10:00 Move & Groove <i>Atrium</i> (KV) 3:00 Baking Planning Session <i>sunroom</i> (MI/MO) 6:30 Pub'n It (M)	27 10:45 Current Events (SM/MO) 1:30 Board Games (AL)	
28 10:00 Coffee Social 11:00 Getting to Know You (SM) 1:30 Word Searches (K) 3:00 Ring Toss <i>sunroom</i> (SM/K) 6:30 We've Got Chemistry (AL/K)	29 10:30 Comedy Time (MI) 1:30 Games at the Park (AL/M/MI) 3:30 Getting to Know You (AL/M/MI) 6:15 Dungeons & Dragons (AL/M)	30 9:45 Life's Blessings (MI) 10:45 Floor Bowling <i>west side</i> (MO/MI) 1:30 Getting to Know You (MI) 2:00 Big Bingo <i>Atrium</i> 6:30 FELLA-ship (AL/MA)	31 9:45 Walking Club (SM/MI) 10:00 Full Body Exercise <i>Atrium</i> (G) 2:00 Baking 101 (MO/M) 2:00 Community Outing (KV/SM) 6:30 Taste Test (M)	 July 2019 Whitehorn East			

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



July 2019 Newsletter

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

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!

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	Prizes
1 card = \$1	1 Line – Winner \$10
6 cards = \$5	'X' – Winner \$20
Bonus card if you spend \$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