

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday






August 2020

Whitehorn East



 **Campfire Day** 1
 10:45 What's Up in Rec Calendar Review (AR)
 3:00 Big Jenga (MO)

<p>2 2:00 Movie Matinee Whitehorn: 21 Jump Street <i>Pegasus Theater</i> (MS, MO, AR)</p>	<p> Heritage Day 3  No scheduled recreation programs.</p>	<p>Red Shirt Day  4 10:45 Hockey Trivia! (MO) 1:30 <i>Top of the Afternoon Group</i> 3:00 Sunroom Sports Stories (RA) 3:00 Games in the Park (MO, ME, M) 6:30 Hockey Night in Skypointe! (M, ME)</p>	<p>5 10:45 Floor Curling (RA, MS) 3:00 Expressive Art (MO, RA, ME) 6:30 Paint Nite (M, ME)</p>	<p>6 10:45 Rock, Paper, Scissors Tournament (MS, AR) 1:30 <i>Top of the Afternoon Group</i> 3:00 Courtyard Chatter: <i>The Monthly Gazette</i> (RA, AR)</p>	<p>7 10:00 Rolling Tuck Shop (MS) 10:45 Solving Anagrams (MO) 3:00 Games in the Park (MO, MS, M) 6:30 Let's Get Crafty (M, AR)</p>	<p>8 10:45 Coffee & Chatter (RA, AP) 3:00 Big Connect 4 (AP)</p>
<p>9 Did You Know? As legend has it, when hockey was played in its early days, a frozen cow poop was used as a puck!</p>	<p>National S'mores Day 10 10:45 Foosball (MS) 3:00 Scrabble (MO) 3:00 Meditation and Mindfulness <i>Pegasus Theater</i> (M, RA)</p>	<p>11 10:45 Bible Study (MS) 1:30 <i>Top of the Afternoon Group</i> 3:00 Games in the Park (MO, MS, M, R) 6:30 Yahtzee! (M)</p>	<p>12 10:45 Washer Toss (RA) 3:00 Birthday Card Making (RA, M) 6:30 You Be The Judge (AP)</p>	<p>Left Hander's Day 13 10:45 Left Handed Sharp Shooting (RA) 1:30 <i>Top of the Afternoon Group</i> 6:30 Zentangles (AP)</p>	<p>14 10:00 Rolling Tuck Shop (RA) 10:45 Modern Jeopardy <i>with a traditional twist</i> (MS, AR) 6:30 Request Hour (M)</p>	<p>15 10:45 Coffee & Chatter (MS, ARs) 3:00 Summer Art Project <i>Atrium Courtyard</i> (MS, M, AP)</p>
<p>16 10:00 Sunday morning Coffee Social <i>Flex Room</i> (M, AP, AR) <i>National Friendship Week</i> "Share your smile with the world. It's a symbol of friendship and peace."</p>	<p>17 10:45 Coffee Talk: Tiny Homes (MS) 3:00 Creative Minds (MS, RA)</p>	<p>18 1:30 <i>Top of the Afternoon Group</i> 3:00 Modern Jeopardy <i>with a traditional twist!</i> (M)</p>	<p>19 10:45 Ladder Ball (RA) 3:00 Expressive Art (RA, M) 6:30 Life's Blessings <i>Flex Room</i> (M)</p>	<p>20 10:45 Giant Connect Four (MO) 1:30 <i>Top of the Afternoon Group</i> 3:00 Nature n' Netflix (MS)</p>	<p>21 10:00 Rolling Tuck Shop (MS) 10:45 Word Searches (MO) 3:00 Sunroom Social: Name That Tune (MS) 3:00 Games in the Park (MO, M, RA)</p>	<p>22 10:45 Coffee & Chatter (AR) 3:00 Scrabble (RA)</p>
<p>23 3:00 Word Games: Hangman (AR)</p>	<p>24 10:45 Tabletop Horseraces (MS) 3:00 Bean Bag Toss (MO) 3:00 Meditation and Mindfulness <i>Pegasus Theater</i> (M, RA) 6:30 Fun Bingo (RA)</p>	<p>National Banana Split Day 25 10:45 Hang Man (MO) 1:30 <i>Top of the Afternoon Group</i> 3:00 Games in the Park (MS, M, R) 6:30 Banana SPLIT (M) Make Like a Banana and Split!</p>	<p>100th Anniversary of Women's Right to Vote 26 2:00 Whitehorn Movie Club (MS RA) 6:30 Whitehorn Move Club Review (RA, M)</p>	<p>27 10:00 Floor Bowling (RA,MS) 1:30 <i>Top of the Afternoon Group</i> 3:00 Beach Blanket BINGO! (AP, MO) 6:30 Wheel of Music (M)</p>	<p>28 10:00 Rolling Tuck Shop (MO) 10:45 Poetry Pro's (RA) 3:00 Whitehorn B-day Party! (AP, AR, MO) 6:30 Shooting Hoops (AR, AP)</p>	<p>29 10:45 Coffee & Chatter – <i>Walk to McDonalds</i> (MO, M, AR) 3:00 No Bake – Summer Dessert <i>Family Dining Room</i> (AR, MO)</p>
<p>30 10:00 Sunday morning Coffee Social <i>Flex Room</i> (M, AR) Did You Know? The Dinosaur Provincial Park was found in 1955 becoming the world's richest site of dinosaur bones.</p>	<p>31 10:45 Coffee Talk (MS) 3:00 Creative Minds (MS, RA)</p>	<p>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</p> <p style="text-align: center;"><i>"Summertime is always the best of what might be." - Charles Bowden</i></p>				

