

Sunday

Monday

Tuesday

Wednesday

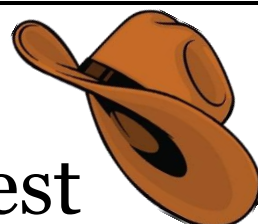
Thursday

Friday

Saturday



# July 2020 Martindale West



## SkyPointe Stampede July 3<sup>rd</sup> to 12<sup>th</sup>

Trivia Answers: 1. 1982, 2. Dominion Day, 3. Lacrosse, 4. six, 5. Banff National Park

Happy Birthday  
Canada! 1



There will be no recreation  
programming today.

2  
3  
10:15 Stampede Parade!



4  
CS  
Calgary Stampede



5  
**Did You Know?** More than 200,000 pancakes are flipped at Stampede community breakfasts across Calgary. A tradition since 1923.

6  
9:45 Stretch your feet (MA)

2:00 Rolling Tuck Shop(MA)

7  
*Stampede Pancake Breakfast in the Dining Room*

3:00 Yesterday's Incredibles – Stampede History (A)

8  
*Stampede BBQ Lunch in the Dining Room*

9:45 Table top horse racing (A)

9  
10:45 Let's hum the country music! (A)

10  
SkyPointe Stampede Carnival!  
*Stay Tuned for Neighbourhood Times!*

11  
10:45 Target Toss (MA)



12  
9:45 Coffee & Spoke Folks (MA)



13  
10:45 Discuss & Recall – Summer jobs (MA)

2:00 Rolling Tuck Shop(MA)

14  
9:45 Ladder Ball (A)

15  
9:45 Big Connect 4! (AR)

16  
9:45 Sing with Karaoke (A)

17  
3:00 Dot Doodles (MA)

18  
**Did You Know?**  
O' Canada did not become the official national anthem until 1980.

19  
2:00 Movie Matinee: Dennis the Menace *Pegasus Theater* (MA, M, R)

20  
9:45 Bean Bag Toss (MA)

2:00 Rolling Tuck Shop(MA)

21  
10:45 Reminiscing – Summer Vacations (A)

3:00 Your Favorite tune! (M)

22  
10:45 Travelogue – Discovering Japan (MA)

3:00 That's 'Berry' Punny! Jokes (A)

23  
3:00 Chair Hockey (A, MA)

24  
9:45 The Write Word Game (A)

26  
2:00 Rolling Tuck Shop(MA)

27  
3:00 Happy Hour with Mocktail (A,MA)

28  
10:45 Let's get Crafty (A)

29  
30  
10:45 Wacky Wordies (A)

31  
**Recreation Team  
Recreation Therapy Aides**  
(A) Arvin (AP) Amber  
(AR) Arashroop (RA) Rachel  
(MO) Monique (R) Rashimae  
(S) Stephanie (MI) Michelle O  
(M) Michelle (MS) Michael  
(MA) Manmeet (ME) Megan

### As I Bridle in the Morning

As I bridle in the morning in the dawn of early spring,  
And slip the bit between his teeth and catch the throat latch string,  
I think of how we both first met each young and fancy free,  
Somehow I thought you'd never have a backward kid like me.

As I bridle in the morning of the summer mountain heat,  
And the pollen rises on the grass with the fall of each hoof beat,  
I look there over yonder at our base camp in the trees,  
You followed me a horseback just as pretty as you please.

As I bridle in the morning on the first day of the fall,  
And the drifting leaves all hide the track there is no trace at all,  
The horse we call the Triple Broke drives on he's in no hurry,  
Fringe sways out and all around the flat top of our surrey.

As I bridle in the morning at the sign of early snow,  
I'll ride out brisk to meet the day—it's time for me to go,  
But first I'll hitch the cutter sleigh for one more winter glide,  
Then ride my trail but circle back to where two hearts abide.

As I bridle in the morning through the seasons of my life,  
And consider on the difference you've made for me my wife,  
My mind is prone to wander through memories well worn,  
To where you once became my bride—that early summer morn'.  
As I bridle in the morning  
*Paul Kern, 2006*

### Pegasus Theater Viewing Schedule

Pegasus Theater has re-opened for residents to enjoy a unique cinematic experience.

