





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>February 2020</h1> <p>Recreation Therapy Month Whitehorn East</p> 						
				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	February Trivia Answers 1. Alaska 2. Curling 3. Elbow 4. Tadpoles 5. The Kitchen How did you do?	10:45 Word Boxes (MO) activity connection/Quilla 2:30 Board Games (M) 6:30 You Be the Judge (M/AR) 2:00 – 3:00 Open Gym Fitness Studio (AR)
SuperBowl Sunday Ground Hog Day 2 2:00 – 4:00 SkyHub (AR) 10:00 Sunday Coffee Social Craft Area 2:00 Floor Curling East VS. West (M/MO) 6:30 Paint Nite (M/AR)	10:30 – 11:30 SkyHub (MS/K) 3 9:15 Top of the Morning (SW) 10:45 (MO) 3:00 What's Up in Recreation? Calendar and Newsletter Review (M/MS) 6:30 Ping Pong (M)	6:30 – 7:30 SkyHub (M) 4 Physical 10:00 – 11:00 Open Gym Fitness Studio (MS) 10:45 Table Bowling (AP) 2:30 Intramural Sports Day Atrium 3:30 The Nut Man Reception 6:30 Bocce Ball (M)	2:00 – 4:00 SkyHub (MS) 5 9:15 Top of the Morning (SW) 10:00 Full Body Exercise Atrium (G) 10:45 Name That Tune (MS/AR) 1:15 Recovery College Tour Community Outing	National Chopstick Day 6 10:00 String Art (MO/AR) 2:30 Big Bingo (\$) Atrium (MO/AR) 1:00 SkyHub Inventory (AP) 3:00 Word Searches (AP) 6:30 Open Gym Fitness Studio (AP)	10:30 – 11:30 SkyHub (MO) 7 9:15 Top of the Morning (SW) 10:00 Move & Groove (KV) 10:45 Birthday Card Making (MS/AR) 3:00 Pictionary (MO/MS/AR)	8 9:45 Current Events (MS/AR) 10:30 Manicures with MC College (MO, MI) Activity Zone 10:45 Ring Toss (MS/K/AR) 2:30 Board Games (MO) 6:30 Pentecostal Bible Study Pegasus Theater (M) 2:00 – 3:00 Open Gym Fitness Studio (K)
2:00 – 4:00 SkyHub (MO/K) 9 10:00 Sunday Coffee Social Craft Area 2:00 Chair Hockey East VS. West (MS/M) 6:30 Falcon Ridge Gospel Service Atrium	10:30 – 11:30 SkyHub (MS) 10 9:15 Top of the Morning (SW) 10:45 Ladderball (AP) 2:00 Whitehorn Movie Club (K/MS/AP) 6:30 Whitehorn Movie Club: Movie Review (K)	6:30 – 7:30 SkyHub (M) 11 Emotional 10:00 – 11:00 Open Gym Fitness Studio (AP) 3:00 Expressive Art Atrium 6:30 Poetry Pro's: Valentine's Poems (M)	2:00 – 4:00 SkyHub (M) 12 9:15 Top of the Morning (SW) 10:00 Full Body Exercise Atrium (G) 3:00 Rick Kelly Music Entertainment Atrium 6:30 Life's Blessings (M)	11:00-2:00 Lunch Outing at Cross Iron Mills Community Outing 13 2:30 Big Bingo (\$) Atrium 6:30 Open Gym Fitness Studio (M)	 Valentine's Day 14 10:30 – 11:30 SkyHub (MS) 9:15 Top of the Morning (SW) 10:00 Move & Groove (KV) 10:45 Love Is In The Air Trivia (AR) 2:00 Valentine's Day Craft (K) 5:00 Valentine's Dinner (\$) Atrium Limited seating available	15 9:45 Current Events (MS) 2:30 Board Games (AP) 6:30 Request Hour (AP) 2:00 – 3:00 Open Gym Fitness Studio (MS)
