

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Peanut Butter Lovers' Day 1</b> 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 <i>Mamma Mia! The Movie</i> Pineridge and Taradale <i>Pegasus Theatre</i>	<b>2</b> 1:30 What's Up in Recreation? Calendar & Newsletter Review (MI) 6:30 Tic Tac Toe Trivia (MI)	<b>3</b> 10:00 Full Body Exercise <i>Atrium</i> (G) 2:30 Big Bingo (\$) <i>Atrium</i> 3:30 The Nut Man <i>Reception Area</i>	<b>4</b> 10:00 <b>Strathmore Station Lunch Community Outing</b> (\$) 1:30 Name That Tune (MI) <b>3:00 Expressive Art</b> (\$) <i>craft area (R&amp;S) 10 seats available</i> <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i>	<b>5</b> <b>Did You Know?</b> AgeCare co-founders met each other in the 4 <sup>th</sup> grade and have been friends ever since. 6:30 Philippe Marleau Music <i>Atrium</i>	<b>Employee Appreciation Day 6</b> <b>World Day of Prayer</b> 10:00 Move and Grove <i>Atrium</i> (KV) 3:00 SkyPointe Sports League Balloon Badminton Rundle vs. Martindale <i>Atrium</i>	<b>7</b> 9:45 Yahtzee! (MI) 2:00 Board Games <i>Activity Zone</i> 6:30 Pentecostal Bible Study (S) <i>Pegasus Theater</i>
<b>Daylight Savings – Spring 8</b> <b>Your Clocks Ahead</b> 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: <i>Annie</i> Rundle and Sunridge <i>Pegasus Theatre</i> 6:30 Falcon Ridge Gospel Service <i>Atrium</i>	<b>9</b> 11:15 – 12:30 High Tea and Sing-a-Long <i>Atrium</i> <b>2:00 St. Patrick's Day Craft</b> <i>Atrium</i>	<b>10</b> 10:00 Full Body Exercise <i>Atrium</i> (G) <b>1:30 Community Outing: Coffee at Tim Hortons</b> (\$) 2:30 Big Bingo (\$) <i>Atrium</i> 6:30 Pub Night (MI&R)	<b>11</b> <b>9:30 Banff &amp; Lunch Community Outing</b> (\$) 9:45 Active Game <i>Fitness Studio</i> 10:45 Craft <i>Family Dining Room</i> 1:30 You Be the Judge 3:00 Roli Mack Music <i>Atrium</i> <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i>	<b>12</b> <b>Girl Scouts Day</b> 9:45 Active Game <i>Fitness Studio</i> 10:45 Tic Tac Toe Trivia <i>Fitness Studio</i> 1:00 Conversation Cafes <i>Family Dining Room</i> 2:00 Sip and Sing <i>Fitness Studio</i> <b>3:00 Expressive Art</b> (\$) <i>craft area (M&amp;MI) 10 seats available</i>	<b>13</b> 10:00 Move and Grove <i>Atrium</i> (KV) 3:00 SkyPointe Sports League Balloon Badminton Rundle vs. Taradale <i>Atrium</i> 6:30 MJP Academy of Irish Dance Performance <i>Atrium</i>	<b>14</b> 2:00 Board Games <i>Activity Zone</i> <i>May Your Pockets Be Heavy, Your Hearts Be Light. May Good LUCK pursue you each morning and night! Happy St. Patrick's Day</i>
