


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">January 2020</h1> <h2 style="font-size: 2em;">Rundle</h2>		Recreation Team Recreation Therapy Aides (A) Arvin (AP) Amber (AR) Arashroop (K) Kit (MO) Monique (R) Rashimae (S) Stephanie (MI) Michelle O (M) Michelle (MS) Michael (MA) Manmeet Recreation Therapists (G) Gloria (KV) Keely (AL) Alex	Happy New Year 1 <i>SkyHub Closed for New Year's Day</i> <i>Happy New Year to you! Wishing you a Happy and Healthy 2020!</i>	2 3:00 What's Up in Recreation? (MA&S) 6:30 Best Place to Spend New Year's Eve (MA)	10:30 – 11:30 SkyHub 3 10:00 Move and Groove <i>Atrium</i> (K) 3:00 SkyPointe Sports League Curling <i>Atrium</i> Sunridge vs Rundle(MA,R,MI) 6:30 Funny New Year's Resolution and Jokes (MA)	4 2:00 Board Games Activity Zone
2:00 – 4:00 SkyHub 5 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: Pineridge, Rundle, Whitehorn <i>Pegasus Theatre</i> 6:30 Fact or Fiction (S)	10:30 – 11:30 SkyHub 6 9:45 Ladder Ball (S) 11:15 Papa John's Pizza In House (\$) <i>Atrium</i> 1:30 Last Letter First (S) 3:00 Name that Tune (MA)	11:00 Pictionary (S) 7 2:00 Stay-on-the-Bus Drive Community Outing (\$) 2:30 Big Bingo (\$) <i>Atrium</i> 6:30 Comedy Hour (R)	2:00 – 4:00 SkyHub 8 09:45 Full Body Exercise <i>Atrium</i> (G) 11:00 New Year Trivia (S) 1.30 Christmas Clean Up 6:30 Would You Rather (MA) 6:30 Care for the Elderly Family Dining Room	Did you Know? 9 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! 1:30 Wheel of Music (MI)	10:30 – 11:30 SkyHub 10 10:00 Move and Groove <i>Atrium</i> (K) 3:00 SkyPointe Sports League Curling <i>Atrium</i> Taradale vs Pineridge 6:30 Life Blessings (MI)	11 2:00 Board Games Activity Zone 6:30 Pentecostal Bible Study (K) <i>Family Dining Room</i>
2:00 – 4:00 SkyHub 12 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: Taradale & Martindale <i>Pegasus Theatre</i> 6:30 Falcon Ridge Gospel Service <i>Atrium</i> (MA)	10:30 – 11:30 SkyHub 13 11:00 Fun and Fitness (S) 1:30 Card Games (S) 3:00 Nature documentary (MA) 6:00 Baking Rundle & Sunridge(R&MA)	11:00 Ring Toss (MI) 14 2:00 Bubble Tea Community Outing (\$) 2:30 Big Bingo (\$) <i>Atrium</i> 6:30 Winter Craft (MA&S)	2:00 – 4:00 SkyHub 15 10:00 Full Body Exercise <i>Atrium</i> (G) 11:00 Charades (MI) 1:30 You Be the Judge (S) 3:00 Sox and Sax Music Entertainment <i>Atrium</i> 6:30 Throw Back Thursday (S) 6:30 Care for the Elderly Family Dining Room	11:00 Bowling (MA&MI) 16 1:30 Know Your Zodiac (MA) 3:00 Can you Picture that Winter Time-Reminiscing (S)	10:30 – 11:30 SkyHub 17 10:00 Move and Groove <i>Atrium</i> (K) 11:15 Swiss Chalet In House Lunch (\$) <i>Atrium</i> 3:00 SkyPointe Sports League Curling <i>Atrium</i> Martindale vs Rundle 6:30 Life's Blessing (MA)	18 2:00 Heart to Heart Entertainment <i>Atrium</i>
2:00 – 4:00 SkyHub 19 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: Taradale & Rundle <i>Pegasus Theatre</i>	10:30 – 11:30 SkyHub 20 11:00 Corn Hole (MA) 1:30 Chinese New Year's Stories and Legends (MA) 3:00 Arts and Crafts (S) 3:00 Fella-ship Men's Group (MS&AL) <i>Atrium</i> 6:30 Hymn Sing-a-long (S)	11:00 Table Top Bowling (MA) 21 2:00 SkyPointe Memorial Service <i>Atrium</i> 6:30 Poetry Pro's (S) 6:30 PALS visit (M)	2:00 – 4:00 SkyHub 22 10:00 Full Body Exercise <i>Atrium</i> (G) 11:00 ProArt Theatre Performance & Lunch Community Outing (\$) 4:45 Chinese In House Supper (\$) <i>Atrium</i> 6:45 Chicken Noodle Soup for the Soul (S)	10:00 Golden Dames Women's Group (MO&MA) <i>Atrium</i> 3:00 Armchair Travel: China (S) 6:30 Coloring to Music (S)	10:30 – 11:30 SkyHub 24 10:30 Robbie Burn's Presentation by the Burns Unit <i>Atrium</i> (MI,MA) 3:00 Sky Pointe Sports League Curling <i>Atrium</i> Taradale vs Sunridge	Happy Chinese New Year 25 11:00 Year of Rat? (MI) 2:00 Board Games Activity Zone
2:00 – 4:00 SkyHub 26 10:00 Sunday Coffee Social <i>Craft Area</i> 2:30 Baptist Service <i>Atrium</i>	10:30 – 11:30 SkyHub 27 9:45 Fun and Fitness (MA) 11:00 Chinese New Year Trivia (S) 3:00 Wheel of Fortune (S) 4:00 Resident Family Council Meeting <i>Pegasus Theatre</i>	9:45 Sit and Be Fit (MA) 28 11:00 Who am I? What am I? (S) 2:30 Big Bingo (\$) <i>Atrium</i> 6:30 Would You Rather(R)	2:00 – 4:00 SkyHub 29 10:00 Full Body Exercise <i>Atrium</i> (G) 10:30 Lunch & Devonian Gardens Community Outing (\$) 3:00 January Birthday Party with Roli Mack Music <i>Atrium</i> 6:30 Crossword Puzzles (MI)	11:00 Washer Toss (S) 30 2:30 Movie Matinee <i>Sunridge</i> (S,R,M) 6:30 Request Hour (MI)	10:30 – 11:30 SkyHub 31 10:00 Move and Groove <i>Atrium</i> (K) 11:00 Jeopardy (MA) 2:00 Resident and Family Food Council Meeting <i>Atrium</i>	January Trivia Answers 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

5th Movie Matinee: Pineridge, Whitehorn & Rundle

12th Matinee: Taradale and Martindale

19th Matinee: Taradale & Rundle

25th 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

- 1st New Year's Day
- 5th National Bird Day
- 12th National Pharmacist Day
- 20th Martin Luther King Jr. Day
- 25th Robbie Burns Day
- 25th 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

*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

2nd What's Up in Recreation? Calendar and Newsletter Review

6th Papa John's Pizza In House Lunch

15th Musical Entertainment with Sox and Sax

17th Swiss Chalet In House Lunch

22nd 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

11th Pentecostal Bible Study

12th Falcon Ridge Family Gospel Service

26th 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 1st 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.

For more information, visit: www.albertahealthservices.ca/influenza