


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Recreation Team</b> <b>Recreation Therapy Aides</b> (A) Arvin (AP) Amber (AR) Arashroop (K) Kit (MO) Monique (R) Rashimae (S) Stephanie (MI) Michelle O (M) Michelle (MS) Michael (MA) Manmeet <b>Recreation Therapists</b> (G) Gloria (KV) Keely (AL) Alex	<b>Happy New Year 1</b>  <i>SkyHub Closed for New Year's Day</i>	<b>2</b> 9:45 Good Morning Chair Stretches (MS)  2:00 What's Up in Recreation? Calendar and Newsletter Review (M)	<b>3</b> 10:30 – 11:30 SkyHub 9:45 News & Views (MS)  10:00 Move and Groove Atrium (KV)	<b>4</b> 1:30 Can You See the Big Picture? (AR)  2:00 Board Games <i>Activity Zone</i>
<b>5</b> 2:00 – 4:00 SkyHub 10:00 Sunday Coffee Social <i>Craft Area</i>  2:00 Movie Matinee: Pineridge, Rundle, Whitehorn <i>Pegasus Theatre</i> (MS, AR)	<b>6</b> 10:30 – 11:30 SkyHub 11:15 <b>Papa John's Pizza In-House Lunch (\$)</b> <i>Atrium</i>  1:30 Ladder Ball (M/MS)	<b>7</b> <b>2:00 Stay-on-the-Bus Drive Community Outing (\$)</b>  2:30 Big Bingo (\$) <i>Atrium</i> 3:30 Nut Man <i>Front Entrance</i>	<b>8</b> 2:00 – 4:00 SkyHub 9:00 Newsroom <i>Pegasus Theater</i> 9:45 Think Fast!: Categories (MO) 9:45 Full Body Exercise <i>Atrium (G)</i> 1:15 Xmas Decoration Takedown: <i>Main Floor</i> <b>6:30 Care for the Elderly Family Dining Room</b>	<b>9</b> 9:45 You Be the Judge (AR)	<b>10</b> 10:30 – 11:30 SkyHub 10:00 Move and Groove <i>Atrium (KV)</i>  3:00 SkyPointe Sports League Curling <i>Atrium</i> Taradale vs Pineridge (A/R/MI/M)	<b>11</b> 2:00 Board Games  6:30 Pentecostal Bible Study (K) <i>Family Dining Room</i>
<b>12</b> 2:00 – 4:00 SkyHub 10:00 Sunday Coffee Social <i>Craft Area</i>  6:30 Falcon Ridge Gospel Service <i>Atrium</i>	<b>13</b> 10:30 – 11:30 SkyHub 9:45 Cranium Crunches: Opposites Search (K)  1:30 Winter Craft (M)	<b>14</b> 9:45 Name That Tune (MO)  <b>2:00 Bubble Tea Community Outing (\$)</b>  2:30 Big Bingo (\$) <i>Atrium</i>	<b>15</b> 2:00 – 4:00 SkyHub 9:00 Newsroom <i>Pegasus Theater</i> 9:45 Quilla Crossword Puzzle: "J" is for January (MS) 10:00 Full Body Exercise <i>Atrium (G)</i> 3:00 Sox and Sax Music Entertainment <i>Atrium</i> <b>6:30 Care