

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Peanut Butter Lovers' Day 1 2:00 – 4:00 SkyHub (AR) 10:00 Sunday Coffee Social <i>Craft Area</i> 2:00 <i>Mamma Mia! The Movie</i> Pineridge and Taradale <i>Pegasus Theatre</i> (M) 2:00 March IQ (MS/AP) 6:30 Floor Curling (AP/AR/M)	10:30 – 11:30 SkyHub (MS) 2 9:15 Top of the Morning (SW) 10:45 What's Up in Recreation? Calendar & Newsletter Review (MO) 6:30 Animal Planet (AP)	6:30 – 7:30 SkyHub (M) 3 10:00 – 11:00 Open Gym <i>Fitness Studio (K)</i> 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>	2:00 – 4:00 SkyHub (MS) 4 9:15 Top of the Morning (SW) 10:00 Strathmore Station Lunch Community Outing (\$) 3:00 Word Puzzles (M) 6:30 Life's Blessings (M)	10:45 Chef's Corner: Meal Plan (MS/MO) 5 3:30 SkyHub Inventory (M) 3:30 Washer Toss (MO/MS) 6:30 Philippe Marleau Music <i>Atrium</i> 6:30 Open Gym Fitness Studio (CLOSED)	Employee Appreciation Day 6 World Day of Prayer 10:30 – 11:30 SkyHub (MO) 9:15 Top of the Morning (SW) 10:00 Move & Groove (KV) 3:00 Crib Club (MO/MS/M) 6:30 Sharing Short Stories <i>Flex Room</i> (M)	9:45 Shrinking Words (AP/AR) 7 2:00 Board Games <i>Activity Zone</i> 6:30 Pentecostal Bible Study <i>Pegasus Theater</i> 2:00 – 3:00 Open Gym Fitness Studio (AR)
Daylight Savings – Spring 8 Your Clocks Ahead 10:00 Sunday Coffee Social <i>Craft Area</i> 6:30 Falcon Ridge Gospel Service <i>Atrium</i> (AR)	9 9:15 Top of the Morning (SW) 2:00 St. Patrick's Day Craft <i>Atrium</i> 6:30 Name Games (M)	10:00 – 11:00 Open Gym 10 <i>Fitness Studio (MO)</i> 9:45 You Be the Judge (MS/AP) 10:00 Full Body Exercise <i>Atrium</i> (G) 1:30 Community Outing: Coffee at Tim Hortons (\$) 2:30 Big Bingo (\$) <i>Atrium</i> (MS/MO)	11 9:30 Banff & Lunch Community Outing (\$) 9:15 Top of the Morning (SW) 3:00 Roli Mack Music <i>Atrium</i> (MS)	Girl Scouts Day 12 2:00 Movie Matinee <i>The Sound of Music</i> (AP, AR) 3:00 Expressive Art (\$) craft area (M&MI) 10 seats available 6:30 Tic, Tac, Toe Trivia (AP, AR) 6:30 Open Gym Fitness Studio (CLOSED)	13 9:15 Top of the Morning (SW) 10:00 Move & Groove (KV) 2:30 Chef's Corner: Homemade Burgers w/ Kosher Hummus & Veggies (MO/MS) 6:30 MJP Academy of Irish Dance Performance <i>Atrium</i>	10:45 Hollywood Scoop (MO) 14 2:00 Board Games <i>Activity Zone (MO)</i> 2:00 – 3:00 Open Gym Fitness Studio (AP)
