

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2019

Taradale



Recreation Team
Recreation Therapy Aides
 (A) Arvin (AP) Amber
 (AR) Arashroop (K) Kit
 (MO) Monique (R) Rashimae
 (AL) Alex (S) Stephanie
 (M) Michelle (MS) Michael
 (MA) Manmeet (D) Darci
Recreation Therapists
 (G) Gloria (KV) Keely

November Trivia
Answers
 1. Mushroom Soup
 2. Naan Bread
 3. Marlo Brando
 4. Winnipeg
 5. Greenland
How did you do?

All Saint's Day **1**
9:45 – 11:30 SkyHub
 10:00 What's Up in Recreation?
 Calendar and Newsletter Review
 (KV)
Did You Know?
 Justin Trudeau became prime
 minister in the 43rd Canadian
 Parliament.

#LoveYYC Day **2**
 9:45 Active Game *Dining Room*
 (AR)
 2:30 Heart to Heart Musical
 Entertainment *Atrium*

Time Change **3**
**Make sure to set your clocks
 back an hour!**
2:00 – 4:00 SkyHub
 10:00 Sunday Coffee *Social*
Craft Area
 2:00 Movie Matinee: Taradale,
 Martindale, Rundle, Pineridge
Atrium

9:45 – 11:30 SkyHub **4**
 1:30 Table Bowling *West* (S)
 3:00 Pictionary *East* (S)
3:00 SkyPointe Holiday Choir
1st Practice Pegasus Theater
 (A&R)

10:00 Community Outing **5**
TELUS Spark Body Exhibit
 (\$) **5**
 2:30 Big Bingo *Atrium* (\$) **5**
 6:30 Hand Massages (R)

2:00 – 4:00 SkyHub **6**
 9:45 Giving Gratitude for
 Remembrance Day (S) **6**
 10:00 Full Body Exercises (G)
11:00 Chinese Food In House
Lunch Atrium
 3:00 Rick Kelly Music
 Entertainment *Atrium*
6:30 Care for the Elderly
Prayer Group Family Dining

9:45 Rhythm Sticks (S) **7**
 10:45 Reminiscing *Lounge* (S)
1:30 Stay on the Bus Memorial
Drive (\$) **7**
 11:00 - 3:00 Salina's Boutique
 Reception Area
 3:00 SkyPointe Bowling
 League *Atrium*
 Whitehorn vs. Martindale

9:45 – 11:30 SkyHub **8**
 10:00 Move and Groove (KV) **8**
10:00 Golden Dames Poppy
Craft with Daycare Craft Area
 (MO & MA)
 2:00 *Remembrance Day*
Ceremony in the Atrium
Everyone is Welcome to Attend
 3:00 Remembrance Day Tea
Atrium

10:45 Good Morning
 Sing-A-Long (S) **9**
 2:00 Board Games *Activity Zone*

2:00 – 4:00 SkyHub **10**
 10:00 Sunday Coffee *Social*
Craft Area
 2:00 Movie Matinee: Rundle and
 Martindale *Pegasus Theater*
 6:30 Falcon Ridge Family
 Church Gospel Service *Atrium*

Remembrance Day **11**
There will be no Recreation
Programs or Activities


Chicken Soup for the **12**
Soul Day
 10:45 Mad Libs (AR) **12**
 2:30 Big Bingo *Atrium* (\$) **12**

2:00 – 4:00 SkyHub **13**
11:00 Community Outing **13**
Boston Pizza Lunch (\$) **13**
 1:30 Fact or Fiction *East* (S)
 3:00 Autumn Craft *West* (S)
6:30 Care for the Elderly
Prayer Group Family Dining
Room

3:00 SkyPointe Bowling **14**
 League *Atrium* **14**
 Martindale vs. Pineridge
 (S, A, AR)
 6:30 Hymn Songs (S)

9:45 – 11:30 SkyHub **15**
 10:00 Move and Groove (KV) **15**
3:00 SkyPointe Holiday Choir
Practice Atrium (A&R)
 6:30 Card Game – 7 Up (R)

10:00 Chef's Corner with
 Martindale *Craft Area* (MA, D,
 AR) **16**
 6:30 Fall Senses (R)

