

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2020</h1> <h2>Rundle West</h2> <h3>SkyPointe Stampede July 3rd to 12th</h3> <p>Trivia Answers: 1. 1982, 2. Dominion Day, 3. Lacrosse, 4. six, 5. Banff National Park</p>			Happy Birthday Canada! 1  There will be no recreation programming today.	2 9:45 What's Up in Recreation? Calendar & Newsletter Review (MI) 2:00 Rolling Tuck Shop(MI)	3 11:45 Stampede Parade!	4  3:00 Western Trivia (MI)
5  9:45 Hymn Songs (MI) 2:00 Movie Matinee <i>Pegasus Theater</i> (R, AR, MI)	6 10:45 Western Craft (MI)	7 <i>Stampede Pancake Breakfast in the Dining Room</i> 10:45 Let's tune the country songs (S)	8 <i>Stampede BBQ Lunch in the Dining Room</i> 10:00 Full Body Exercise <i>Atrium</i> (G)	9 9:45 Ladder Ball (MA) 2:00 Rolling Tuck Shop	10 SkyPointe Stamped Carnival! <i>Stay Tuned for Neighbourhood Times!</i> 	11 Did You Know? O' Canada did not become the official national anthem until 1980
12 9:45 Tea & Tunes (MI) 	13	14 3:00 Chair Hockey (MI, S)	15 10:00 Full Body Exercise <i>Atrium</i> (G) 6:30 Travelogue – discovering Japan (MI)	16 2:00 Rolling Tuck Shop(MI)	17 10:00 Move and Groove <i>Atrium</i> (K)	18 9:45 Word Search (S) Did You Know? Today's Rodeos are an offspring of the early Wild West shows that featured cowboys such as Buffalo Bill Cody.
19	20	21 9:45 Let's Sing Together (MI)	22 9:45 Board Game (MI) 10:00 Full Body Exercise <i>Atrium</i> (G) 6:30 Chicken Soup for The Soul (S)	23 10:45 Summer Craft (MA) 2:00 Rolling Tuck Shop(MI)	24 10:00 Move and Groove <i>Atrium</i> (K) 6:30 Reminiscing – Summer Vacations (S)	25 10:45 Pictionary! (MI)
26	27 3:00 That's 'Berry' Punny! (MI&AP)	28 6:30 The Write Word (S)	29 10:00 Full Body Exercise <i>Atrium</i> (G)	30 9:45 Giant crossword puzzle (MI) 2:00 Rolling Tuck Shop(ME)	31 10:00 Move and Groove <i>Atrium</i> (K)	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

Questions or concerns? Talk to a recreation team member. Recreation programs and activities are subject to change in some extenuating circumstances. We will work our hardest to make sure this does not happen. Stay Happy & Healthy!

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

- 1st Canada Day
- 4th Independence Day (USA)
- 10th National Kitten Day
- 21th National Junk Food Day
- 26th National Aunt and Uncle Day
- 29th 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 3rd to 12th

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 3rd to 12th. With two main events; July 3rd SkyPointe Stampede Parade and July 10th 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 or Lynne Hogan, Social Worker for long-term care neighbourhoods at 587-619-6384 or lhogan@agecare.ca.