2:00 – 4:00 SkyHub (AP) 16 10:00 Sunday Coffee Social Craft Area 2:00 Active Game (MS)	Family Day 17  No Recreation Services	6:30 – 7:30 SkyHub (K) 18 Cognitive 10:00 – 11:00 Open Gym Fitness Studio (MO) 3:00 Monster Jeopardy! Atrium 6:30 Charades (M/K)	2:00 – 4:00 SkyHub (M) 19 9:15 Top of the Morning (SW) 10:00 Full Body Exercise Atrium (G) 10:45 Spell Me This (MO) 3:00 Alena Wallbaum Music Entertainment Atrium 6:30 Life's Blessings (M)	Love Your Pet Day 20 9:45 Let's Talk: Pets (MS) 10:45 Checkers Tournament Activity Zone (AL & S) 1:00 SkyHub Inventory (M) 2:30 Big Bingo (\$) Atrium (MS/M) 6:30 Open Gym Fitness Studio (M)	10:30 – 11:30 SkyHub (MO) 21 9:15 Top of the Morning (SW) 10:00 Move & Groove (KV) 10:45 Crib Club (MS) 12:00 SkyHub Staff Meeting Conference Room 6:30 Pub Night (M)	22 9:45 Word Puzzles (MO) 10:45 String Art (MO/AP) 2:30 Board Games (AP) 2:00 – 3:00 Open Gym Fitness Studio (K)
2:00 – 4:00 SkyHub (AP) 23 10:00 Sunday Coffee Social Craft Area 2:30 Baptist Service Atrium 6:30 Chicken Soup for the Soul Stories (K)	10:30 – 11:30 SkyHub (MS) 24 9:15 Top of the Morning (SW) 10:00 Move & Groove (KV) 10:45 Mardi Gras Zydeco Dance TV Lounge (K) 3:00 Mardi Gras Puzzles (M) 3:00: Knitter's Anonymous Activity Zone (K) 6:30 Let's Talk: Mardi Gras Fun Facts (M)	6:30 – 7:30 SkyHub (M) 25 Mardi Gras/Shrove Tuesday Social 9:45 Masquerade Mask Craft all floors 12:00 Pancake Tuesday Lunch (\$) Atrium 3:00 Mardi Gras Masquerade Party	Ash Wednesday 26 2:00 – 4:00 SkyHub (AP) 9:15 Top of the Morning (SW) 10:00 Full Body Exercise Atrium (G) 10:45 Mug Cakes (MO/MS) 2:00 String Art (AP/MO) 3:00 Hangman (MS) 6:30 Zentangle Meditation (AP)	10:00 FELLA-ship & Golden Dames Activity zone (AL, MO, MA) 27 2:30 Big Bingo (\$) Atrium 6:30 Open Gym Fitness Studio (AP)	10:30 – 11:30 SkyHub (MO) 28 9:15 Top of the Morning (SW) 10:30 Catholic Mass Atrium (MS/AR) 3:00 SkyPointe Sports League Whitehorn vs. Staff Atrium 6:30 Blackjack (M)	Leap Day 29 10:45 Leap Year Fun Facts (MS) 2:30 Board Games (MS) 6:30 Bowling (M/AP/AR) 2:00 – 3:00 Open Gym Fitness Studio (AR)