Homemade Bread Day **17**
2:00 – 4:00 SkyHub **17**
 10:00 Sunday Coffee *Social*
Craft Area
3:00 Fella-ship Men's Group
 Christmas Workshop *Atrium* (AL
 & MS)
 2:00 Movie Matinee: Taradale
 and Pineridge *Pegasus Theater*
 (MA, AR)

9:45 – 11:30 SkyHub **18**
 10:00 Pigeons and Crows *Atrium*
 Taradale & Martindale (AR, A)
 3:00 Knitters Anonymous *Craft*
Area (K)
3:00 SkyPointe Holiday Choir
Practice Pegasus Theater
 (A&R)

2:30 Big Bingo Atrium (\$) **19**
 6:30 Baking: All you KNEAD is
 Love *Faming Dining Room*
 (S, R)

2:00 – 4:00 SkyHub **20**
 10:00 Full Body Exercises (G) **20**
6:30 Care for the Elderly
Prayer Group Family Dining
Room

11:00 A&W In House Lunch **21**
Atrium **21**
 1:30 Bean Bag Toss (S)
 3:00 Fall Collage (S)
 3:00 SkyPointe Bowling
 League *Atrium*
 Sunridge vs. Rundle
 (MA, A, R, AR)

9:45 – 11:30 SkyHub **22**
 10:30 Catholic Mass *Atrium*
 (MS, KV) **22**
 2:30 Resident and Family Food
 Council Meeting *Atrium*
3:00 Chair Yoga with Gina
Fitness Studio (R, AL)
 6:30 Hot Coco Social with
 Taradale *Martindale* (R,MA)

2:00 Board Games *Activity Zone*
 6:30 Sorting Club (S) **23**

2:00 – 4:00 SkyHub **24**
 10:00 Sunday Coffee *Social*
Craft Area
 2:30 Baptist Service by Cabalsa
 Family *Pegasus Theater* (G, A,
 S)

Start of Holiday Decorating **25**
9:45 – 11:30 SkyHub **25**
 4:00 LTC Resident & Family
 Council Meeting *Location to be*
determined
Did You Know?
 For the Canadian style 75-ball
 bingo, there are about 552-
 million-billion-billion possible
 number combinations.

Holiday Decorating **26**
 2:00 November Birthday
 Celebration with Music by Aven
 Grace *Atrium* **26**

Holiday Decorating **27**
SkyHub Closed for Holiday
Decorating **27**
 10:00 Full Body Exercises (G)
 10:00 Holiday Decorating and
 Hot Cocoa *TV Lounges*
6:30 Care for the Elderly
Prayer Group Family Dining

American Thanksgiving **28**
Holiday Decorating **28**
 3:00 SkyPointe Bowling
 League *Atrium*
 Taradale vs. Pineridge
 (S, MA, R)

9:45 – 11:30 SkyHub **29**
 10:00 Move and Groove (KV) **29**
3:00 SkyPointe Holiday Choir
Pegasus Theater (A&R)

SkyPointe 2019
Holiday Market
 10:30 am – 3:00 p.m.
Jewelry, clothing, treats and
much much more.
 Everyone is welcome to attend! **30**

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

Pegasus Theater Viewing Schedule

For viewing times, please see program calendar

- 1st Documentary: Rundle and Sunridge
- 3rd Movie Matinee: Taradale and Martindale
- 6th Newsroom Open Theater
- 10th Movie Matinee: Rundle and Martindale
- 13th Newsroom Open Theater
- 15th Movie Matinee: Whitehorn
- 17th Movie Matinee: Taradale and Pineridge
- 20th Newsroom Open Theater
- 27th Newsroom Open Theater



One Minute of Learning:

Code of the Month:

Code Yellow

A phrase used to alert staff to an incident involving a missing resident or child. If a child is missing, the phrase "code yellow stat" will be used. All staff follow use a algorithm for missing residents and missing child. For more information, ask your neighbourhood nurse or one of SkyPointe's onsite educators.

Safety is everyone's responsibility!

November Trivia

1. What soup is used in the classic green bean casserole?
2. What flat bread is a staple of Indian food?
3. Who stars in the movies *The Godfather*, *On the Waterfront*, and *A Streetcar Named Desire*?
4. What is the capital of Manitoba?
5. What is the World's largest island?

