

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Peanut Butter Lovers' Day 1 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 <i>Mamma Mia! The Movie</i> Pineridge and Taradale <i>Pegasus Theatre</i>	9:45 What's Up in Recreation? Calendar & Newsletter Review (MA) Did You Know? The world's largest peanut butter and jelly sandwich, made in Grand Saline, Texas weighed 1,342 pounds.	2:30 Big Bingo (\$) <i>Atrium</i> 3:30 The Nut Man <i>Reception Area</i> 6:30 Reminiscing with senses- Remembering pets! (R)	10:00 Strathmore Station Lunch Community Outing (\$) 2:00 JB Music Therapy Group(G) 3:00 Expressive Art (\$) <i>craft area (R&S) 10 seats available</i> 6:30 Table top horse races (R) 6:30 Care for the Elderly	Did You Know? AgeCare co-founders met each other in the 4 th grade and have been friends ever since. 6:30 Philippe Marleau Music <i>Atrium</i>	Employee Appreciation Day 6 World Day of Prayer 9:45 Ladder Ball (MA) 1:30 Comedy Hour (R) 3:00 SkyPointe Sports League Balloon Badminton Rundle vs. Martindale <i>Atrium</i> 6:30 Story of Joyous Purim (R)	2:00 Board Games <i>Activity Zone</i> 6:30 Pentecostal Bible Study (S) <i>Pegasus Theater</i>
Daylight Savings – Spring Your Clocks Ahead 8 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 (AR)</i>	11:15 – 12:30 High Tea and Sing-a-Long <i>Atrium</i> 2:00 St. Patrick's Day Craft Atrium	9:45 Bean bag toss (S) 1:30 Community Outing: Coffee at Tim Hortons (\$) 2:30 Big Bingo (\$) <i>Atrium</i>	9:30 Banff & Lunch Community Outing (\$) 11 2:00 JB Music Therapy Group (S) 3:00 Roli Mack Music <i>Atrium</i>	Girl Scouts Day 12 10:00 Active Game vs. Martindale <i>Atrium</i> 1:00 Conversation Cafes <i>Family Dining Room</i> 3:00 Expressive Art (\$) <i>craft area (M&MI) 10 seats available</i>	9:45 Stretch your feet (MA) 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>	9:45 Chair Exercise (S) 2:00 Board Games <i>Activity Zone</i> 6:30 Remembering Irish Songs! (R)
10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: La Bamba Martindale and Taradale <i>Pegasus Theatre</i> 6:30 Life's Blessings (R)	9:45 Draw your Art (MA) 10:00 Move and Grove <i>Atrium</i> (KV) 1:30 History Of St. Patrick's Day (S) 2:00 Men's FELLA ship Group Activity Zone (MA,MS) 6:30 St. Patrick's Day Rhyme Time (R)	Happy St. Patrick's Day 17 10:00 Fun Bingo (\$) <i>Atrium</i> 11:00 Fionn MacCool's Irish Pub Lunch Outing (\$) 3:00 St. Patrick's Day Party <i>Atrium</i> 6:30 St Patrick's Day Trivia! (R)	1:30 Community Outing: Coffee at Tim Hortons (\$) 18 2:00 JB Music Therapy Group (S) 2:00 <i>The Greatest Showman</i> Movie Matinee Open Theater (MO, S, MI) <i>Pegasus Theater</i>	Spring Equinox 19 3:00 SkyPointe Sports League Balloon Badminton Pineridge vs. Sunridge <i>Atrium</i>	International Earth Day 20 9:45 Body Pump Exercise (MA) 3:00 Expressive Art (\$) <i>craft area (A&MA) 10 seats available</i> 6:30 Color your Art (R)	10:00 Golden Dames Atrium (MO,MA) 2:00 Board Games <i>Activity Zone</i> 6:30 Can you name that song? (R)
10:00 Sunday Coffee Social <i>Craft Area</i> 2:30 Baptist Service <i>Atrium</i> 6:30 Hand Massages (R)	National Chip and Dip Day 23 10:00 Checkers Tournament Activity Zone (G, MI,AP) 1:30 Let's Get Crafty! Part 1 (R) 6:30 Famous Female inventors (R)	9:45(MA) 12:00 KFC In-House Lunch (\$) Atrium 2:30 Big Bingo (\$) <i>Atrium</i> 6:30 Let's Get Crafty! Part 2 (R)	10:00 Full Body Exercise <i>Atrium</i> (G) 2:00 JB Music Therapy Group(MA) 3:00 March Birthday Party with Alena Wallbaum Music <i>Atrium</i> 6:30 Hangman! (MA) 6:30 Care for the Elderly	Did You Know? Singing in a group boosts your mood. It's proven singing as a part of a group provides numerous physical and emotional benefits.	10:30 Catholic Mass <i>Communion Only (MI, MO) Atrium</i> 3:00 SkyPointe Sports League Basketball: Horse Game Whitehorn vs. Recreation Staff <i>Atrium</i> 6:30 Saint Categories (R)	2:00 Board Games <i>Activity Zone</i> 6:30 Table top Bowling (S)
10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 Movie Matinee: <i>Grease</i> Martindale and Rundle <i>Pegasus Theatre</i> 6:30 Chicken Soup for the soul (S)	9:45 Chair Exercise (S) 3:00 Expressive Art (\$) <i>craft area (A&R) 10 seats available</i> 6:30 Spring Reminiscing (R) 6:30 Resident & Family Council <i>Pegasus Theater</i>	9:45 Indoor Bocce Ball (S) 2:30 Big Bingo (\$) <i>Atrium</i> 6:30 Melodies! (R)	<h1>March 2020</h1> <h2>Sunridge</h2> <p><i>Makin' Music in March</i></p>		March Trivia Answers <i>Questions can be found on the back.</i> <ol style="list-style-type: none"> Venice Scotland As soon as possible India 101 Dalmatians <i>How did you do?</i>	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

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

1st *Mamma Mia!* Pineridge and Taradale

8th *Annie* Rundle and Sunridge

15th *La Bamba* Martindale and Taradale

18th *The Greatest Showman* Open Theater

Whitehorn Movie Club will provide a review on
The Greatest Showman

29th *Grease* Martindale and Rundle



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.

March 12, 2020

Family Dining Room

1:00 pm to 2:30 pm

Café will occur every 2nd

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

1st Peanut Butter Lover's Day

6th World Day of Prayer

6th Employee

Appreciation Day

8th Daylight Savings Begins

12th Girl Scouts Day

17th St. Patrick's Day

19th Spring Equinox

20th 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

*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

3rd The Nut Man Snack Vendor reception area
5th Philippe Marleu Music
11th Roli Mack Music
13th MJP Irish Dancers
18th Jeans Jewels Clothing Vendor reception area
24th KFC In House Lunch
25th 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 26th 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

7th Pentecostal Bible Study
8th Falcon Ridge Gospel Service
22nd Baptist Service
27th 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.