- Seating in theater will only accommodate half capacity, allowing safe social distancing
- A maximum of 15 people will be allowed in the theater
- There must be 2 theater seats in between each occupied seat and 6 ft. between each wheelchair
- Resident walkers will be parked outside of theater during
- Theater programs are scheduled for each neighbourhood
- Staff will only accommodate residents from scheduled floor in the theater. **No exceptions will be given at any time**

*For viewing times, please see your neighbourhood calendar*



### Special Days in July

- 1<sup>st</sup> Canada Day
- 4<sup>th</sup> Independence Day (USA)
- 10<sup>th</sup> National Kitten Day
- 21<sup>th</sup> National Junk Food Day
- 26<sup>th</sup> National Aunt and Uncle Day
- 29<sup>th</sup> National Lipstick Day
- National Ice Cream Month

### SkyPointe Lend and Loan Library!

Are you looking for a good book to read? Check out the community lend and loan library in the Atrium. Take a book, leave a book. If you would like to donate books, see recreation!

# AgeCare SKYPOINTE July 2020 Newsletter

### Stampede Pancake Breakfast & BBQ

Your Hospitality Team wants to keep the stampede traditions going!  
Our cooks and servers will be serving up a HOT Pancake Breakfast in your neighbourhood dining room on **July 7, 2020** for breakfast and a **SIZZILING BBQ** lunch on **July 8, 2020!**

### July Trivia

1. What year did Canada gain full independence from England?
2. What was Canada Day originally named?
3. What is Canada's national summer sport?
4. How many time zones are in Canada?
5. What is the oldest national park in Canada?

*Flip for answers! How did you do?*

### One Minute of Learning

#### Code of the Month: Code Grey

The designated phrase to alert staff to the need to shelter in place in response to external air quality concerns, extreme weather hazards, and/or significant infrastructure loss or failure because of an external emergency or disaster.

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

### It's Officially Summer! Sun Safety Tips

- **Cover up:** protect your skin as much as possible. Cover up with light clothing, a hat, and a cool pair of UV protected sunglasses.
- **Limit your time in the sun:** enjoy the warmth of the sun from a shaded area.
- **Use sunscreen:** Put on sunscreen when going out in the sun. It prevents skin damage and you avoid burning. Remember to reapply when necessary!
- **Drink plenty of cool liquids before you feel thirsty!** This will prevent dehydration.

### SkyPointe Stampede July 3<sup>rd</sup> to 12<sup>th</sup>

*The show must go on!*

Residents and staff will be honoring the Calgary tradition by hosting several different Stampede themed events during the week of the 3<sup>rd</sup> to 12<sup>th</sup>. With two main events; July 3<sup>rd</sup> SkyPointe Stampede Parade and July 10<sup>th</sup> Stampede Midway, residents will be able to reminisce and enjoy the nostalgia of past Stampedes. Each neighbourhood will have stampede themed programs scheduled on their floor.

*Check your program calendar for all the stampede fun!*

### SkyPointe Reflection Room

The reflection room is meant to serve and support all residents and the holistic wellness of the SkyPointe community. It allows individuals of all religious faiths and non-religious beliefs to experience a place for peace, prayer, meditation and/or reflection throughout the day.

- Please do not remove items that have been placed thoughtfully in this space.
- Please respect the sacredness of this by leaving food, drinks, electronics, and conversations outside.
- The room is able to comfortably accommodate up to 12 people at one time. Please be respectful of each other's quiet time and space.

### AgeCare SkyPointe Hospice

SkyPointe hospice welcomed its first resident on June 22, 2020. This could not have been possible without the dedication support of our residents, families and staff.

With the capacity of 15 beds, this is the only hospice in North East Calgary, allowing AgeCare to meet a need for 24/7 palliative care within the community we serve. The goal of hospice care is to treat the person rather than the disease and focus on quality of life. It surrounds the individual and family with a team consisting of professionals who not only manage pain and symptom challenges but also are attuned to emotional

### Outdoor Visits, Window Visits and Video Calls

Residents, family members and friends can book outdoor visits 7 days a week! SkyPointe will be using the south entrance roundabout for all outdoor visits. To schedule a time to visit with your loved one or a video call, contact: Marlee Dukart, Recreation Therapy Manager for supportive living neighbourhoods at 587-619-6317 or [mdukart@agecare.ca](mailto:mdukart@agecare.ca) or Lynne Hogan, Social Worker for long-term care neighbourhoods at 587-619-6384 or [lhogan@agecare.ca](mailto:lhogan@agecare.ca).