15 10:00 Sunday Coffee Social <i>Craft Area</i> 2:30 Chair Hockey <i>east vs west</i> (MO/M) 6:30 St. Patrick's Puzzles (M/AR)	16 9:15 Top of the Morning (SW) 10:00 Move and Grove <i>Atrium</i> (KV) 2:00 Men's FELLA-ship Group <i>Activity Zone (MA/MS)</i> 3:00 Shamrock Target Toss: <i>Do ye have the luck o' the Irish on ye side??</i> (MO/M) 6:30 St. Patrick's Doodles (M)	17 St. Patrick's Day 10:00 Open Gym Fitness Studio (MS) 10:00 Fun Bingo (\$) <i>Atrium</i> 11:00 Fionn MacCool's Irish Pub Lunch Outing (\$) (AL/AP/MI) 3:00 St. Patrick's Day Party <i>Atrium</i> 6:30 Ping Pong <i>East side</i> (M)	18 9:15 Top of the Morning (SW) 10:00 Full Body Exercise <i>Atrium</i> (G) 1:30 Community Outing: Coffee at Tim Hortons (\$) 2:00 <i>The Greatest Showman</i> Movie Matinee Open Theater (MO, M) <i>Pegasus Theater</i> 4:30 Whitehorn Movie Club Review (M)	19 Spring Equinox 10:00 Planet Earth Documentary <i>Pegasus Theater (AR & MO)</i> 6:30 Open Gym Fitness Studio (AP)	20 International Earth Day 9:15 Top of the Morning (SW) 3:00 Sequence Board Game (MS) 3:00 Expressive Art (\$) craft area (A&MA) 10 seats available	9:45 Coffee Talk (MS) 21 10:00 Golden Dames Women's Group <i>Activity Zone (MO/MA)</i> 2:00 Board Games <i>Activity Zone (M, AR)</i> 6:30 Pub'N It <i>Flex Room</i> (M, AR) 2:00 – 3:00 Open Gym Fitness Studio (MO)
22 10:00 Sunday Coffee Social <i>Craft Area</i> 2:30 Baptist Service <i>Atrium</i> 6:30 Scrabble <i>Flex Room</i> (M)	23 National Chip and Dip Day 9:15 Top of the Morning (SW) 10:00 Checker's Tournament <i>Activity Zone (G/MI/AP)</i> 3:00 Homemade Chips & Dip <i>Family Dining Room (MS/AP)</i>	24 10:00 – 11:00 Open Gym <i>Fitness Studio (AP)</i> 11:00 CBSST Group <i>Flex Room (SW&OT)</i> 12:00 KFC In-House Lunch (\$) <i>Atrium</i> 2:30 Big Bingo (\$) <i>Atrium</i> (AP/M)	25 9:15 Top of the Morning (SW) 10:00 Full Body Exercise <i>Atrium</i> 3:00 March Birthday Party with Alena Wallbaum Music <i>Atrium</i> 6:30 Life's Blessings (M) 6:30 Care for the Elderly <i>Family Dining Room</i>	26 11:00 CBSST Group Flex Room (SW&OT) 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. 6:30 Open Gym Fitness Studio (CLOSED)	27 9:15 Top of the Morning (SW) 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 Blackjack <i>Flex Room</i> (M)	9:45 Morning Movie: Angry Birds (MS/MS/AR) 28 2:00 Board Games <i>Activity Zone (AP)</i> 6:30 Let's Get Crafty: Collage Tree Part 1 ((AP) 2:00 – 3:00 Open Gym Fitness Studio (AR)
29 10:00 Sunday Coffee Social <i>Craft Area</i> 2:30 Ring Toss (MS/AR) 6:30 Let's Get Crafty: Collage Tree Part 2 (AP)	30 9:15 Top of the Morning (SW) 3:00 Birthday Card Making (MO/M) 3:00 Expressive Art (\$) craft area (A&R) 10 seats available 6:30 Resident & Family Council <i>Pegasus Theater</i> <i>Everyone is welcome to attend</i> 6:30 Ladderball (M)	31 10:00 – 11:00 Open Gym <i>Fitness Studio (KV)</i> 11:00 CBSST Group <i>Flex Room (SW&OT)</i> 2:30 Big Bingo (\$) <i>Atrium</i>	<h1>March 2020</h1> <h2>Whitehorn West</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.*