<b>15</b> 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: La Bamba Martindale and Taradale <i>Pegasus Theatre</i>	<b>16</b> 10:00 Move and Grove <i>Atrium</i> (KV) <b>2:00 Men's Fella-ship Group</b> <i>Activity Area (MA, MS)</i>	<b>17</b> <b>Happy St. Patrick's Day</b> 10:00 Fun Bingo (\$) <i>Atrium</i> <b>11:00 Fionn MacCool's Irish Pub Lunch Outing</b> (\$) 3:00 St. Patrick's Day Party <i>Atrium</i>	<b>18</b> 10:00 Full Body Exercise <i>Atrium</i> (G) 10:45 Mug Cakes <i>Family Dining Room</i> <b>1:30 Community Outing: Coffee at Tim Hortons</b> (\$) 2:00 <i>The Greatest Showman</i> Movie Matinee Open Theater (MO, MI, S) <i>Pegasus Theater</i> <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i>	<b>19</b> <b>Spring Equinox</b> 9:45 Hangman <i>Fitness Studio</i> (MI) 10:00 Planet Earth Documentary <i>Pegasus Theater</i> 10:45 Coffee and Chatter: Very Superstitious <i>Fitness Studio</i> (MI) 1:30 Board Games <i>Activity Zone</i> 3:00 SkyPointe Sports League Balloon Badminton Pineridge vs. Sunridge <i>Atrium</i>	<b>20</b> <b>International Earth Day</b> <b>3:00 Expressive Art</b> (\$) <i>craft area (A&amp;MA) 10 seats available</i>	<b>21</b> <b>10:00 Golden Dames Women's Group</b> <i>Activity Zone (MO/MA)</i> 10:45 Sing-a-Long (MI) 2:00 Board Games <i>Activity Zone</i>
<b>22</b> 10:00 Sunday Coffee Social <i>Craft Area</i> 2:30 Baptist Service <i>Atrium</i>	<b>23</b> <b>National Chip and Dip Day</b> <b>10:00 Checkers Tournament</b> <i>Activity Zone (G, MI, AP)</i> 3:00 Succulent Planting (MI)	<b>24</b> <b>12:00 KFC In-House Lunch</b> (\$) <i>Atrium</i> 2:30 Big Bingo (\$) <i>Atrium</i>	<b>25</b> 10:00 Full Body Exercise <i>Atrium</i> (G) 3:00 March Birthday Party with Alena Wallbaum Music <i>Atrium</i> <b>6:30 Care for the Elderly</b> <i>Family Dining Room</i>	<b>26</b> <b>Did You Know?</b> Singing in a group boosts your mood. It's proven singing as a part of a group provides numerous physical and emotional benefits.	<b>27</b> 10:30 Catholic Mass <i>Communion Only</i> (MI, MO) <i>Atrium</i> 3:00 SkyPointe Sports League Basketball: Horse Game Whitehorn vs. Recreation Staff <i>Atrium</i>	<b>28</b> 2:00 Board Games <i>Activity Zone</i> <b>Did You Know?</b> The world's largest peanut butter and jelly sandwich, made in Grand Saline, Texas weighed 1,342 pounds.
<b>29</b> 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: <i>Grease</i> Martindale and Rundle <i>Pegasus Theatre</i>	<b>30</b> <b>3:00 Expressive Art</b> (\$) <i>craft area (A&amp;R) 10 seats available</i> 6:30 Resident & Family Council <i>Pegasus Theater</i> <i>Everyone is welcome to attend</i>	<b>31</b> 9:45 Last Letter First (MI) 10:45 Arm Chair Travel: Silly Name Places (MI) 2:30 Big Bingo (\$) <i>Atrium</i>	<h1>March 2020</h1> <h2>Pineridge</h2> <p><i>Makin' Music in March</i></p>		<b>March Trivia Answers</b> <i>Questions can be found on the back.</i> <ol style="list-style-type: none"> <li>Venice</li> <li>Scotland</li> <li>As soon as possible</li> <li>India</li> <li>101 Dalmatians</li> </ol> <i>How did you do?</i>	<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

