

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday






# August 2020

## Whitehorn West



 **Campfire Day** 1  
 10:45 What's Up in Rec! Calendar Review (MS)  
 3:00 Scrabble (AR)

<p>2                  2:00 Movie Matinee Whitehorn: 21 Jump Street <i>Pegasus Theater</i> (MS, MO, AR)</p>	<p> <b>Heritage Day</b> 3                    No scheduled recreation programs.</p>	<p><b>Red Shirt Day</b> 4                  10:45 Hockey Fun Facts (RA)                  3:00 Games in the Park (MO, ME, M)                  6:30 Hockey Night in Skypointe! (M, ME) </p>	<p>9:45 Would You Rather (MS) 5                  10:00 Rolling Tuck Shop (MO)                  10:30 Top of the Morning Group                  3:00 Courtyard Chatter: <i>The Monthly Gazette</i> (MS, M)</p>	<p>10:45 Sharp Shooting (MO) 6                  3:00 Beach Blanket BINGO! (MS, M)                  6:30 Zentangles (M)</p>	<p>9:45 Name That Tune (MO) 7                  10:30 Top of the Morning Group                  3:00 Games in the Park (MO, M, MS)</p>	<p>9:45 Saturday Morning Stretch and Meditation (RA) 8  <b>Did You Know?</b>                  The Dinosaur Provincial Park was found in 1955 becoming the world's richest site of dinosaur bones.</p>
<p>9                  "Share your smile with the world. It's a symbol of friendship and peace."</p>	<p><b>National S'mores Day</b> 10                  9:45 Card Games (MO)                  10:30 Top of the Morning Group                  3:00 Meditation and Mindfulness <i>Pegasus Theater</i> (M, RA)                  6:30 Basketball (M)</p>	<p>10:45 Quilla Crosswords (MO) 11                  3:00 Games in the Park (MO, MS, M, R)</p>	<p>10:00 Rolling Tuck Shop (MS) 12                  10:30 Top of the Morning Group                  3:00 Expressive Art (MS, AP)                  6:30 Nature n' Netflix (M)</p>	<p><b>Left Hander's Day</b> 13                  3:00 Quilla Crosswords (AP)</p>	<p>10:30 Top of the Morning Group 14                  3:00 Walk to McDonalds (MS, RA, AR)</p>	<p>9:45 Saturday Morning Stretch and Meditation (M, AP) 15                  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)                  National Friendship Week</p>	<p>9:45 Fun &amp; Fitness (RA) 17                  10:30 Top of the Morning Group                  6:30 Table Top Horseraces (AP)</p>	<p>6:30 Modern Jeopardy with a traditional twist! (M) 18</p>	<p>9:45 Scrabble (MS) 19                  10:00 Rolling Tuck Shop (MO)                  10:30 Top of the Morning Group                  3:00 Ladder Ball (MO)                  6:30 Life's Blessings <i>Flex Room</i> (M)</p>	<p>10:45 Solving Anagrams (MS) 20                  3:00 Birthday Card Making (MO)                  6:30 Giant Connect Four (M)</p>	<p>9:45 Last Letter First (RA) 21                  10:30 Top of the Morning Group                  3:00 Games in the Park (MO, M, RA)                  6:30 You Be The Judge (M)</p>	<p>9:45 Saturday Morning Stretch and Meditation (RA) 22</p>
<p><b>Did You Know?</b> 23                  As legend has it, when hockey was played in its early days, a frozen cow poop was used as a puck!</p>	<p>9:45 Foosball (MO) 24                  10:30 Top of the Morning Group                  3:00 Pictionary! (MS)                  3:00 Meditation and Mindfulness <i>Pegasus Theater</i> (M, RA)                  6:30 Dog Days Trivia (M)</p>	<p><b>National Banana Split Day</b> 25                  10:45 Request Hour (MS)                  3:00 Games in the Park (MS, M, R)                  6:30 Banana SPLITS (RA)                  Make Like a Banana &amp; Split!</p>	<p><b>100<sup>th</sup> Anniversary of Women's Right to Vote</b> 26                  10:00 Rolling Tuck Shop (MS)                  10:30 Top of the Morning Group                  2:00 Whitehorn Movie Club (MS RA,M)                  6:30 Whitehorn Move Club Review (RA, M)</p>	<p>10:45 Ladder Ball(MO) 27                  3:00 Expressive Art (RA, M)</p>	<p>9:45 Bible Study (MS) 28                  10:30 Top of the Morning Group                  3:00 Whitehorn B-Day Party! (AP, AR, MO)</p>	<p>9:45 Saturday Morning Stretch and Meditation (M) 29                  3:00 No Bake – Summer Dessert <i>Family Dining Room</i> (AR, MO)</p>
<p>10:00 Sunday morning Coffee Social <i>Flex Room</i> (M, AR) 30                  3:00 Needle Work (MO)</p>	<p>9:45 Word Searches (RA) 31                  10:30 Top of the Morning Group                  6:30 Paint Nite (M)</p>	<p><b>Recreation Team Recreation Therapy Aides</b>                  (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!

# AgeCare SKYPOINTE 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

3<sup>rd</sup> Heritage Day  
4<sup>th</sup> 'C' of Red Day  
6<sup>th</sup> Root Beer Float Day  
15<sup>th</sup> National Relaxation Day  
30<sup>th</sup> 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](mailto: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.