for the Elderly Family Dining Room</b>	<b>16</b> 1:30 Horseraces (MO)	<b>17</b> 10:30 – 11:30 SkyHub 9:45 Spot the Difference (K) 10:00 Move and Groove <i>Atrium (KV)</i> <b>11:15 In-House Lunch: Swiss Chalet (\$)</b> <i>Atrium</i> 3:00 Chicken Soup for the Soul Short Stories (M)	<b>18</b> 9:45 Good Morning Stretches (AR)  2:00 Heart to Heart Entertainment <i>Atrium</i>
<b>19</b> 2:00 – 4:00 SkyHub 10:00 Sunday Coffee Social <i>Craft Area</i>	<b>20</b> 10:30 – 11:30 SkyHub 9:45 Doves of Peace Origami: Martin Luther King Day (MO)  <b>3:00 Fella-ship Men's Group</b> (MS&AL) <i>Atrium</i>	<b>21</b> 9:45 January Trivia (K)  2:00 SkyPointe Memorial Service <i>Atrium</i>	<b>22</b> 2:00 – 4:00 SkyHub 9:00 Newsroom <i>Pegasus Theater</i> 10:00 Full Body Exercise <i>Atrium (G)</i> <b>11:00 ProArt Theatre Performance &amp; Lunch Community Outing (\$)</b> <b>4:45 In-House Supper: Chinese (\$)</b> <i>Atrium</i>	<b>23</b> <b>10:00 Golden Dames Women's Group</b> (MO&MA) <i>Atrium</i>  1:30 Ring Toss (M)	<b>24</b> 10:30 – 11:30 SkyHub 10:30 Robbie Burn's Presentation by the Burns Unit <i>Atrium</i>  3:00 Riddle Me This (MS)	<b>25</b> 9:45 Chinese New Year Fun Facts and Discussion: Are You a Rat? (AR)  2:00 Board Games
<b>26</b> 2:00 – 4:00 SkyHub 10:00 Sunday Coffee Social <i>Craft Area</i>  2:30 Baptist Service <i>Atrium</i>	<b>27</b> 10:30 – 11:30 SkyHub 9:45 Modern English Quiz (MO)  3:00 Snowball Toss (M)  4:00 Resident & Family Council Meeting <i>Pegasus Theatre</i>	<b>28</b> 9:45 Rhythm Sticks (AR)  2:30 Big Bingo (\$) <i>Atrium</i>  3:00 Would You Rather ...? (MO)	<b>29</b> 2:00 – 4:00 SkyHub 9:00 Newsroom <i>Pegasus Theater</i> 9:45 Word Mining: "January" (MS) 10:00 Full Body Exercise <i>Atrium (G)</i> <b>10:30 Lunch &amp; Devonian Gardens Community Outing (\$)</b> 3:00 January Birthday Party with Roli Mack Music <i>Atrium</i>	<b>30</b> 3:00 Washer Toss (M)  6:30 Nature Documentary (M)	<b>31</b> 10:30 – 11:30 SkyHub 9:45 SNOW Categories (MS)  10:00 Move and Groove <i>Atrium (KV)</i>  2:00 Resident & Family Food Council Meeting <i>Atrium</i>	<b>January Trivia Answers</b> 1. 18 2. Calligraphy 3. Red 4. Deutschland 5. Manitoba