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!

Trivia Answers: 1. Peridot, 2. Cancer, Leo and Virgo, 3. Corn, 4. beetroot, 5. percussion

Community Walks GUIDELINES

- Residents and visitors can take community walks that go beyond the property.
- These visits only need to be scheduled with AgeCare if the resident requires support to prepare for or be transported to the visit by a designated visitor who will be entering the building or AgeCare staff.
- AgeCare staff or volunteers will not supervise community walks.
- **Residents must sign out if leaving the property and notify care team.**

SkyPointe Facility Group

Programs & Events

All facility programs and events will be on hold for the month of August. Recreation programs and activities will continue on each neighbourhood in the dining room or flex room. Group sizes will not exceed 12 residents at this time. If an outbreak occurs on a neighbourhood, programs and activities will be cancelled until outbreak is declared over.

Welcome to AgeCare

The SkyPointe Family Welcomes You!

Teresa B.
Lawrence E.
Noorali G.
Roy M.
Lankeswar S.
Allen B.
Susanne B.
Edwin F.
Khatun M.
Theresa T.
Rashpal T.
Emiliya T

When Should You Wash Your Hands? Remember the 4 Moments!

Hand Hygiene is considered a routine practice in our care industry. This does not change no matter if you are feeling unwell, if you are interacting with anyone or if you are out in public. You must use Hand Hygiene when you are in our community and visiting your friends and neighbours. AgeCare communities all have posters and reminder on how to wash either with alcohol based hand rubs or good old fashioned soap

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!



August 2020 Newsletter

August Trivia

1. The traditional birthstone for the month of August is what?
2. What are the 3 summer Zodiac signs?
3. What's yellow and has ears, even though it's a vegetable?
4. The main ingredient in Borsch is what?
5. What group of instruments makes sound when struck?

Flip for Answers!

August Tongue Twisters

Silly Sally swiftly shooed seven silly sheep.
The seven silly sheep Silly Sally shooed Shilly-shallied south. These sheep shouldn't sleep in a shack; Sheep should sleep in a shed!

Fuzzy Wuzzy was a bear.
Fuzzy Wuzzy had no hair.
Fuzzy Wuzzy wasn't fuzzy, was he?


One Minute of Learning

Code of the Month: Code Red

Code Red is the designated phrase to alert personnel to smoke / fire and details the actions to be taken by staff to ensure the safety and security of themselves, their residents and visitors. Staff in the effected area will follow R.E.A.C.T.

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

The Taste of Summer

A sweet slice of summer
On a hot afternoon: A day at the beach, Eating a delicious peach. As you take a big old bite, You feel the juice begin to run. This is summertime fun. 

Special Days in August

3rd Heritage Day
4th 'C' of Red Day
6th Root Beer Float Day
15th National Relaxation Day
30th National Beach Day
Family Fun Month
National Golf Month

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.*



of Red August 4, 2020 is Flames Day

SkyPointe! let's get ready to cheer on our home team, the CALGARY FLAMES as they take on the Winnipeg Jets in the first round of 2020 NHL playoffs. With no fans in the stands this year, we will need to be extra loud!

On **August 4, 2020**, everyone can dress up in their Flame's gear, wear red or where their jerseys. **All facility TV's will be tuned into the game at 4:45 pm.** If you see a  on your calendar, the Flames have a game that day!

Flower of the Month

Gladiolus, which gets its name from the Latin word for 'sword', *gladius*, represents strength and moral integrity. But its romantic looking flowers are capable of piercing a heart with their beauty, which explains why the blooms also symbolize infatuation. Gladioli grow from a bulb called a corm. Corms are planted each spring and dug up in the fall. This flower has an array of colors to chose from and the flower blossoms open one by one from the base on up, making this a very enduring flower to cut.

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

Weather or Not

As the summer nears its end and we inch closer to fall, let's use some *August Weather Lore* to try to predict what the next winter will be like! Pay attention to the first week of this month — if it is unusually warm, it means that the coming winter will be snowy and long. Was this month cold?

If so, it means that the following winter will be harsh and dry.