Flip for Answers!

SkyPointe Holiday Choir

The holiday Choir will be starting up during the month of November preparing for the holiday concert on *December 13, 2019*. Residents interested in participating in choir, please sign up with the recreation department!



Special Events & Programs

- 6th Chinese Food In-House
- 6th Rick Kelly Music
- 7th Salina's Boutique
- 21st A&W In-House
- 22nd Chair Yoga
- 25th Birthday party with Aven Grace Music
- 25th to 29th Facility Holiday Decorating
- 30th Holiday Market

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!*



November 2019 Newsletter

SkyPointe Remembrance Day Ceremony

A Remembrance Day Ceremony will be held on **November 8, 2019 @ 2:00 p.m. in the Atrium.**

Residents, family and all staff are welcome to join.

Veterans and veteran spouses please let recreation know if you will be attending.



Special Days in November

- 1st All Saint's Day
- 2nd I Love Calgary Day
- 11th Remembrance Day
- 12th Chicken Soup for the Soul Day
- 17th Homemade Bread Day
- 21st World Hello Day
- 28th American Thanksgiving
- 29th Square Dance Day

*Peanut Butter Lovers Month
Falls Prevention Month
National Caregivers Appreciation Month*

SkyPointe Holiday Market

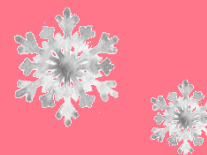
SkyPointe will be holding its annual Holiday Market! There will be vendors selling merchandise for the holidays, delicious comfort food, holiday music and good company!

Residents, Family and Staff are welcome to enjoy the day!

Date: Saturday, November 30, 2019

Time: 10:00 am – 3:00 pm

Location: Atrium



A Guide to Dental Care for Seniors

Tips and Techniques for Flossing & Brushing

-by Dr. Jay Patel

Brushing:

- Choose a toothbrush that fits our mouth
- Your toothbrush should have soft or ultra-soft bristles
- Brush every side of each tooth: front, top and back

Flossing

- Flossing cleans the areas that our toothbrush can't reach. Gently guide between your teeth and sliding it up and down beneath the gum line.

SkyPointe Dental has teamed up with AgeCare SkyPointe to provide dental hygiene care for residents. They are now accepting hygiene appointments at the SkyPointe Hygiene Clinic.

See Reception for more details!

Happy Birthday Whitehorn!

SkyPointe's Whitehorn neighbourhood has officially been open for 1 year! Residents and staff from the neighbourhood will be celebrating with a special get together!

SkyPointe is fortunate to have available leaders who can bring their expertise to the neighbourhood and are honored to have all our special residents residing with us!

SkyHub Tuck Shop November Hours

Sunday 2:00 pm to 4:00 pm

Monday

9:45 am to 11:30 pm

Wednesday

2:00 pm to 4:00 pm

Friday 9:45 am to 11:30 pm

November Pastoral Services

10th Falcon Ridge Family Church Gospel Service

22th Catholic Mass with St. Thomas More Church

24th Baptist Service

SkyPointe Elegant Dining Experience A European Tour

SkyPointe staff is happy to host its second annual elegant dining experience for its residents and family members. Our hospitality team and executive chef is preparing a delicious four-course meal that will allow your palate to take a trip around Europe. With dishes from the warm Mediterranean Coast to Parisian delicacies from the Versailles.

Event Details

Wednesday, December 11, 2019

Cocktails 5:30 pm | Dinner 6:00 pm

Cost

\$25.00/Resident

\$35.00/Guest

Ticket includes a 4-course meal and all beverages



Tickets can be purchased (*cash only*) at reception starting November 4th and will be no longer available after December 7th. Diet restrictions do apply. Residents with restricted texture diets will not have an option to modify menu choices. Please see online newsletter or reception for menu and more details.

We look forward to seeing you there!

(Limited seating available)

Golden Dames Women's Group

November 8, 2019

Poppy Craft with Nurture Care Daycare Group

Golden Dame Ladies are required to sign up with recreation staff

Fella-ship Men's Group

November 17, 2019

Holiday Project

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