Programs that require residents to sign up will be **BOLDED** on Calendar

Pegasus Theater Viewing Schedule

For viewing times, please see program calendar

2nd Ground Hog Day Pineridge and Taradale

9th 50 First Dates Rundle and Sunridge

10th Whitehorn Movie Club

14th Something Borrowed Open Theater

16th How to Lose a Guy in 10 Days

Martindale and Rundle

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.



Conversations Café

AgeCare SkyPointe has partnered with Dementia Network Calgary and will host a Cafe. Conversation cafes are a safe, social gathering space for those touched by dementia, along with their family member, caregivers or friends.

February 13, 2020

Family Dining Room

1:00 pm to 2:30 pm

Café will occur every 2nd Thursday of each month

February Trivia

1. Which state borders the Yukon Territory?
2. What popular winter sports uses rocks and rings to score points?
3. Where is your funny bone located?
4. Baby frogs are born natural swimmers. What are they called?
5. Finish the phrase: "If you cannot handle the heat get out of the _____!"

Flip for Answers!

Resident & Family Food Council Meeting

Date: February 22, 2020

Time: 2:00 pm

Location: SkyPointe Atrium

Questions? Concerns? Please contact: Ravi Yadav, Hospitality Manger

Resident & Family Council

Date: March 23, 2020

Special Days in February

2nd Ground Hog Day

2nd SuperBowl Sunday

9th National Pizza Day

14th Valentine's Day

20th Love Your Pet Day

25th Fat Tuesday

26th Ash Wednesday

29th Leap Day

Black History Month

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!



February 2020 Newsletter

Valentine's Day Dinner

February 14, 2020

5:00 pm in the Atrium

Pasta Bar Menu

- ♥ Your choice of type of Pasta and Sauce
- ♥ Garlic Bread
- ♥ Lover's Cheese Cake

\$15.00/Person

Sign up with Recreation.

Seating is limited. But not limited to couples. Friends

Special Events & Programs

12th Rick Kelly Music Entertainment

13th Conversation Café

14th Valentine's Dinner

19th Alena Wallbaum Music Entertainment

20th Checker's Tournament

25th Masked Mardi Gras Party

25th Pancake Tuesday Lunch

27th Golden Dames and Fellowship Men's Group

One Minute of Learning:

Code of the Month: Blue

Code Blue is the emergency call used for immediate medical attention; it is used to page the nurses to a specific area to provide medical attention. It is used for any medical emergency or when additional emergent assistance is needed.

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

Safety is everyone's responsibility!

Recreation Sign Up & At Cost (\$) Programs

Residents are encouraged to sign up for programs as soon as they are interested. Any at cost programs (\$), residents are required to have a trust account. Residents are guaranteed at least **ONE** sign up program/month. With a large community, the recreation team wants to ensure every resident is able to enjoy the recreation and leisure services offered at SkyPointe.

Resident Trust Account Setup: Residents and/or family members can set up a trust account at reception. Trust account set up will put everyone's mind at ease; residents do not need to worry about carrying money with them to and from programs and all money is appropriately tracked and accounted for by recreation and administration staff.

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

February Hours

Sunday and Wednesday

2:00 pm to 4:00 pm

Monday and Friday

10:30 am to 11:30 am

*****NEW*** Tuesday**

6:30 pm to 7:30 pm

Outdoor Dental Services At SkyPointe

Outdoor dental is a fun, friendly family focused clinic that offers a wider range of services in addition to general dental.

February Pastoral Services

8th Pentecostal Bible Study

9th Falcon Ridge Gospel Service

23rd Baptist Service

28th Catholic Mass

February is Recreation Therapy Month

February is a special month for the Recreation Department! We are celebrating *Recreation Therapy Month!*

Each Tuesday in February will feature special programs on each neighbourhood in the morning, and facility programs in the Atrium during the afternoon from the domains in which are programs and activities are developed from:

4th Physical Intramural Sports

11th Emotional/Spiritual Expressive Art

18th Cognitive Monster Jeopardy

25th Social Mardi Gras Celebration

Each program/activity/event that is scheduled has a purpose and focuses on strengthening, maintaining or educating about these domains! Check your calendar for programs.

"Do What You Love, Love What You Do"

Golden Dames and Fellowship Group The Ladies and Gentleman Mixer

Meeting and greeting while *decorating* cupcakes!

Date: February 27, 2020 Location: Atrium

Time: 10:00 am

The men and women's group will be combined for the month of February

Recreation Department Feature: Expressive Art

Art involves the use of creative techniques such as drawing, painting, collage, coloring or sculpting to help people express themselves artistically and examine the psychological and emotional undertones in their art. The program will begin February 11th and will be regularly scheduled in March and April.