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

## Pegasus Theater Viewing Schedule

Featured movies during March are *Musical!*  
For viewing times, please see program calendar

1<sup>st</sup> *Mamma Mia!* Pineridge and Taradale

8<sup>th</sup> *Annie Rundle* and Sunridge

15<sup>th</sup> *La Bamba* Martindale and Taradale

18<sup>th</sup> *The Greatest Showman* Open Theater

Whitehorn Movie Club will provide a review on  
*The Greatest Showman*

29<sup>th</sup> *Grease* Martindale and Rundle



## Conversations Café

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

**March 12, 2020**

Family Dining Room

1:00 pm to 2:30 pm

Café will occur every 2<sup>nd</sup>

Thursday of each month

## March Trivia

1. Which city in Italy uses canals and waterways instead of roads?
2. This country is home to the Loch Ness Monster and bagpipes?
3. What does ASAP stand for?
4. The Dalai Lama fled to this country after leaving Tibet?
5. This 1961 Disney film featured black and white animals?

*Flip for Answers!*

## Resident & Family Council

Date: March 30, 2020

Time: 6:30 pm

Location: Pegasus Theater

An opportunity for residents and families to discuss matters with staff including:

- maintaining and enhancing residents' quality of life
- requests, concerns and solutions

## Special Days in March

1<sup>st</sup> Peanut Butter Lover's Day

6<sup>th</sup> World Day of Prayer

6<sup>th</sup> Employee

Appreciation Day

8<sup>th</sup> Daylight Savings Begins

12<sup>th</sup> Girl Scouts Day

17<sup>th</sup> St. Patrick's Day

19<sup>th</sup> Spring Equinox

20<sup>th</sup> International Earth Day

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!*



# March 2020 Newsletter



## Resident & Family Food Council Meeting

Next scheduled meeting will take place in April!  
Stay tuned for date and time

## SkyPointe Kitchen Tours

Date: March 16, 2020  
@ 2:00 pm

## Special Menu

Date: March 17, 2020  
SkyPointe chef and hospitality team are preparing a special meal for *St. Patty's Day!*

## Special Events & Programs

3<sup>rd</sup> The Nut Man Snack Vendor reception area  
5<sup>th</sup> Philippe Marleu Music  
11<sup>th</sup> Roli Mack Music  
13<sup>th</sup> MJP Irish Dancers  
18<sup>th</sup> Jeans Jewels Clothing Vendor reception area  
24<sup>th</sup> KFC In House Lunch  
25<sup>th</sup> Alena Wallbaum Music and March Birthday Party

## One Minute of Learning:

### Code of the Month: Orange

*Code Orange* is the designated phrase to alert personnel to an external mass casualty incident and details the actions to be taken by staff to assist other health facilities and emergency services in the relocation of patients, residents from other facilities and/or individuals at risk in the community.

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

## Recreation Program Calendar Makeover

The recreation program calendars will be changing April 2020. With the addition of the Hospice Care program at SkyPointe, there will be an additional calendar. Program and activity times will remain the same.

Please see new calendars listed below:

Pineridge North Long Term Care  
Sunridge Supportive Living \* Rundle Supportive Living  
Whitehorn West Long Term Care  
Whitehorn East Long Term Care  
Taradale Long Term Care \* Martindale West Long Term  
Martindale East Supportive Living

## 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 March – Under Construction

The tuck shop program is under construction for relocation due to facility changes.

## Recreation Staff Retreat

SkyPointe Rec. team will be away on March 26<sup>th</sup> learning new techniques with our sister sites. We look forward to sharing all the new things we learn with all our residents.

## March Pastoral Services

7<sup>th</sup> Pentecostal Bible Study  
8<sup>th</sup> Falcon Ridge Gospel Service  
22<sup>nd</sup> Baptist Service  
27<sup>th</sup> Catholic Mass Communion

## Recreation Department Feature Community Outings

As per AgeCare Policies, interested residents/family members will have to ensure the following:

- Residents interested in going for outings have to have a trust account with us so the cost of outings can be charged accordingly. Residents would be responsible for any activity cost.
- Residents will be required to sign up for each outing with Rec Team
- No power chairs or scooters on the bus due to capacity and weight restrictions
- AgeCare SkyPointe have the right to remove a resident(s) from community outings due to extenuating circumstances.
- All residents must have a signed and completed *Consent for Transportation to Seniors Activities* before attending outing. Our hope is our residents will benefit from this amazing opportunity.

## Golden Dames Women's Group

Date: March 21, 2020

Location: Activity Zone

Time: 10:00 am

*Golden Dame Ladies are required to sign up for program*

## Fella-ship Men's Group

Date: March 16, 2020

Location: Family Dining Room

Time: 2:00 pm

*Fella's are required to sign up for program*

## Wings of Diversity

*Expressive Art Project Located in the Atrium*

SkyPointe residents from each neighbourhood created the Wings of Diversity. It is a testament to the diverse population and creativity SkyPointe has. Each feather is individually decorated in every color of the rainbow. The project was done to support and celebrate our population, which comes from all *lifestyles and backgrounds.*