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

## Pegasus Theater Viewing Schedule

For viewing times, please see program calendar

5<sup>th</sup> Movie Matinee: Pineridge, Whitehorn & Rundle

12<sup>th</sup> Matinee: Taradale and Martindale

19<sup>th</sup> Matinee: Taradale & Rundle

25<sup>th</sup> Whitehorn Movie Club

Each month the movie club will review a movie.

The movie review will be posted on the theatre door and featured on the online newsletter.



### SkyPointe Exercise and Physical Programs

We all know how important physical activity is, and we want our residents to stay active, especially moving into the New Year! This month, residents can look forward to a wide variety of physical programs and activities on their recreation calendars.

#### SkyPointe Sports League

*Hurry! Hurry Hard!*

Different neighbourhoods will square off each Friday in curling this month!

### January Trivia

1. How many holes are in a standard round of golf?
2. What is the term for visual art decorative hand writing?
3. What primary color is a ruby gemstone?
4. What is the name of Germany in the German language?
5. What province is known as the polar bear capital? Ontario, PEI, or Manitoba?

*Flip for Answers!*

### Resident & Family Food Council Meeting

Date: January 31, 2019

Time: 2:00 pm

Location: SkyPointe Atrium  
Questions? Concerns? Please contact: Ravi Yadav, Hospitality Manger

### Resident & Family Council

Date: January 27, 2019

### Special Days in January

- 1<sup>st</sup> New Year's Day
- 5<sup>th</sup> National Bird Day
- 12<sup>th</sup> National Pharmacist Day
- 20<sup>th</sup> Martin Luther King Jr. Day
- 25<sup>th</sup> Robbie Burns Day
- 25<sup>th</sup> Chinese New Year Year of the Rat

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!*



# January 2020 Newsletter

### Recreation Program Feature

*What's Up in Recreation?*

A program offered at the beginning of each month. Residents review the program calendar and newsletter with recreation staff. Facility communication, new programs, sign up events and community outings will be highlighted. Residents interested in participating in different programs can sign up with recreation staff.

### Special Events & Programs

2<sup>nd</sup> What's Up in Recreation? Calendar and Newsletter Review

6<sup>th</sup> Papa John's Pizza In House Lunch

15<sup>th</sup> Musical Entertainment with Sox and Sax

17<sup>th</sup> Swiss Chalet In House Lunch

22<sup>nd</sup> Chinese New Year In House Supper

### One Minute of Learning:

**Code of the Month:** Code Brown

Code Brown is the phrase used to alert staff that a chemical spill has occurred or a hazardous substance was released. If code brown is called staff will communicate with residents and guests information and the next steps to ensure everyone's safety.

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

**Safety is everyone's responsibility!**

### Recreation Department 2019 Year in Review!

As we reflect on the past year, we can all agree, SkyPointe has been busy! Celebrating our one-year anniversary, we have seen many **successful** programs, groups and activities.

**Celebrating** recreation therapy month in February, The Sunridge sunroom had opened up in July **growing** live plants and **creating** new programs, SkyHub tuck shop had its *grand opening* in August offering **exciting** vocational activities and shopping for the community to purchase various items and treats. The SkyPointe community continued to **share** new and old holiday traditions through the seasons and different holidays.

What a **FANTASTIC** year it has been. The recreation team cannot wait to see what the next year will bring!

### Lend and Loan Library!

The lend and loan library has a new look. Located in the Atrium lounge; you can take and book and leave a book. If you would like to donate more books to the SkyPointe library, please visit recreation.

### SkyHub Tuck Shop December Hours

Sunday 2:00 pm to 4:00 pm

Monday

10:30 am to 11:30 pm

Wednesday

2:00 pm to 4:00 pm

Friday 10:30 am to 11:30 pm

### SkyPointe Memorial Service

Tuesday, January 21, 2020

2:00 pm in the Atrium

Celebrating and remembering residents who have passed.

*Everyone is welcome to attend.*

### January Pastoral Services

11<sup>th</sup> Pentecostal Bible Study

12<sup>th</sup> Falcon Ridge Family Gospel Service

26<sup>th</sup> Baptist Gospel Service

### Happy Chinese New Year! Year of the Metal Rat

Chinese New Year starts on Saturday, January 25, and begins the 15-day Spring Festival, which ends on February 11. Chinese New Year varies from year to year. The New Year is celebrated by almost one-third of the world's population. The rat is the 1<sup>st</sup> sign of the zodiac. It leads all signs.

There is a fun story about how the rat became the first animal. The Jade Emperor announced that the order of the zodiac would be decided by the order in which animals arrived. The Rat asked the Ox to give him a ride, and they arrived before the others. But just as they got to the finish line, the Rat jumped down and landed in front of the Ox! Rats are seen in Chinese culture as signs of wealth and abundance. So those born under the sign of the Rat are thought to have extremely good taste and to appreciate the finer things of life.

### Golden Dames Women's Group

January 23, 2020

*Golden Dame Ladies are required to sign up with recreation staff*

### Fella-ship Men's Group

January 20, 2020

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

### Flu Season

**THIS SEASON, GET PROTECTED, NOT INFECTED**

Cover your Cough, Clean Your Hands.

Sore Throat? Runny Nose? Stay Home!

Help protect our residents during the flu season.  
**ARM YOURSELF AGAINST THE INFLUENZA.**